

# Ve Got My Period So What: A Comprehensive Guide to Period Stigma and Empowerment

Period stigma is a global issue that affects millions of people. It can lead to discrimination, exclusion, and even violence. This article explores the causes and consequences of period stigma, and provides tips on how to challenge it.



## I've Got My Period. So What? by Tyson Fury

★★★★☆ 4.3 out of 5

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## What is period stigma?

Period stigma is the negative social and cultural attitudes and beliefs surrounding menstruation. It can manifest in many ways, including:

- Discrimination and exclusion of people who menstruate
- Shame and embarrassment associated with menstruation
- Beliefs that menstruation is dirty or impure
- Lack of access to menstrual products and sanitation

## What are the causes of period stigma?

Period stigma is caused by a complex interplay of factors, including:

- **Cultural and religious beliefs:** Many cultures and religions view menstruation as a time of impurity or uncleanness. This can lead to discrimination and exclusion of people who menstruate.
- **Gender inequality:** Period stigma is often rooted in gender inequality. In many societies, women and girls are seen as inferior to men and boys, and their experiences are often devalued.
- **Lack of education:** Many people do not have accurate information about menstruation. This can lead to fear and misinformation, which can contribute to period stigma.

## What are the consequences of period stigma?

Period stigma can have a devastating impact on the lives of people who menstruate. It can lead to:

- **Discrimination and exclusion:** People who menstruate may be excluded from school, work, and social activities. They may also be subjected to verbal and physical abuse.
- **Shame and embarrassment:** Period stigma can lead to feelings of shame and embarrassment. This can make it difficult for people to talk about their periods or seek help.
- **Health problems:** Period stigma can prevent people from getting the menstrual care they need. This can lead to health problems, such as infections and anemia.

## How can we challenge period stigma?

There are many things we can do to challenge period stigma, including:

- **Educate ourselves and others:** The first step to challenging period stigma is to educate ourselves and others about menstruation. This includes learning about the facts of menstruation, as well as the social and cultural beliefs that surround it.
- **Speak out against period stigma:** If we see or hear someone making negative comments about menstruation, we should speak out. We should also challenge period stigma in the media and in our own communities.
- **Support organizations that are working to end period stigma:** There are many organizations that are working to end period stigma. We can support these organizations by donating our time or money.

Period stigma is a global issue that affects millions of people. It is a serious problem that has a devastating impact on the lives of people who menstruate. However, there are many things we can do to challenge period stigma. By educating ourselves and others, speaking out against period stigma, and supporting organizations that are working to end it, we can create a more just and equitable world for all.



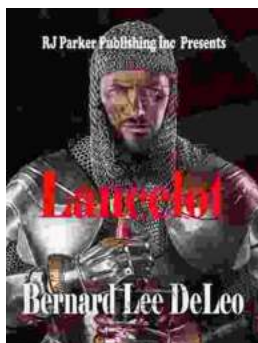
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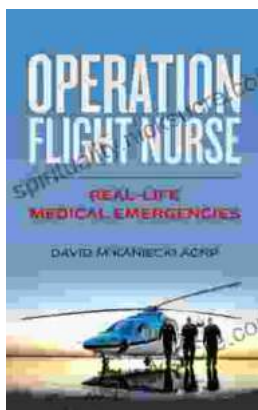
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