

Be Prepared Period's #PeriodTalk Twitter Transcript

#PeriodTalk is held the 2nd Friday of the month at 2pm ET - New Topics Each Month!
Upcoming Topics & Transcripts posted at BePreparedPeriod.com

May 20, 2014

#MenstruationMatters

(Special instructions – to read in order, please scroll to the end of this document to reach the beginning of this TweetChat and scroll up to read.)

[tajsheriff](#) 10:39am via Web

Girl students and female teachers disproportionately affected by poor access to menstrual hygiene management [#PeriodTalk](#)



[WildcardEnviro](#) 10:39am via Web

@[bpreparedperiod](#) @[women4earth](#) No I hadn't good to push companies to tell the truth [#PeriodTalk](#)

[Show Conversation](#)



[50CPLady](#) 10:39am via Web

@[tajsheriff](#) Yes! at @[50CentsPeriod](#) we wk with many refugee mamas who are HIV+ & have to educate on [#MHM](#) & HIV. [#PeriodTalk](#)

[Show Conversation](#)



[50CPLady](#) 9:20am via Web

@[WASHUnited](#) Q4: They are able to stay fully engaged in lives and educations [#PeriodTalk](#)
Retweeted by [pantypopo](#) and 1 others



[GladRags](#) 9:24am via Web

@[WASHUnited](#) Being afraid to talk about your body every 28 days (or more) is inhibiting. [#PeriodTalk](#) [#menstruationmatters](#)

Retweeted by [pantypopo](#)



[SHEnterprises](#) 9:43am via Twitter for iPhone

@[WASHUnited](#) A4. Knowledge let's girls know that they can healthfully manage their menstruation and that it's not a disease. [#PeriodTalk](#)
Retweeted by [pantypopo](#)

[Lunettecup](#) 10:37am via Web

Thanks @[WASHUnited](#) and @[bpreparedperiod](#) and all who participated for an awesome [#PeriodTalk](#) and reminder that [#menstruationmatters](#)



[AzadiCo](#) 10:05am via Web

A9: Our founders are men who empathize w the cause - all men can be equally empathetic and period-positive [#PeriodTalk](#)

Retweeted by [mulislera](#) and 2 others



[bpreparedperiod](#) 9:47am via TweetChat powered by oneQube

Men should not be excluded from the topic. To what degree should a male be educated about menstruation? [ow.ly/x3mvk](#) [#periodtalk](#)

Retweeted by [jess_hint](#) and 3 others



[WASHUnited](#) 9:17am via TweetDeck

Q4: How does having the KNOWLEDGE to properly manage [#menstruation](#) help empower women & girls? [#PeriodTalk](#)

Retweeted by [pantypopo](#) and 2 others



[tajsheriff](#) 10:37am via Web

HIV AND MHM: Goin' with the Flow! Integrating menstrual hygiene management into home based care [washplus.org/sites/default/...](#) [#PeriodTalk](#)



[pantypopo](#) 10:36am via Twitter for iPad

[#PeriodTalk](#) girls gossiped about who used tampons, guys heard, and then hit on you for sex, or claimed action. It was stupid. @[WASHUnited](#)

[AzadiCo](#) 10:32am via Web

THANKS @[WASHUnited](#) and all for this awesome [#PeriodTalk](#)! Let's keep the flow going - see you at [#menstrualhygiene](#) day!

Retweeted by [mulislera](#) and 1 others



[iammutukufred](#) 10:35am via Write Longer

[#PeriodTalk](#) .



[pantypopo](#) 10:34am via Twitter for iPad

[#PeriodTalk](#) pads were never a solution when active and use of tampons carried some "not a virgin" connotation. Girls shamed me. @[WASHUnited](#)
[Show Conversation](#)



[AutumnBowman13](#) 10:33am via Twitter for Android

@[WASHUnited](#) [#MenstruationMatters](#) because WE matter! [#PeriodTalk](#)



[GirlsGlobe](#) 9:20am via HootSuite

Unsure about how to start the convo around menstruation? Here are 28 ways: ow.ly/x3bAb
[#MenstruationMatters](#) [#PeriodTalk](#)

Retweeted by [FHI360](#) and 6 others



[irise_int](#) 10:24am via Web

Thanks so much @[WASHUnited](#) for bringing together so many interesting people for
[#PeriodTalk](#)

Retweeted by [Jewelled Bs](#) and 1 others



[NiliMajumder](#) 10:33am via Web

@[GirlsGlobe](#): Thanks to all [#PeriodTalk](#) hosts & participants! Let's keep the convo going!
[#MenstruationMatters](#) [#PeriodTalk](#) [#MHDday](#)
[Show Conversation](#)



[AzadiCo](#) 10:32am via Web

THANKS @[WASHUnited](#) and all for this awesome [#PeriodTalk](#)! Let's keep the flow going - see
you at [#menstrualhygiene](#) day!

Retweeted by [WASHUnited](#)

[Lunettecup](#) 10:32am via Web

@[PeriodPanteez](#) X0!! [#PeriodTalk](#)

[Show Conversation](#)



[bpreparedperiod](#) 10:27am via TweetChat powered by oneQube

RT @[WASHUnited](#) YES, don't FORGET!! MT @[irise_int](#): Don't forget [#MenstrualHygiene](#)
Day is the 28th May [#PeriodTalk](#) [#MenstruationMatters](#)

Retweeted by [tajsherriff](#)



[PeriodPanteez](#) 10:32am via Twitter for Android

@[InsteadSoftcup](#) Thank you, Love!! Have a beautiful week!! X0! [#periodtalk](#)
[#menstruationmatters](#)
[Show Conversation](#)



[AzadiCo](#) 10:32am via Web

THANKS @[WASHUnited](#) and all for this awesome [#PeriodTalk](#)! Let's keep the flow going - see you at [#menstrualhygiene](#) day!

1 retweets



[ArezooNZ](#) 9:17am via TweetDeck

@[WASHUnited](#) @[GirlsGlobe](#) True, but there's this whole myth that virgins shouldn't use tampons 1/2 [#PeriodTalk](#)

Retweeted by [pantypopo](#)



[tajsheriff](#) 10:31am via Web

Counting down to May 28: Menstrual Hygiene Day! [#MHDAY](#) [#MenstruationMatters](#) [#MENSTRAVAGANZA](#) [#PeriodTalk](#)



[PeriodPanteez](#) 10:31am via Twitter for Android

@[Lunettecup](#) Ha, ha! Wonderful to hear!! It's always a pleasure to see you!! X0! [#periodtalk](#) [Show Conversation](#)



[sabsrubli](#) 9:19am via Mobile Web (M5)

@[WASHUnited](#) I only knew about disposable sanitary products.. Wish there was more info about [#sustainable](#), healthy methods [#PeriodTalk](#)

Retweeted by [pantypopo](#)



[WildcardEnviro](#) 10:31am via Web

@[bpreparedperiod](#) @[women4earth](#) [#periodtalk](#) we need some commitment from the [#menstrual](#) industry on whats in the products they make

[AzadiCo](#) 10:30am via Web

@[WildcardEnviro](#) @[WASHUnited](#) @[emswsmith](#) @[chellaquint](#) Menstrual stigma breaking for its own sake (not just health) is necessary! [#PeriodTalk](#)

[AFRIpads](#) 10:02am via HootSuite

A8: we know that too many girls all over the world are facing difficulties when they are in their period, time to change this! [#Periodtalk](#)

Retweeted by [TeamUOT](#) [Favs](#) and 1 others



[pantypopo](#) 10:30am via Twitter for iPad

[#PeriodTalk](#) I knew my options for collecting the flow, but it felt like practical, convenient implementation was impossible @[WASHUnited](#)

[Show Conversation](#)



[Lunettecup](#) 10:30am via Web

@[PeriodPanteez](#) Couldn't be better! Everything's flowing right along. Great [#PeriodTalk](#)! Great to see you!

[WaterAidAmerica](#) 9:10am via Web

FACT: 70.9% of girls in [#India](#) had no idea what was happening when they started their 1st period [#PeriodTalk](#) pic.twitter.com/HU3Se7dBnd

Retweeted by [as1anfu](#) and 3 others



[WASHUnited](#) 10:29am via TweetDeck

Stay tuned for our Storify recap. See you next time! [#PeriodTalk](#)



[GirlsGlobe](#) 10:28am via Web

@[AnnaKTypes](#) @[WASHUnited](#) Thank you for speaking out! We need more girls like you :) A period is nothing to be ashamed of. [#PeriodTalk](#) [#mhm](#)

[Show Conversation](#)



[bcimaGIRL](#) 9:20am via TweetChat powered by oneQube

Shout out to @[AFRIpads](#) helping girls like Maureen manage periods in a healthy way!

bit.ly/1v9w6ZN [#PeriodTalk](#)

Retweeted by [hayles_sw](#) and 2 others



[PeriodPanteez](#) 10:28am via Web

@[Lunettecup](#) Thank you! It is going great! How are you doing?? I hope great!! X0! [#periodtalk](#)

[Show Conversation](#)



[InsteadSoftcup](#) 10:28am via HootSuite

Fantastic turnout! Glad to be part of [#MHD](#) and the continuing conversation! Great to see all the orgs who attended! [#PeriodTalk](#)



[WASHUnited](#) 10:26am via TweetDeck

We appreciate the lively conversation heard today! We encourage it to continue leading up to [#MenstrualHygiene](#) Day on May 28! [#PeriodTalk](#)

Retweeted by [mulislera](#)



[WASHUnited](#) 10:28am via TweetDeck

A HUGE, MENSTRAVAGANT THANK YOU to all of you who have contributed to today's [#PeriodTalk](#)! We are thrilled that there is so much interest!

[AlisonChannon](#) 9:16am via TweetChat powered by oneQube
@[WASHUnited](#) True. But not about all of the options like reusable menstrual cups. [#periodtalk](#)
Retweeted by [pantypopo](#)

[AuntFlo](#) 28 9:15am via TweetChat powered by oneQube
The transition to having a period is SO different at age 8-9-10 versus age 13-14-15! [#periodtalk](#)
Retweeted by [pantypopo](#) and 1 others

[irise_int](#) 10:27am via Web
[#PeriodTalk](#) [twitter.com/irise_int/stat...](#)



[AzadiCo](#) 10:27am via Web
Very excited to host MH day event in Delhi next week! [#menstruationmatters](#) [#periodtalk](#)



[WASHUnited](#) 9:15am via TweetDeck
Q3: True/False: You knew about menstrual hygiene options before your first period. [#PeriodTalk](#)
Retweeted by [pantypopo](#) and 3 others



[WildcardEnviro](#) 10:27am via Web
@[WASHUnited](#) yes I see + glad to know I am not the only one concerned about the word 'hygiene' [#periodtalk](#) @[emswsmith](#) @[chellaquint](#)
[Show Conversation](#)



[bpreparedperiod](#) 10:27am via TweetChat powered by oneQube
RT @[WASHUnited](#) YES, don't FORGET!! MT @[irise_int](#): Don't forget [#MenstrualHygiene](#)
Day is the 28th May [#PeriodTalk](#) [#MenstruationMatters](#)
[Show Conversation](#)



[WASHadvocates](#) 9:15am via HootSuite
Imagine not having a [#toilet](#) with privacy! [#WASH](#) RT @[emswsmith](#): [#PeriodTalk](#) Shit! this is going to be inconvenient!
Retweeted by [pantypopo](#) and 1 others



[GirlsGlobe](#) 10:27am via HootSuite
Thanks to all [#PeriodTalk](#) hosts & participants! Let's keep the convo going!
[#MenstruationMatters](#) [#PeriodTalk](#) [#MHD](#)



[irise_int](#) 10:25am via Web
Don't forget Menstrual Hygiene Day 28th May [#PeriodTalk](#) [#menstruationmatters](#)
Retweeted by [mulislera](#)



[WASHUnited](#) 10:26am via TweetDeck

MT @[inainchina](#): May 28 is [#MHD](#) - join the celebrations! menstrualhygieneday.org/28-may-celebra...

[#PeriodTalk](#) [#MenstruationMatters](#)



[WASHUnited](#) 10:25am via TweetDeck

YES, don't FORGET!! MT @[irise_int](#): Don't forget [#MenstrualHygiene](#) Day is the 28th May [#PeriodTalk](#) [#MenstruationMatters](#)

Retweeted by [emswsmith](#)



[Lunettecup](#) 10:26am via Web

Awesome [#PeriodTalk](#) concluding - WOW - my head is still spinning from all the information shared. [#menatruationmatters](#) - that much is clear



[ZanaAfrica](#) 9:46am via Web

A7. Girls and boys should be equal ALL Month! Managing menstrual health, stigma and taboos brings equality [#PeriodTalk](#)

Retweeted by [hayles_sw](#) and 4 others



[irise_int](#) 10:26am via Web

Why not tweet us a picture of why [#menstruationmatters](#) to you? Just like these lovely people (RT above) [#PeriodTalk](#)

[WASHUnited](#) 10:26am via TweetDeck

We appreciate the lively conversation heard today! We encourage it to continue leading up to [#MenstrualHygiene](#) Day on May 28! [#PeriodTalk](#)

1 retweets

[WASHUnited](#) 10:24am via TweetDeck

That concludes the 1st [#MHD](#) T-chat! Thank you @[50CPLady](#) @[inainchina](#) & @[emswsmith](#) & all participants! What a great chat! [#PeriodTalk](#)

Retweeted by [AFRIpads](#) and 1 others

[PeriodPanteez](#) 10:26am via Web

@[Jewelled_Bs](#) @[WASHUnited](#) Amen!! [#periodtalk](#) @[PeriodPride](#)
[Show Conversation](#)



[ArezooNZ](#) 9:14am via TweetDeck

@[maximhy](#) The book targeted various aspect of growing up as a girl, Biology (what happens 2 ur body when u get ur period), [#PeriodTalk](#) 1/2

Retweeted by [pantypopo](#)



[bpreparedperiod](#) 10:26am via TweetChat powered by oneQube
 @[WildcardEnviro](#) @[women4earth](#) We do much to educate ladies on healthier, greener options,
 but we've got a long way to go! [#periodtalk](#)
[Show Conversation](#)



[mulislera](#) 10:24am via Mobile Web (M2)
 Am a guy and i facilitate MHM sessions! [#MenstruationMatters](#) to all of us! [#periodtalk](#)
 @[WASHadvocates](#) @[washinschools](#)
 Retweeted by [ZanaAfrica](#) and 2 others



[WildcardEnviro](#) 10:21am via Web
 Need to reframe the word 'hygiene' [#periodtalk](#) [#menstruationmatters](#) implication is its somehow
 unhygienic not natural [#enviromenstrual](#) sols
 Retweeted by [8bitEmily](#) and 1 others

[AFRIpads](#) 10:23am via Web
 Thanks @[WASHUnited](#) for hosting this conversation! One step closer to breaking the taboo!
[#PeriodTalk](#) [#MenstruationMatters](#) [#mhday](#)
 Retweeted by [WASHUnited](#)



[PeriodPride](#) 10:24am via Twitter for Android
 Thank you ALL for an amazing [#periodtalk](#)! [#GirlPower](#) will BE the [#Change](#) we'll experience
 in our lifetime! [#menstruationmatters](#) [#periodpride](#)



[WASHadvocates](#) 9:56am via HootSuite
 Girls are empowered when they can manage their periods, and [#WASH](#) is necessary to provide
 that [#PeriodTalk](#) @[GirlUp](#) @[CAG_org](#)
 Retweeted by [washplusinfo](#) and 3 others



[WASHUnited](#) 10:24am via TweetDeck
 @[WildcardEnviro](#) Please read this conversation to learn more about why 'Hygiene' is the term
 we chose [facebook.com/OccupyMenstrua...](#) [#PeriodTalk](#)
[Show Conversation](#)



[WildcardEnviro](#) 10:24am via Web
 @[bpreparedperiod](#) @[women4earth](#) maybe a call for safer products + greater transparency for all
 girls/women [#periodtalk](#)
[Show Conversation](#)



[irise_int](#) 10:24am via Web

Thanks so much @[WASHUnited](#) for bringing together so many interesting people for [#PeriodTalk](#)

1 retweets



[gingerdisco99](#) 10:24am via Twitter for iPhone

I'd like some better words we can all use for tampons and - well, what IS a modern word for "sanitary towels"? [#periodtalk](#)



[PadHeaven](#) 10:23am via Web

The impact of poor menstrual hygiene eg stress levels,embarrassment,exclusion, missing class should also be considered. [#PeriodTalk](#)

[emswsmith](#) 10:23am via Web

[#PeriodTalk](#) and now to lighten the mood...a happy tampon! Its dancing cause [#menstruationmatters](#) pic.twitter.com/vUo8LHYvwg

[AFRIpads](#) 10:23am via Web

Thanks @[WASHUnited](#) for hosting this conservation! One step closer to breaking the taboo! [#PeriodTalk](#) [#MenstruationMatters](#) [#mhday](#)

1 retweets

[BeautyinBloodUS](#) 10:20am via Web

@[WASHUnited](#) [#MenstruationMatters](#) bc it is a normal, healthy part of most women's lives. It is not taboo. It is nature. [#PeriodTalk](#)

Retweeted by [SheTHINX](#) and 1 others

[pantypopo](#) 10:23am via Twitter for iPad

[#PeriodTalk](#) since it was very erratic for several years, I was unable to predict when, or even if, my period might start @[WASHUnited](#)

[Show Conversation](#)

[WildcardEnviro](#) 10:21am via Web

Need to reframe the word 'hygiene' [#periodtalk](#) [#menstruationmatters](#) implication is its somehow unhygienic not natural [#enviromenstrual](#) sols

Retweeted by [Lunettecup](#)

[bpreparedperiod](#) 10:23am via TweetChat powered by oneQube

Q10: Last question: Does menstruationmatter to you? Why or why not? Please also use [#MenstruationMatters](#) in this response! [#periodtalk](#)



[GirlsGlobe](#) 10:22am via Web

@[inainchina](#) Sometimes it is a side effect of having an [#IUD](#). [#PeriodTalk](#) [#MenstruationMatters](#)



[Lunettecup 10:22am via Web](#)

[#PeriodTalk](#) Q10: Last question: Does menstruation matter to you? Why or why not? Please also use [#MenstruationMatters](#) in this response!



