

The 22nd Biennial Conference of the Society for
Menstrual Cycle Research

Celebrating SMCR's 40th Anniversary of Research and
Advocacy to Improve Menstrual Health and Experience



Menstrual Health:
Research,
Representation and
Re-Education

June 22 – 24, 2017

**Kennesaw State University,
Atlanta USA**



Table of Contents

SMCR President's Welcome	1
Conference Chair Welcome	2
Sponsors	3
Schedule at a glance	4 - 5
Conference Map	6
SMCR Award Recipients	7 - 8
Conference Schedule	9 - 37
Thursday	9
Poster Presentations List	9 - 10
Friday	11 - 23
Saturday	24 - 37
Vendors	38
SMCR Board of Directors	39

SMCR President's Welcome

Happy Birthday to US!

SMCR is 40 this year.

Founded in 1977 by a group of fearless feminist researchers, SMCR was *Making Menstruation Matter* before it became a hashtag.

For 40 years, our small but mighty organization has served variously as a network, a community, a refuge, an inspiration and a voice. We have gathered every two years in cities across North America to share our work and imagine a menstrual literate, body positive future.

We are glad you are here in Atlanta in 2017!

This year's conference team—led by Co-Chairs Evelina Sterling and Peggy Stubbs—has curated a rich program around our theme: “Menstrual Health: *RE*search, *RE*presentation and *RE*-Education.” The word choices are potent. The prefix *RE* suggests looking *AGAIN*, a most fitting choice as our organization enters middle age. Because the work of centering attention on menstrual health is dynamic, flexible and ongoing, we must remain ever vigilant. We must be willing to *RE*visit what we know and what we do not through engagement with a wide diversity of menstrual health champions.

So let us celebrate the milestone of 4 fabulous decades by connecting with and supporting one another. Let us *RE*view our assumptions, *RE*fine our research and advocacy, and above all, *RE*juvenate so that we can *RE*alize our vision of a more just and healthy world for all.

Here's to a wonderful two days together!

Chris Bobel,
President

Conference Chair Welcome

Dear SMCR 2017 Conference Attendees,

It is with great pleasure that I welcome everyone to Kennesaw, Georgia! We are excited to be hosting the 2017 SMCR Conference entitled “Menstrual Health: Research, Representation and Re-Education.” This year is extra special because we are also celebrating SMCR’s 40th anniversary. SMCR has always been the world’s premier organization for menstrual health, and we are thrilled to offer a jammed-packed few days of plenary sessions, presentations, panels, workshops and networking all about menstrual health.

This conference is a culmination of two years of hard work involving many people throughout the world. First and foremost, I would like to thank Peggy Stubbs – Program Chair extraordinaire! – and the rest of the fabulous Program Committee: David Linton, Diana Karczmarczyk, Saniya Ghanoui, and Danielle Keiser. I can’t even tell you the tremendous amount of hours that went into creating the program for this conference. Thanks also to everyone who submitted abstracts, ensuring our strong program! A big thank you to Heather Duff and the rest of the staff at the KSU Center for coordinating the registration process and all the conference details. I also appreciate all the time and effort provided by Katy Malone and the staff at KSU’s own Zuckerman Museum of Art for helping us create the perfect Friday night event to highlight SMCR’s tradition of the “Red Moon Howl” and Enzo Mancuso for his extraordinary catering skills. Thanks to Kelly Renn for her work organizing the Friday night raffle. Thanks also to Sheryl Mendlinger for organizing the vendors, Mindy Erchull for overseeing the student award. Thanks to Geneva Kashman for her creative contributions of menstrual tamposies and other fun favors. And thanks to Jane Ussher and Janette Perz for sharing the extremely talented Lorelle Metusela to help us manage all the abstracts and the design our final program. I would like to extend my sincere gratitude to graduate student interns from Emory University’s Rollins School of Public Health Ren Ivbaze and Cidney Wilson for helping out with the conference as well. Finally, thank you to all the SMCR board members and general membership for creating the opportunity to hold this important conference and to KSU for allowing us to utilize the conference space and staff to make this conference happen.

Enjoy the 2017 SMCR Conference. Enjoy Kennesaw, Georgia. Your presence is an indication that you are committed to menstrual health. Get ready to inspire and be inspired. We sincerely hope you have a great time, meet new people, learn lots, and bring these new connections and knowledge back with you in hopes of spreading the word about the importance of menstrual health! Meanwhile, I’m here to help you. If there is anything I can do, please do not hesitate to let me know.

All the best,

Evelina W. Sterling

2017 SMCR Conference Chair

SMCR 2017 Sponsors

The Society for Menstrual Cycle Research gratefully acknowledges our 2017 conference sponsors:

Diva International, Inc is providing all the refreshments for our breaks.



CrampsAWAY is the sponsor for the Anne Voda Lifetime Achievement Award keynote address, by Dr. Nancy Reame.



STOPS Cramps INSTANTLY™

Lunapads is the sponsor for the plenary: Cycling Across Borders: Translational Conversations.



Schedule at a Glance

THURSDAY, JUNE 22, 2017

4:00 pm	Registration Opens	KC Atrium
6:00 pm – 8:00 pm	Opening Reception and Poster Session	KC 400
7:00 pm	<p>Welcome <i>Evelina Sterling, Conference Co-Chair, Chris Bobel, SMCR President</i></p> <p>Introducing the Menstrual Health Hub <i>Danielle Keiser and Milena Bacalja Perianes, Co-Founders</i></p>	

FRIDAY, JUNE 23, 2017

8:00 am	Check In	KC Atrium
8:30 am – 9:00 am	<p>Welcome; Opening Remarks</p> <p>Presentation: Making Menstruation Matter Award: <i>Congresswoman Carolyn Maloney</i></p>	KC 400
9:00 am – 10:45 am	Plenary: <i>Politics, Policy and Activism</i>	KC 400
10:45 am – 11:00 am	BREAK	
11:00 am – 12:30 pm	Breakout Session #1	
12:30 pm – 2:00 pm	LUNCH	KC400
	<p>Key Note: Ann Voda Lifetime Achievement: <i>Dr. Nancy Reame</i></p>	
2:00 pm – 3:30 pm	Plenary: <i>Cycling Across Borders: Translational Conversations</i>	KC400
3:30 pm – 3:45 pm	BREAK	
3:45 pm – 5:15 pm	Breakout Session #2	
6:00 pm – 8:00 pm	DINNER <i>(shuttle provided to and from conference center)</i>	Barnard A. Zuckerman Museum of Art
8:00 pm	<p>Red Moon Howl – Poetry Slam-Open Mic</p> <p>Raffle Drawing</p>	Bernard A. Zuckerman Museum of Art

Schedule at a Glance

SATURDAY, JUNE 24, 2017

8:00 am	Check In	KC Atrium
8:30 am – 8:45 am	Opening Remarks	KC 400
8:45 am – 10:15 am	Plenary: <i>Menstrual Experiences of Underserved Individuals</i>	KC 400
10:15 am – 10:30 am	BREAK	
10:30 am – 12 noon	Breakout Session #3	
12:00 – 1:30 pm	LUNCH	KC 400
	SMCR Membership Meeting	
1:30: pm – 3: 00 pm	Plenary: <i>Menstrual Education: Fact and/or Fiction</i>	KC 400
3:00 pm – 3:15 pm	BREAK	
3:15 pm – 4:45 pm	Breakout Session #4	
4:45 pm – 5:00 pm	BREAK	
5:00 pm – 5:30 pm	Award announcements and wrap up	KC400
7:00 pm *	DINNER	California Dreaming
	http://californiadreaming.rest/	

*For those staying overnight on Saturday: a room has been reserved at a local restaurant within walking distance for anyone wanting to gather for dinner (at your own expense and in groups of your own choosing). **A sign-up sheet will be posted during registration to give the restaurant a count of who will be coming.**

Wi-Fi at the Conference

Attendees will have access to the wi-fi at the Conference Center.

Use the wi-fi named **KSUGuest**, and the password is (all lowercase): **kennesaw**.

If you have trouble hooking in after you type in the password, KSU suggests that you open a new browser and go to a website that you don't normally go to (espn.com, disney.com, etc.). It usually "wakes it up" then. KSU staff will be available the whole time, so you can always contact them if need be.

2017 Making Menstruation Matter Award



THE MAKING MENSTRUATION MATTER AWARD acknowledges a journalist, activist, artist, public figure or organization who has meaningfully contributed to the public understanding of menstrual cycle-related issues. The point of the award is to recognize AND encourage thoughtful dialogue about the menstrual cycle beyond the academy. **SMCR presents the 2017 Making Menstruation Matter Award to Congresswoman Carolyn Maloney.** Congresswoman Maloney was first elected to Congress in 1992. Her many accomplishments in this position are detailed on her website <https://maloney.house.gov/about/about-congresswoman-carolyn-b-maloney> and include achievements in financial services, national security, the economy and of special interest to SMCR, women's issues.

Noted in her biography is that Maloney is the "first woman to represent New York's 12th Congressional District; the first woman to represent New York City's 7th Councilmanic district (where she was the first woman to give birth while in office); and was the first woman to Chair the Joint Economic Committee, a House and Senate panel that examines and addresses the nation's most pressing economic issues. Only 18 women in history have chaired Congressional committees."

With respect to her interest in women's issues, her biography notes that she is a "champion for domestic and international women's issues, Maloney helped pass legislation that targets the 'demand' side of sex trafficking; provides annual mammograms for women on Medicare; the Debbie Smith Act which increases funding for law enforcement to process DNA rape kits, termed 'the most important anti-rape legislation in history.' Her legislation to create Women's Health Offices in five Federal agencies was part of the landmark health care reform legislation signed by President Obama."

Interestingly her advocacy of menstrual health legislation, is not mentioned in her biography but this did not escape our attention. Following the SMCR's 2013 Making Menstruation Matter award to Gloria Steinem and the 2015 award to Our Bodies Ourselves, Congresswoman Maloney was a natural choice for her authorship of the Robin Danielson Act to require the regulation of the content of menstrual products as well as her role in the broader realm of women's reproductive health.

Although Congresswoman Maloney cannot be with us in person to accept the award, we hope you will enjoy her video acceptance. We thank you, Congresswoman Maloney for this and all your other work to enhance women's health.

