

KNOW YOUR FLOW

A period should end a sentence, not a trip to...

THE LIBRARY


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Why do we expect to see toilet paper and paper towels in public bathrooms but not tampons or pads?

Because of a lack of access, 1 in 4 young people who menstruate end up missing school or work every month (according to the State of the Period 2023 report). Know Your Flow is a group working to change this by making it easy to find free period products and helping people learn about menstrual health.



Looking to promote menstrual equity at your library? Scan me or visit knowyourflow.info to learn more!