[AzadiCo 10:22am via Web](#)

[#menstruationmatters](#) because many girls face pain which can be cured thru natural cures - if we start talking and exploring [#PeriodTalk](#)



[WASHadvocates 10:22am via HootSuite](#)

Hey @[WASHUnited](#) @[GirlsGlobe](#) what actions can we take leading up to [#MenstrualHygieneDay](#)? Let's spread the word! [#PeriodTalk](#)



[pantypopo 10:22am via Twitter for iPad](#)

[#PeriodTalk](#) as an active, sporty girl, it put an huge immediate dent in my carefree life choices @[AnnaKTypes](#) @[WASHUnited](#) @[GirlsGlobe](#)
[Show Conversation](#)



[WildcardEnviro 10:21am via Web](#)

Need to reframe the word 'hygiene' [#periodtalk](#) [#menstruationmatters](#) implication is its somehow unhygienic not natural [#enviromenstrual](#) sols

1 retweets



[InsteadSoftcup 10:21am via HootSuite](#)

@[emswsmith](#) so grateful for this exciting day and event @[WASHUnited](#) [#PeriodTalk](#) [#MHD](#) [#MenstrualHygieneDay](#)
[Show Conversation](#)



[bcimaGIRL 10:20am via TweetChat powered by oneQube](#)

Thanks for this great chat @[WASHUnited](#)! Great experts, great participation from all! Well done. [#PeriodTalk](#)

Retweeted by [Kissiebunny](#)



[bcimaGIRL 10:19am via TweetChat powered by oneQube](#)

A10: [#menstruationmatters](#) because it empowers women, girls to have control of their bodies, therefore their lives. [#PeriodTalk](#)

Retweeted by [Kissiebunny](#) and 1 others



[50CentsPeriod 10:21am via TweetChat powered by oneQube](#)

THANKS FOR HOSTING THE CONVERSATION @[WASHUnited](#) and all who participated [#periodtalk](#). [#menstruationmatters](#). @[disonLA](#)
[Show Conversation](#)



[inainchina](#) 10:21am via [TweetDeck](#)

would you stop your [#menstruation](#)? menstrual oppression is gaining popularity in US..., no ?
[#PeriodTalk](#) @[WASHUnited](#)



[emswsmith](#) 10:20am via [Web](#)

[#PeriodTalk](#) @[WASHUnited](#) MHDAY has brought us one step closer to a world where no girl is held back by her period. Thank you from @[irise_int](#)
Retweeted by [BeautyinBloodUS](#) and 2 others



[GirlsGlobe](#) 10:10am via [Web](#)

@[emswsmith](#) @[irise_int](#) Read this post on our website from Dr. Lata Narayanaswamy, @[irise_int](#) advisor! [girlsglobe.org/2014/05/19/so-...](#) [#PeriodTalk](#)
Retweeted by [irise_int](#) and 1 others



[inainchina](#) 9:53am via [TweetDeck](#)

Study proves that Girls' enrollment increases after construction of gender-sepr. toilets
[bit.ly/1terFuR](#) [#periodtalk](#) [#WASHinschools](#)
Retweeted by [miakennedy13](#) and 5 others



[InsteadSoftcup](#) 10:20am via [HootSuite](#)

RT @[WASHadvocates](#): [#MenstruationMatters](#) because access=dignity [#WASH](#) [#PeriodTalk](#)
@[WASHUnited](#)
Retweeted by [50CPLady](#)



[PadHeaven](#) 10:21am via [Web](#)

Men know even less, but it is important for them to understand menstrual hygiene so they can support their wives, daughters [#PeriodTalk](#)

[WASHUnited](#) 10:20am via [TweetDeck](#)

And now we have time for a few [#PeriodTalk](#) questions. Please direct them @[WASHUnited](#)!



[WASHadvocates](#) 10:20am via [HootSuite](#)

Thanks @[WASHUnited](#) @[GirlsGlobe](#) for speaking out with [#PeriodTalk](#). So important!
[#WASH](#)

Retweeted by [GirlsGlobe](#)



[ZanaAfrica](#) 10:20am via Web

A10. [#MenstruationMatters](#) because without it there can be no life. Menstruation is power. [#PeriodTalk](#)



[50CentsPeriod](#) 10:19am via TweetChat powered by oneQube

A10: [#menstruationmatters](#) because women do. [#periodtalk](#) @disonLA
Retweeted by [50CPLady](#)



[emswsmith](#) 10:20am via Web

[#PeriodTalk](#) @WASHUnited MHDday has brought us one step closer to a world where no girl is held back by her period. Thank you from @[irise_int](#)
Retweeted by [WASHUnited](#)



[WASHadvocates](#) 10:20am via HootSuite

Thanks @WASHUnited @GirlsGlobe for speaking out with [#PeriodTalk](#). So important!
[#WASH](#)

1 retweets



[AzadiCo](#) 10:19am via Web

[#menstruationmatters](#) because the depth and stillness we experience during our periods is magical. [#PeriodTalk](#)
Retweeted by [WASHUnited](#)



[emswsmith](#) 10:20am via Web

[#PeriodTalk](#) @WASHUnited MHDday has brought us one step closer to a world where no girl is held back by her period. Thank you from @[irise_int](#)
1 retweets



[bcimaGIRL](#) 10:20am via TweetChat powered by oneQube

Thanks for this great chat @WASHUnited! Great experts, great participation from all! Well done. [#PeriodTalk](#)



[InsteadSoftcup](#) 10:20am via HootSuite

RT @WASHadvocates: [#MenstruationMatters](#) because access=dignity [#WASH](#) [#PeriodTalk](#)
@WASHUnited



[PeriodPanteez](#) 10:19am via Web

@[WASHUnited](#) [#menstruationmatters](#) because without it, NONE OF US would EXIST!!!
Period! :) [#periodtalk](#) [#periodpride](#) @[PeriodPride](#)
[Show Conversation](#)



[jessrdrummond](#) 10:19am via [HootSuite](#)

RT @[AuntFlo_28](#): menstrual gignorance is greater in some areas of our world, but it is common among girls everywhere [#periodtalk](#)



[50CentsPeriod](#) 10:19am via [TweetChat](#) powered by [oneQube](#)

A10: [#menstruationmatters](#) because women do. [#periodtalk](#) @[disonLA](#)
1 retweets



[jessrdrummond](#) 10:19am via [HootSuite](#)

RT @[AuntFlo_28](#): Boys and girls were created equal - we must stand for that equality in education for all girls [#periodtalk](#)



[50CPLady](#) 10:19am via [Web](#)

.@[WASHUnited](#) THANK YOU for a wonderful [#PeriodTalk](#) Bleed strong, sisters!



[AzadiCo](#) 10:19am via [Web](#)

[#menstruationmatters](#) because the depth and stillness we experience during our periods is magical. [#PeriodTalk](#)

1 retweets



[bcimaGIRL](#) 10:19am via [TweetChat](#) powered by [oneQube](#)

A10: [#menstruationmatters](#) because it empowers women, girls to have control of their bodies, therefore their lives. [#PeriodTalk](#)

Retweeted by [WASHUnited](#)



[WASHUnited](#) 10:15am via [TweetDeck](#)

Q10: Last question: Does menstruationmatter to you? Why or why not? Please also use [#MenstruationMatters](#) in this response! [#PeriodTalk](#)

Retweeted by [BeautyinBloodUS](#)

[ZanaAfrica](#) 10:18am via [Web](#)

Check out this Kenyan girl with her grandpa! They talked about periods, missing school and donated pads. [#PeriodTalk](#) [pic.twitter.com/qRc9tHP2Ym](#)

Retweeted by [WASHUnited](#) and 1 others



[DaysForGirls](#) 10:19am via [HootSuite](#)

Thanks for hosting this awesome event! [#periodtalk](#)

cora

[CoraWomen](#) 10:19am via Twitter for iPhone

A10 Learn about how much [#menstruationmatters](#) to us here: fund.plumalley.co/en/cora
[#PeriodTalk](#)



[emswsmith](#) 10:19am via Web

[#PeriodTalk](#) @WASHUnited we work with east african students who r standing up on campus and breaking the taboo thanks to MHDAY.



[bpreparedperiod](#) 10:18am via TweetChat powered by oneQube

[#MenstruationMatters](#) because it's a big part of what makes women ROCK! [#periodtalk](#)
Retweeted by [WASHUnited](#)



[bcimaGIRL](#) 10:19am via TweetChat powered by oneQube

A10: [#menstruationmatters](#) because it empowers women, girls to have control of their bodies, therefore their lives. [#PeriodTalk](#)

1 retweets



[InsteadSoftcup](#) 10:18am via HootSuite

RT @bpreparedperiod: We celebrate [#menstruation](#) w/open communication 24/7/365 in our [#PeriodTalk](#) Community ow.ly/x3kNQ Join us?



[50CentsPeriod](#) 10:18am via TweetChat powered by oneQube

RT @WASHUnited Q10: Last question: Does [#menstruationmatter](#) 2 u? Why or why not?
[#PeriodTalk](#) @disonLA
[Show Conversation](#)

[bpreparedperiod](#) 10:18am via TweetChat powered by oneQube

[#MenstruationMatters](#) because it's a big part of what makes women ROCK! [#periodtalk](#)
1 retweets

[jessrdummond](#) 10:18am via HootSuite

RT @AuntFlo_28: We need more media who tell the whole story about menstruation [#periodtalk](#)

[inainchina](#) 10:18am via TweetDeck

would you stop your [#menstruation](#)? menstrual oppression is gaining popularity in US..., no ?
[#periodtalk](#)

[ZanaAfrica](#) 10:18am via Web

Check out this Kenyan girl with her grandpa! They talked about periods, missing school and donated pads. [#PeriodTalk](#) pic.twitter.com/qRc9tHP2Ym

2 retweets

[emswsmith](#) 10:18am via Web
[#PeriodTalk](#) @[WASHUnited](#) thanks on behalf of everyone 4 organizing this fantastic event & MHDAY itself. You go girls!
Retweeted by [WaterCanCharity](#)

[WASHadvocates](#) 10:18am via HootSuite
RT @[GirlsGlobe](#): @[WASHUnited](#) @[emswsmith](#) Menstravagant - love it! Can we make it an official word in the dictionary? [#PeriodTalk](#)

[PeriodPanteez](#) 10:18am via Web
@[50CPLady](#) @[WASHUnited](#) AMEN!! [#periodtalk](#) [#periodpride](#) @[PeriodPride](#)
[#menstruationmatters](#)
[Show Conversation](#)

[GirlsGlobe](#) 10:17am via Web
@[WASHUnited](#) @[emswsmith](#) Menstravagant - love it! Can we make it an official word in the dictionary? [#PeriodTalk](#)
Retweeted by [50CPLady](#) and 1 others

[WASHadvocates](#) 10:17am via HootSuite
[#MenstruationMatters](#) because access=dignity [#WASH](#) [#PeriodTalk](#) @[WASHUnited](#)
Retweeted by [WASHUnited](#)

[GirlsGlobe](#) 10:01am via HootSuite
We're loving the chatter about the importance of [#menstrualhygiene](#)! Join us now using [#PeriodTalk](#)! @[melindagates](#) @[WHO](#) @[charitywater](#)
Retweeted by [Jewelled_Bs](#) and 1 others

[emswsmith](#) 10:18am via Web
[#PeriodTalk](#) @[WASHUnited](#) thanks on behalf of everyone 4 organizing this fantastic event & MHDAY itself. You go girls!
1 retweets

[CoraWomen](#) 10:18am via Twitter for iPhone
A10 It matters to us and it should matter to the world! Educate yourself now! [#PeriodTalk](#)

[WASHdogRex](#) 10:17am via HootSuite
[#MenstruationMatters](#) because I want to see [#women](#) and [#girls](#) shine! [#WASH](#) [#ladiesman](#) [#PeriodTalk](#)
Retweeted by [AFRIpads](#) and 1 others

[WASHadvocates](#) 10:17am via HootSuite
[#MenstruationMatters](#) because access=dignity [#WASH](#) [#PeriodTalk](#) @[WASHUnited](#)
1 retweets

[AuntFlo](#) 28 9:09am via TweetChat powered by oneQube

A1: My tween just reached this milestone earlier this year at age 10 [#MenstruationMatters](#)
[#periodtalk](#)

Retweeted by [pantypopo](#)

[GirlsGlobe](#) 10:17am via Web

@[50CPLady](#) Thank you!! xoxo [#PeriodTalk](#)
[Show Conversation](#)

[InsteadSoftcup](#) 10:17am via HootSuite

A10: [#MenstruationMatters](#) for many reasons. For me, it matters because women should KNOW
and LOVE their bodies! [#periodtalk](#)

[50CPLady](#) 10:17am via Web

@[WASHUnited](#) [#menstruationmatters](#) because the entire human race depends on healthy
menstruation to carry on! [#PeriodTalk](#)

Retweeted by [WASHUnited](#)

[WASHdogRex](#) 10:17am via HootSuite

[#MenstruationMatters](#) because I want to see [#women](#) and [#girls](#) shine! [#WASH](#) [#ladiesman](#)
[#PeriodTalk](#)

Retweeted by [WASHUnited](#) and 1 others

[GirlsGlobe](#) 10:17am via Web

@[WASHUnited](#) @[emswsmith](#) Menstravagant - love it! Can we make it an official word in the
dictionary? [#PeriodTalk](#)

Retweeted by [WASHUnited](#) and 1 others



[bpreparedperiod](#) 10:16am via TweetChat powered by oneQube

We celebrate [#menstruation](#) w/open communication 24/7/365 in our online [#PeriodTalk](#) Q&A
Community @ [ow.ly/x3kNQ](#) Join us?

Retweeted by [50CPLady](#)



[WASHdogRex](#) 10:17am via HootSuite

[#MenstruationMatters](#) because I want to see [#women](#) and [#girls](#) shine! [#WASH](#) [#ladiesman](#)
[#PeriodTalk](#)

2 retweets

[emswsmith](#) 10:11am via Web

[#Periodtalk](#) starts conversations about the value of girls & their contribution 2 the world
[#Menstruationmatters](#) because girls matter. Period

Retweeted by [Jewelled_Bs](#) and 2 others



[emswsmith](#) 10:16am via Web

Its time for some honest [#PeriodTalk](#) No more embarrassment of our biology.
youtube.com/watch?v=Bpy75q...



[WASHUnited](#) 10:16am via [TweetDeck](#)

@[WaterAidAmerica](#) Thanks for joining the conversation about menstruation, & sharing wonderful facts & info! ALL THE BEST! [#PeriodTalk](#)
[Show Conversation](#)



[50CPLady](#) 10:16am via [Web](#)

@[GirlsGlobe](#) Love your Pinterest! [#PeriodTalk](#)
[Show Conversation](#)



[NiliMajumder](#) 10:16am via [Web](#)

@[GirlsGlobe](#): Check out our [#MenstruationMatters](#) Pinterest board for more articles & info!
ow.ly/x3Bwt [#PeriodTalk](#)
[Show Conversation](#)



[WASHadvocates](#) 10:16am via [HootSuite](#)

awesome! MT @[mulislera](#): Unless we address the myths & taboos around Menstruation, we will NEVER achieve MDG 2& 3 [#periodtalk](#) @[washinschools](#)



[PeriodPanteez](#) 10:15am via [Web](#)

@[Kamaitha](#) YES!! We teach that if Moms are ashamed, their daughters will also be, through The Period Pride Movement! @[PeriodPride](#) [#periodtalk](#)
[Show Conversation](#)



[AFRipads](#) 10:15am via [HootSuite](#)

A10: This is why [#Menstruationmatters](#) to Annet ow.ly/i/5D3jb [#periodtalk](#)

[WASHUnited](#) 10:15am via [TweetDeck](#)

Q10: Last question: Does menstruationmatter to you? Why or why not? Please also use [#MenstruationMatters](#) in this response! [#PeriodTalk](#)

1 retweets

[GirlsGlobe](#) 10:14am via [HootSuite](#)

Check out our [#MenstruationMatters](#) Pinterest board for more articles & info! ow.ly/x3Bwt [#PeriodTalk](#)

Retweeted by [50CPLady](#)

[WaterAidAmerica](#) 10:15am via [Web](#)

Signing off now from [#PeriodTalk](#). Big tx to @[WASHUnited](#) + team for shining the spotlight on [#MenstruationMatters](#) pic.twitter.com/QOUkv14UA8

[WASHUnited 10:15am via TweetDeck](#)

Thanks @[emswsmith](#) for all that MENSTRAVAGANT wisdom! We're coming close to the end of our [#PeriodTalk](#) & will ask 1 more question!