Ann Voda Lifetime Achievement Award



THE ANN VODA LIFETIME ACHIEVEMENT AWARD was created in recognition of the valuable contributions that Ann Voda made during her career as a menstrual cycle researcher and founding member of the Society. The award is given to recognize an outstanding lifetime contribution to menstrual cycle research. It is not given every year but at the discretion of the board to a deserving individual. **This year, the Voda Award is presented to Dr. Nancy Reame, PhD, RN, FAAN.** Dr. Reame has been a long time, very active member of SMCR since 1980. She served on the board, was our president, and convened the 1989 conference in Ann Arbor, Michigan. Over the years our newsletters have been peppered with details of her service to SMCR and her many research activities.

Dr. Reame is currently the Mary Dickey Lindsay Professor Emerita of Disease Prevention and Health Promotion in the Faculty of Nursing at Columbia University and director, of the Pilot Studies Core, Irving Institute for Clinical & Translational Research. Her current program of research is (and has been) focused on the neuroendocrinology of the menstrual cycle, PMS, and menopause with the aim of clarifying the factors associated with women's reproductive health. Recent publications include:

- McCook JG, Bailey BA, Williams SL, Annand S, Reame NE. Differential contributions of polycystic ovary syndrome (PCOS) manifestations to psychological symptoms. *J Behav Health Services & Research*. In press, 2014.
- Reame NE, Altemus M, Cortes Y. Perimenopause joint pain in urban Hispanic women: a qualitative study. *Nursing Research (Mar/April)* 62: e21, 2013.
- Close, Smaldone, Fennoy, Reame, Gray using information technology and social networking strategies for recruitment of research participants. *J Med Internet Research* 2013: 15 (e48).
- Hall, KS, O'Connell-White, V Rickert, N Reame, C Westhoff. An exploratory analysis of associations between eating disordered symptoms, perceived weight changes and oral contraceptive discontinuation among young minority women. *J Adolescent Health* 52: 58-63, 2013.
- Merrill JA, Yoon SM, Larson EL, Honig JA, Reame NE. Using social network analysis to examine collaborative relationships among PhD and DNP students and faculty in a research-intensive university school of nursing. *Nursing Outlook* 61: 109-116, 2013.

From her website:

A member of the Institute of Medicine, and AAAS Fellow, Dr. Reame is a women's health advocate, having served on the advisory committee to the NIH Women's Health Initiative, and as advisor to the Boston Women's Health Book Collective. She is a past member of the Board of Trustees for the North American Menopause Society and is certified as a menopause clinician. She is a past contributor to iVillage.com and is a current medical expert for www.HealthGuru.com.

In addition to this illustrious career, you may also be interested to know (noted in the fall 1999 SMCR Newsletter) that Nancy was the originator of our now famous "passing of the tampon" from President to President!

Nancy's service to SMCR, her research contributions related to understanding the menstrual cycle, and menopause in particular, position her for our recognition of her as a most worthy recipient of the Ann Voda Lifetime Achievement Award, given to an individual researcher who has made an outstanding contribution to the field of menstrual cycle research.

Conference Schedule: Thursday 22nd June

4:00 pm	Atrium	Registration Opens
6:00 pm – 8:00 pm	KC400	Opening Reception and Poster Session
7:00 pm		<p>Evelina Sterling, Conference Chair and Chris Bobel, President, SMCR - Welcome</p> <p>Danielle Keiser and Milena Bacalja Perianes, Co-Founders Introducing the Menstrual Health Hub www.mhhub.org</p> <p>The Menstrual Health Hub is a global and interdisciplinary Community of Practice (CoP) for menstrual health actors and practitioners. It is a new and exciting online platform for the menstrual health community to communicate, connect and collaborate, worldwide. Be one of the first to register YOUR organization with the MH Hub!</p>

Poster Presentations

Amy Alice Carson, University of Bristol:

Expressions of the Menstrual Body: A Qualitative Analysis and Art-based Inquiry

Mindy J. Erchull, University of Mary Washington, Ma. Luisa Marván, Instituto de Investigaciones Psicológicas (or Institute of Psychological Research), Universidad Veracruzana, Joan C. Chrisler & Jennifer Gorman, Connecticut College:

An Exploration of the Factor Structure of the Beliefs About and Attitudes Toward Menstruation Questionnaire (BATM)

Jennifer A. Gorman, Angela Barney, Joan C. Chrisler, Brittany Krasner, Laura Pavitt, Hannah Pepin, Sarah Rosadini, Rebecca Tutino, Youyang Wang, Connecticut College:

What is PMS? A Content Analysis of “Definitions” from Urban Dictionary

Joan C. Chrisler, Jennifer A. Gorman, Angela Barney, Youyang Wang, Rebecca Tutino, Hannah Pepin, Laura Pavitt, Morgan Rentko, Connecticut College:

Rumination, Emotional Regulation, and Premenstrual Distress

Ma. Luisa Marván & Fabiola Orihuela, Institute of Psychological Research, Universidad Veracruzana, Joan C. Chrisler, Connecticut College:

Age at Menarche, Reactions to Menarche, and Attitudes towards Menstruation among Mexican Women

Jessica Barnack-Tavlaris, The College of New Jersey, Jessica Milne, University of Michigan:

Attitudes Toward the Menstrual Cup

Conference Schedule: Thursday 22nd June

Cass Clemmer, "Toni the Tampon":

Coloring Outside the Lines: Using Art to Teach Kids of all Genders about Periods

Charlotte Amrouche, Utrecht University:

Bloody Protests – Menstrual Activism in Prison

Mandu Reid, The Cup Effect, Terri Harris Global One 2015:

A Faith-centred Approach to the Distribution of Reusable Menstrual Products.

Laura Hytti, Simone Kjær Jensen, Anna Gade, WoMena:

The Potential of Menstrual Cups and Reusable Pads as Menstrual Health Innovations in Humanitarian Programming

Chloe Parton, Jane Ussher, Janette Perz, Translational Health Research Institute, Western Sydney University:

Experiencing menopause in the context of cancer: Women's Constructions of Gendered Subjectivity

Tatiana Crespo, Alexis Starks, Arizona State University:

Luxury of Blood: Making Tampon Earrings

Tiffany Cool, Brock University:

The Shifting Experiences of Menstruation: Exploring the Perceptions and Experiences of Adolescent Females

Amy Dryden, Jane Ussher, Janette Perz, Elizabeth Conroy, Translational Health Research Institute, Western Sydney University:

Menstruation and Homelessness: A Qualitative Analysis of Women's Experiences

Catriona MacLachlan, Jennifer Rubli, Femme International: Femme International:

Uwezo Program, East Africa

Chella Quint, #periodpositive & The Gender Respect Project:

Puns and Periods: How can a play on words engage a state of play and defuse taboos?

Irenose Ibaze, Emory University and Evelina Sterling, KSU:

It's the Menstrual Cycle. Period: How to Incorporate Menstrual Cycle Information into Education and Health Campaigns

Conference Schedule: Friday 23rd June

8:00 am	Atrium	Check In
	KC300	Vendors/Message Board
8:30 – 9:00 am	KC400	Welcome; Opening Remarks
		Making Menstruation Matter Award: Congresswoman Carolyn Maloney
9:00 – 10:45 am	KC400	PLENARY 1: POLITICS, POLICY AND ACTIVISM

Moderator: David Linton. David Linton is a professor emeritus in Communication Arts from Marymount Manhattan College. He is the co-editor of the SMCR newsletter, *The Periodical*, a member of the blog team, and has served on the Board of SMCR for six years. His research and publications focus on the social and cultural construction of menstruation and he regularly performs original menstrual-themed poetry at venues in the US and abroad.

Panelist 1

Breanne Fahs:

There Will be Blood: Examining Women’s Positive and Negative Experiences with Menstruation to Better Understand the Goals of Menstrual Activists.

Understanding the range of women’s experiences with menstruation can provide crucial inroads for menstrual activists to design interventions and strategies that address women’s concrete feelings and concerns. This talk draws upon qualitative data with 20 women from a 2014 community sample where they were asked about a particularly positive or particularly negative experience with menstruation. After sharing the results of this study, the talk moves to the work of recent menstrual activists both inside and outside of the university classroom in order to put into conversation research, pedagogy, and activism about menstrual resistance.

Breanne Fahs is a Professor of Women and Gender Studies at Arizona State University. She is the author most recently of *Out for Blood: Essays on Menstruation and Resistance* as well as *Performing Sex: the Making and Unmaking of Women’s Erotic Lives* as well as *Valerie Solanas: The Defiant Life of the Woman Who Wrote SCUM (and Shot Andy Warhol)*, and the coeditor (with Mary L. Dudy and Sarah Stage) of *The Moral Panics of Sexuality*.

Panelist 2

Jennifer Weiss-Wolf:

Periods Gone Public: Making a Stand for Menstrual Equity: An Exploration of Menstruation in the Current Cultural and Political Landscape and an Investigation into the New Wave of Period Activism.

In recent years around the globe there has been a push for greater gender equity and fairness involving a wide variety of legislative and regulatory initiatives. This presentation focuses on using the tools of law, policy and media to make systemic change with menstrual access as the core

Conference Schedule: Friday 23rd June

focal point. Legislative advocacy can take many forms depending on the taxation and rule-making systems in place at the local, state, regional or national level. The discussion will include both an explanation of why menstrual equity is so crucial and how menstrual activism can be conceptualized to achieve the most successful outcomes.

Jennifer Weiss-Wolf is a leading writer and advocate for equitable menstrual policy in America. She has been variously described as one of the nation's "badass menstrual activists" (Bustle) and an "architect of the U.S. policy campaign to squash the tampon tax" (Newsweek). Weiss-Wolf is a lawyer and currently serves as a vice president of the Brennan Center for Justice at NYU School of Law. She is also a member of the Advisory Board of ZanaAfrica Foundation. Her forthcoming book, *Periods Gone Public: Making a Stand for Menstrual Equity*, will be available in November 2017.

Panelist 3

Erin Byers:

Women at War: Battle of Menstruation.

This presentation will examine how women in combat environments deal with their menstrual cycles. Women represent approximately 15% of our armed forces, and they are experiencing combat environments more so than any other time in history. With the integration of females into combat roles, problems regarding their reproductive health are coming into light. Topics to be discussed include: barriers to care that women face before and during deployment; the challenges of menstruating in a combat environment; current medical "best practices"/protocols, or lack thereof; and proposed solutions to these challenges.

