MYTHS AND FACTS ABOUT MENSTRUATION!

Nurse Jackie, what are myths?

Myths are beliefs that aren't true. Agnes, what myths have you heard about menstruation at work?

Myth:

Menstrual blood is dirty!

Fact:

Menstruation is not dirty. Some people worry that menstrual blood has an odor or is impure, but menstruation is a natural process.

Myth:

Women must use secret names like kunyesha, mashiro, or monthly visitors to talk about their period privately!

Fact:

Employees should be able to talk openly about menstruation if they want to, just like they would talk about pregnancy, injury, or other natural health experiences.

Myth:

Men should never know when a woman is menstruating at work!

Fact:

It is okay for women to be private about their period around men at work, but no one should pressure, shame, or bully women into hiding it.

Myth:

Menstruation is something women should just persevere through!

Fact:

It is not women's duty to bear their menstruation alone or in silence at the expense of their comfort, health, and wellbeing. Workplaces can take simple steps to support menstruating employees.

DID YOU KNOW?

- You are allowed to be as private or open as you want about your menstruation at work.
- It is not appropriate for anyone to make you feel uncomfortable or humiliated because you're menstruating.
- Myths about menstruation at work can come from cultural taboos, social and religious beliefs, lack of information, and more.

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