[AFRIpads 10:15am via HootSuite](#)

A10: and this is why [#menstruationmatters](#) to Crispin!! [ow.ly/i/5D3nr](#) [#periodtalk](#)

[pantypopo 10:15am via Twitter for iPad](#)

[#PeriodTalk](#) in a way, starting later was good, I was better informed about the facts. It gave me an extended childhood of sorts @[WASHUnited](#)
[Show Conversation](#)

[mulislera 10:14am via Mobile Web \(M2\)](#)

Unless we address the myths and taboos around Menstruation, we will NEVER achieve MDG 2& 3 [#periodtalk](#) @[inainchina](#) @[washinschools](#)
Retweeted by [50CPLady](#)

[Emmasalor 9:51am via Web](#)

[#Periodtalk](#) Our period is a sign of the fact that our bodies can create life. If that's not worth celebrating&embracing,I don't know what is
Retweeted by [photo_NSH](#) and 3 others

[CoraWomen 10:14am via Twitter for iPhone](#)

Great resource MT"@[GirlsGlobe](#): Check out our [#MenstruationMatters](#) Pinterest board for more articles [ow.ly/x3Bwt](#) [#PeriodTalk](#)"
[Show Conversation](#)



[WomensQuest 10:12am via Web](#)

Q10: [#MenstruationMatters](#) because it offers me a natural time for retreat, rest and stillness
[#PeriodTalk](#)
Retweeted by [AzadiCo](#)



[WaterAidAmerica 10:10am via Web](#)

MT @[PadHeaven](#) To manage menstruation hygienically & w/dignity, it's essential that women and girls have access to [#WASH](#) [#PeriodTalk](#)
Retweeted by [SheTHINX](#) and 2 others



[WaterAidAmerica 10:10am via Web](#)

MT @[PadHeaven](#) To manage menstruation hygienically & w/dignity, it's essential that women and girls have access to [#WASH](#) [#PeriodTalk](#)
Retweeted by [NeighborYoga](#) and 2 others



[PadHeaven 10:07am via Web](#)

To manage menstruation hygienically and with dignity, it is essential that women and girls have access to water and sanitation [#PeriodTalk](#)

Retweeted by [hbarbo1](#) and 2 others



[irise_int](#) 10:04am via Web

.@[WASHUnited](#) Q9: YES, something that matters to 50% of the population is something everyone should know about [#PeriodTalk](#)

Retweeted by [BeautyinBloodUS](#) and 2 others

[mulislera](#) 10:14am via Mobile Web (M2)

Unless we address the myths and taboos around Menstruation, we will NEVER achieve MDG 2& 3 [#periodtalk](#) @[inainchina](#) @[washinschools](#)

[Show Conversation](#)



[emswsmith](#) 10:12am via Web

[#PeriodTalk](#) Quotes from this blog- A Ugandan Teenager's Tale: [irise.org.uk/blog/](#)

Retweeted by [washplusinfo](#)



[GirlsGlobe](#) 10:14am via HootSuite

Check out our [#MenstruationMatters](#) Pinterest board for more articles & info! [ow.ly/x3Bwt](#)

[#PeriodTalk](#)



[AzadiCo](#) 10:14am via Web

@[PeriodPanteez](#) awesome. mothers are often enforcers of restrictive customs - men should be empowered to speak up against them. [#PeriodTalk](#)

[Show Conversation](#)



[bpreparedperiod](#) 10:14am via TweetChat powered by oneQube

To help celebrate Menstrual Hygiene Day, we've asked why [#MenstruationMatters](#) in our [#PeriodTalk](#) Q&A forum. Chime in@ [ow.ly/x3klO](#)



[emswsmith](#) 10:11am via Web

[#Periodtalk](#) starts conversations about the value of girls & their contribution 2 the world

[#Menstruationmatters](#) because girls matter. Period

Retweeted by [irise_int](#) and 1 others



[emswsmith](#) 9:52am via Web

[#PeriodTalk](#) [#MenstruationMatters](#) because the world is not a girl friendly place.we need a world that enables not just allows girls 2 achieve

Retweeted by [Jewelled_Bs](#) and 1 others



[PadHeaven](#) 10:11am via Web

Girls often grow up with limited knowledge of menstruation because their mothers shy away from discussing the issues with them [#PeriodTalk](#)

Retweeted by [50CPLady](#)

[washplusinfo](#) 10:11am via Web

WASHplus Pinterest Board on Menstrual Hygiene Management, [#PeriodTalk](#), pinterest.com/washplusinfo/m...

Retweeted by [50CPLady](#)

[Kamaitha](#) 10:13am via Web

Girls often grow up with limited knowledge of menstruation because their mothers shy away from discussing the issues with them. [#PeriodTalk](#)

[NiliMajumder](#) 10:13am via Web

@[GirlsGlobe](#) We're loving d chatter about d importance of [#menstrualhygiene](#)! Join us now using [#PeriodTalk](#)! @[melindagates](#) @[WHO](#) @[charitywater](#)

[Show Conversation](#)

[WASHadvocates](#) 10:13am via HootSuite

RT @[washplusinfo](#): WASHplus Pinterest Board on Menstrual Hygiene Management, [#PeriodTalk](#), pinterest.com/washplusinfo/m...



[PeriodPanteez](#) 10:12am via Web

@[emswsmith](#) AMEN!!! [#Education](#) is key!! [#periodtalk](#) @[PeriodPride](#) [#menstruationmatters](#)

[Show Conversation](#)



[GirlsGlobe](#) 10:12am via Web

@[emswsmith](#) Couldn't agree more! Well said. [#PeriodTalk](#) [#MenstruationMatters](#)

[Show Conversation](#)

Magazine

[maximhy](#) 10:12am via HootSuite

RT @[WASHadvocates](#): A9 @[Half](#) the population is affected by [#menstrualhygiene](#), so yes! [#menstruationmatters](#) to men and boys [#WASH](#) [#PeriodTalk](#)



[ZanaAfrica](#) 10:02am via Web

A9. Menstruation is the basis of life. If men don't understand it it's harder for them to respect it. [#PeriodTalk](#)

Retweeted by [BeautyinBloodUS](#) and 2 others



[GirlsGlobe](#) 9:20am via HootSuite

Unsure about how to start the convo around menstruation? Here are 28 ways: ow.ly/x3bAb
[#MenstruationMatters](#) [#PeriodTalk](#)

Retweeted by [tajsheriff](#) and 5 others



[GirlsGlobe](#) 10:10am via Web

@[emswsmith](#) @[irise_int](#) Read this post on our website from Dr. Lata Narayanaswamy, @[irise_int](#) advisor! girlsglobe.org/2014/05/19/so-... [#PeriodTalk](#)

Retweeted by [inainchina](#)

[emswsmith](#) 10:11am via Web

[#Periodtalk](#) starts conversations about the value of girls & their contribution 2 the world
[#Menstruationmatters](#) because girls matter. Period

Retweeted by [GirlsGlobe](#)



[WASHadvocates](#) 10:12am via HootSuite

yes! @[PadHeaven](#) 2 manage menstruation hygienically and w/ dignity, it is essential that women and girls have access to [#WASH](#) [#PeriodTalk](#)



[emswsmith](#) 10:12am via Web

[#PeriodTalk](#) Quotes from this blog- A Ugandan Teenager's Tale: irise.org.uk/blog/



[WaterAidAmerica](#) 9:20am via Web

We hate stats like these: 60% of female workers in 1 case study use rags off the factory floor as pads [#PeriodTalk](#) pic.twitter.com/DYCgta9F6H

Retweeted by [tajsheriff](#) and 3 others



[InsteadSoftcup](#) 10:02am via HootSuite

A9: Absolutely, men and boys should not be afraid to talk about, especially dads! [#PeriodTalk](#)

Retweeted by [BeautyinBloodUS](#) and 1 others



[bcimaGIRL](#) 10:01am via TweetChat powered by oneQube

A9: [#Menstruationmatters](#) to men & boys because they're key contributors to a supportive community for women/girls. [#PeriodTalk](#)

Retweeted by [BeautyinBloodUS](#) and 2 others



[WASHUnited](#) 9:07am via TweetDeck

Q1: At what age did you first have your period? [#PeriodTalk](#)

Retweeted by [pantypopo](#) and 3 others



[WomensQuest](#) 10:12am via Web

Q10: [#MenstruationMatters](#) because it offers me a natural time for retreat, rest and stillness [#PeriodTalk](#)



[BeautyinBloodUS](#) 10:12am via Web

@[WASHUnited](#) YES! Knowing abt menstruation is a good humanitarian practice b/c it leads to increased compassion & understanding. [#PeriodTalk](#)
[Show Conversation](#)



[InsteadSoftcup](#) 10:12am via HootSuite

RT @[emswsmith](#): [#Periodtalk](#) helps women and girls "understand why these changes happen and this frees them from a web of myths and lies."



[washplusinfo](#) 10:11am via Web

WASHplus Pinterest Board on Menstrual Hygiene Management, [#PeriodTalk](#),
pinterest.com/washplusinfo/m...



[PadHeaven](#) 10:07am via Web

To manage menstruation hygienically and with dignity, it is essential that women and girls have access to water and sanitation [#PeriodTalk](#)
Retweeted by [GraceTangMPH](#) and 1 others

[WomensQuest](#) 10:11am via Web

Q10: [#MenstruationMatters](#) because it gifts me with visions, inspiration and a deep sense of meaning [#PeriodTalk](#)

[emswsmith](#) 10:09am via Web

[#Periodtalk](#) "Disposable pads were unaffordable. It was like mockery. You do not ask a child who lives on one meal a day to buy these towels."
Retweeted by [CoraWomen](#) and 1 others

[PadHeaven](#) 10:11am via Web

Girls often grow up with limited knowledge of menstruation because their mothers shy away from discussing the issues with them [#PeriodTalk](#)



[AzadiCo](#) 10:11am via Web

@[emswsmith](#) Yes, girls speaking up will create a real shift - educate them & spread their voices - our upcoming video does that! [#PeriodTalk](#)
[Show Conversation](#)



[AzadiCo](#) 10:05am via Web

A9: Our founders are men who empathize w the cause - all men can be equally empathetic and period-positive [#PeriodTalk](#)

Retweeted by [ZanaAfrica](#) and 1 others



[bpreparedperiod](#) 10:11am via TweetChat powered by oneQube

RT @[emswsmith](#) [#Periodtalk](#) helps women and girls "understand why these changes happen and this frees them from a web of myths and lies."

[Show Conversation](#)



[WomensQuest](#) 10:11am via Web

Q10: [#MenstruationMatters](#) because it restores, replenishes and heals my body and soul
[#PeriodTalk](#)



[emswsmith](#) 10:11am via Web

[#Periodtalk](#) helps women and girls "understand why these changes happen and this frees them from a web of myths and lies."

Retweeted by [WASHUnited](#)



[emswsmith](#) 10:11am via Web

[#Periodtalk](#) starts conversations about the value of girls & their contribution 2 the world

[#Menstruationmatters](#) because girls matter. Period

1 retweets



[bcimaGIRL](#) 10:11am via TweetChat powered by oneQube

MT @[emswsmith](#) [#Periodtalk](#) "Disposable pads were unaffordable... You don't ask a child who lives on 1 meal a day to buy these towels."

[Show Conversation](#)



[emswsmith](#) 10:09am via Web

Girls should be the center of [#Periodtalk](#) their voices need to be heard. The global community needs to listen.

Retweeted by [irise_int](#) and 1 others



[bcimaGIRL](#) 9:53am via TweetChat powered by oneQube

INFOGRAPHIC: Water & sanitation issues touch girls throughout her life cycle.

[Planusa.org/girlslifecycle](#) [#PeriodTalk](#)

Retweeted by [CaitlinKellyNYC](#) and 6 others



[WaterAidAmerica](#) 10:10am via Web

MT @[PadHeaven](#) To manage menstruation hygienically & w/dignity, it's essential that women and girls have access to [#WASH](#) [#PeriodTalk](#)

Retweeted by [WASHUnited](#)



[WomenDeliver 9:59am via HootSuite](#)

RT @bcimaGIRL: INFOGRAPHIC: Water & sanitation issues touch girls throughout her life cycle. [Planusa.org/girlslifecycle](#) #PeriodTalk

Retweeted by [LHradilek](#)

[maximhy 10:07am via HootSuite](#)

@ZanaAfrica We know a few good men in to approving [#menstruationmatters](#) for women [#PeriodTalk](#) [ow.ly/x3A79](#)

Retweeted by [ZanaAfrica](#)



[AuntFlo 28 8:59am via TweetChat powered by oneQube](#)

When many girls in our world dread menstruation because it means alienation from friends & from school we must act [#periodtalk](#)

Retweeted by [pantypopo](#) and 1 others



[WaterAidAmerica 10:10am via Web](#)

MT @PadHeaven To manage menstruation hygienically & w/dignity, it's essential that women and girls have access to [#WASH](#) [#PeriodTalk](#)

1 retweets



[WASHadvocates 10:10am via HootSuite](#)

RT @PadHeaven: Girls also need facilities for safely disposing of used materials or a clean place to dry them if reusable . [#PeriodTalk](#)

Retweeted by [WidescopeCSR](#)



[WASHadvocates 10:09am via HootSuite](#)

A9 @Half the population is affected by [#menstrualhygiene](#), so yes! [#menstruationmatters](#) to men and boys [#WASH](#) [#PeriodTalk](#)

Retweeted by [WidescopeCSR](#) and 2 others



[WASHadvocates 10:08am via HootSuite](#)

MT @irise_int: [#PeriodTalk](#) Our Toolkit 'Education. Period.' is designed to help organisations+individuals tackle MHM [irise.org.uk/online-womens-...](#)

Retweeted by [WidescopeCSR](#)



[WE service 10:10am via HootSuite](#)

The Dangers Of Sanitary Waste... [greeninhygiene.com/2014/02/21/the... #PeriodTalk](#)

[GirlsGlobe 10:10am via Web](#)

@[emswsmith](#) @[irise_int](#) Read this post on our website from Dr. Lata Narayanaswamy, @[irise_int](#) advisor! girlsglobe.org/2014/05/19/so-... [#PeriodTalk](#)
[Show Conversation](#)



[PadHeaven](#) 10:10am via Web

Girls have little control over whether they have access to a private latrine or money to spend on sanitary materials. [#PeriodTalk](#)



[emswsmith](#) 10:10am via Web

[#Periodtalk](#) "They have 2 miss school. 2 most of these children, as it was 4 me, education is the only way out of the vicious cycle of poverty."



[emswsmith](#) 10:08am via Web

[#PeriodTalk](#) @[doubleXXeconomy](#) ugandan men spend many times more than the cost of a pack of pads each week on beer. doublexeconomy.com/2013/03/23/the...

Retweeted by [AFRIpads](#)



[WASHadvocates](#) 10:09am via HootSuite

A9 @[Half](#) the population is affected by [#menstrualhygiene](#), so yes! [#menstruationmatters](#) to men and boys [#WASH](#) [#PeriodTalk](#)

Retweeted by [50CPLady](#) and 2 others



[AuntFlo](#) 28 8:46am via TweetChat powered by oneQube

[#MenstruationMatters](#) because it is life-giving and life-connecting - it should not keep girls from school [#periodtalk](#)

Retweeted by [pantypopo](#) and 1 others



[PeriodPanteez](#) 10:10am via Web

@[AzadiCo](#) EXACTLY!!! This is why we started The Period Pride Movement periodpride.org ! Understanding & education are key! [#periodtalk](#)

[Show Conversation](#)



[AFRIpads](#) 10:02am via HootSuite

A8: we know that too many girls all over the world are facing difficulties when they are in their period, time to change this! [#Periodtalk](#)

Retweeted by [Lunettecup](#)



[bcimaGIRL](#) 5:01am via HootSuite

Today at 10am ET- @[WASHUnited](#)'s [#MenstrualHygieneDay](#) Twitter Chat! Use [#PeriodTalk](#) to follow along!

Retweeted by [melissanewitt](#)



[emswsmith](#) 10:10am via Web

[#Periodtalk](#) "For many girls there is a monthly prison...when they regret being young and healthy because they cannot afford basic needs."



[bcimaGIRL](#) 8:59am via TweetChat powered by oneQube

Looking forward to joining [#PeriodTalk](#) for the 1st time! Time to talk about why [#MenstruationMatters](#)

Retweeted by [melissanewitt](#) and 3 others



[WASHadvocates](#) 10:10am via HootSuite

RT @[PadHeaven](#): Girls also need facilities for safely disposing of used materials or a clean place to dry them if reusable . [#PeriodTalk](#)

1 retweets

[emswsmith](#) 10:09am via Web

[#Periodtalk](#) "Disposable pads were unaffordable.It was like mockery. You do not ask a child who lives on one meal a day to buy these towels."

Retweeted by [WASHUnited](#)

[emswsmith](#) 10:09am via Web

Girls should be the center of [#Periodtalk](#) their voices need to be heard. The global community needs to listen.

Retweeted by [WASHUnited](#) and 1 others

[emswsmith](#) 10:09am via Web

[#Periodtalk](#) "Disposable pads were unaffordable.It was like mockery. You do not ask a child who lives on one meal a day to buy these towels."

1 retweets



[WASHadvocates](#) 10:09am via HootSuite

A9 @[Half](#) the population is affected by [#menstrualhygiene](#), so yes! [#menstruationmatters](#) to men and boys [#WASH](#) [#PeriodTalk](#)

Retweeted by [keachbauer](#) and 2 others



[PadHeaven](#) 10:09am via Web

Girls also need facilities for safely disposing of used materials or a clean place to dry them if reusable . [#PeriodTalk](#)

Retweeted by [WaterCanCharity](#)



[WaterAidAmerica](#) 9:56am via Web

Looking for a great resource on [#menstrualhygiene](#)? Get your hands on this one! bit.ly/1tffXQp
[#PeriodTalk](#) pic.twitter.com/AIIR9m9bTo

Retweeted by [TokioHotel_14](#) and 2 others



[emswsmith](#) 10:09am via Web

Girls should be the center of [#Periodtalk](#) their voices need to be heard. The global community needs to listen.

