

about us

Don't Ovary Act is a local project started with women in mind. Seeking to provide free feminine products in select areas of the Memphis community, we hope to bring awareness to women's menstrual health issues.

contact us!

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don't ovary act

period project

what's a period?

Menstruation, also known as a period, is the timeframe (typically lasting from two to seven days) that a woman has her menstrual flow, which occurs when blood and tissue leave the woman's body through her vagina.

why does this happen?

This happens because approximately every month, blood and tissue build up inside the uterus to prepare for a fertilized egg in case a woman becomes pregnant (the uterus being where, if pregnant, a baby will grow). If the egg goes unfertilized/if the woman is not pregnant, that lining will leave the body through the vagina resulting in a period.

when does this start?

Most girls get their first period between 10 and 15 years old. The average age is 12; however, every girl's body is different, meaning it has its own schedule. Although there is not a set age for a girl to get her period, there are a few clues that it will start soon, such as:

- getting period about 2 years after breast development
- vaginal discharge fluid about 6 months to a year before first period



period poverty,

WHAT IS IT?

Period poverty is essentially when a woman cannot afford proper protection when on her period.

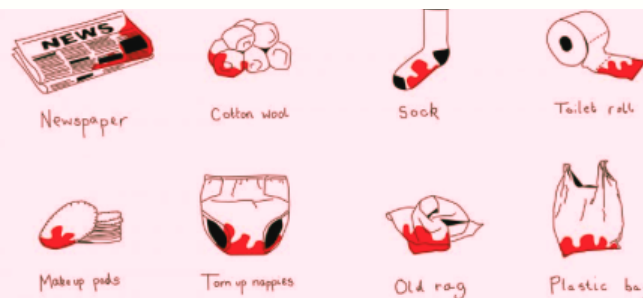
A FEW FACTS

Regarding teenage students in the United States, about 1 out of 5 young women who cannot afford to purchase feminine products do not attend school during their monthly cycle (Knisely). Because of their absences, their education begins to falter. After all, every household does not have the ability to make trips to the school to pick up missed work nor the ability to do missed work online.

In a survey conducted "between July 2017 and March 2018[...], researchers found that 64 percent of the women had been unable to afford period products during the previous year and 21 percent experienced this problem on a monthly basis. Almost half had times during the past year when they had to choose between food and period products" (Carrol).

With the lack of feminine products, many women have to use other means while on their periods. Oftentimes, things that are simply lying around the house become the resources that women use. For instance, women in period poverty often resort to using newspapers, cotton wool, socks, toilet paper rolls, makeup pads, napkins, old towels, rags, or even plastic bags (The Meteor).

No woman should have to choose between necessities: her education, her next meal, her health, and her feminine products.



how you can help,

EDUCATE YOURSELF

Gaining information on a topic that you are unfamiliar with typically reaps benefits. Reading this brochure or listening to a professional should have hopefully provided you with some insight and new information.

If you have any questions, please do not hesitate and feel free to email Don't Ovary Act--that way, we can get in contact with a professional for answers. Those are always encouraged.

KNOW THAT THIS IS A STEP IN THE RIGHT DIRECTION

Becoming knowledgeable on the topic and less uncomfortable talking about it is one of the best things you can do.

We understand that this is a taboo in many places, but we want to provide a safe, positive place to talk about women's bodies.

DO NOT BE ASHAMED

If this topic, for whatever reason, were to come up in conversation, do not be ashamed to talk about it. As was mentioned above, reducing the stigma is one of the best ways to help.

THANK YOU!

For taking the time to read this brochure and gaining some knowledge on period poverty.