Erin Byers is a former US Army Sergeant who served as a combat medic for seven years. In 2006 she deployed with the 10th Mountain Division (LI) to locations south of Baghdad as part of Operation Iraqi Freedom. Erin was honorably discharged in 2011.

10:45 – 11:00 am **Atrium Break (*All snacks at the conference have been provided by Diva International, Inc.*)**

11:00 – 12:30 pm **Breakout Session 1: 5 concurrent sessions**

Concurrent Session 1.1: Curriculum Design and Implementation (KC182)

Anne D Smith, Angela Lagat, Anne Moraa, Jane Nthanze, ZanaAfrica:

Nia Teen Magazine: Development of a Girl-Centered Menstrual and Reproductive Health Educational Magazine in Kenya

The presentation will walk through the development of Nia Teen Magazine, a paper-based menstrual and reproductive health publication made with and for young adolescent girls in Kenya. Early findings on engagement and impact based on user testing will additionally be discussed.

Conference Schedule: Friday 23rd June

Kelsey Knight & Emily Varnam, The Fifth Vital Sign:

Facilitating Conversations with Our Bodies

The Fifth Vital Sign is a movement with the mission to use menstrual and reproductive health education as preventative care through informed choice and body literacy. In 2016 Emily and Kelsey toured 43 states, for three months, teaching 100 free classes. In November they launched a facilitator program, training 50 people to teach their curriculum.

Hannah Whelan, University of Amsterdam & Eco Femme:

Bad Blood: Eco Femme and the Experiences of Menstruation

Menstruation is often perceived as impure in rural Tamil Nadu, subsequently reinforcing India's inequitable gender relations. Eco Femme is an enterprise that provides washable cloth pads and menstrual health education to underserved women in these areas. This paper addresses how Eco Femme affected the experiences of menstruation, and how this impacted women's lives in this context.

Madeleine Shaw, Alysha Seriani, United Girls of the World Society:

Welcoming Girls into Adolescence

G Day for Girls ("G Day") is a rite of passage celebration series founded in 2014 for girls ages 10 to 12 — and their parents or caregivers — that emphasizes empowerment, confidence, and supportive community relationships at the key "coming of age" transition between childhood and adolescence.

Concurrent Session 1.2: Reaching Underserved Populations (KC460)

Radha Paudel, Shanta Adhikari, Radha Paudel Foundation:

Menstrual Health Hygiene and Rights: Key Foundation for Peace, Human Right, Empowerment and Sustainable Development Goals

This presentation describes how in Nepal, restrictions to eating, entering, mobility and touching, during menstrual periods are the underlying causes for inequality and discrimination against girls and women. Consequences for girls and women who must conform to these restrictions are noted. Interventions to change these practices are also described.

Valentine Samoei, Joy Lynn Alegarbes, Huru International:

Lessons from a Menstrual Health Program with Women Engaging in Transactional Sex in the Border Towns of Kenya

Huru International has delivered menstrual health programs for vulnerable young women throughout East Africa since 2008. Through local and international partnerships, Huru recently adapted its work to serve women engaging in transactional sex. This presentation shares lessons learned and a way forward for menstrual health programs targeting this difficult -to-reach population.

Conference Schedule: Friday 23rd June

Laura Piedad Contreras Aristizábal, Independent Researcher:

The Humanitarian Health Crisis in Colombian Prisons: the Current Situation and Proposals for the Improvement of the Health Conditions of the Prisoners in Their Menstrual Cycle.

The current situation of overcrowding in Colombian prisons has created deplorable health conditions. The deficient water supply has led to hygiene problems and the spread of diseases, and this combined with limited access to sanitary pads or other means of collecting menstrual fluids has affected the menstrual health of women who have been deprived of their liberty.

Sequoia Ayala, Law and Policy Fellow, If/When/How Reproductive Justice/HIV Fellow, SisterLove, Inc.: *Fighting for Contraceptive Equity.*

This presentation will discuss centering the agency of Women of Color (WOC) and low income women in sexual and reproductive health advocacy.

Concurrent Session 1.3: Discourse Analyses – How We talk about Menstruation (KC174)

David Linton, Marymount Manhattan College:

The Patriotic Period: Images of Menstruation During War

This paper examines the strategies used in advertising campaigns for menstrual products that linked the products to patriotism and support for military mobilization. The social, sexual, and employment implications of the images employed will be examined as well as the post-war reactions to them.

Meredith Field, Jill M. Wood, Penn State University:

Menstrual Politics: Resisting the Concealment Imperative through RUMPS

In this paper we discuss what we term "The Concealment Imperative," a form of social control in which women constantly engage in their own medical surveillance so that women's experiences of menstruation become disembodied. Given social norms that dictate women should conceal menstruation through the use of disposable menstrual products, this paper argues that the use of reusable menstrual products (RUMPS) is a powerful form of embodied resistance to social constraints, and will discuss the motivations and experiences of RUMPS users.

Katie Ann Hasson, University of Southern California:

Menstrual Suppression: Redefining Menstruation and its Management

Drawing on an analysis of websites and interactive advertisements aimed at women and physicians, this paper shows how pharmaceutical advertisers promote menstrual suppression birth control pills by providing new definitions of menstruation that normalize suppression and reframing the necessity of menstrual management projects as a risk that should be treated with medication.

Conference Schedule: Friday 23rd June

Josefin Persdotter, Gothenburg University:

Introducing Menstrunormativity

The concept menstrunormativity is introduced as a way to talk/think/research social and scientific understandings of menstruation and their effects on menstruation as phenomena and lived experience. The concept encircles constructions of “natural”, “normal” and “right” ways to menstruate and be/feel/act in menstruator and enables discussing what menstrualities are produced.

Concurrent Session 1.4: Workshop - Activism (KC462)

Breanne Fahs, Arizona State University, Chris Bobel, University of Massachusetts Boston:

Yes! You can be a Menstrual Activist: Inspiration from the Past and Present to Activate an Even More Robust, More Relevant, More Rambunctious Menstrual Movement

Menstrual activists have utilized multiple tactics to engage their work; they have used cultural criticism, infected social media with alternative menstrual narratives, designed art and performance pieces that challenge sexist thinking about menstruation, and have combatted harmful products, advertisements, and corporate interests (Bobel, 2010; Fahs, 2016; Kissling, 2006). This two part workshop is designed as a means to motivate and inspire other menstrual scholars and activists to do activism in new and imaginative ways, drawing from the robust history of menstrual activism. In part 1 (Menstrual activism inspired: Actions from the past and present), we begin with the history of the menstrual activist movement. We then showcase some curated examples of effective menstrual activism. This includes examples both within the U.S. and in the Global South as well as menstrual activism with students that is based in the classroom. We also highlight some recent menstrual activist interventions and tactics. In part 2 (Rolling up our sleeves to get it done), we shift to brainstorming with those in the room to explore possibilities for effecting change through creative action. Our aim here is not only to talk but to actually concretize feasible building blocks for interventions (e.g., connecting with other participants with shared goals, sharing resources, considering logistics, mapping initial steps, etc.). Participants will take away (we hope) renewed inspiration and ideally, actual plans for engaging in embodied resistance both individually and collectively as they draw from the work of past activists in the process.

Concurrent Session 1.5: Panel - Lessons Learned from Menstrual Cup Program Collaboration

(KC464)

Promise, reservations and cultural acceptability: Lessons Learnt from Menstrual Cup Education and Program implementation in East Africa

Chair: Laura Hytti; Discussant: Danielle Keiser, Menstrual Health Hub

Ruby Life has collaborated with the organisations Femme International, Womena and The Cup Effect to understand and counter perceived barriers to introducing the menstrual cup to women

Conference Schedule: Friday 23rd June

in East Africa. This panel will explore the methodology used by each organisation, the challenges and successes of introducing this method as well as discussing the vital role of menstrual health education in promoting the menstrual cup. The panel will share experiences related to the common limited knowledge among many girls and women in East Africa on reproductive health, particularly of the female reproductive organs and the menstrual cycle and how the introduction of menstrual cups can be a gateway into opening up discussion on sensitive issues related to menstrual health as well as other sensitive sexual and reproductive health issues, such as family planning, while providing comprehensive reproductive and menstrual health education. Finally, the panel will discuss the potential of further scale-up and integration of menstrual cups in global menstrual health related programming on donation basis as well as the potential of making menstrual cups widely accessible and affordable both in high and low-income settings.

Paper 1: Julie Weigaard Kjaer, Ruby Life:
Ruby Cup by Ruby Life Ltd.

Ruby Life distributes Ruby Cup via a Buy One Give One model, which entails that for every cup sold, one is donated to a girl or woman in a low-income community. Key elements are using a sustainable product and business model to pursue a long-term impact and scalability through inclusive partnerships.

Paper 2: Sabrina Rubli, Femme International:
Feminine Health Empowerment Program - Introducing Menstrual Cups as a Sustainable Solution for Adolescent Girls in Kenya & Tanzania

Femme International distributes menstrual cups as part of the education-based Feminine Health Empowerment Program in Kenya & Tanzania. Working primarily with adolescent girls, the FHE program has explored the acceptability and feasibility of the cup in both rural and urban communities.

Paper 3: Mandu Reid, The Cup Effect:
Menstrual cup distribution to women in Lamu County, Kenya* using a faith-based approach.

The Cup Effect's mission is to raise awareness about menstrual cups and make them more widely available across the world. A project in Lamu, in collaboration with Global One, uniquely uses a faith-based approach to build trust and inroads with women from the majority Muslim communities across Lamu county.

Paper 4: Laura Hytti, WoMena:
Educating whilst Selling: Applying a Total Market Approach in Uganda

Menstrual Cups have been distributed in Uganda through a largely donation based model, but to be a sustainable solution and to increase access, alternative distribution pathways need to be identified - but as a new and unknown product are girls and women in Uganda willing and able to pay for menstrual cups and at what price?