2 retweets



[WASHadvocates](#) 10:09am via HootSuite

A9 @[Half](#) the population is affected by [#menstrualhygiene](#), so yes! [#menstruationmatters](#) to men and boys [#WASH](#) [#PeriodTalk](#)

[ZanaAfrica](#) 10:09am via Web

A9. We've male distributors giving menstrual health talks & pads/panties to youth. It's not a woman issue, it's a person issue. [#PeriodTalk](#)



[emswsmith](#) 10:08am via Web

@[irise_int](#) runs sustainable sanitary pad projects & delivers health education, keeping girls in school & creating employment. [#Periodtalk](#)

Retweeted by [irise_int](#) and 1 others



[PadHeaven](#) 10:09am via Web

Girls also need facilities for safely disposing of used materials or a clean place to dry them if reusable. [#PeriodTalk](#)

1 retweets



[emswsmith](#) 10:08am via Web

@[irise_int](#) runs sustainable sanitary pad projects & delivers health education, keeping girls in school & creating employment. [#Periodtalk](#)

Retweeted by [WASHUnited](#) and 1 others



[emswsmith](#) 10:08am via Web

@[irise_int](#) runs sustainable sanitary pad projects & delivers health education, keeping girls in school & creating employment. [#Periodtalk](#)

2 retweets



[bcimaGIRL](#) 10:02am via TweetChat powered by oneQube

A9: Everyone - men, boys, women, and girls need comprehensive reproductive health education about issues that affect us. [#PeriodTalk](#)

Retweeted by [melissanewitt](#) and 1 others



[Lunettecup](#) 10:08am via Web

@[PeriodPanteez](#) Great to see you, too! How's it going? [#PeriodTalk](#) [#menstruationmatters](#)

[#menstrualcuprock](#)

[Show Conversation](#)



[inainchina](#) 10:05am via TweetDeck

Q9: Yes - in our boys puberty training @[WASHUnited](#) they have as many questions as girls [#periodtalk](#) [#boystalk](#) [pic.twitter.com/0cKxPRYapJ](#)

Retweeted by [caringqueen892](#) and 2 others



[WaterAidAmerica](#) 9:20am via Web

We hate stats like these: 60% of female workers in 1 case study use rags off the factory floor as pads [#PeriodTalk](#) [pic.twitter.com/DYCgta9F6H](#)

Retweeted by [washplusinfo](#) and 2 others



[emswsmith](#) 10:08am via Web

@[irise_int](#) was founded in response 2 [#Periodtalk](#) during research. Eastafrican girls worried they were missing school during their periods

Retweeted by [WASHUnited](#)



[WASHadvocates](#) 10:08am via HootSuite

MT @[irise_int](#): [#PeriodTalk](#) Our Toolkit 'Education. Period.' is designed to help organisations+individuals tackle MHM [irise.org.uk/online-womens-...](#)



[WASHUnited](#) 9:58am via TweetDeck

Q8: How do you think women and girls in other countries & societies manage their period? What questions might you have for them? [#PeriodTalk](#)

Retweeted by [BeautyinBloodUS](#) and 2 others



[PadHeaven](#) 10:08am via Web

Girls need a place to change sanitary cloths or pads; clean water and soap for washing their hands, bodies and reusable cloths [#periodTalk](#)



[emswsmith](#) 10:08am via Web

@[irise_int](#) was founded in response 2 [#Periodtalk](#) during research. Eastafrican girls worried they were missing school during their periods

1 retweets



[GirlsGlobe](#) 9:20am via HootSuite

Unsure about how to start the convo around menstruation? Here are 28 ways: ow.ly/x3bAb

[#MenstruationMatters](#) [#PeriodTalk](#)

Retweeted by [washplusinfo](#) and 4 others



[WASHUnited](#) 10:00am via TweetDeck

Q9: Does menstruation matter to men & boys? Do you think they should know about it?

[#PeriodTalk](#)

Retweeted by [BeautyinBloodUS](#)



[emswsmith](#) 10:08am via Web

[#PeriodTalk](#) @[doubleXXeconomy](#) ugandan men spend many times more than the cost of a pack of pads each week on beer. doublexeconomy.com/2013/03/23/the...



[WASHUnited](#) 10:07am via TweetDeck

@[emswsmith](#) - take it away! Looking forward to hearing you now! [#PeriodTalk](#)

Magara

[maximhy](#) 10:07am via HootSuite

@[ZanaAfrica](#) We know a few good men in to approving [#menstruationmatters](#) for women

[#PeriodTalk](#) ow.ly/x3A79

[Show Conversation](#)



[PadHeaven](#) 10:07am via Web

To manage menstruation hygienically and with dignity, it is essential that women and girls have access to water and sanitation [#PeriodTalk](#)

Retweeted by [ArezooNZ](#)



[PeriodPanteez](#) 10:07am via Twitter for Android

@[AFRIpads](#) AMEN, Love!! [#periodtalk](#) [#periodpride](#) [#menstruationmatters](#) [#girls](#)

[Show Conversation](#)



[NiliMajumder](#) 10:07am via Web

@[GirlsGlobe](#): Involving men & boys in the conversation is CRITICAL! [#MenstruationMatters](#)

[#PeriodTalk](#)

[Show Conversation](#)

cora

[CoraWomen](#) 10:07am via Twitter for iPhone

@[ElleCSid](#) we do not but we are partnered with @[VVolunteers](#) to create jobs in India to make sustainable sanitary pads! [#PeriodTalk](#)

[Show Conversation](#)



[inainchina](#) 10:07am via TweetDeck

another male champion @[washinschools](#) hopefully joins [#periodtalk](#)



[PadHeaven](#) 10:07am via Web

To manage menstruation hygienically and with dignity, it is essential that women and girls have access to water and sanitation [#PeriodTalk](#)

1 retweets



[irise_int](#) 10:06am via Web

[#PeriodTalk](#) Our MenstrualHygieneToolkit 'Education. Period.' is designed to help organisations+individuals tackle MHM [irise.org.uk/online-womens-...](#)

Retweeted by [washplusinfo](#)

[inainchina](#) 10:05am via TweetDeck

Q9: Yes - in our boys puberty training @[WASHUnited](#) they have as many questions as girls [#periodtalk](#) [#boystalk](#) [pic.twitter.com/0cKxPRYapJ](#)

Retweeted by [WASHUnited](#) and 1 others



[inainchina](#) 10:05am via TweetDeck

Q9: Yes - in our boys puberty training @[WASHUnited](#) they have as many questions as girls [#periodtalk](#) [#boystalk](#) [pic.twitter.com/0cKxPRYapJ](#)

Retweeted by [GirlsGlobe](#) and 1 others



[inainchina](#) 10:06am via TweetDeck

SO TRUE! Hi @[AzadiCo](#): champions for [#mhm](#) [#menstruationmatters](#) [#PeriodTalk](#)



[WASHUnited](#) 10:06am via TweetDeck

@[AzadiCo](#) And that's why we LOVE you guys! [#PeriodTalk](#)

[Show Conversation](#)



[WaterAidAmerica](#) 8:56am via Web

Pull up a seat and join us for [#PeriodTalk](#) w/@[WASHUnited](#) starting NOW! Learn why [#toilets](#) and [#MenstruationMatters](#) [pic.twitter.com/ep7VpRz1CW](#)

Retweeted by [pantypopo](#) and 5 others



[GirlsGlobe](#) 10:01am via HootSuite

We're loving the chatter about the importance of [#menstrualhygiene](#)! Join us now using [#PeriodTalk](#)! [@melindagates](#) [@WHO](#) [@charitywater](#)
Retweeted by [WidescopeCSR](#)



[emswsmith](#) 10:05am via Web
[#PeriodTalk](#) [@ProfLindaScott](#) has highlighted the interaction between gender and necessity. We need men on board! [doublexeconomy.com/2013/03/23/the...](#)
Retweeted by [irise_int](#)

[bpreparedperiod](#) 10:06am via TweetChat powered by oneQube
Sadly, many don't. RT [@WildcardEnviro](#) But do we know what is in the menstrual products we use? [#PeriodTalk](#) [@women4earth](#)
[Show Conversation](#)

[irise_int](#) 10:06am via Web
[#PeriodTalk](#) Our MenstrualHygieneToolkit 'Education. Period.' is designed to help organisations+individuals tackle MHM [irise.org.uk/online-womens-...](#)

[WASHadvocates](#) 10:06am via HootSuite
.[@Half](#) RT [@irise_int](#) [@WASHUnited](#) Q9 YES, something that matters to 50% of the population is something everyone should know about [#PeriodTalk](#)

[AzadiCo](#) 10:05am via Web
A9: Our founders are men who empathize w the cause - all men can be equally empathetic and period-positive [#PeriodTalk](#)
Retweeted by [WASHUnited](#)

[bcimaGIRL](#) 10:01am via TweetChat powered by oneQube
A9: [#Menstruationmatters](#) to men & boys because they're key contributors to a supportive community for women/girls. [#PeriodTalk](#)
Retweeted by [SheTHINX](#) and 1 others

[AzadiCo](#) 10:05am via Web
A9: Our founders are men who empathize w the cause - all men can be equally empathetic and period-positive [#PeriodTalk](#)
1 retweets

[WASHUnited](#) 10:05am via TweetDeck
We'll now pass it over to our 3rd & final expert [@josiereeve11](#), who works in public health in developing countries. [#PeriodTalk](#)

[PeriodPanteez](#) 10:05am via Twitter for Android
[@InsteadSoftcup](#) Hey there, Sweetie! Great to see you! [#periodtalk](#) [#periodpride](#)
[@PeriodPanteez](#)
[Show Conversation](#)

[emswsmith](#) 10:05am via Web

[#PeriodTalk](#) @[ProfLindaScott](#) has highlighted the interaction between gender and necessity. We need men on board! doublexeconomy.com/2013/03/23/the...
1 retweets

[WASHUnited](#) 10:05am via TweetDeck

@[ArezooNZ](#) THANK YOU so much for your thoughtful & powerful contributions! Keep up the [#PeriodTalk](#) b/c [#MenstruationMatters](#), & always will!
[Show Conversation](#)

[ArezooNZ](#) 10:05am via TweetDeck

@[AzadiCo](#) agreed, need to include the whole population of a culture 2 create change
[#PeriodTalk](#)
[Show Conversation](#)

[CoraWomen](#) 10:05am via Twitter for iPhone

RT“@[GirlsGlobe](#): Involving men & boys in the conversation is CRITICAL!
[#MenstruationMatters](#) [#PeriodTalk](#)”
[Show Conversation](#)

[WASHadvocates](#) 10:05am via HootSuite

RT @[bcimaGIRL](#) A7 Menstruating girls & staff need the privacy of gender-specific facilities @ school which are often unavailable. [#PeriodTalk](#)

[inainchina](#) 10:05am via TweetDeck

Q9: Yes - in our boys puberty training @[WASHUnited](#) they have as many questions as girls
[#periodtalk](#) [#boystalk](#) pic.twitter.com/0cKxPRYapJ
2 retweets

[AzadiCo](#) 10:04am via Web

A9: Absolutely boys should be involved! then teasing in school will decrease. and they are needed to break taboo. [#PeriodTalk](#)
Retweeted by [ArezooNZ](#)

[GirlsGlobe](#) 10:05am via HootSuite

Involving men & boys in the conversation is CRITICAL! [#MenstruationMatters](#) [#PeriodTalk](#)

[WildcardEnviro](#) 10:05am via Web

But do we know what is in the menstrual products we use? [#PeriodTalk](#) @[women4earth](#)
bit.ly/1bdVxPx wen.org.uk/wp-content/upl... @[WEN_UK](#)

[AzadiCo](#) 10:04am via Web

A9: Absolutely boys should be involved! then teasing in school will decrease. and they are needed to break taboo. [#PeriodTalk](#)
1 retweets

[irise_int](#) 10:04am via Web

.@[WASHUnited](#) Q9: YES, something that matters to 50% of the population is something everyone should know about [#PeriodTalk](#)

Retweeted by [50CPLady](#) and 1 others



[irise_int](#) 10:04am via Web

.@[WASHUnited](#) Q9: YES, something that matters to 50% of the population is something everyone should know about [#PeriodTalk](#)

Retweeted by [WASHUnited](#) and 1 others



[bcimaGIRL](#) 9:44am via TweetChat powered by oneQube

A7: Menstruating girls & staff need the privacy of gender-specific facilities @ school which are often unavailable. [#PeriodTalk](#)

Retweeted by [rangiendo](#) and 2 others



[ArezoonNZ](#) 10:04am via TweetDeck

Have to leave the convo. now, Enjoyed learning from such great [#menstrualhygiene](#) leaders/enthusiasts [#PeriodTalk](#)



[InsteadSoftcup](#) 10:04am via HootSuite

RT @[emswsmith](#): [#PeriodTalk](#) @[irise_int](#) 's Menstrual Hygiene Toolkit is designed to help organisations and individuals tackle MHM...

[50CPLady](#) 10:04am via Web

At the end of the day, the human race itself is perpetuated because of health menstruation. [#PeriodTalk](#) [#menstruationmatters](#)



[inainchina](#) 9:53am via TweetDeck

Study proves that Girls' enrollment increases after construction of gender-sepr. toilets [bit.ly/1terFuR](#) [#periodtalk](#) [#WASHinschools](#)

Retweeted by [oxfamgbpolicy](#) and 4 others



[irise_int](#) 10:04am via Web

.@[WASHUnited](#) Q9: YES, something that matters to 50% of the population is something everyone should know about [#PeriodTalk](#)

[Show Conversation](#)



[Lunettecup](#) 10:04am via Web

[#PeriodTalk](#) Q9: Does menstruation matter to men & boys? Do you think they should know about it? [#menstruationmatters](#)



[emswsmith](#) 10:03am via Web

[#PeriodTalk](#) @[irise_int](#) 's Menstrual Hygiene Toolkit is designed to help organisations and individuals tackle MHM [irise.org.uk/online-womens-...](#)



[bcimaGIRL](#) 10:02am via TweetChat powered by oneQube

A9: Everyone - men, boys, women, and girls need comprehensive reproductive health education about issues that affect us. [#PeriodTalk](#)

Retweeted by [WASHUnited](#)



[PeriodPanteez](#) 10:00am via Web

@[ArezooNZ](#) Thanks, Love! It is much appreciated!! We must end the [#taboo](#) & remove the shame from [#menstruation](#) ! [#periodtalk](#) [#periodpride](#)

Retweeted by [ArezooNZ](#)



[ArezooNZ](#) 10:03am via TweetDeck

At school right now, so privileged to live in a country where I can be healthy (get my period) get an edu. @ same time [#PeriodTalk](#)

[bcimaGIRL](#) 10:03am via TweetChat powered by oneQube

RT @[ZanaAfrica](#): A9. Menstruation is the basis of life. If men don't understand it it's harder for them to respect it. [#PeriodTalk](#)

[Show Conversation](#)

[GladRags](#) 10:03am via Web

RT @[WASHUnited](#) Q9: Does menstruation matter to men & boys? Do you think they should know about it? [#PeriodTalk](#)

[50CentsPeriod](#) 10:03am via TweetChat powered by oneQube

A9: it won't matter unless we start the conversation! YES, boys should be educated on this!

[#periodtalk](#) @[disonLA](#)

[50CPLady](#) 10:02am via Web

In rural Uganda where we have wked, women report simply bleeding into a hole in the corner of their huts. [#PeriodTalk](#)

Retweeted by [AFRIpads](#)

[ZanaAfrica](#) 10:02am via Web

A9. Menstruation is the basis of life. If men don't understand it it's harder for them to respect it.

