



Polaris K-12 School

Resolution #21

Free Menstrual Hygiene Products in Polaris Restrooms

Hannah Iozzo, Nora King, Sophia Carter, Sky Tyrrell

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Be it resolved by Operational Group, menstrual hygiene products should be freely available in the women's bathrooms of Polaris K-12.

1. **Whereas**, adequate menstrual hygiene and frequent changing of tampons and pads can prevent infections, odor¹, and toxic shock syndrome²;
2. **Whereas**, King Technical High School provides tampons with paper based wrappers and applicators in at least one women's restroom;
3. **Whereas**, on average, people start their periods at age 12 or younger, and we are a K-12 school;
4. **Whereas**, walking to the office to get a menstrual pad or tampon can be interruptive to learning;
5. **Whereas**, the dispensers meant for dispensing tampons in the women's bathrooms are no longer in use.
6. **Whereas**, 23% of students can not afford to buy menstrual products every month⁸;
7. **Whereas**, the average monthly cost of period products is \$20⁷;
8. **Whereas**, toilet paper is freely available in public restrooms because it is a basic need, therefore menstrual products should also be freely available in public restrooms because they are a basic need for women⁸;
9. **Whereas**, students can become anxious and panic when they get their period in school without being in possession of menstrual products⁸, and
10. **Whereas**, a pilot program in New York City found that attendance increased by 2.4% among girls at a city high school after making tampons and pads available in its restrooms⁸.

Therefore, be it resolved by Operational Group, menstrual hygiene products should be freely available in the women’s bathrooms of Polaris K-12.

Action Statement: If this resolution is passed, we will discuss the possibility of stocking the women’s bathrooms with basic menstrual hygiene products with principle Tia. We will then work with different advisories and committees to fundraise so the school can order period products in bulk and stock them in the bathroom.

Works Cited

¹ Sebert Kuhlmann, Anne PhD, MPH; Peters Bergquist, Eleanor MA, MSPH; Danjoint, Djenie MPH; Wall, L. Lewis MD, DPhil. Unmet Menstrual Hygiene Needs Among Low-Income Women. *Obstetrics & Gynecology* 133(2):p 238-244, February 2019. | DOI: 10.1097/AOG.0000000000003060

² <https://www.cdc.gov/hygiene/personal-hygiene/menstrual.html#:~:text=Good%20menstrual%20health%20and%20hygiene,stay%20comfortable%20during%20your%20period.&text=Wash%20your%20hands%20before%20and,before%20using%20a%20menstrual%20product>.

³ Ross A, Shoff HW. Toxic Shock Syndrome. [Updated 2023 Aug 7]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2023 Jan-. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK459345/>

⁷ Park, Allyson, and Jennifer Ortiz. “The Pink Tax: How Inflation Impacts the Period Product Industry | Spending | U.S. News.” *US News Money*, <https://money.usnews.com/money/personal-finance/spending/articles/the-pink-tax-how-inflation-impacts-the-period-product-industry>. Accessed 21 April 2023.

⁸ <https://www.blume.com/blogs/blume-university/3-reasons-why-menstrual-products-should-be-free-and-accessible-in-public-washrooms>

⁹ <https://www.npr.org/2021/12/02/1056830306/free-tampons-public-schools>