Conference Schedule: Friday 23rd June

12:30 – 2:00 pm KC400 Lunch

Key Note: Ann Voda Lifetime Achievement Awardee:
Dr. Nancy Reame (*Sponsored by CrampsAWAY*)

2:00 – 3:30 pm KC400 PLENARY 2: CYCLING ACROSS BORDERS: TRANSLATIONAL
CONVERSATIONS (*Sponsored by Lunapads*)

Moderator, Danielle Keiser. Danielle Keiser is Co-Founder and Executive Director of the Menstrual Health Hub, a global and interdisciplinary Community of Practice (CoP) for menstrual health actors and practitioners. Her background is a melange of politics, sociology, global communication and women's health advocacy and offers communications and consulting services to organizations and businesses working in the area of female health.

Panelist 1

Sabrina Rubli:

Does using a sustainable method of menstrual management reduce the number of adverse health instances in schoolgirls in Moshi, Tanzania?

Femme International is an NGO that is committed to using education, conversation and distribution to empower girls and break the menstrual taboo. Femme's education-based approach provides beneficiaries with important education, and creates a safe space for a larger discussion on reproductive health. This presentation will focus on Femme's approach, the impact we have seen with Femme Kit distribution (containing reusable menstrual products), and how our program has evolved over the years.

Sabrina Rubli is the Co-Founder & Executive Director of Femme International, an NGO that is dedicated to breaking the menstrual taboo through health education. Sabrina's work in East Africa focuses on promoting women's health through education, specifically menstrual health and hygiene, and breaking down the stigmas surrounding a woman's body. She is currently based in Moshi, Tanzania and Toronto, Canada.

Panelist 2

Lhamo Yangchen Sherpa:

Helping Girls Transition from Girlhood to Womanhood in Nepal – insights on MHM from adolescent girls through a peer ethnographic and key influencers study.

In Nepal, limited access to information, products and services, as well as harmful beliefs and practices around menstruation, have a significant impact on adolescent girls' ability to effectively manage menstrual health, with dire consequences on girls' education, physical health, psycho-emotional well-being and general quality of life. PSI Nepal has undertaken human centered design research, including a programmatic and policy scoping review, peer ethnographic and key

Conference Schedule: Friday 23rd June

influencer study and a market assessment, to better understand Nepali adolescents needs, and evaluate how the MHM market currently serves them. This talk will present findings from the scoping review and insights from the adolescent girls and key influencers study.

Dr. Sherpa is the Senior Manager, Strategic Evidence and Research at Population Services International (PSI) Nepal. She holds PhD in Epidemiology from the Institute of Health and Society Section for Preventive Medicine and Epidemiology from the University of Oslo; a Masters of Science in in Epidemiology from Prince of Songkla University, Thailand; and Post-Graduate in Cardiology and Bachelor of Medicine, Bachelor of Surgery(MBBS) from Chuvash State University, Cheboksary Russia. With more than ten years of experience on research and analysis, project planning and management and designing and implementing strategic evidence, Dr. Sherpa in a clinical expert in non-communicable diseases and reproductive health. Previously, she has worked as a health specialist, director, and research analyst for different organizations, including the Social Welfare Council, the Korean International Cooperation Agency (KOICA), and the Himalayan Health and Environmental Services Solukhumbu, among others.

Panelist 3

Laura Hytti:

Elap, Ensonga and Tiyo Dwe: Navigating Menstrual Experiences through Partnerships in Uganda.

In Uganda there are dozens of different words for menstruation and divergent, contextually differing menstrual experiences. WoMena works with partners (community based organizations, NGOs and governmental and private sector actors) to enhance menstrual well-being among girls and women in Uganda through research, national level advocacy and by supporting partner project implementation. This talk will highlight the importance of building partnerships, the challenges of measuring impact and most importantly, lessons learnt from adapting approaches to different cultural and organizational contexts.

Laura Hytti is a public health professional working in the field of reproductive and menstrual health. She is currently a Research and Project Coordinator at WoMena, a NGO working with research, long-term strategies and advocacy to support innovative reproductive health solutions and menstrual health in Uganda. In her role, she supports the development, implementation and dissemination of research on menstrual health, the menstrual cup and creating sustainable access to menstrual health products. Laura holds a MMSc in International Health from Uppsala University and previously worked in health care regulation in the UK. She is coordinating WoMena's RHSC Innovation Fund project, the Menstrual Cup Market Accessibility Project in Uganda.

Panelist 4

Milena Bacalja Perianes:

When practice and research collide: Are public health interventions the solution to menstrual health in Malawi?

Conference Schedule: Friday 23rd June

Under the guise of menstrual hygiene management (MHM) there are a variety of public health interventions which seek to address the challenges of menstruation around the world. Whilst these have had varying degrees of success, there remains a strong need for discussion regarding the tension between this development agenda, and the lived experiences of women and girls. This presentation will highlight the diverse approaches to MHM programming in Malawi. It will identify the potential bottlenecks in standardized public health interventions, ultimately highlighting the need for a holistic understanding of menstruation as an intersectional issue affecting one's health, wellbeing, development, and participation.

Milena Bacalja Perianes is an Australian/Spanish development practitioner and feminist researcher living in Amsterdam. With experience working in Cambodia, India, Malawi, Mongolia, and South Africa with Simavi, the International AIDS Society, and UNAIDS she specializes in gender perspectives on sexual and reproductive health and rights issues.

3:30 – 3:45 pm Atrium Break

3:45 – 5:15 pm Breakout Session 2: 5 concurrent sessions

Concurrent Session 2.1: Menstrual Education (KC460)

Saniya Lee Ghanoui, University of Illinois:

Blood in the Books: Menstrual Education in the United States, 1900-1946

This paper examines menstrual education in the United States from 1900 to 1946, and unpacks the methods, ways, and types of menstrual education in the first forty years of the twentieth century to see how educators taught menstruation. I argue that film became the next step in menstrual education, as books, pamphlets, nursing guides, and even lectures could not reach as wide a number of people as menstrual education films could.

Eunice Muthengi & Karen Austrian, Population Council, Annie Smith, ZanaAfrica Foundation:
Menstrual Experiences and Challenges Faced by Young Adolescent Girls in Kilifi, Kenya: Baseline Findings from the Nia Project, A Randomized Controlled Trial Evaluating Menstrual and Reproductive Health Interventions

The presentation highlights findings regarding menstrual health experiences, practices and challenges faced by primary school girls in Kilifi, Kenya, interviewed as part of the baseline survey of the Nia Project, a randomized controlled trial evaluating menstrual health interventions. The sample includes more than 3,500 girls in 140 public primary schools.

Amy Bammel Wilding, Red Tent Louisville:

Menarche Rites of Passage and Menstrual Health

The cultural restoration of young women's menarche ceremonies is a vital aspect of lifelong menstrual health. A relevant combination of ancient ritual and twenty-first century sexuality/menstrual education, modern menarche ceremonies prepare young women to become

Conference Schedule: Friday 23rd June

fully empowered to own and advocate for their reproductive health and well-being, and to rewrite the cultural narrative around menstruation.

Roxanna Curiel, University of Utah, Mehera Nori, Legal and Reproductive Health Activist:
TIDES: (Re)Mapping Menstrual and Sexual Health Education

This project seeks to highlight the menstrual and sexual health needs of underserved youth while emphasizing the social and cultural experiences of menstruators. How can we use an online platform to foster healthy dialogue and (re)mappings of sexual and reproductive health education?

Concurrent Session 2.2: Filmmaking to Advance Awareness, Education and Research (KC172)

Sara Baumann, University of Pittsburgh, Sadie Mohler, Duquesne University:
Filmmaking in Educational and Public Health Interventions and Research

The authors will describe how they have used filming to raise awareness about the menstrual experiences of underserved individuals and in research. They will show clips from documentaries they have created 1) Homeless Narratives: and 2) Cycle Series – A Transmasculine Experience of Menstruation. Next, the authors will discuss preliminary lessons from implementing a collaborative filmmaking approach for gathering knowledge about menstrual hygiene management in rural Nepal. Initial findings will be shared on the effectiveness of the approach, challenges faced and opportunities for further research on using this novel methodology.

Deborah Bayer Marlow, Content developer:
Breaking the Cycle

Breaking the Cycle: a work in progress – a web series aimed at exposing menstrual taboos through local eyes of young girls from 7 immensely different geographical and socio- economic areas: the dilemmas they face, the knowledge and the communication, the rituals, the products they use for sanitation and hygiene, the social consequences to our societies and the untapped economies.

Concurrent Session 2.3: Discourse Analysis – How We Talk about Menstruation (KC462)

Michela Accerenzi, Universidad del País Vasco / Euskal Herriko Unibertsitatea:
Development politics, Decolonial Theories, and Menstruation

In this paper I argue that development bodily politics need to take feminist decolonial theories into account, along with local women's movement claims, and approach menstruation not only as a physical but also as a social process, respecting cultural perspectives and knowledges, while addressing the underneath power relations.

Conference Schedule: Friday 23rd June

Iris Josephina Verstappen, Cycle Seeds:

Western Ignorance: How the Idea of Emancipation Distorts Change

In Western, 'developed' areas of the world, emancipation is believed to be a lived reality - especially concerning birth control and menstrual education. However, the idea of emancipation might distort the positive changes that can occur. What would happen if we would drop the ideas of emancipation and redefine our belief systems about what we truly know, and re-embodiment knowledge that has been at hand - and do this with a team of gynaecologists, menstruators and social scientists?

Milena Bacalja Perianes, University of Cambridge:

Menstruation, Gender, and Power: Moving Beyond a Public Health Approach in Malawi

This research explores how menstrual practices are constructed, legitimized, and realized by Malawian women; and how these practices impact the constitution of gendered social dynamics. Using an African centered theoretical framework, it situates menstrual practices within local narratives to understand how female identity is experienced at a personal and collective level.

Concurrent Session 2.4 Panel – Activism (KC464)

Embodying “The Future is Female”: Collaborative Activism in the US and Beyond

Chairs: Sustainable Cycles – Rachel Horn and Ruby Gertz

The past few years has reared a new generation of menstrual cycle activists in the US and the world. In education, activism, and art, individuals are crossing borders, leading organizations, and breaking down barriers of oppression that reinforce the uninformed, stigmatized menstrual status quo. Collaborative activism means that people working in the same sector are linked and not ranked. Interactions are more about support than competition. The panelists will describe their unique roles working in menstrual health as well as their collaborations, achievements, and challenges. The unified efforts of the panelists as well as many other organizations throughout the world exemplifies the teamwork necessary for the Menstrual Health and Hygiene sector to make significant improvement to women's health both locally and globally. However, these efforts do not come without barriers. From access and inclusivity to poverty and mental illness to political ideology and economic trends. The panelists have personal experience interfacing with communities in a menstrual context and will discuss their observations, opinions, and what the audience can do to support this revolutionary and growing movement.

