

Media Release: Saturday 28 May 2022

Commissioner funds dozens of community projects to help normalise menstruation in SA

South Australia's Commissioner for Children and Young People has chosen this year's **National Menstrual Hygiene Day** to announce the recipients of her 2022 Period Poverty Community Grants program. She is also calling for artists to design a Menstrual Mural to complement the grants program and help normalise menstruation and periods, particularly amongst children and young people.

Period Poverty Grants are being made available to community organisations applying from Whyalla to Woodville and Marree to Millswood. Children and young people who menstruate as well as those who don't will benefit from better menstrual education. Sports clubs, arts organisations, community groups and local councils across South Australia are recipients of grants aiming to raise awareness of period poverty as well as provide better access to period products, toilets, and disposal units in community spaces. Many of the grants will also be used to run high quality information and education programs that aim to reduce stigma and taboo associated with periods and menstruation across communities.

In her many conversations with children and young people throughout SA the Commissioner found that some children and young people in SA are having to use socks and toilet paper to manage their periods because they cannot afford to buy hygiene products. They're either too embarrassed to ask for help or don't know who to ask. Many of those who menstruate also appear to lack a basic understanding of their body's physical processes leading to worrying misconceptions that feed into stereotypes, stigma and taboo.

Dozens of organisations applied for grants to help raise awareness and improve provision for young people who menstruate across their local communities. Successful applicants include:

- The African Women's Federation of SA will provide educational workshops and other resources, translated into relevant languages for SA young people;
- Aldgate Cricket Club will provide period-friendly coloured cricket pants for its junior girls' teams and make period products easily available;
- The City of Onkaparinga will instal vending machines for provision of free products in three of its community centres and secondary schools, plus collection bins;
- Goolwa Surf Life Saving Club will make free products available to its members, volunteers, and to beach visitors; and
- SHINE SA will run a digital marketing campaign to promote and normalise menstruation.

Background

In her 2021 report, [Menstruation Matters](#), the Commissioner identified that menstruation has a wide-ranging impact on young people's wellbeing, school participation, and on their attendance and involvement in sport, work and social activities. As a result, the Department for Education introduced free period products in schools, but there is still a long way to go to normalise periods and menstruation across the community.

Menstrual Mural – Call for Expressions of Interest from Artists

Artists are invited to create a public artwork that will raise awareness of menstruation and help to normalise periods. The design should seek to destigmatise periods and menstruation in a way that will appeal to children and young people. Funding of up to \$8,000 (inclusive of GST) is available for the design and installation of the mural/decals, including the cost of materials.

Expressions of interest open:	Saturday 28 May 2022
EOIs close:	Monday 27 June 2022 (8am)
Short-listed applicants notified:	Friday 15 July 2022

FOR MORE INFORMATION: <https://www.ccyp.com.au/menstrual-mural-eoi/>

Quotes attributable to the Commissioner:

I was pleased to see just how many organisations are keen to help South Australian young people have a better understanding of menstruation. The only way South Australia can hope to put an end to stigma and taboo surrounding periods and menstruation is to tackle menstrual ignorance, and period poverty. This includes educating all young people about what menstruation involves, and thereby normalising it amongst all children and young people.

There should be no young person feeling shame or anxiety about their period or about anyone else's. Adults need to limit the perpetuation of stigma and taboo around periods and menstruation by talking normally about this natural bodily function. This includes offering support when it is needed and putting infrastructure in place that makes access to products and information easy and shame free.

Media Contact

Sharon Cleary,

Senior External Relations and Communications Advisor

M: 0407 990 983

E: sharon.cleary@sa.gov.au