[#PeriodTalk](#)

Retweeted by [WASHUnited](#) and 1 others

[ZanaAfrica](#) 10:02am via Web

A9. Menstruation is the basis of life. If men don't understand it it's harder for them to respect it.
[#PeriodTalk](#)

Retweeted by [50CPLady](#) and 1 others

cora

[CoraWomen](#) 10:03am via Twitter for iPhone

@[WASHUnited](#) men should be informed, making the conversation comfortable and breaking the taboo! [#PeriodTalk](#)

Retweeted by [WaterCanCharity](#) and 1 others



[bcimaGIRL](#) 10:02am via TweetChat powered by oneQube

A9: [#Menstruationmatters](#) to men & boys because it allows them to understand fertility & plan their families. [#PeriodTalk](#)

Retweeted by [Cisa evie](#)

cora

[CoraWomen](#) 10:03am via Twitter for iPhone

@[WASHUnited](#) men should be informed, making the conversation comfortable and breaking the taboo! [#PeriodTalk](#)

Retweeted by [WASHUnited](#) and 1 others



[bcimaGIRL](#) 10:02am via TweetChat powered by oneQube

RT @[InsteadSoftcup](#) A9: Absolutely, men and boys should not be afraid to talk about, especially dads! [#PeriodTalk](#)

Retweeted by [CoraWomen](#)

cora

[CoraWomen](#) 10:03am via Twitter for iPhone

@[WASHUnited](#) men should be informed, making the conversation comfortable and breaking the taboo! [#PeriodTalk](#)

2 retweets [Show Conversation](#)



[bpreparedperiod](#) 10:02am via TweetChat powered by oneQube

RT @[ZanaAfrica](#) A9. Menstruation is the basis of life. If men don't understand it it's harder for them to respect it. [#PeriodTalk](#)

[Show Conversation](#)



[AFRIpads](#) 10:02am via HootSuite

A8: we know that too many girls all over the world are facing difficulties when they are in their period, time to change this! [#Periodtalk](#)



[GirlsGlobe](#) 9:59am via HootSuite

@[PeriodPanteez](#) Love this! [#PeriodTalk](#) [#MenstruationMatters](#) [#MHM](#)

Retweeted by [PeriodPanteez](#)



[bcimaGIRL](#) 10:02am via TweetChat powered by oneQube

A9: Everyone - men, boys, women, and girls need comprehensive reproductive health education about issues that affect us. [#PeriodTalk](#)

1 retweets



[PeriodPanteez](#) 10:02am via Web

@[GirlsGlobe](#) Thanks SO much! Our [#period](#) is a blessing & creates [#LIFE](#)! There's no shame in our game! Right Ladies!? [#periodtalk](#) @[PeriodPride](#)
[Show Conversation](#)



[InsteadSoftcup](#) 10:02am via HootSuite

A9: Absolutely, men and boys should not be afraid to talk about, especially dads! [#PeriodTalk](#)

Retweeted by [WASHUnited](#)

[emswsmith](#) 10:02am via Web

@[UNICEF](#) this great project tackled cultural beliefs and poor sanitation [#PeriodTalk](#)



[ZanaAfrica](#) 10:02am via Web

A9. Menstruation is the basis of life. If men don't understand it it's harder for them to respect it. [#PeriodTalk](#)

2 retweets



[50CentsPeriod](#) 10:02am via TweetChat powered by oneQube

RT @[bpreparedperiod](#) RT @[WASHUnited](#) Q9: Does menstruation matter to men & boys? Do you think they should know about it? [#PeriodTalk](#) @[disonLA](#)
[Show Conversation](#)



[bcimaGIRL](#) 10:02am via TweetChat powered by oneQube

RT @[InsteadSoftcup](#) A9: Absolutely, men and boys should not be afraid to talk about, especially dads! [#PeriodTalk](#)

1 retweets [Show Conversation](#)



[50CPLady](#) 10:02am via Web

In rural Uganda where we have wked, women report simply bleeding into a hole in the corner of their huts. [#PeriodTalk](#)

[bcimaGIRL](#) 10:01am via TweetChat powered by oneQube

A9: [#Menstruationmatters](#) to men & boys because they're key contributors to a supportive community for women/girls. [#PeriodTalk](#)

Retweeted by [WASHUnited](#)



[50CPLady](#) 10:01am via Web

In parts of India, women report using ashes wrapped in an old sari to catch menstrual blood.

[#PeriodTalk](#)



[ZanaAfrica](#) 9:26am via Web

A4. Some girls are told to squat over a hole for the blood to run into. [#MenstrualHealth](#) We need to increase education. [#PeriodTalk](#)

Retweeted by [CoraWomen](#) and 1 others



[emswsmith](#) 9:59am via Web

'Girls use dried maize cobs as tampons, toilet roll, absorbent leaves' Uganda [#PeriodTalk](#)

Retweeted by [SheTHINX](#) and 1 others



[AuntFlo_28](#) 10:01am via TweetChat powered by oneQube

A9: Uninformed boys and men will never stand up for girls and women's rights & may intentionally continue segregation [#periodtalk](#)



[bcimaGIRL](#) 10:01am via TweetChat powered by oneQube

A9: [#Menstruationmatters](#) to men & boys because they're key contributors to a supportive community for women/girls. [#PeriodTalk](#)

1 retweets



[WASHUnited](#) 9:58am via TweetDeck

Q8: How do you think women and girls in other countries & societies manage their period? What questions might you have for them? [#PeriodTalk](#)

Retweeted by [irise_int](#) and 1 others



[GirlsGlobe](#) 10:01am via HootSuite

We're loving the chatter about the importance of [#menstrualhygiene](#)! Join us now using [#PeriodTalk](#)! @melindagates @WHO @charitywater



[bcimaGIRL](#) 9:53am via TweetChat powered by oneQube

INFOGRAPHIC: Water & sanitation issues touch girls throughout her life cycle.

[Planusa.org/girlslifecycle](#) [#PeriodTalk](#)

Retweeted by [PadHeaven](#) and 5 others



[bcimaGIRL](#) 10:01am via TweetChat powered by oneQube

A8: AC Nielsen & @PlanGlobal study reports 23% of Indian girls drop out of school after puberty. bit.ly/11FNOxi #PeriodTalk



[PeriodPanteez](#) 9:58am via Web

@[bpreparedperiod](#) @[ArezooNZ](#) @[emswsmith](#) Everyone, please take the Period Pride Pledge if you agree! :) periodpride.org #periodtalk
Retweeted by [ArezooNZ](#)

[bpreparedperiod](#) 10:01am via TweetChat powered by oneQube

RT @[WASHUnited](#) Q9: Does menstruation matter to men & boys? Do you think they should know about it? #PeriodTalk
[Show Conversation](#)



[stressnomoreuk](#) 5:10am via HootSuite

#PeriodTalk The first 28 people to buy @[GladRags](#) Day by May 28 will get 10% off with promo code #MenstruationMatters ow.ly/wSsSO
Retweeted by [kegel8](#) and 1 others



[AuntFlo_28](#) 10:00am via TweetChat powered by oneQube

Menstruation should unite not separate girls #periodtalk
Retweeted by [50CPLady](#)



[50CentsPeriod](#) 10:00am via TweetChat powered by oneQube

RT @[WASHUnited](#) Q8: How do u think women & girls other countries & societies manage period? What questions for them? #PeriodTalk @[disonLA](#)
[Show Conversation](#)



[GirlsGlobe](#) 9:50am via HootSuite

For these girls in #Uganda, it's not bad to talk about periods. It's normal. #PeriodTalk
#MenstruationMatters @[WaterAidAmerica](#) @[LibbyPlumb](#)
Retweeted by [LibbyPlumb](#) and 2 others



[bcimaGIRL](#) 10:00am via TweetChat powered by oneQube

A8: Study by Nielsen, @PlanGlobal only 12% of India's 355 mil menstruating women use sanitary napkins bit.ly/11FNOxi #PeriodTalk



[WASHUnited](#) 10:00am via TweetDeck

Q9: Does menstruation matter to men & boys? Do you think they should know about it?
#PeriodTalk



[50CPLady](#) 10:00am via Web

@[AuntFlo_28](#) YES! Very VARIED. [#PeriodTalk](#)
[Show Conversation](#)



[bcimaGIRL](#) 9:53am via TweetChat powered by oneQube

INFOGRAPHIC: Water & sanitation issues touch girls throughout her life cycle.

[Planusa.org/girlslifecycle](#) [#PeriodTalk](#)

Retweeted by [rangiendo](#) and 5 others

[CoraWomen](#) 10:00am via Twitter for iPhone

@[bcimaGIRL](#) great info graphic!! [#periodtalk](#)

[Show Conversation](#)



[WaterAidAmerica](#) 9:56am via Web

Looking for a great resource on [#menstrualhygiene](#)? Get your hands on this one! [bit.ly/1tffXQp](#)

[#PeriodTalk](#) [pic.twitter.com/AIIR9m9bTo](#)

Retweeted by [WidescopeCSR](#) and 1 others



[AuntFlo_28](#) 9:59am via TweetChat powered by oneQube

A8: I know all too well how varied that answer is and how foolish it is to assume one's own experience is similar [#periodtalk](#)

Retweeted by [50CPLady](#)



[InsteadSoftcup](#) 10:00am via HootSuite

RT @[AuntFlo_28](#): We must educate not only girls but entire families for change to be as far reaching as what is really needed [#periodtalk](#)



[WASHAdvocates](#) 9:56am via HootSuite

Girls are empowered when they can manage their periods, and [#WASH](#) is necessary to provide that [#PeriodTalk](#) @[GirlUp](#) @[CAG_org](#)

Retweeted by [CoraWomen](#) and 2 others



[Lunettecup](#) 10:00am via Web

[#PeriodTalk](#) Q8: How do you think women and girls in other countries & societies manage their period? What questions might you have for them?



[bcimaGIRL](#) 9:59am via TweetChat powered by oneQube

A8: Some women/girls are excluded from society during menstruation & must stay in "menstrual huts". [#PeriodTalk](#)

Retweeted by [WASHUnited](#)



[PeriodPanteez](#) 10:00am via Web

@[ArezooNZ](#) Thanks, Love! It is much appreciated!! We must end the [#taboo](#) & remove the shame from [#menstruation](#) ! [#periodtalk](#) [#periodpride](#)

[Show Conversation](#)



[AuntFlo_28](#) 10:00am via TweetChat powered by oneQube

Menstruation should unite not separate girls [#periodtalk](#)



[emswsmith](#) 9:59am via Web

'Girls use dried maize cobs as tampons, toilet roll, absorbent leaves' Uganda [#PeriodTalk](#)
1 retweets



[WASHadvocates](#) 9:56am via HootSuite

Girls are empowered when they can manage their periods, and [#WASH](#) is necessary to provide that [#PeriodTalk](#) @[GirlUp](#) @[CAG_org](#)

Retweeted by [Lunettecup](#) and 2 others



[bcimaGIRL](#) 9:59am via TweetChat powered by oneQube

A8: Some women/girls are excluded from society during menstruation & must stay in “menstrual huts”. [#PeriodTalk](#)

[AuntFlo_28](#) 9:59am via TweetChat powered by oneQube

A8: I know all too well how varied that answer is and how foolish it is to assume one's own experience is similar [#periodtalk](#)



[Lunettecup](#) 9:59am via Web

Be a voice for the voiceless - more on [#PeriodTalk](#). [#menstruationmatters](#) - believe it.



[WomensQuest](#) 9:59am via Web

Q10: [#MenstruationMatters](#) because its an expanded state of consciousness that puts me in touch with the divine [#PeriodTalk](#)



[WomenDeliver](#) 9:59am via HootSuite

RT @[bcimaGIRL](#): INFOGRAPHIC: Water & sanitation issues touch girls throughout her life cycle. [Planusa.org/girlslifecycle](#) [#PeriodTalk](#)



[GirlsGlobe](#) 9:59am via HootSuite

@[PeriodPanteez](#) Love this! [#PeriodTalk](#) [#MenstruationMatters](#) [#MHM](#)
[Show Conversation](#)



[WASHadvocates](#) 9:59am via HootSuite

@[inainchina](#) that is a great question that we all struggle with. Girls attendance at school is a great start [#PeriodTalk](#)
[Show Conversation](#)



[stressnomoreuk](#) 5:10am via HootSuite

[#PeriodTalk](#) The first 28 people to buy @[GladRags](#) Day by May 28 will get 10% off with promo code [#MenstruationMatters](#) [ow.ly/wSsSO](#)
Retweeted by [Kegel8Mum](#)



[bpreparedperiod](#) 9:58am via TweetChat powered by oneQube

Q8: How do you think women and girls in other countries & societies manage their period? What questions might you have for them? [#PeriodTalk](#)



[emswsmith](#) 9:58am via Web

@[ArezoonNZ](#) at home&abroad. i want to live in a place where both men and women can work together to reach their full potential [#PeriodTalk](#)

[WASHUnited](#) 9:58am via TweetDeck

Q8: How do you think women and girls in other countries & societies manage their period? What questions might you have for them? [#PeriodTalk](#)

[WomensQuest](#) 9:58am via Web

[#menstruationmatter](#) [#periodtalk](#) our menstrual cycle connects us to the cycles of life
Retweeted by [AzadiCo](#)

[WASHUnited](#) 9:58am via TweetDeck

Thanks @[inainchina](#) for that great [#WASH](#) insight!! :) [#PeriodTalk](#)

[ZanaAfrica](#) 9:58am via Web

A7. This 21sec video shows the effect of access to sanitary pads in rural Kenya.
[vimeo.com/91909655](#) [#PeriodTalk](#) [#equality](#)

[bcimaGIRL](#) 9:53am via TweetChat powered by oneQube

INFOGRAPHIC: Water & sanitation issues touch girls throughout her life cycle.

[Planusa.org/girlslifecycle](#) [#PeriodTalk](#)

Retweeted by [darrens200368](#) and 3 others



[WomensQuest](#) 9:58am via Web

[#menstruationmatter](#) [#periodtalk](#) our menstrual cycle connects us to the cycles of life

1 retweets



[PeriodPanteez](#) 9:58am via Web

@[bpreparedperiod](#) @[ArezooNZ](#) @[emswsmith](#) Everyone, please take the Period Pride Pledge if you agree! :) [periodpride.org](#) [#periodtalk](#)
[Show Conversation](#)



[inainchina](#) 9:58am via TweetDeck

Ina Jurga (@[inainchina](#)): 4:54: Back to @[WASHUnited](#) for more exciting questions!
[#PeriodTalk](#)



[WASHadvocates](#) 9:57am via HootSuite

@[GirlUp](#) @[CAG_org](#) RT @[bcimaGIRL](#): INFOGRAPHIC: [#WASH](#) issues touch girls throughout her life cycle. [Planusa.org/girlslifecycle](#) [#PeriodTalk](#)
Retweeted by [WASHUnited](#)



[WASHadvocates](#) 9:57am via HootSuite

@[GirlUp](#) @[CAG_org](#) RT @[bcimaGIRL](#): INFOGRAPHIC: [#WASH](#) issues touch girls throughout her life cycle. [Planusa.org/girlslifecycle](#) [#PeriodTalk](#)
1 retweets



[bcimaGIRL](#) 9:44am via TweetChat powered by oneQube

A7: Menstruating girls & staff need the privacy of gender-specific facilities @ school which are often unavailable. [#PeriodTalk](#)
Retweeted by [irise_int](#) and 1 others

[bcimaGIRL](#) 9:53am via TweetChat powered by oneQube

INFOGRAPHIC: Water & sanitation issues touch girls throughout her life cycle.
[Planusa.org/girlslifecycle](#) [#PeriodTalk](#)
Retweeted by [WaterAidAmerica](#) and 2 others



[inainchina](#) 9:57am via TweetDeck

What do you consider success of our education intervention? how do you measure ? [#health](#)
[#M&E](#) [#PeriodTalk](#)
Retweeted by [WASHUnited](#)



[WASHadvocates](#) 9:56am via HootSuite

Girls are empowered when they can manage their periods, and [#WASH](#) is necessary to provide that [#PeriodTalk](#) @[GirlUp](#) @[CAG_org](#)
Retweeted by [50CPLady](#)



[WaterAidAmerica](#) 9:56am via Web

Looking for a great resource on [#menstrualhygiene](#)? Get your hands on this one! bit.ly/1tffXQp
[#PeriodTalk](#) pic.twitter.com/AIIR9m9bTo

Retweeted by [GirlsGlobe](#)



[AuntFlo](#) 28 9:57am via TweetChat powered by oneQube

The good news: we can make a difference! The challenging reality: we must act on this possibility. [#periodtalk](#)



[WomensQuest](#) 9:57am via Web

[#periodtalk](#) our periods are a beautiful blessing and deserve to be celebrated



[bcimaGIRL](#) 9:43am via TweetChat powered by oneQube

A7: Ability to manage menstruation frees time – no need to wash rags etc. And frees spirit! No longer needing to hide. [#PeriodTalk](#)

Retweeted by [irise_int](#) and 1 others



[inainchina](#) 9:57am via TweetDeck

What do you consider success of our education intervention? how do you measure ? [#health](#)
[#M&E](#) [#PeriodTalk](#)

1 retweets

[inainchina](#) 9:53am via TweetDeck

Study proves that Girls' enrollment increases after construction of gender-sepr. toilets

bit.ly/1terFuR [#periodtalk](#) [#WASHinschools](#)

Retweeted by [Ananya_Gh](#) and 3 others

[inainchina](#) 9:53am via TweetDeck

Study proves that Girls' enrollment increases after construction of gender-sepr. toilets

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Retweeted by [50CPLady](#) and 3 others

[WASHUnited](#) 9:57am via TweetDeck

OUR BIBLE! RT @[WaterAidAmerica](#): Looking for a great resource on [#MenstrualHygiene](#)?
 Get your hands on this bit.ly/1tffXQp [#PeriodTalk](#)

[inainchina](#) 9:52am via TweetDeck

Poor [#MHM](#) can affect [#health](#) but hard evidence for dvpng countries is missing. [#periodtalk](#)
bit.ly/1h3N8zh @[SHAREresearch](#)

Retweeted by [Ananya_Gh](#) and 2 others

[WASHadvocates](#) 9:56am via HootSuite

Girls are empowered when they can manage their periods, and [#WASH](#) is necessary to provide that [#PeriodTalk](#) @[GirlUp](#) @[CAG_org](#)
1 retweets

[bcimaGIRL](#) 9:53am via TweetChat powered by oneQube
INFOGRAPHIC: Water & sanitation issues touch girls throughout her life cycle.
[Planusa.org/girlslifecycle](#) [#PeriodTalk](#)
Retweeted by [50CPLady](#) and 2 others

[inainchina](#) 9:50am via TweetDeck
[#Water](#) [#soap](#) is essential to maintain [#MenstrualHealth](#). W/ [#MenstrualCups](#) & [#ReusablePads](#),
what to promote when not available? [#PeriodTalk](#)
Retweeted by [Ananya_Gh](#) and 1 others

[emswsmith](#) 9:56am via Web
[#PeriodTalk](#) The future belongs 2 those who believe in the beauty of their dreams.I dream of a
world where no girl is held back by her period

[emswsmith](#) 9:54am via Web
[#PeriodTalk](#) we need to be voice for girls that are voiceless so that the global community can
overlook their needs no longer.
Retweeted by [BeautyinBloodUS](#) and 2 others

[WASHadvocates](#) 9:43am via HootSuite
@[Emmasalor](#) exactly! [#Girls](#) need a safe, private place to dispose of their sanitary materials, too
[#PeriodTalk](#)
Retweeted by [irise_int](#) and 1 others

[bpreparedperiod](#) 9:56am via TweetChat powered by oneQube
RT @[ArezooNZ](#) @[emswsmith](#) by empowering girls + raising [#menstrualhealth](#) awareness we
can make a girl friendly world! [#periodtalk](#)
[Show Conversation](#)

[ArezooNZ](#) 9:56am via Twitter for iPhone
@[emswsmith](#) @[WASHUnited](#) girls in developed countries should use resourses to other girls'
advantage [#periodtalk](#)
[Show Conversation](#)

[GirlsGlobe](#) 9:56am via Web
@[WASHdogRex](#) @[WASHadvocates](#) @[JohnforWASH](#) @[Ben_E_Mann](#) Awesome! We need
more men like you! [#PeriodTalk](#)
[Show Conversation](#)

[emswsmith](#) 9:49am via Web
[#PeriodTalk](#) @[irise_int](#) found a 69% reduction in absenteeism after having training on how to
make a reusable pad [tandfonline.com/doi/full/10.10...](#)
Retweeted by [irise_int](#)

[emswsmith](#) 9:54am via Web

[#PeriodTalk](#) we need to be voice for girls that are voiceless so that the global community can overlook their needs no longer.