Paper 1: Chelsea VonChaz, #HappyPeriod:

The Homeless Period

People with periods should be able to manage their menstrual hygiene stress-free and with dignity. However, for individuals experiencing homelessness or living in poverty, that can be a

Conference Schedule: Friday 23rd June

dreaded monthly challenge. Menstrual products are not easily accessible or affordable to everyone. Poor menstrual hygiene not only affects physical health, but also social and mental well-being.

**Paper 2: Rachel Horn and Ruby Gertz, Sustainable Cycles:
*Mobility and Menstruation***

Female cyclists ride their bicycles thousands of miles to the SMCR conference hosting workshops about reusable menstrual products en route. Mobility and menstruation do not have to exist at the expense of community health. Reducing dependence on petroleum and disposable products is essential for improving global health and de-stigmatizing menstruation.

**Paper 3: Emily Varnam, Kelsey Knight, The 5th Vital Sign:
*The 5th Vital Sign***

Using the idea of education as preventative care, a doula and a nurse drove 15,000 miles teaching classes on breast awareness, cycle tracking, body literacy, and informed choice in contraception and menstrual care. Drawing on this experience, they will share ideas about inclusivity and accessibility as they strive to offer this vital information to everyone.

Concurrent Session 2.5: Workshop - Menstrual Education (KC182)

Chella Quint, #periodpositive & The Gender Respect Project: #PeriodPositive: Developing and Testing an Innovative Education Method

#periodpositive has grown from a personal set of educational practices to a broader scheme of work shared with reproductive health education professionals in the UK. Can it be developed and shared with specialists and non-specialists from many different settings to facilitate a pathway for developing their own lesson plans using a #periodpositive pedagogical strategy? In this workshop/learning lab, Quint would like to share her best practices and receive feedback on the exploration and activity development process she uses. Attendees will discuss her innovative way of thinking about inclusion, activism, and challenging taboo through education techniques she has developed, thus contributing to her continuing refinement of her own practice, and at the same time considering how her approach might to support and enhance their own, toward developing a global standard for menstrual education. The aim of this session is to model activities that can be used to address menstrual stigma in formal and informal educational settings by providing exploration of a fun and engaging toolkit. This workshop will be particularly useful for professionals who research menstruation education, teach young people and adults, or train others to teach about reproductive health topics at all ages and ability levels, who are looking for innovative ways of delivering content.

Conference Schedule: Friday 23rd June

6:00 – 8:00 pm Bernard A Zuckerman Museum of Art Dinner

8:00 pm

Red Moon Howl: Poetry Slam, Open Mic

Raffle Drawing

Alice Dan and Kathleen McPherson, Board Meeting, 1995, Montreal



Conference Schedule: Saturday 24th June

8:00 am	Atrium	Check In
8:30 – 8:45 am	KC400	Opening Remarks
8:45 – 10:15 am	KC400	PLENARY 3: THE MENSTRUAL EXPERIENCES OF UNDERSERVED INDIVIDUALS

Moderator, Margaret L. (Peggy) Stubbs. Peggy Stubbs is Professor Emerita of Psychology at Chatham University in Pittsburgh PA. She has been a member of SMCT since 1981 and has served as Newsletter Editor, President, and the co-chair of conferences in 2003 and 2011. Her menstrual cycle research has focused on attitudes towards menstruation, and especially as these impact menstrual education throughout the lifespan.

Panelist 1

Robyn Steward:

Autistic People Menstruate! Results of an Online Survey of Autistic People.

One in every 100 individuals is autistic. Little research has explored their experience of menstruation, their needs and how these might differ from those of Non-Autistic people. This presentation will provide an overview of their menstrual experiences resulting from responses to an online survey.

Robyn Steward is autistic. She has worked as a trainer in many different settings to help professionals better understand autism, and how each autistic individual is different. In 2015 Robyn was awarded a National Autistic Society professional award for outstanding achievement by an individual on the Autistic spectrum. She is currently a visiting research associate at the Centre for Research in Autism and Education, in the Institute of Education University College, London, and serves on the Autism Education Trust's program board. She is the author of *The Independent Woman's Handbook for Super Safe Living on the Autistic Spectrum* (Jessica Kingsley Publishers). Robyn is also an artist with Heart N Soul, a not-for-profit organization working with artists with disabilities.

Panelist 2

Tomi-Ann Roberts:

Bleeding in Jail: Objectification, Self-Objectification and the Fight for Menstrual Justice.

Through the lens of Objectification Theory (Fredrickson & Roberts, 1997), this talk explores the issues raised around the problematic emotions of shame and disgust that undergird dehumanizing practices around menstruation for jailed and imprisoned women, and argues that such practices ought to be illegal.

Tomi-Ann Roberts, PhD, is Professor and Chair of the Psychology Department at Colorado College. Her research focuses on the psychological consequences of the sexualization and

Conference Schedule: Saturday 24th June

objectification of girls and women. The first paper she co-authored on this topic, Objectification Theory, is the most cited article in the 40-year history of the journal *Psychology of Women Quarterly*. She served on the American Psychological Association's Task Force on the Sexualization of Girls, is coauthor of the book *The Sexualization of Girls and Girlhood: Causes, Consequences and Resistance* (Oxford) and continues to work on both empirical research, applied consulting work, and advocacy efforts to improve the lives of girls and women by enhancing their relationship to their embodied selves.

Panelist 3

Ebony Glover:

The Menstrual Cycle and Mental Health Disparities: The Role of Cycling Estrogen on PTSD Risk in African American Women

Posttraumatic stress disorder (PTSD) is a debilitating anxiety disorder that disproportionately affects African American women. We examined the role of cycling estrogen on PTSD vulnerability in an urban, highly traumatized sample. Low estrogen was associated with increased PTSD risk in African American women, suggesting the need for menstrual cycle-sensitive treatments for the clinical management of PTSD in vulnerable communities.

Dr. Ebony Glover, PhD, received a M.A. degree in 2005 and a PhD in 2010 from Emory University Laney Graduate School in the Neuroscience & Animal Behavior Program. She completed a National Institutes of Health (NIH) Fellowships in Research and Science Teaching (FIRST) Postdoctoral Fellowship in 2013 and a NIH Postdoctoral Ruth L. Kirschstein National Research Service Award (NRSA) in 2014. In the fall of 2014, Dr. Glover transitioned as Assistant Professor of Neuroscience at Kennesaw State University in the Department of Psychology. Here, she is building a collaborative neuroscience-based research and teaching laboratory. Dr. Glover's Affective Neuroscience laboratory takes an interdisciplinary approach to study emotion regulation and risk factors associated with the development of anxiety disorders.

Panelist 4

Jane M. Ussher:

Unspeaking Womanhood: Experiences and Constructions of Menstruation in Migrant and Refugee Women.

Because experiences and constructions of menarche and menstruation are shaped by the sociocultural environment in which women are embedded, identifying women's experiences and constructions of menarche and menstruation cross-culturally is essential for the provision of appropriate medical practice, health promotion and health education. This presentation focuses on research exploring the experiences and constructions of menarche and menstruation among culturally and linguistically diverse, newly arrived migrant and refugee women resettled in Sydney, Australia and Vancouver, Canada. Seventy-eight semi-structured individual interviews and 15 focus groups, comprised of 82 participants, were undertaken with women from varying

Conference Schedule: Saturday 24th June

cultural backgrounds. Using thematic decomposition, the main themes of 'Becoming a woman' and 'The Unspeakable' were identified. Participants constructed menarche as a marker of womanhood, closely linked to marriage and childbearing. Menstruation was positioned as shameful, something to be concealed, and polluting.

Jane M. Ussher is Professor of Women's Health Psychology, in the Translational Health Research Institute at the Western Sydney University. She is author of over 200 papers and chapters, editor of the Routledge Women and Psychology book series, and author of 11 books, including *The Madness of Women: Myth and Experience* (Routledge). Her current research focuses on sexual health in refugee and migrant women, understanding and developing interventions for premenstrual distress, sexuality and fertility in the context of cancer, young women's experiences of smoking, and LGBTI experiences of cancer.

10:15 – 10:30 am **Atrium Break**

10:30 – 12:00 pm **Breakout Session 3: 5 concurrent sessions**

Concurrent Session 3.1: International Interventions to Improve Menstrual Life (KC462)

Janie Hampton, World Menstrual Network:
Menstrual Cups in Malawi

In Malawi, more schooldays are missed by females as a result of menstruation than malaria. Menstrual cups are an effective solution which improve comfort and confidence, and reduce environmental waste. This feasibility study tests if menstrual cups are acceptable among females aged 15-45 in Malawi.

Kay Standing, Sara Parker, Liverpool John Moores University:
Assessing the impact of Reusable Sanitary Pad Project on Women's and Girls' Wellbeing in Nepal

The paper presents initial findings from a British Academy funded project into the impact of NGOs distribution of reusable sanitary pad kits in Nepal. It argues they do not always achieve their stated goal of improving menstrual health and ending taboos, and more research is needed in diverse communities.

Shobha Shah, Pankaj Shah, Shrey Desai, Dhiren Modi, SEWA Rural:
Improving quality of life with new menstrual hygiene practices among underserved adolescent tribal girls in rural Gujarat, India

Among adolescent girls in underserved areas of India there is lack of access to safe absorbent material to manage menstruation, knowledge and sanitary infrastructure. We found that reusable soft cloth falalin is effective, safe, and culturally acceptable. There was significant improvement in quality of life, RTI, and school absenteeism.

Conference Schedule: Saturday 24th June

Jennifer Rubli, Femme International:

Quantitative Situational Analysis of MHM and Associated Factors in Schoolgirls in Kilimanjaro, Tanzania

There is little quantitative data on MHM in low- and middle income settings, and how this affects schoolgirls. Femme International has developed a questionnaire and is conducting a situational analysis in the Kilimanjaro region of Tanzania to assess the situation, aid in programme planning and evaluation, and strengthen Femme's impact.

