

PERIOD  
REALITY

## SHAPING INCLUSIVE CAMPUSES:

# A CALL TO PARTNER WITH PERIOD REALITY

**INVESTING IN MENSTRUAL HEALTH AND MENSTRUAL EQUITY IS NOT ONLY A MATTER OF SOCIAL JUSTICE AND GENDER EQUITY BUT ALSO MAKES GOOD BUSINESS SENSE FOR UNIVERSITIES.**

Girls who receive menstrual health education and have access to menstrual products perform on average **9% better academically** than those who don't.

**64.4% of college students** have reported experiencing moderate to very high levels of stress, with menstrual health being a contributing factor.

Presenteeism (being at work while unwell) costs businesses **10 times more** than absenteeism.

**Over 90% of women** experience menstruation-related discomfort at work.

The needs of a **fifth of working adults** interested in higher education are not being met by the traditional HE sector.

In conclusion, investing in menstrual health and menstrual equity is not just a matter of meeting a basic need; it is an investment in the well-being, academic success and inclusivity of the entire university community. Students and staff alike. As universities strive to create environments that foster learning, growth and equality, addressing menstrual health is a crucial step forward.

## WHY DOES YOUR CYCLE MATTER?

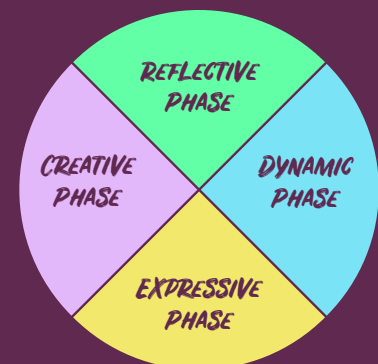
Where you are in your cycle influences how you are showing up each day.

Period Reality believes that embracing your cycle can empower you to show up feeling your best self. At the University and beyond.

## THE FOUR STAGES OF A MENSTRUAL CYCLE

The power of understanding these four phases - each representing a unique blend of physical, emotional and spiritual experiences, needs and preference unlock the potential within.

Period Reality empowers individuals through cycle awareness, fostering holistic well-being and gender equity.



## WHO ARE WE?

Period Reality is a global movement to achieve gender equity through system-level change. We do this by educating about and advocating for a living in sync with your cycle.



## WAYS TO PARTNER

By partnering with **Period Reality**, universities can demonstrate a commitment to holistic well-being, gender equity and inclusivity. This collaboration not only benefits the individual members of the university community but also contributes to the institution's reputation as a **forward-thinking and socially responsible educational institution**.

### **EDUCATIONAL TRAINING OR CLASSES:**

Customised classes for students and workshops for staff on menstrual health, cycle awareness and the impact of cycle tracking on overall

### **PROVIDING RESOURCES FOR MENSTRUAL HYGIENE**

Provision of resources and information, including sustainable menstrual product options and support for inclusive facilities.

### **ENGAGEMENT AND COMMUNITY BUILDING:**

Organization of events, forums and support groups to foster an inclusive and understanding community.

### **STUDENT ACCESSIBILITY**

Collaborative consultation on the dynamic changes in student demographics and accessibility challenges, incorporating flexible strategies for enhanced student retention.

### **MENTAL HEALTH AND WELLNESS INITIATIVES:**

Integration of psychological and emotional aspects of the menstrual cycle into existing wellness programs.

### **RESEARCH COLLABORATION:**

Collaboration on research studies related to women's health, the menstrual cycle, gender equity and academic/professional success.

### **PROFESSIONAL DEVELOPMENT OPPORTUNITIES:**

Workshops and seminars for staff and faculty on the benefits of cycle awareness in the workplace.

### **CONFERENCES AND SUMMITS**

Integration of menstrual cycle awareness to enhance delegates participation and overall engagement in events, deepening its impact.

### **INCLUSIVE POLICIES AND FACILITIES:**

Consultation on the development of inclusive policies and facilities that support menstrual health on campus.

### **CAPACITY BUILDING & FUNDING OPPORTUNITIES**

Collaboration on capacity-building projects and access to grants and funding opportunities.

### **COALITION PARTNER**

Formation of coalitions with Universities and local partners to provide a holistic approach to menstrual health and gender equity in the community.

### **INCORPORATING MENSTRUAL CYCLE AWARENESS IN ACADEMIC PLANNING:**

Assistance in incorporating cycle awareness into academic planning for improved student engagement and success.

\* For UK Universities: Partnering with Period Reality would support your Athena Swan application.

## **WHY PARTNER WITH PERIOD REALITY?**

### **The Impact on University Culture:**

This partnership contributes to a more supportive, inclusive and socially responsible university culture, aligning with the institution's commitment to holistic well-being and gender equity.

### **Supporting Evidence:**

Research findings highlight the positive impact of menstrual health awareness on academic and professional success. Embrace a strategic initiative that supports the well-being and success of your university community.

## **BOOK A DISCOVERY CALL TO GET INVOLVED**

Contact us to explore the unique opportunities for collaboration with Period Reality.

Join us in fostering a transformative partnership that not only acknowledges the significance of the menstrual cycle but leverages it as a powerful tool for well-being, gender equity, inclusion and overall success. Embrace the future of university culture with Period Reality.

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