Retweeted by [ArezooNZ](#) and 2 others

[50CPLady](#) 9:55am via Web

.@[inainchina](#) @[SHAREresearch](#) At @[50CentsPeriod](#) we have plenty of case studies supporting how poor [#MHM](#) affects health [#PeriodTalk](#)

Retweeted by [WASHUnited](#)

[ArezooNZ](#) 9:56am via Twitter for iPhone

@[emswsmith](#) by empowering girls + raising [#menstrualhealth](#) awareness we can make a girl friendly world! [#periodtalk](#)

[Show Conversation](#)

[WaterAidAmerica](#) 9:56am via Web

Looking for a great resource on [#menstrualhygiene](#)? Get your hands on this one! [bit.ly/1tffXQp](#) [#PeriodTalk](#) [pic.twitter.com/AIIR9m9bTo](#)

1 retweets



[50CentsPeriod](#) 9:56am via TweetChat powered by oneQube

A7: levels the playing field for girls in education and community engagement, EMPOWERMENT [#GIRLPOWER](#) @[disonLA](#) [#periodtalk](#)



[Lunettecup](#) 9:56am via Web

@[WASHUnited](#) Yep - and this cultural difference makes many women reluctant to give reusable products a try. [#PeriodTalk](#) Gotta [#breaktaboos](#)

[Show Conversation](#)



[bpreparedperiod](#) 9:55am via TweetChat powered by oneQube

U too! xx RT @[PeriodPanteez](#) @[bpreparedperiod](#) So great to see you, Lovely!! [#periodtalk](#) [#periodpride](#) [#breakthetaboo](#) [#menstruationmatters](#)

[Show Conversation](#)



[50CPLady](#) 9:55am via Web

.@[inainchina](#) @[SHAREresearch](#) At @[50CentsPeriod](#) we have plenty of case studies supporting how poor [#MHM](#) affects health [#PeriodTalk](#)

[50CPLady](#) 9:54am via Web

.@[inainchina](#) @[SHAREresearch](#) in [#MHM](#) We have to start w/the evidence of women/girls lived experiences & begin at that point. [#PeriodTalk](#)

Retweeted by [WASHUnited](#)



[emswsmith](#) 9:54am via Web

[#PeriodTalk](#) we need to be voice for girls that are voiceless so that the global community can overlook their needs no longer.

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[50CPLady](#) 9:54am via Web

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[WASHadvocates](#) 9:52am via HootSuite

@[Kamaitha](#) exactly! Proper [#WASH](#) at home and school provide the necessary resources for girls to manage their periods [#PeriodTalk](#)

Retweeted by [Kamaitha](#)



[Emmasalor](#) 9:51am via Web

[#Periodtalk](#) Our period is a sign of the fact that our bodies can create life. If that's not worth celebrating&embracing,I don't know what is

Retweeted by [Lunettecup](#) and 1 others



[AuntFlo_28](#) 9:54am via TweetChat powered by oneQube

RT @[bcimaGIRL](#) INFOGRAPHIC: Water & sanitation issues touch girls throughout her life cycle. [Planusa.org/girlslifecycle](#) [#PeriodTalk](#)

[Show Conversation](#)



[AuntFlo_28](#) 9:52am via TweetChat powered by oneQube

RT @[Emmasalor](#) Our period=sign of the fact that our bodies can create life. If that's not worth celebrating,don't know what is [#periodtalk](#)

Retweeted by [ArezooNZ](#)



[PeriodPanteez](#) 9:53am via Web

@[Lunettecup](#) Hey Sweet Pea!! So great to see you!! [#periodtalk](#) [#periodpride](#)

[Show Conversation](#)

[bpreparedperiod](#) 9:26am via TweetChat powered by oneQube

RT @[AuntFlo_28](#) Boys and girls were created equal - we must stand for that equality in education for all girls [#periodtalk](#)

Retweeted by [stressnomoreuk](#)

[Kamaitha](#) 9:53am via Web

2 million girls have no access to toilets. Sad but true . [#PeriodTalk](#)
pic.twitter.com/ABrIRPTMV9

[GirlsGlobe](#) 9:40am via [HootSuite](#)

Chocolate delivered right to your door when you're on your period? Sign us up! ow.ly/x3mac
@[CoraWomen](#) [#PeriodTalk](#)
Retweeted by [CoraWomen](#)

[WASHadvocates](#) 9:36am via [HootSuite](#)

Q5 our friends at @[Lunapads](#) @[AFRipads](#) @[ZanaAfrica](#) are doing great work with eco-friendly [#menstrualhygiene](#) materials! [#PeriodTalk](#)
Retweeted by [AFRipads](#) and 2 others

[inainchina](#) 9:53am via [TweetDeck](#)

Study proves that Girls' enrollment increases after construction of gender-sepr. toilets
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Retweeted by [WASHUnited](#)

[CoraWomen](#) 9:53am via Twitter for iPhone

@[NiliMajumder](#) @[GirlsGlobe](#) nothing better than chocolate & giving back! Let us know if you need more info! [#womanforwoman](#) [#periodtalk](#)
[Show Conversation](#)

[bcimaGIRL](#) 9:53am via [TweetChat](#) powered by [oneQube](#)

INFOGRAPHIC: Water & sanitation issues touch girls throughout her life cycle.
Planusa.org/girlslifecycle [#PeriodTalk](#)

[inainchina](#) 9:53am via [TweetDeck](#)

Study proves that Girls' enrollment increases after construction of gender-sepr. toilets
bit.ly/1terFuR [#periodtalk](#) [#WASHinschools](#)
1 retweets

[PeriodPanteez](#) 9:53am via [Web](#)

@[Emmasalor](#) Please take our Period Pride Pledge! periodpride.org [#GirlPower](#) will end the [#taboo](#) forever! [#BetheChange](#) [#periodtalk](#)
[Show Conversation](#)

[WASHadvocates](#) 9:53am via [HootSuite](#)

RT @[bcimaGIRL](#): RT @[50CPLady](#) @[inainchina](#) MUST start with basic [#WASH](#) infrastructure or cannot have successful [#MHM](#) Initiatives. [#PeriodTalk](#)

[Emmasalor](#) 9:51am via [Web](#)

[#Periodtalk](#) Our period is a sign of the fact that our bodies can create life. If that's not worth celebrating&embracing,I don't know what is
Retweeted by [GirlsGlobe](#) and 1 others

[AuntFlo_28](#) 9:52am via [TweetChat](#) powered by [oneQube](#)

Today's message is one the masses need to hear [#periodtalk](#)

[50CPLady](#) 9:51am via Web

@[WASHadvocates](#) @[inainchina](#) MUST start with basic [#WASH](#) infrastructure or cannot have successful [#MHM](#) Initiatives. [#PeriodTalk](#)

Retweeted by [LadyAleira](#)

[Lunettecup](#) 9:52am via Web

@[sarahsclicks](#) LOVE IT! Keep that [#cuplove](#) coming! [#periodtalk](#) [#menstruationmatters](#)
[Show Conversation](#)

[inainchina](#) 9:52am via TweetDeck

Poor [#MHM](#) can affect [#health](#) but hard evidence for dvpng countries is missing. [#periodtalk](#)
[bit.ly/1h3N8zh](#) @[SHAREresearch](#)

Retweeted by [ArezoonZ](#) and 1 others



[AuntFlo](#) 28 9:52am via TweetChat powered by oneQube

RT @[Emmasalor](#) Our period=sign of the fact that our bodies can create life. If that's not worth celebrating,don't know what is [#periodtalk](#)

1 retweets [Show Conversation](#)



[WASHadvocates](#) 9:52am via HootSuite

@[Kamaitha](#) exactly! Proper [#WASH](#) at home and school provide the necessary resources for girls to manage their periods [#PeriodTalk](#)

1 retweets [Show Conversation](#)



[bcimaGIRL](#) 9:47am via TweetChat powered by oneQube

Agree! RT @[ZanaAfrica](#) A7. Girls and boys should be equal ALL Month! Managing menstrual health, stigma and taboos brings equality [#PeriodTalk](#)

Retweeted by [Kissiebunny](#)



[emswsmith](#) 9:52am via Web

[#PeriodTalk](#) [#MenstruationMatters](#) because the world is not a girl friendly place.we need a world that enables not just allows girls 2 achieve



[inainchina](#) 9:52am via TweetDeck

Poor [#MHM](#) can affect [#health](#) but hard evidence for dvpng countries is missing. [#periodtalk](#)
[bit.ly/1h3N8zh](#) @[SHAREresearch](#)

Retweeted by [WASHUnited](#) and 1 others



[inainchina](#) 9:50am via TweetDeck

[#Water](#) [#soap](#) is essential to maintain [#MenstrualHealth](#). W/ [#MenstrualCups](#) & [#ReusablePads](#), what to promote when not available? [#PeriodTalk](#)
Retweeted by [WASHUnited](#)



[inainchina](#) 9:52am via TweetDeck

Poor [#MHM](#) can affect [#health](#) but hard evidence for dvpng countries is missing. [#periodtalk](#)
[bit.ly/1h3N8zh](#) @[SHAREresearch](#)

[Emmasalor](#) 9:49am via Web

A7: Being able to take control over your [#menstruation](#) is huge for women's&girls' independence&empowerment [#PeriodTalk](#) [#MenstruationMatters](#)

1 retweets



[inainchina](#) 9:49am via TweetDeck

Hallo & Danke @[WASHUnited](#) To start, what do you do if there is no toilet? 1 bn ppl still have no [#toilet](#) [bit.ly/111tojw](#) [#PeriodTalk](#)



[WASHUnited](#) 9:45am via TweetDeck

ONE OF OUR FAVOURITES! RT @[emswsmith](#): [#PeriodTalk](#) If Men Could Menstruate...well someone had to share it! [haverford.edu/psych/ddavis/p...](#)

Retweeted by [BeautyinBloodUS](#) and 2 others



[AutumnBowman13](#) 9:49am via Twitter for Android

@[WASHUnited](#) A3: false. it was never talked about. [#PeriodTalk](#)



[ZanaAfrica](#) 9:46am via Web

A7. Girls and boys should be equal ALL Month! Managing menstrual health, stigma and taboos brings equality [#PeriodTalk](#)

[BeautyinBloodUS](#) 9:48am via Web

@[WASHUnited](#) Ability = increased agency. [#PeriodTalk](#)
[Show Conversation](#)



[bcimaGIRL](#) 9:48am via TweetChat powered by oneQube

MT @[WASHUnited](#) Now to our 2nd expert, Ina Jurga (@[inainchina](#)) who works in water, [#sanitation](#) & [#hygiene](#) education for kids. [#PeriodTalk](#)
[Show Conversation](#)



[ArezooNZ](#) 9:48am via Twitter for iPhone

@[AuntFlo_28](#) @[WASHUnited](#) Also important 2 seperate religion/culture, culture can progress w/o harming religion [#periodtalk](#)

[Show Conversation](#)



[WASHUnited](#) 9:48am via TweetDeck

We'll now pass it over to our 2nd expert, Ina Jurga (@[inainchina](#)) who works in water, [#sanitation](#) & [#hygiene](#) education for kids. [#PeriodTalk](#)



[WaterAidAmerica](#) 9:38am via Web

.@[WaterAidUK](#)'s @[alexkent](#) rushed through NY looking for her product of choice. Read her story: huff.to/1lZgpzn [#PeriodTalk](#)

Retweeted by [NeighborYoga](#) and 1 others



[SheTHINX](#) 9:47am via Web

A7: Prevents girls & women from missing school or work due to menstruation! [#PeriodTalk](#) [#MenstruationMatters](#) @[WASHUnited](#)

Retweeted by [AFRIpads](#)



[NiliMajumder](#) 9:47am via Web

@[GirlsGlobe](#) Chocolate delivered right to your door when you're on your period? Sign us up! ow.ly/x3mac @[CoraWomen](#) [#PeriodTalk](#)

Retweeted by [emswsmith](#)



[maximhy](#) 9:48am via HootSuite

@[WASHUnited](#) yes! we noticed that too. it's all about what we become used to so let's get all girls used to good hygiene [#periodtalk](#)

[Show Conversation](#)

[50CPLady](#) 9:46am via Web

When using cloth/cup solutions, MUST factor in access to soap, clean H2O, underwear & ability to store cup/leave cloths 2 dry. [#PeriodTalk](#)

Retweeted by [LadyAleira](#) and 1 others

[WASHadvocates](#) 9:48am via HootSuite

MT @[50CPLady](#): When using cloth/cup solutions, MUST factor in soap, clean H2O, underwear & ability to leave cloths 2 dry. [#PeriodTalk](#)

[AuntFlo_28](#) 9:46am via TweetChat powered by oneQube

One can be respectful of culture without being ignorant of the best practices of modern sanitation [#periodtalk](#)

Retweeted by [ArezooNZ](#) and 1 others

[WomensQuest](#) 9:48am via Web

Q4: understanding and managing menstruation brings freedom for women and girls [#PeriodTalk](#)

[CoraWomen](#) 9:47am via Twitter for iPhone

@[ArezooNZ](#) yes we must raise awareness and that's what we are here to do! [#periodtalk](#)
[Show Conversation](#)

[bpreparedperiod](#) 9:47am via TweetChat powered by oneQube

Men should not be excluded from the topic. To what degree should a male be educated about menstruation? [ow.ly/x3mvk](#) [#periodtalk](#)
Retweeted by [WASHUnited](#)

[NiliMajumder](#) 9:47am via Web

@[GirlsGlobe](#) Chocolate delivered right to your door when you're on your period? Sign us up!
[ow.ly/x3mac](#) @[CoraWomen](#) [#PeriodTalk](#)
1 retweets [Show Conversation](#)

[bpreparedperiod](#) 9:47am via TweetChat powered by oneQube

Men should not be excluded from the topic. To what degree should a male be educated about menstruation? [ow.ly/x3mvk](#) [#periodtalk](#)
1 retweets

[WASHUnited](#) 9:43am via TweetDeck

Q7: How does having the ABILITY to properly manage menstruation help empower women & girls? [#PeriodTalk](#)
Retweeted by [BeautyinBloodUS](#) and 3 others

[WomensQuest](#) 9:47am via Web

Q4: feeling in charge of menstruation is being in charge of your life [#PeriodTalk](#)

[WASHUnited](#) 9:45am via TweetDeck

ONE OF OUR FAVOURITES! RT @[emswsmith](#): [#PeriodTalk](#) If Men Could Menstruate...well someone had to share it! [haverford.edu/psych/ddavis/p...](#)
Retweeted by [Ananya_Gh](#) and 2 others

[PeriodPanteez](#) 9:46am via Web

@[emswsmith](#) And MEN is in the name!!! MENstruate, MENopause... MEN need to be educated & this needs to be discussed! [#periodtalk](#) [#periodpride](#)
Retweeted by [WASHUnited](#)

[ArezooNZ](#) 8:28am via TweetDeck

@[CoraWomen](#) Our goal should be to help youth in developed countries recognize this prob., use resources to help out. [#PeriodTalk](#)
Retweeted by [CoraWomen](#)

[PadHeaven](#) 9:45am via Web

[#PeriodTalk](#) most families cannot afford sanitary towels and girls are forced to use old rags that can be harmful to them.
Retweeted by [AFRIpads](#)

[WASHadvocates](#) 9:46am via [HootSuite](#)

@[SheTHINX](#) you're exactly right! [#WASH](#) is key to managing periods [#PeriodTalk](#)

Retweeted by [WASHUnited](#)

[SheTHINX](#) 9:44am via [Web](#)

A6: Clean running water & toilets, which many girls around the world don't have access to

[#PeriodTalk](#) @[WASHUnited](#)

Retweeted by [PadHeaven](#) and 2 others

[50CPLady](#) 9:46am via [Web](#)

When using cloth/cup solutions, MUST factor in access to soap, clean H2o, underwear & ability to store cup/leave cloths 2 dry. [#PeriodTalk](#)