Concurrent Session 3.2 Menstrual Health- Painful Periods (KC464)

Heather C. Guidone, Center For Endometriosis Care:

Endometriosis: Disease Education in a Culture of Menstrual Misinformation

Routinely perceived through a lens of negative construct, menstruation remains linked to misconceptions and practices resulting in poor health outcomes, particularly with related disorders like endometriosis. Developing curricula on wide-ranging expectations of 'normal' can help clinicians and the public better understand the disease and address societal bias keeping endometriosis marginalized.

Sally King, Menstrual Matters:

What Counts as a Premenstrual Symptom? Exploring Contradictory Medical Definitions of PMS (Premenstrual Syndrome)

PMS diagnostic guidelines prioritise psychological symptoms, but the clinical reason for doing so remains unclear. Studies show that they are not necessarily the most commonly experienced, nor uniquely determining, nor most disruptive of the (100+) known premenstrual symptoms. Does such medical practice simply reflect and perpetuate the myth of the irrational woman?

J. Gregory Little, David Clarke, CrampsAWAY:

Personal and Societal Implications for Women Who Seek Pain Relief from Primary Dysmenorrhea

Personal and societal implications for post-pubescent girls and women who seek pain relief from menstrual-cycle related cramping beyond currently available over-the-counter (OTC) pain relievers.

Ela Przybylo, Breanne Fahs, Arizona State University:

Feels and Fits: On the Realness of Menstrual Pain and Crippling Menstrual Chronicity

Bringing together feminist theory, disability studies, and intersectional notions of critical embodiment, this paper considers the contradiction between overwhelming cultural menstrual negativity contrasted with the curious absence of menstrual pain from feminist and popular culture discussions of menstruation. We argue for new theorizations of the temporalities of menstrual pain, particularly from a queer/crip perspective, building on the somatechnics of

Conference Schedule: Saturday 24th June

menstruation and the emergence of medical categories like “premenstrual dysphoric disorder.” We conclude by redefining menstrual pain and its cyclic chronicity by drawing upon crip temporal embodiment.

Concurrent Session 3.3 – Discourse Analyses – How We Talk about Menstruation (KC174)

Dr Roksana Badruddoja, Women and Gender Studies (WAGS), Manhattan College:

Symbolic Pollution: Towards a Feminist Perspective on Menstruation

The rules of conduct prescribed to menstruating women have placed menstruation on the foreground of studies of “taboo” and “symbolic pollution.” In this research, I put forth that menstruation is not defined by pollution. Rather, menstruation is the benchmark in which to define the idea of pollution better, particularly within a rigid cognitive environment marked by normative hetero-patriarchy.

Amy Alice Carson, University of Bristol:

The Co-existing Scripts of Contraception

Contraceptive “choices” are laced with a complexity of meaning that is uneasy to navigate through. Here I would like to talk about the history of the present, to make sense of the contraception geography that exists today. Using Lorna Weir’s (2006) risk discourse analysis, the co-existing scripts of contraception will be unpicked.

Josefin Persdotter, MENSEN:

Suddenly, menstruation EVERYWHERE! A National Menstrual Awakening of Your Years.

Sweden has undergone somewhat of a menstrual revolution since 2013. Then, suddenly, everyone was talking about menstruation and it continues to be a public affair. Presenting an overview of these last four years of menstrual awakening asking what it has resulted in, how to counter risks, and ensure lasting change.

Concurrent Session 3.4: Workshop - Menstrual Education and Marketing (KC460)

Sophie Zivku, Jocelyne Faubert - Kudoba, Diva International Inc.:

Did you Seriously Just Ask Me That? Insights from Over Five Years of Menstrual Health Education by the Team at Diva International Inc. An Examination of the Forethought, Ethics, and Responsibilities Incumbent on a Corporate Menstrual Educator.

This workshop will begin with a brief history of the menstrual cup and how it has come to be “accepted” into mainstream markets, providing a foundation for understanding why it has taken close to one hundred years for the menstrual cup to gain market share and (growing) acceptance among the populace. Next we will explore the opportunities and restrictions that product manufacturers face with regards to menstrual health education and how health educators, activists and community groups can learn to work alongside of corporations to achieve better access and information about menstrual health for all. Through case studies and narratives, we

Conference Schedule: Saturday 24th June

will outline how to utilize a variety of tools (including partnerships) to communicate effective and accurate menstrual health education. Takeaways include: menstruator care 101, and utilizing social media for menstrual talk and effective advocacy.

Concurrent Session 3.5 – Panel: Activism toward Sustainability (KC182)

Embodied Futures: The Sustainability of Period Politics

Chair: Sharon L. Powell, Columbia College Chicago; Discussant: Cynthia Ray Reddrick, NYU-Gallatin School of Individualized Study

Embodied Futures: The Sustainability of Period Politics explores ways for menstrual activism and advocacy to move forward. As an experimental panel, it begins with two papers examining issues to consider for the future. One explores examines engagement with intersectional politics and the other philanthropy. Developed as an interactive process, the third "paper" is documentation of panel attendees' response to issues and recommendations raised in the papers and those also seen as central to the sustainability of the movement. The fourth "paper" documents the panelists and panel attendees' plan for a sustainable future.

Paper 1: Sharon L. Powell, Columbia College Chicago:

Saved by the Blood: Breaking Binaries, Making Change, and Making Space for All

Next steps are offered for menstrual health advocacy, especially for those marginalized and oppressed. Fighting for the full humanity of all people to live in the full expression of their sexuality without prohibition, free from coercion and implicit with consent requires a multifaceted approach that may borrow from philosophies and values underpinning the social order movements seek to transform. Deliberate sustained effort around differences, privileges, and domination/oppression is central to the effort.

Paper 2: Cynthia Ray Reddrick, NYU-Gallatin School of Individualized Study:

Beyond Activism to Enhance Menstrual Health and Well-being: Towards Organized Philanthropic Practice

In this presentation, how menstrual health advocacy can benefit from further integration with current discourses on reproductive health and, more broadly, the grassroots women's and girls' causes which address these issues will be explored. Feminist philanthropy that traditionally supports women's and girls' causes can be mobilized, harnessed and practiced to both ensure ongoing activist efforts to advance menstrual health and to fund research to document menstrual activism's global and domestic impact.

Conference Schedule: Saturday 24th June

Paper 3: Attendee, What Does the Future of Period Politics Look Like and What Else Needs to be Considered in a Plan for Sustainability?

Paper 4: Attendee, A Sustainability Plan for Menstrual Activism and Advocacy

12:00 – 1:30 pm KC400 Lunch

SMCR Membership Meeting

Help Shape the Next 40 Years!

1:30 – 3:00 pm KC400 PLENARY 4: MENSTRUAL EDUCATION: FACT AND/OR FICTION

Moderator: Diana Karczmarczyk. Diana Karczmarczyk, PhD, MPH, MCHES is an Assistant Professor in the Department of Global and Community Health at George Mason University. She teaches courses on Sexuality and Human Behavior, Health Program Planning and Evaluation and Health Behavior Theory.

Panelist 1

Sophie Zivku:

A Day in the Life of a Corporate Menstrual Health Educator: On Being Accountable, Marketable and Personable.

Whether monitoring late night social postings, running a Skype workshop for women in Kenya or training a team of doctors, corporate menstrual health education is essential to the success of marketing a menstrual cup. This presentation draws on the work of Diva International Inc., a leader in the menstrual cup category, bringing nearly thirty years of industry experience to corporate menstrual health education. However, being both a support to consumers and industry partners, as well adhering to health regulatory agency guidelines is challenging. Today's consumer is the most informed and misinformed recipient of information. Ensuring access to information is essential, but even more important is ensuring the information communicated is credible. Today, it is not about maintaining the menstrual status quo. It is about maintaining the trust of customers through education, expertise and accountability.

Sophie Zivku, has led the team at Diva International in the areas of Communications and Education for over five years. She has been instrumental in establishing both the Consumer Care and Social Media departments, implementing strategic plans, policies and best practices for branding and consumer relations. She has also played an important role in securing partnerships for The DivaCup in the areas of medical research, corporate sustainability and physician and health educator training. Prior to her start at Diva Sophie completed a Masters in Communication Studies, with a specialized focus on feminine hygiene discourse. As a writer and

Conference Schedule: Saturday 24th June

researcher, Sophie has presented her work at several conferences and guest lecturer opportunities. Her work has also been featured in online and print publications, academic journals and in the past, a personal blog.

Panelist 2

Sheryl E. Mendlinger:

Using the Model of Knowledge Acquisition to Navigate the Onset of Menstruation: Mother-Daughter Dyads across Cultures in Israel

This presentation offers a theoretical analysis, related to the onset of menstruation, of in-depth interviews with multicultural mother- adult daughter dyads. It examines the intersection of the type and source of knowledge and includes a four-quadrant model developed to explain mother as a positive/negative role model following immigration to Israel.

Sheryl E. Mendlinger, PhD, is an author, advocate for women's health, daughter to her 90-year old mother, wife, mother of adult children, and grandmother to a grandson and 2 granddaughters. Sheryl's academic expertise and publications is inter-generational transmission of knowledge and health behaviors in mother-daughter dyads from multicultural populations in Israel, with a focus on menstruation. Other areas of research include knowledge acquisition in agriculture in Tanzania; the economic development of the Massai tribe in a remote area of Tanzania and educational success in the women's prison educational program. She co-authored the recently published book [*Schlopping: Developing Relationships, Self-Image & Memories*](#) with her daughter Yael Magen.

Panelist 3

Cass Clemmer:

Rainbow Bleeding: Affirming Menstruators of all Gender Identities.

This presentation will address creating inclusive educational tools that affirm menstruators of all gender identities; cover some of the specific challenges of menstruating while trans*, and offer concrete steps that the menstrual health community can take to create more inclusive spaces for those who do not identify as women. Gendered language, creative educational platforms, and trans* representation as it pertains to advertising, services, curricula development, and more will be discussed.

Cass Clemmer is a reproductive health educator, genderqueer menstruator, and illustrator of the period coloring book, *The Adventures of Toni the Tampon*, which harnesses the power of creativity and humor to break down the taboo around menstruation. Raised as a missionary kid in the Democratic Republic of Congo Clemmer has recently come under fire from similar communities and the right-wing media for using characters of all genders within the Toni the Tampon coloring book and Instagram account. Having directly experienced the long-term harm which body-shaming and sex-negative rhetoric can cause teens and adults, Cass is passionate

Conference Schedule: Saturday 24th June

about developing new mediums for creative, inclusive, and comprehensive education around sexual and reproductive health. Important note: Cass does not use pronouns, so please refrain from using she/her/hers to refer to Cass. It's also a good idea to ask anyone and everyone about their preferred pronouns when you meet!

