



Sometimes, all you need is a push in the right direction.

HOW CAN I GET MY

SCHOOL TO

STOCK MENSTRUAL

PRODUCTS?



FREE THE TAMPONS

01

ASKING

Who can I talk to about offering free menstrual products at my school?

Start with your Student Government. Your Student Government may consider purchasing products to run a pilot program for a limited amount of time in certain areas of the school. While the pilot program is being developed, start developing a proposal for school administration to add menstrual products to their yearly budget.

What should I say to the school administration?

ALWAYS use data. Though offering menstrual products is the right thing to do, it is important to show that **stocking menstrual products is a great investment** for your school.



Increases attendance

NYC Public Schools recognized an attendance increase of 2.4% among girls after implementing freely-accessible tampons and pads in its restrooms. Addressing normal bodily functions directly leads to students feeling more comfortable and an increased focus on learning, not a potential period emergency.



Legislation is changing

California, New York, and Illinois are the first among several states that require schools to offer freely-accessible menstrual products in their restrooms. Your state could be the next to pass legislation!



Nominal cost, big impact

For as little as \$5-\$7 per menstruating student per year, schools can provide a sustainable restroom solution and offer tampons and pads, just like toilet paper. Schools free of period problems equal successful students.

02

BUDGETING

How much do we need to budget for?

Stocking menstrual products will cost roughly **\$5-\$7 per menstruating student per year**. It is also important to factor in the costs of dispensing the product. Wall-mounted boxes cost \$10-\$20 per restroom while dispensers cost \$200-\$400 per restroom. Some organizations, like Aunt Flow, will include display boxes at no additional cost.

Where can we get funding?

- Student Government
- Women's Alumni Associations
- Student organizations: women's groups, LGBTQ groups, environmental groups
- Campus green initiatives (if you are stocking non-applicator tampons; they have 58% less waste!)
- University budget-the ultimate goal is for the school to add menstrual products to its annual budget

Will people take more products than they need?

As is typical with freely-accessible amenities, there may be a large influx of usage in the first three months of a program. After this period, users tend to see that the products are a constant and will only take what they need. It's important to normalize offering menstrual products for free in public restrooms, just like toilet paper is offered for free.

Which bathrooms should we stock?

Start by offering menstrual products in academic buildings rather than dorms to ensure the greatest number of students have access to these products and prevent students missing class. This also encourages students to rely on the provided products for emergencies rather than as their sole supply.

03

ORGANIZING LOGISTICS

Who is in charge of stocking the restrooms?

If a student organization is running the pilot project, then that group will most likely be responsible for restocking bathrooms. Once the school adds menstrual products to its annual budget, then the facilities or maintenance department will be responsible for restocking. Generally, menstrual products follow the toilet paper. Thus, if facilities or maintenance stocks toilet paper once a week, they should also restock menstrual products.

Should we use a dispenser or a box?

Wall-mounted dispensers create a sustainable restroom solution and can be efficiently restocked with more products than a box that sits on the counter or a shelf. For smaller schools and universities, boxes are typically fine. Boxes also present a lower upfront financial investment compared to a wall-mounted dispenser.

Where can we source the products?

Aunt Flow: Aunt Flow is a female-founded enterprise that stocks businesses and universities with their 100% organic cotton menstrual products. Aunt Flow offers applicator tampons, pads, and a branded wall-mounted dispenser. When purchasing products from Aunt Flow, display boxes are offered for free.

Hospeco: Hospeco is one of the first companies to create a wall-mounted dispenser for freely-accessible menstrual products. Hospeco offers various dispensers ranging from \$250-\$400 per machine.

04

SHARE YOUR SUCCESS

When you have successfully gotten your school to provide menstrual products, don't forget to share your success to inspire others to take action! #FREETHETAMPONS

Where can I get in touch if I still have questions?

Feel free to reach out to the Free the Tampons Foundation using the following channels. We would love to hear your story and what you are doing to advance restroom equality!



freethetampons.org



info@freethetampons.org



[@freethetamponsofficial](https://www.instagram.com/freethetamponsofficial)