Retweeted by [WASHUnited](#) and 1 others

[bcimaGIRL](#) 9:47am via [TweetChat](#) powered by [oneQube](#)

Agree! RT @[ZanaAfrica](#) A7. Girls and boys should be equal ALL Month! Managing menstrual health, stigma and taboos brings equality [#PeriodTalk](#)

[Show Conversation](#)



[50CentsPeriod](#) 9:47am via [TweetChat](#) powered by [oneQube](#)

[#menstruationmatters](#) @[disonLA](#) @[ShinyPR](#) client @[50CPLady](#) @[50CentsPeriod](#) tweetchat panel [#periodtalk](#) 4 world menstruation health day



[WASHUnited](#) 9:43am via [TweetDeck](#)

Q7: How does having the ABILITY to properly manage menstruation help empower women & girls? [#PeriodTalk](#)

Retweeted by [SoulOfWomanhood](#) and 3 others



[SheTHINX](#) 9:47am via [Web](#)

A7: Prevents girls & women from missing school or work due to menstruation! [#PeriodTalk](#)

[#MenstruationMatters](#) @[WASHUnited](#)

1 retweets [Show Conversation](#)



[ZanaAfrica](#) 9:46am via [Web](#)

A7. Girls and boys should be equal ALL Month! Managing menstrual health, stigma and taboos brings equality [#PeriodTalk](#)

[WASHUnited](#) 9:43am via [TweetDeck](#)

Q7: How does having the ABILITY to properly manage menstruation help empower women & girls? [#PeriodTalk](#)

Retweeted by [Ananya_Gh](#) and 1 others



[ArezooNZ](#) 9:41am via TweetDeck

@[maximhy](#) @[GirlsGlobe](#) nothing better than empowering/supportive cyber-friends! [#girlpower](#) let's work 2 help other sisters 2! [#PeriodTalk](#)

Retweeted by [maximhy](#) and 1 others



[ArezooNZ](#) 9:44am via TweetDeck

@[WASHUnited](#) We can continue w/ our lives! Still go to school (like me in 5 mins), be a BOSS, do what we need/want 2 do! [#PeriodTalk](#)

1 retweets [Show Conversation](#)



[50CPLady](#) 9:44am via Web

@[emswsmith](#) Agree. We r not going 2 stop cultural beliefs, but we can start conversations. younger generations r more receptive. [#PeriodTalk](#)

[Show Conversation](#)



[SheTHINX](#) 9:44am via Web

A6: Clean running water & toilets, which many girls around the world don't have access to [#PeriodTalk](#) @[WASHUnited](#)

Retweeted by [WASHUnited](#)



[emswsmith](#) 9:44am via Web

[#PeriodTalk](#) If Men Could Menstruate...well someone had to share it! [haverford.edu/psych/ddavis/p...](#)



[bcimaGIRL](#) 9:44am via TweetChat powered by oneQube

A7: "We learned about getting our periods through the sanitary pad service [provided by Plan]" – Mestewet, 14, [#Ethiopia](#) [#PeriodTalk](#)



[SheTHINX](#) 9:44am via Web

A6: Clean running water & toilets, which many girls around the world don't have access to [#PeriodTalk](#) @[WASHUnited](#)

1 retweets [Show Conversation](#)



[AuntFlo](#) 28 9:44am via TweetChat powered by oneQube

A7: it restores their personhood - it reconnects them to education & so much more [#periodtalk](#)

Magistra

[maximhy](#) 9:44am via HootSuite

@[50CentsPeriod](#) our OB style tampons r more sustainable & healthy cuz they are made w/100% organic cotton [ow.ly/x3tPr](#) [#periodtalk](#)

[Show Conversation](#)



[SHEEnterprises](#) 9:43am via Twitter for iPhone

@[WASHUnited](#) A4. Knowledge let's girls know that they can healthfully manage their menstruation and that it's not a disease. [#PeriodTalk](#)

[Show Conversation](#)



[BeautyinBloodUS](#) 9:43am via Web

@[WASHUnited](#) If privacy isn't available then I rinse very quickly & hope no one "catches" me. [#PeriodTalk](#)

[WASHadvocates](#) 9:43am via HootSuite

@[Emmasalor](#) exactly! [#Girls](#) need a safe, private place to dispose of their sanitary materials, too [#PeriodTalk](#)

Retweeted by [WASHUnited](#)



[WASHadvocates](#) 9:36am via HootSuite

Q5 our friends at @[Lunapads](#) @[AFRIpads](#) @[ZanaAfrica](#) are doing great work with eco-friendly [#menstrualhygiene](#) materials! [#PeriodTalk](#)

Retweeted by [ZanaAfrica](#) and 1 others



[WASHUnited](#) 9:43am via TweetDeck

Q7: How does having the ABILITY to properly manage menstruation help empower women & girls? [#PeriodTalk](#)

Retweeted by [GirlsGlobe](#)



[bcimaGIRL](#) 9:43am via TweetChat powered by oneQube

A7: Ability to manage menstruation frees time – no need to wash rags etc. And frees spirit! No longer needing to hide. [#PeriodTalk](#)



[Emmasalor](#) 9:39am via Web

Separate toilets are essential, but also need 2 have proper trash bins 4 sanitary products, water 4 washing hands, proper lighting [#PeriodTalk](#)

Retweeted by [WaterAidAmerica](#)



[AutumnBowman13](#) 9:43am via Twitter for Android

@[WASHUnited](#) joining in a bit late from Detroit. A1: 13 years old. [#PeriodTalk](#)



[sarahsclicks](#) 9:43am via Web

@[Lunettecup](#) I used to need a trash can and back up products. Now that I'm using a cup, I prefer running water, but that's all! [#PeriodTalk](#)

[Show Conversation](#)



[bpreparedperiod](#) 9:43am via TweetChat powered by oneQube

RT @[WASHUnited](#) Q7: How does having the ABILITY to properly manage menstruation help empower women & girls? [#PeriodTalk](#)

[Show Conversation](#)

[bcimaGIRL](#) 9:43am via TweetChat powered by oneQube

RT @[WASHUnited](#) Q7: How does having the ABILITY to properly manage menstruation help empower women & girls? [#PeriodTalk](#)

[Show Conversation](#)

[WASHUnited](#) 9:43am via TweetDeck

Weird cultural difference that in the US there are only applicator tampons & in Europe there are only non-applicator tampons. [#PeriodTalk](#)

[WASHadvocates](#) 9:43am via HootSuite

@[Emmasalor](#) exactly! [#Girls](#) need a safe, private place to dispose of their sanitary materials, too [#PeriodTalk](#)

1 retweets [Show Conversation](#)

[ZanaAfrica](#) 9:43am via Web

A6. Disposables (P's and T's) need bins, menstrual cup & reusables need clean water, all need a safe clean space & handwashing. [#PeriodTalk](#)

[WASHUnited](#) 9:43am via TweetDeck

Q7: How does having the ABILITY to properly manage menstruation help empower women & girls? [#PeriodTalk](#)

1 retweets

[BeautyinBloodUS](#) 9:43am via Web

@[WASHUnited](#) When emptying my cup, a private bathroom is nice so I can rinse my cup w/o freaking out other ladies. [#PeriodTalk](#)

[Show Conversation](#)

[emswsmith](#) 9:43am via Web

[#PeriodTalk](#) Is it possible to be truly period positive? @[ChrisBobel](#) reports...[bitchmagazine.org/post/reproduct...](#)

[PeriodPanteez](#) 9:43am via Web

@[50CPLady](#) @[GirlsGlobe](#) This breaks our hearts!! Our period is a blessing & without it, NONE of us would exist. @[PeriodPride](#) [#PeriodTalk](#)
[Show Conversation](#)

[GirlsGlobe](#) 9:21am via Web

@[WASHUnited](#) A4: Knowledge is power! When girls understand that it's a natural process, less likely to be scared or silent. [#PeriodTalk](#)
Retweeted by [SHEnterprises](#) and 5 others

[50CPLady](#) 9:42am via Web

@[inainchina](#) @[WASHadvocates](#) No underwear is an issue @[50CentsPeriod](#) deals with in ALL r pgms across S. Asia & E & W. Africa. [#PeriodTalk](#)
[Show Conversation](#)

[50CentsPeriod](#) 9:42am via TweetChat powered by oneQube

RT @[WASHUnited](#) Q6: What facilities do u need 2 take care of yourself (home, workplace or public)? what if not there? [#PeriodTalk](#) @[disonLA](#)
[Show Conversation](#)

[ArezooNZ](#) 9:41am via TweetDeck

@[maximhy](#) @[GirlsGlobe](#) nothing better than empowering/supportive cyber-friends! [#girlpower](#) let's work 2 help other sisters 2! [#PeriodTalk](#)
Retweeted by [WASHUnited](#)

[WASHUnited](#) 9:37am via TweetDeck

Q6: What facilities do you need to take care of yourself (at home, the workplace or in public)? And what if they're not there? [#PeriodTalk](#)
Retweeted by [BeautyinBloodUS](#) and 2 others

[ArezooNZ](#) 9:41am via TweetDeck

@[maximhy](#) @[GirlsGlobe](#) nothing better than empowering/supportive cyber-friends! [#girlpower](#) let's work 2 help other sisters 2! [#PeriodTalk](#)
1 retweets [Show Conversation](#)

[bpreparedperiod](#) 9:41am via TweetChat powered by oneQube

Q6: What facilities do you need to take care of yourself (at home, the workplace or in public)? And what if they're not there? [#PeriodTalk](#)

[50CPLady](#) 9:41am via Web

@[christellar](#) @[WaterAidAmerica](#) @[ibnbinta](#) Yes! all @[50CentsPeriod](#)'s pgms in Africa & S. Asia we have to address toilets first. [#PeriodTalk](#)
[Show Conversation](#)

[ZanaAfrica](#) 9:26am via Web

A4. Some girls are told to squat over a hole for the blood to run into. [#MenstrualHealth](#) We need to increase education. [#PeriodTalk](#)
Retweeted by [PadHeaven](#)



[emswsmith](#) 9:41am via Web

[#PeriodTalk](#) @[50CPLady](#) I'm a dr&i've tried to xplain from a medical pt of view. altho the repsonse is positive later women r more sceptical



[Lunettecup](#) 9:40am via Web

[#PeriodTalk](#) Q6: What facilities do you need to take care of yourself (at home, the workplace or in public)? And what if they're not there?



[PeriodPanteez](#) 9:40am via Web

@[bcimaGIRL](#) @[50CPLady](#) We started The Period Pride Movement 2 help [#endthetaboo!](#)
[Periodpride.org](#). Our period is a miracle. [#periodtalk](#)
[Show Conversation](#)



[ArezooNZ](#) 9:40am via TweetDeck

RT @[maximhy](#): @[ArezooNZ](#) no, you're a [#fiercewoman](#) [ow.ly/x3tfh](#) [#PeriodTalk](#)



[WASHadvocates](#) 9:40am via HootSuite

A5 our friends @[GlobalMomsChall](#) @[SHEnterprises](#) do great work around [#sustainable](#)
[#menstrualhygiene](#) material production [#PeriodTalk](#)

[WASHUnited](#) 9:37am via TweetDeck

Q6: What facilities do you need to take care of yourself (at home, the workplace or in public)?
And what if they're not there? [#PeriodTalk](#)

Retweeted by [GirlsGlobe](#) and 1 others



[BeautyinBloodUS](#) 9:38am via Web

@[WASHUnited](#) <3 my [#menstrual](#) cup! My holistic/integrative MD turned me on to it abt 3 yrs ago & I was an instant convert. [#PeriodTalk](#)

Retweeted by [WASHUnited](#)



[inainchina](#) 9:36am via TweetDeck

@[WASHadvocates](#): @[50CentsPeriod](#): girls don't even have underwear.

[youtube.com/watch?v=xBO33...](#) [#mentruationmatters](#) [#periodtalk](#)

Retweeted by [BeautyinBloodUS](#) and 2 others



[GirlsGlobe](#) 9:21am via Web

@[WASHUnited](#) A4: Knowledge is power! When girls understand that it's a natural process, less likely to be scared or silent. [#PeriodTalk](#)

Retweeted by [Kamaitha](#) and 4 others



[WASHUnited](#) 9:37am via TweetDeck

Q6: What facilities do you need to take care of yourself (at home, the workplace or in public)?
And what if they're not there? [#PeriodTalk](#)

Retweeted by [Ananya_Gh](#) and 1 others



[emswsmith](#) 9:38am via Web

[#PeriodTalk](#) check out our Easy Pad named by our Easy Pad ladies because it makes their periods oh so easy.... pic.twitter.com/vIYAXm5kFT

2 retweets



[BeautyinBloodUS](#) 9:38am via Web

@[WASHUnited](#) <3 my [#menstrual](#) cup! My holistic/integrative MD turned me on to it abt 3 yrs ago & I was an instant convert. [#PeriodTalk](#)

1 retweets [Show Conversation](#)

[50CentsPeriod](#) 9:38am via TweetChat powered by oneQube

RT @[Lunettecup](#) [#PeriodTalk](#) Q5: [#MenstrualHygiene](#) materials/products do u use? How did u learn about them? [#menstruationmatters](#) @[disonLA](#)

[Show Conversation](#)

[GirlsGlobe](#) 9:38am via Web

@[ArezooNZ](#) @[WASHUnited](#) You ROCK! [#PeriodTalk](#)

[Show Conversation](#)

[PeriodPanteez](#) 9:38am via Web

@[bpreparedperiod](#) @[WASHUnited](#) A5: Period Panteez periodpanteez.com have been described as a "godsend" by our Lovelies. [#periodtalk](#)

[Show Conversation](#)

[honeyknife](#) 9:29am via Web

Studies in Ghana and Kenya show that sanitary pads and health education win back up to 75% of lost learning days for girls. [#PeriodTalk](#)

Retweeted by [Kamaitha](#) and 3 others

[bpreparedperiod](#) 9:38am via TweetChat powered by oneQube

RT @[GirlsGlobe](#) It's a sad story. Girls today - whether in developing/developed countries - often shy about periods. Why? [#PeriodTalk](#)

[Show Conversation](#)

[50CPLady](#) 9:38am via Web

@[emswsmith](#) Yes! We talk about the hymen & bring women from all ages together. Just talking begins to break it down. [#PeriodTalk](#)

[Show Conversation](#)

[OurSANDProject](#) 9:38am via Twitter for iPhone

RT @[WomenDeliver](#) We agree! RT @[bcimaGIRL](#): Effective menstruation mgmt. = ability to stay in school. [#thesandproject](#) [#PeriodTalk](#) @[bcimaGIRL](#)
[Show Conversation](#)



[LadyAleira](#) 9:38am via Web

Menstrual cups don't make as much money for companies but women should know they're an option! [#PeriodTalk](#)



[WaterAidAmerica](#) 9:38am via Web

.@[WaterAidUK](#)'s @[alexkent](#) rushed through NY looking for her product of choice. Read her story: [huff.to/1lZgpzn](#) [#PeriodTalk](#)

1 retweets



[GirlsGlobe](#) 9:38am via Web

@[ArezooNZ](#) @[WASHUnited](#) It's a sad story. Girls today - whether in developing/developed countries - often shy about periods. Why? [#PeriodTalk](#)

1 retweets [Show Conversation](#)



[WomenDeliver](#) 9:30am via HootSuite

We agree! RT @[bcimaGIRL](#): A4: Effective menstruation mgmt. = ability to stay in school, be more productive, feel more confident. [#PeriodTalk](#)

Retweeted by [santemondial](#) and 4 others



[ArezooNZ](#) 9:36am via TweetDeck

@[WASHUnited](#) @[GirlsGlobe](#) My answer? "I have no shame in my body." [#PeriodTalk](#)

Retweeted by [WASHUnited](#)



[WASHUnited](#) 9:37am via TweetDeck

Q6: What facilities do you need to take care of yourself (at home, the workplace or in public)? And what if they're not there? [#PeriodTalk](#)

[50CPLady](#) 9:28am via Web

And, many times, it is an uncomfortable truth that women are the ones perpetuating myths to the next generation. [#PeriodTalk](#)

Retweeted by [AutumnBowman13](#) and 3 others



[inainchina](#) 9:36am via TweetDeck

@[WASHadvocates](#): @[50CentsPeriod](#): girls don't even have underwear.

[youtube.com/watch?v=_xBO33...](#) [#mentruationmatters](#) [#periodtalk](#)

Retweeted by [Ananya Gh](#) and 1 others



[GirlsGlobe](#) 9:30am via HootSuite

Let's break the silence on menstruation and hygiene for adolescent girls! ow.ly/x3lZR

[#PeriodTalk](#) [#MenstruationMatters](#)

Retweeted by [MickieTamekia](#)



[WomenDeliver](#) 9:30am via HootSuite

We agree! RT @[bcimaGIRL](#): A4: Effective menstruation mgmt. = ability to stay in school, be more productive, feel more confident. [#PeriodTalk](#)

Retweeted by [MickieTamekia](#) and 3 others



[emswsmith](#) 9:30am via Web

[#PeriodTalk](#) Knowledge is power. Women have a right to understand their own bodies.

Retweeted by [AutumnBowman13](#) and 5 others



[GirlsGlobe](#) 9:20am via HootSuite

Unsure about how to start the convo around menstruation? Here are 28 ways: ow.ly/x3bAb

[#MenstruationMatters](#) [#PeriodTalk](#)

Retweeted by [Lunettecup](#) and 3 others



[christellar](#) 9:37am via The Huffington Post

RT @[WaterAidAmerica](#) .@[ibnbinta](#) Exactly! Having private [#toilets](#) for girls and boys at school is key. [#PeriodTalk](#) pic.twitter.com/nhlwIe9y2i



[Amkempflo](#) 9:37am via Twitter for iPhone

@[AuntFlo_28](#) not the curse of the women! So many girls are told this [#PeriodTalk](#)

[Show Conversation](#)

[PadHeaven](#) 9:37am via Web

RT : [#PeriodTalk](#) Q4: How does having the KNOWLEDGE to properly manage [#menstruation](#) help empower women & girls?