Panelist 4

Anne D. Smith:

The Nia Project: Measuring the Impact of MHM on Girls' Education in Kenya

This presentation will review The Nia Project, a joint initiative between ZanaAfrica, Population Council, and multiple global and local partners to measure the impact of menstrual health management and reproductive health education on young adolescent girls' education, health, and social outcomes through a randomized controlled trial. The Nia Project is the first study in Sub-Saharan Africa to rigorously measure the independent and combined effects of disposable sanitary pad provision and reproductive health education on the aforementioned outcomes. The author will review the rationale for the project, details on the interventions and study design, as well as the risks and benefits of RCTs in the menstrual health space.

Annie Smith has been working in menstrual health since 2011, when she joined ZanaAfrica as a founding team member. Her work in the space has spanned technology development to program design, and most recently she oversaw the pre-implementation planning and intervention development for The Nia Project, the first study in Sub-Saharan Africa to measure the independent and combined effects of disposable sanitary pad provision and health education on girls' education and social outcomes. She will be joining Johns Hopkins' Bloomberg School of Public Health as an MPH candidate in the fall.

3:00 – 3:15 pm **Atrium Break**

3:15 – 4:45 pm **Breakout Session 4: 5 concurrent sessions**

Concurrent Session 4.1: Discourse Analyses – How We Talk about Menstruation (KC460)

Rachel Fikslin, City University of New York, Rachel Levitt & Jessica Barnack-Tavlaris, The College of New Jersey:

Factors Related to Menstrual Activism: Evaluating the Impact of Humorous Messages

We examined the impact of different types of messages and other variables on menstruation-related activism. Feminist identity, perceived fairness of menstrual taxation, attitudes toward menstrual secrecy, having prior knowledge of menstrual product taxation issues, and positive affect were all significantly associated with activism intentions.

Conference Schedule: Saturday 24th June

Madison Carlyle, Kimberly Koerth, Ayanna Shambe, Arizona State University:

Blood Works: On the Politics of Menstruating Otherwise in Breanne Fahs' "Out for Blood"

Out for Blood starts the important work of rewriting the story around menstruation. Dr. Breanne Fahs provides a text that is crucial to bringing blood and menstruation into everyday conversations that do not revolve around medicine, public policy, philanthropy; perspectives that denies the colorful experiences of menstruating people.

Autumn Winslow, Lisa Rubin, Shama Subramony, New School for Social Research:

Disentangling "Those Times of the Month": Representations of Premenstrual Distress in Online Medical Media and Message Boards

This presentation will examine the ways in which the emergence of premenstrual dysphoric disorder (PMDD) as a diagnostic category is represented in biomedical literature, as well as the discourses taken up by users of online message board threads who report and share their own mind-body experiences as they relate to menstruation/ premenstrual change.

Ashi Arora, Honors College and College of Liberal Arts and Sciences, Wayne State University:

Homeless Women's Lack of Access to Hygienic Menstrual Products

This presentation focuses on the challenges of menstrual care faced by homeless women- a national and global issue. Homeless women are suffering from the lack of access to hygienic menstrual products and to a sanitary space in order to maintain their health and comfort in their current living conditions.

Concurrent Session 4.2: Menstrual Health (KC462)

Allison Macbeth, G. William Mercer, Azita Goshtasebi, Jerilynn C. Prior, Centre for Menstrual Cycle and Ovulation Research, University of British Columbia:

No Pattern of Interest in Sex across Ovulatory Menstrual Cycles

Research examined how interest in sex related to ovulation and experiences in the daily Menstrual Cycle Diary©. There was no interest in sex pattern related to ovulation; interest in sex was related to feelings of energy and self-worth. This is important to consider when working with clients concerned about libido.

Jane Ussher, Janette Perz, Translational Health Research Institute, Western Sydney University:

Feeling Fat and Ugly: Constructions and Experiences of the Premenstrual Body

Negative feelings about the premenstrual body are central to premenstrual distress (PMDs). 86% of 809 women who volunteered for a PMDs psychological intervention positioned the premenstrual body as "fat", "unattractive", "ugly", "unsexy", or "disgusting". Post-intervention, women reported greater acceptance of the premenstrual body, less self-criticism, and reduced premenstrual distress.

Conference Schedule: Saturday 24th June

Janette Perz, Jane Ussher, Katherine Sayer-Jones, Translational Health Research Institute, Western Sydney University:

Women's experiences of premenstrual distress in the workplace

Research in the workplace setting, has almost exclusively examined premenstrual change in terms performance outcomes. This tradition has served to stigmatize reproductive-aged female workers as cyclically dysfunctional while negating their subjective premenstrual experiences. This paper aims to address this gap by investigating women's experiences and constructions of premenstrual distress in the context of the workplace drawing on data from several mixed methods studies.

Donna Huddleston, Del Mar College:

Description of the Panay Indigenous Women's Menstrual Cycle Challenges in the Philippines from an Ethno-nursing Perspective

This presentation describes menstrual cycle challenges for Panay River indigenous mountain women from menarche, where cultural norms dictate beginning of sexual activity, through menopause. Data were recently collected during focus groups with folk healers, community members from two villages, and with lay health care workers. Spirit-based practices underpin traditional care.

Concurrent Session 4.3 Menstrual Education - International Approaches (KC464)

Kajal Kerkar Rivankar, Goa University: **Learning and Un-learning about Menstruation:**

Unheard Stories of Adolescent Girls in Goa, India

The process in which adolescent girls learn and un-learn about menstruation has been analyzed through 150 narratives. Goa, a famous holiday destination in India is considered to have modern lifestyle. However, the 'menarche' experience, menstrual education within the family and formal education system depicts enforcement of rigid menstrual taboos inflicting exclusion. State interventions on this health aspect of girls are also analyzed.

Jennifer Rubli, Femme International & University of Liverpool:

Does using a sustainable method of menstrual management reduce the number of adverse health instances in schoolgirls in Moshi, Tanzania?

In East Africa, women use cloth, gauze, mattress stuffing, even natural products (leaves, animal dung) to absorb menstrual blood. Secondary data was used to determine whether schoolgirls who use a sustainable form of menstrual management (menstrual cup or reusable pads) have fewer adverse health outcomes than women who use traditional methods.

Akshaya Kannan, Emory University, Ilana Cohen, Brandeis University:

The Turmeric Bathing Ceremony: an analysis of its practice and its impact on the menstrual experience of Women and Girls in Tamil Nadu, India Today

This presentation synthesizes data from two separate studies on *Manjal Neerathu Vizha*, or "Turmeric Bathing Ceremony," a menarche ritual in Tamil Nadu, India; it offers a contextualized

Conference Schedule: Saturday 24th June

explanation for and diverse experiences of the ceremony paying special attention to opportunities for mutual learning between MHM professionals in the region and ceremony practitioners.

Concurrent Session 4.4: Panel – Menstrual Education (KC 174)

Menstrual Shame and Stigma: Education, Embodiment and Experience

Chair: Maureen McHugh; Discussant: Mindy Erchull

Panelists examine the impact of menstrual stigma and shame on the experience of women across the lifespan. Shame is examined in the context of embodiment, in relation to education messages and as produced with by silencing and secrecy and devaluation of women's bodies in a patriarchal culture that both degrades and objectifies women.

Paper 1: Ingrid Johnston, Castleton University:

Menstrual Shame and Women's Embodied Self: Implications for Menstrual Education and Body Literacy across the Lifespan

In this presentation, the author discusses the extent to which menstrual stigma and shame reflect the perception of women's bodies as inherently flawed and abject. How might internalized menstrual shame be associated with disembodiment and other types of body shame? The author explores menstrual shame within an embodiment context by reviewing literature on the association of menstrual shame with women's lived experiences of their sexual and reproductive bodies (e.g., genital shame, decreases sexual agency and activity, sexual risk taking menstrual management, birth and breastfeeding). Implications for women's consumption of medical and commercial products as well as opportunities for resistance will be considered.

Paper 2: Margaret L. (Peggy) Stubbs, Chatham University:

Learning about What's "Down There": Menstrual Education as a Factor in the Development of Body Image and Sexual Decision Making.

In this presentation, the author examines menstrual education in relation to girls' emerging sexuality, responding in part to commentary from Peggy Orenstein (2016) in her recent book on the sex lives of today's girls. Orenstein ponders the notion that the cultural demand for girls to be "hot" and the "confidence that being hot confers comes off with their clothes" (p. 43). She describes girls' lack of comfort with their own bodies, their disdain for "down there" and asks readers to think carefully about the disconnection of appearing sexy and engaging in sexual activity while also feeling body shame. In this presentation, the author argues that menstrual education continues to perpetuate menstruation stigma and as such is an under-recognized contributor to girls' discomfort with "down there." Suggestions for how menstrual education can instead promote improved body image and lay the foundation for embodied decisions about sexual behavior will also be discussed.

Conference Schedule: Saturday 24th June

Paper 3: Maureen C. McHugh, Indiana University of Pennsylvania:

Menstrual Shame: Silencing, Secrecy and Objectification

In the third presentation, shame associated with women's menstruation is examined as experienced and as theorized within the research on women's shame. Shame is viewed as created and maintained through silencing, secrecy, and judgment (Brown, 2009). Here McHugh argues that cultural attitudes that require girls and women to maintain secrecy and silence regarding menstruation contribute to the production of menstrual shame. Talking about the symptoms, discomfort and moodiness of PMS may represent women's use of connection and community to resist the culturally imposed secrecy and silence. However, such menstrual moaning, like fat talk, may have deleterious effects. Menstrual moaning may reify the patriarchal and medicalized construction of menstruation as problematic, pathological, and painful, and contribute to women's negative experience of menstruation. This analysis argues for women creating community and connection around a more positive perspective on menstruation to provide shame resilience.

