

## National Period Summit an Australian first

In collaboration with **Taboo**, **Chalice Foundation**, **Period Revolution** and **Modibodi**, South Australia's **Commissioner for Children and Young People**, will today host, in-person and remotely online, over 100 representatives from organisations around Australia to talk about periods and menstruation.

Although originally planned as a face to face event, organisers have quickly pivoted delivery plans to ensure both presenters and attendees who are now unable to travel to Adelaide due to COVID-19 restrictions, can still attend the National Period Summit – a first for Australia. The aim of the Period Summit is to identify ways to create a positive menstrual culture across Australian communities.

Although nearly half the world's population menstruate at some point in their lives, menstruation presents significant challenges when individuals lack the information, resources, infrastructure, and social support they need to manage their menstrual health and wellbeing, safely and with dignity.

At this pivotal moment in gender politics and identity, it's time to find new ways to reduce the negative impact of menstrual stigma being faced daily by millions of young people and adults with periods.

These impacts are pervasive and harmful and include limited access to information and products, workplace inequity, inadequate healthcare, financial burden, environmental impact, poor mental health, and an inadequate education of all genders and ages on what is a natural biological function.

These negative impacts of menstrual stigma form the basis of the topics being discussed at the Period Summit. Author of *Period Queen*, **Lucy Peach**, will open the day, sharing about the untapped power of menstrual cycles. **Kate Shepard-Cohen** from the United Kingdom will speak on GP awareness and a social prescribing model for managing menstrual issues.

**Jane Bennett**, founder of **Chalice Foundation** will explore the meaning we currently assign to menstruation, and the difference a revolutionary reframing could make, while Sustainability and Social Impact Lead, **Sarah Forde** from **Modibodi**, will discuss the impact of menstruation on the environment. **Nikkola Palmer**, co-founder of **Period Revolution**, will discuss the

intersectionality of menstruation and the fact that not everyone bleeds the same.

**Mary Crooks**, Executive Director of the **Victorian Women's Trust** will present on current trends in workplace policy around menstruation and menopause while co-founders of **Taboo**, **Isobel Marshall** and **Eloise Hall**, will speak on the need for a voice for young people to be part of menstrual health. **Dr Julie Hennegan** from the **Burnet Institute**, who is one of the world's leading menstrual health researchers, will discuss effective measurement and monitoring of menstrual health.

Drawing on the Commissioner's *Menstruation Matters* report, attendees will have an opportunity to discuss and develop new ways to realise menstrual wellbeing.

#### **Quotes attributable to Commissioner Helen Connolly:**

Improving menstrual wellbeing across our community involves acknowledgement that menstruation is a systemic gender equity and equal opportunity issue, which requires a comprehensive response. Respect for menstruation is missing from our societies. Women and others who menstruate can't continue to be told it's their problem – that they need to 'shut up and get on with it'. Or for assumptions to be made that they 'know what to do.' A suite of reinforcing policies is needed, particularly in relation to social stigma and taboos surrounding menstruation and need to be taught through relationship and sex education lessons that begin with destigmatising periods amongst boys and girls from a young age.

**For further information on the work of the Commissioner visit: [www.ccyp.com.au](http://www.ccyp.com.au)**

**To download a copy of *Menstruation Matters* click [here](#):**

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