Concurrent Session 4.5: Workshop - Activism: Improving Public Infrastructure to Accommodate Menstruation (KC182)

Sarah Fox, Daniela Rosner, University of Washington:

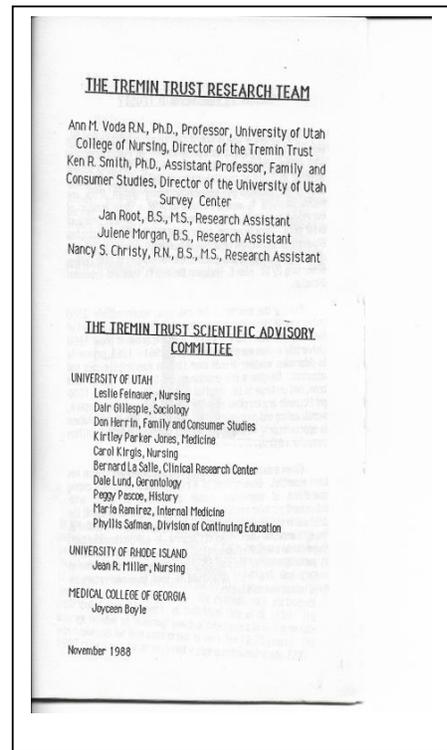
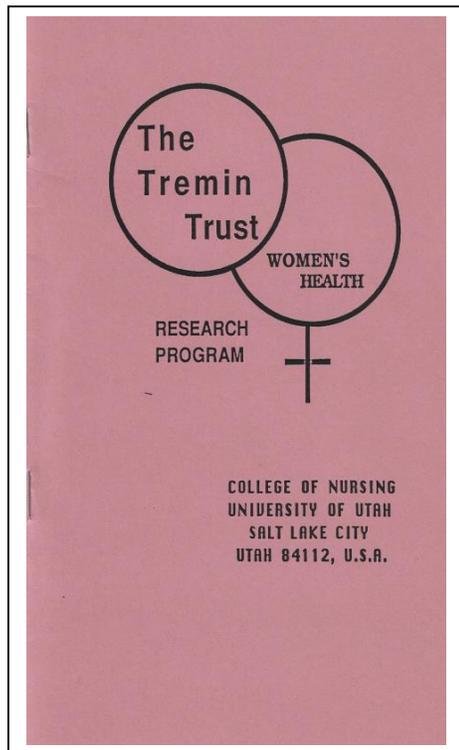
Maintenance and the Menstruating Body: A Design Workshop toward Feminist Interventions on Public Infrastructure

While millions of people in the U.S. use pads and tampons, few public restrooms provide ready access to menstrual hygiene products, constricting availability to people with limited socioeconomic resources (particularly as these items are not covered by SNAP or WIC). In this workshop, we will set out to examine the role of emerging infrastructure in addressing public menstrual hygiene resource distribution. We seek to discuss limitations to current menstrual hygiene technologies and resource distribution models, toward imagining alternative artifacts and arrangements. Drawing on empirical work on the distribution of menstrual hygiene products in public sites throughout the city of Seattle, we have begun to learn about the practices of those currently maintaining and using public restrooms. We also look toward grassroots organizations who have begun to upend these systems through the collection and distribution of menstrual hygiene projects. In doing so, we examine how they reorient whose resources are "cared for" by the state. This investigation of public services and care serves as a foundation for a series of technology field interventions we are developing to offer means for collaboration across disparate maintenance practices and redefine the infrastructure of access for people with limited resources. We seek to respond the following question through collective workshop discussion and design activity: If we view restrooms and menstrual technology as living things, being constituted and reconstituted through use and maintenance, what opportunities might we find for intervening on how they currently operate?

Following the workshop, our discussion will continue online, as Fox and Rosner prototype and build several promising ideas (decided collectively).

Conference Schedule: Saturday 24th June

4:45 – 5:00 pm	Atrium	Break
5:00 – 5:30 pm	KC400	Student Award Announcements and wrap up
7:00 pm*		Dinner plans on your own but space has been reserved at <i>California Dreaming</i> for those staying overnight.



Vendor Tables

Lunette <https://www.lunette.com/>

Thinx <https://www.shethinx.com/>

Lunapads <http://lunapads.com/>

Diva International, Inc. <http://divacup.com/>

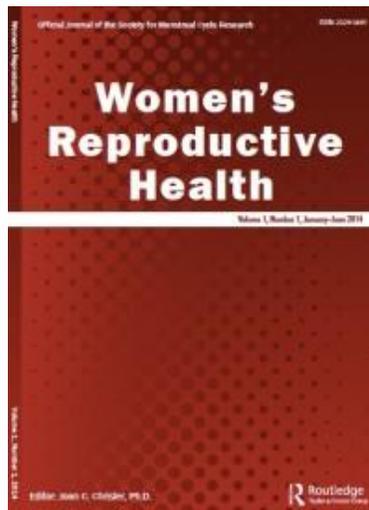
CrampsAWAY <http://www.crampsaway.com/>

Peach Coven <http://peachcoven.org/>

S L Powell Public Affairs Services allhail2k@gmail.com

SMCR Authors and Publications <http://www.menstruationresearch.org/research/>

SMCR members have online access to our journal. Be sure to submit your work for review!



SMCR 2015-17 Board of Directors



Annual Report File Number 5164-410-7

Society for Menstrual Cycle Research:
Non-profit research society, promoting women's health via
conferences and educational forums.

BOARD OF DIRECTORS 2015-2017

Christina Bobel (President)
76 Paul Revere Rd
Arlington, MA 02476

Ingrid Johnston-Robledo [Past President]
Castleton State College
Alumni Drive, Castleton, VT 05 73 5

Margaret Stubbs [Treasurer]
27 Greenleaves Dr. #721
Amherst, MA 01002

Jessica Barnack-Tavlaris (Secretary)
345 W. Burlington Street
Bordentown, NJ 08505

Joan C. Chrisler
Dept. of Psychology, Connecticut College
New London, CT 06320

Heather Dillaway
2263 FAB Dept. Soc., Wayne State University
Detroit, MI 48202

Mindy J. Erchull
Department of Psychology
University of Mary Washington
1 301 College Avenue
Fredericksburg, VA 22401 - 5300

Dr Jerilynn C. Prior, UBC / Division of Endocrinology
2775 Laurel Street, Room 411 1
Vancouver, BC V5Z 1M9 CANADA

Evelina Sterling
1590 Asheforde Drive
Marietta, GA 30068

Tomi-Ann Roberts
14 E. Cache La Poudre Colorado College
Colorado Springs, Colorado 80903

Jane Ussher
University of Western Sydney
Locked Bag 1797
Penrith NSW 2751, AUSTRALIA

Maureen C. McHugh
Indiana University of Pennsylvania
204 Uhler Hall, 1020 Oakland Avenue
Indiana PA 15 705 -1068

Sheryl Mendlinger
360 Huntington Ave.
310 International Village
Northeastern University
Boston, MA 0211 5

Janette Perz
University of Western Sydney
Locked Bag 1797
Penrith NSW 2751, AUSTRALIA

Breanne Fahs
Arizona State University,
West Campus
4701 W. Thunderbird Road Glendale, AZ 85306

Jacqueline J. Gonzalez
40 Eutaw Street
Boston, MA 02128

David Linton
140 Riverside Dr.
New York, NY 10024

Laura Wershler
151 12 Deer Run Drive SE Calgary,
AB T2G 5M8 Canada



Mary Anna Freiderich, 1999, Tucson
Jerilynn Prior receives Voda award
from Joan Chrisler, 2011, Pittsburgh
Ann Voda and Nancy Reame. 1999,
Tucson
Liz Kissling, Chris Bobel, Ingrid
Johnston, 3 past presidents, from Fall
2014 Newsletter



Before "gender fluid" was even a twinkle in a postmodernist's eye...



Daisy Hulme, linoleum block print from Menstrual Monday 2000 poster



TRAVELING MENSTRUAL SHOW

Artwork - Daisy DeCapite

Wordwork - Geneva Kachman

Gorgeous illustrations by Daisy Hulme

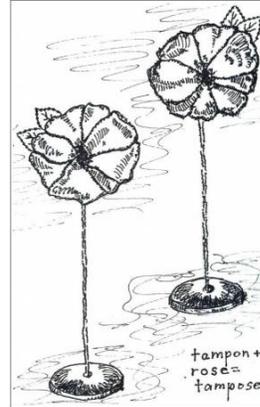
Need a breather from Judith Butler? Try Traveling Menstrual Show, 11 poems you (and/or your students) will understand every word of – or your money back, guaranteed!

\$13, includes free shipping in USA. Available thru [etsy.com/shop/motorcitysunflower](https://www.etsy.com/shop/motorcitysunflower) or email info@moltx.org. What a deal!

...there was menstrual fluid.

As well as a holiday, around the time of V-Day, but separate, smaller, and spur-of-the-moment: Menstrual Monday, which "falls, er, spills the Monday before Mother's Day, because menstruation comes before motherhood, and usually long after."

Menstrual Monday's purpose: To create a sense of fun around menstruation; encourage women to take charge of their menstrual and reproductive health care; create greater visibility of menstruation, in film, print, music, and other media; and to enhance honesty about menstruation in our relationships.



Ready to throw your own Menstrual Monday Party?



Order a Menstrual Monday Starter Kit, and receive all you need to be Hostess with the Modess, er, mostess: Tamposes, Uterine Flying Objects, Menstrual Drop'n'Splashes, and other fun items. Instruction book included!

Bonus: Message from the Ovum Office, by Molly Strange!

\$10, includes free shipping in USA. Wow, what a deal!

Available thru [etsy.com/shop/motorcitysunflower](https://www.etsy.com/shop/motorcitysunflower) or email info@moltx.org.

NOTES

NOTES



THE SOCIETY FOR MENSTRUAL CYCLE RESEARCH
PROUDLY PRESENTS

RED MOON HOWL

ATLANTA'S FIRST MENSTRUAL
POETRY SLAM!

CALLING ALL POETS, PERFORMERS,
AND MENSTRUAL ENTHUSIASTS TO
"HOWL" AND ROCK OUR OPEN MIC!

JUNE 23RD FROM 8 TO 10PM

BERNARD A. ZUCHERMAN MUSEUM OF ART
492 PRILLAMAN WAY
KENNESAW, GA

CO-HOSTED BY ATLANTA'S **PEACH COVEN**

THE PEACH COVEN