[50CPLady](#) 9:37am via Web

@[maximhy](#) culture is NOT negative. We have 2 find ways of bringing sound medical info into each context & adjust pgms for it. [#periodtalk](#)

[Show Conversation](#)

[ArezooNZ](#) 9:35am via TweetDeck

@[WASHUnited](#) @[GirlsGlobe](#) Pads, only product available in my country @ that time (Iran) and of course my house.

[#PeriodTalk](#)

Retweeted by [WASHUnited](#)

[LadyAleira](#) 9:36am via Web

A5: @[DivaCup](#)! Found when I couldn't deal with tampons/pads anymore and it changed my life!
[#PeriodTalk](#)

[ArezooNZ](#) 9:36am via TweetDeck

@[WASHUnited](#) @[GirlsGlobe](#) My answer? "I have no shame in my body." [#PeriodTalk](#)
1 retweets [Show Conversation](#)

[inainchina](#) 9:36am via TweetDeck

@[WASHadvocates](#): @[50CentsPeriod](#): girls don't even have underwear.
[youtube.com/watch?v=_xBO33...](#) [#menstruationmatters](#) [#periodtalk](#)
Retweeted by [WASHUnited](#) and 1 others

[ArezooNZ](#) 9:36am via TweetDeck

@[WASHUnited](#) @[GirlsGlobe](#) WOW, just received a DM from a close friend saying "Are you not shy to talk about your period?" [#PeriodTalk](#)
Retweeted by [WASHUnited](#)

[inainchina](#) 9:36am via TweetDeck

@[WASHadvocates](#): @[50CentsPeriod](#): girls don't even have underwear.
[youtube.com/watch?v=_xBO33...](#) [#menstruationmatters](#) [#periodtalk](#)
2 retweets

[Lunettecup](#) 9:36am via Web

[#PeriodTalk](#) Q5: What [#MenstrualHygiene](#) materials/products do you use? How did you first learn about them? Join us cause [#menstruationmatters](#)

[ArezooNZ](#) 9:36am via TweetDeck

@[WASHUnited](#) @[GirlsGlobe](#) WOW, just received a DM from a close friend saying "Are you not shy to talk about your period?" [#PeriodTalk](#)
1 retweets [Show Conversation](#)

[WASHadvocates](#) 9:33am via HootSuite

[#sanitation](#) is a key part of [#menstrualhygiene](#), especially at [#schools](#)! [#PeriodTalk](#) @[h2oschools](#)
Retweeted by [SheTHINX](#) and 2 others

[WASHadvocates](#) 9:36am via HootSuite

Q5 our friends at @[Lunapads](#) @[AFRIPads](#) @[ZanaAfrica](#) are doing great work with eco-friendly [#menstrualhygiene](#) materials! [#PeriodTalk](#)

[50CentsPeriod](#) 9:36am via TweetChat powered by oneQube

[#periodtalk](#) @[50CPLady](#) also interviewed on Atlanta @[nprnews](#) affiliate @[WABEfm](#) about her work [vimeo.com/85281533](#)

[AuntFlo_28](#) 9:36am via TweetChat powered by oneQube

last night I was a part of a twitter party that clearly communicated marketing matters more than actual products do [#wrong](#) [#periodtalk](#)

[AuntFlo](#) 28 9:20am via [TweetChat](#) powered by [oneQube](#)

A4: When girls don't know they assume or worse still believe myths - education opens doors that would otherwise remain closed [#periodtalk](#)

Retweeted by [Amkempflo](#) and 2 others

[sabsrubli](#) 9:36am via [Mobile Web](#) (M5)

@[WASHUnited](#) I am a proud @[RubyCup](#) user!! [#PeriodTalk](#)
[Show Conversation](#)

[E_Epstein](#) 9:35am via [HootSuite](#)

@[WASHUnited](#) A5: I use an [#IUD](#) (used to be on the pill). Best. Decision. EVERRRRRRRR!

Thanks @[PPact](#)! [#PeriodTalk](#)

[Show Conversation](#)

[WASHUnited](#) 9:33am via [TweetDeck](#)

Q5: What [#MenstrualHygiene](#) materials/products do you use? How did you first learn about them? [#PeriodTalk](#)

Retweeted by [BeautyinBloodUS](#) and 4 others



[ArezooNZ](#) 9:35am via [TweetDeck](#)

@[WASHUnited](#) @[GirlsGlobe](#) Pads, only product available in my country @ that time (Iran) and of course my house.

[#PeriodTalk](#)

1 retweets [Show Conversation](#)



[WASHadvocates](#) 9:24am via [HootSuite](#)

Q4 knowledge to manage periods and access to [#WASH](#) in schools provides opportunities to [#education](#) for [#girls](#) [#PeriodTalk](#) @[MalalaFund](#)

Retweeted by [UKSchoolTweet](#) and 2 others



[WASHadvocates](#) 9:35am via [HootSuite](#)

RT @[50CentsPeriod](#): in some rural areas, girls don't even have underwear, much less to pads & bathrooms [#mentruationmatters](#) [#periodtalk](#)

Retweeted by [WASHUnited](#)



[irise_int](#) 9:35am via [Web](#)

Our chair @[emswsmith](#) is currently taking part in twitter chat on the [#PeriodTalk](#) get over there and make your voice heard

[50CPLady](#) 9:34am via [Web](#)

@[bcimaGIRL](#) My pleasure! [#PeriodTalk](#)

[Show Conversation](#)



[AuntFlo](#) 28 9:34am via TweetChat powered by oneQube

A5: I try literally any and everything in order to better understand the options but am increasingly a fan of reusables [#periodtalk](#)

1 retweets



[WASHadvocates](#) 9:34am via HootSuite

MT @[ZanaAfrica](#): So true, clean water, safe and sanitary disposal, toilets, underwear, the list goes on! [#PeriodTalk](#) Collaboration is Key!



[WASHadvocates](#) 9:33am via HootSuite

[#sanitation](#) is a key part of [#menstrualhygiene](#), especially at [#schools](#)! [#PeriodTalk](#) @[h2oschools](#)

Retweeted by [Ananya_Gh](#) and 1 others



[WASHUnited](#) 9:33am via TweetDeck

Q5: What [#MenstrualHygiene](#) materials/products do you use? How did you first learn about them? [#PeriodTalk](#)

Retweeted by [GirlsGlobe](#) and 1 others



[50CPLady](#) 9:33am via Web

@[inainchina](#) I have found no. Still, the only thing supposed 2 B in vagina is a penis for purpose of reproduction only! [#PeriodTalk](#)



[WASHUnited](#) 9:33am via TweetDeck

Q5: What [#MenstrualHygiene](#) materials/products do you use? How did you first learn about them? [#PeriodTalk](#)

Retweeted by [Ananya_Gh](#) and 1 others



[GirlsGlobe](#) 9:33am via Web

@[50CPLady](#) @[CNN](#) Congrats! Awesome work. [#PeriodTalk](#)

[Show Conversation](#)



[WASHUnited](#) 9:33am via TweetDeck

Thank you @[50CPLady](#)! [#PeriodTalk](#)

[WASHadvocates](#) 9:33am via HootSuite

[#sanitation](#) is a key part of [#menstrualhygiene](#), especially at [#schools](#)! [#PeriodTalk](#) @[h2oschools](#)

Retweeted by [WASHUnited](#)



[bpreparedperiod](#) 9:33am via TweetChat powered by oneQube

RT @WASHUnited Q5: What [#MenstrualHygiene](#) materials/products do you use? How did you first learn about them? [#PeriodTalk](#)

[Show Conversation](#)



[WASHadvocates](#) 9:32am via HootSuite

@[honeyknife](#) that's great! We also need to make sure that they have a [#toilet](#) at [#school](#) to change their pads @[girleffect](#) [#PeriodTalk](#)

Retweeted by [Ananya_Gh](#) and 1 others



[WomenDeliver](#) 9:30am via HootSuite

We agree! RT @[bcimaGIRL](#): A4: Effective menstruation mgmt. = ability to stay in school, be more productive, feel more confident. [#PeriodTalk](#)

Retweeted by [t r a f f i k](#) and 2 others



[WASHadvocates](#) 9:33am via HootSuite

[#sanitation](#) is a key part of [#menstrualhygiene](#), especially at [#schools](#)! [#PeriodTalk](#) @[h2oschools](#)
1 retweets



[WASHUnited](#) 9:33am via TweetDeck

Q5: What [#MenstrualHygiene](#) materials/products do you use? How did you first learn about them? [#PeriodTalk](#)

1 retweets



[bcimaGIRL](#) 9:33am via TweetChat powered by oneQube

Thanks for sharing your work @[50CPLady](#)! [#PeriodTalk](#)

[Show Conversation](#)



[WASHUnited](#) 9:33am via TweetDeck

Thank you @[50CPLady](#)! [#PeriodTalk](#)

1 retweets

[AuntFlo_28](#) 9:33am via TweetChat powered by oneQube

@[50CPLady](#) those of us in the USA wrongly assume our levels of tampon usage are normative globally -- far from the case! [#periodtalk](#)

[Show Conversation](#)

[ZanaAfrica](#) 9:33am via Web

@[50CentsPeriod](#) So true, clean water, safe and sanitary disposal, toilets, underwear, the list goes on! [#PeriodTalk](#) Collaboration is Key!

[Show Conversation](#)

[50CPLady](#) 9:33am via Web

Back to @[WASHUnited](#) for more exciting questions! [#PeriodTalk](#)

[GladRags](#) 9:33am via Web

@[50CPLady](#) Frightening. And common. [#PeriodTalk](#)
[Show Conversation](#)

[WaterCanCharity](#) 9:32am via TweetDeck

RT @[WASHadvocates](#): We also need to make sure that they have a [#toilet](#) at [#school](#) to change their pads @[girleffect](#) [#PeriodTalk](#)

[emswsmith](#) 9:30am via Web

[#PeriodTalk](#) Knowledge is power. Women have a right to understand their own bodies.
Retweeted by [SheTHINX](#) and 4 others

[honeyknife](#) 9:29am via Web

Studies in Ghana and Kenya show that sanitary pads and health education win back up to 75% of lost learning days for girls. [#PeriodTalk](#)
Retweeted by [GhKoomson](#) and 2 others

[50CPLady](#) 9:32am via Web

Our work has been recognized by @[CNN](#) tinyurl.com/ohm8y5f & via resolution in GA House of Reps tinyurl.com/m5najj [#PeriodTalk](#)
Retweeted by [WASHUnited](#)

[50CPLady](#) 9:31am via Web

In USA refugee women's benefits do not cover MH products. Many have lived in camps 4 decades & never rec'd any form of health ed [#PeriodTalk](#)
Retweeted by [Ananya_Gh](#) and 1 others

[WASHadvocates](#) 9:32am via HootSuite

@[honeyknife](#) that's great! We also need to make sure that they have a [#toilet](#) at [#school](#) to change their pads @[girleffect](#) [#PeriodTalk](#)
Retweeted by [WASHUnited](#) and 1 others

[WASHUnited](#) 9:31am via TweetDeck

RT @[50CPLady](#): @[GirlsGlobe](#) Or, in Bhutanese culture, if you educate your girls even about health, they will become witches. [#PeriodTalk](#)
Retweeted by [Col_Franklin](#)

[50CPLady](#) 9:32am via Web

Our work has been recognized by @[CNN](#) tinyurl.com/ohm8y5f & via resolution in GA House of Reps tinyurl.com/m5najj [#PeriodTalk](#)
1 retweets

[bcimaGIRL](#) 9:20am via TweetChat powered by oneQube

Shout out to @[AFRIpads](#) helping girls like Maureen manage periods in a healthy way!

bit.ly/1v9w6ZN [#PeriodTalk](#)

Retweeted by [GraciasGiving](#) and 1 others

[WomenDeliver](#) 9:30am via HootSuite

We agree! RT @[bcimaGIRL](#): A4: Effective menstruation mgmt. = ability to stay in school, be more productive, feel more confident. [#PeriodTalk](#)

Retweeted by [AFRIpads](#) and 2 others

[WASHadvocates](#) 9:32am via HootSuite

@[honeyknife](#) that's great! We also need to make sure that they have a [#toilet](#) at [#school](#) to change their pads @[girleffect](#) [#PeriodTalk](#)

2 retweets [Show Conversation](#)

[ArezooNZ](#) 9:27am via TweetDeck

@[sabsrubli](#) @[Lunettecup](#) need to redefine the word through education, it's a part of a girl's identity as a person, no shame! [#PeriodTalk](#)

Retweeted by [Lunettecup](#)

[50CPLady](#) 9:32am via Web

We supply health ed, enrollment in OB/GYN care/preventive screenings, and a 6 mos. supply of pads upon arrival in US. [#PeriodTalk](#)

[GirlsGlobe](#) 9:32am via Web

@[50CPLady](#) Wow. That has serious consequences for girls' education, societal respect & [#genderequality!](#) [#PeriodTalk](#)

[Show Conversation](#)



[50CPLady](#) 9:31am via Web

Imagine having 4 children & not knowing why you bleed every month or what you look like inside. [#PeriodTalk](#)

Retweeted by [ArezooNZ](#) and 1 others



[emswsmith](#) 9:30am via Web

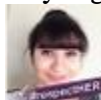
[#PeriodTalk](#) Knowledge is power. Women have a right to understand their own bodies.

Retweeted by [Ananya_Gh](#) and 4 others



[50CPLady](#) 9:31am via Web

Refugee camps are based on survival/basic needs only. B4 life in USA, most women have used only rags for their menstruation [#PeriodTalk](#)



[ArezooNZ](#) 9:31am via TweetDeck

@[50CPLady](#) 100% right. Even girls @ my school (Canada) believe it, although it was included in health edu. class. [#PeriodTalk](#)

[50CPLady](#) 9:28am via Web

And, many times, it is an uncomfortable truth that women are the ones perpetuating myths to the next generation. [#PeriodTalk](#)

Retweeted by [Ananya Gh](#) and 2 others



[50CPLady](#) 9:28am via Web

And, many times, it is an uncomfortable truth that women are the ones perpetuating myths to the next generation. [#PeriodTalk](#)

Retweeted by [TTextiles](#) and 2 others



[ZanaAfrica](#) 9:29am via Web

@[WASHadvocates](#) Most definitely! It's such a circular issue, we all have to collaborate for maximum impact! [#PeriodTalk](#)

[Show Conversation](#)



[sabsrubli](#) 9:29am via Mobile Web (M5)

@[Lunettecup](#) Thats why @[FemmeInt](#) has an education based approach, engaging communities in a dialogue about menstrual health [#PeriodTalk](#)

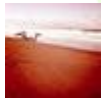
[Show Conversation](#)



[50CPLady](#) 9:28am via Web

We deliver comprehensive pgms of [#MHM](#) inclusive of [#WASH](#) & sex ed to women/girls thru current pgms in Nepal, Liberia, & USA [#PeriodTalk](#)

Retweeted by [WASHUnited](#)



[honeyknife](#) 9:29am via Web

Studies in Ghana and Kenya show that sanitary pads and health education win back up to 75% of lost learning days for girls. [#PeriodTalk](#)



[50CPLady](#) 9:27am via Web

I have found taboos exist across all cultures and continents. [#PeriodTalk](#)

Retweeted by [irise_int](#) and 3 others



[50CPLady](#) 9:28am via Web

We deliver comprehensive pgms of [#MHM](#) inclusive of [#WASH](#) & sex ed to women/girls thru current pgms in Nepal, Liberia, & USA [#PeriodTalk](#)

1 retweets



[AuntFlo_28 9:28am via TweetChat powered by oneQube](#)

We must educate not only girls but entire families for change to be as far reaching as what is really needed [#periodtalk](#)



[WASHadvocates 9:28am via HootSuite](#)

@[ibnbinta](#) you're right! [#WASH](#) especially [#toilets](#) is important in managing [#menstruation](#) [#PeriodTalk](#)

1 retweets [Show Conversation](#)



[WaterAidAmerica 9:26am via Web](#)

.@[ibnbinta](#) Exactly! Having private [#toilets](#) for girls and boys at school is key. [#PeriodTalk](#) [pic.twitter.com/bImxEKab7V](#)

Retweeted by [ArtsLetter](#) and 3 others



[Lunettecup 9:28am via Web](#)

@[sabsrubli](#) Yes! Education is KEY! [#PeriodTalk](#) about [#menstruationmatters](#) is essential! [#endtaboos](#)

[Show Conversation](#)



[GirlsGlobe 9:28am via Web](#)

@[50CPLady](#) Can you give an example of a taboo? [#PeriodTalk](#)

[50CPLady 9:28am via Web](#)

And, many times, it is an uncomfortable truth that women are the ones perpetuating myths to the next generation. [#PeriodTalk](#)

Retweeted by [WASHUnited](#)



[bcimaGIRL 9:28am via HootSuite](#)

RT @[50CPLady](#): I have found taboos exist across all cultures and continents. [#PeriodTalk](#)



[AuntFlo_28 9:20am via TweetChat powered by oneQube](#)

Not only that we educate girls beforehand but how matters [#MenstruationMatters](#) [#periodtalk](#)

Retweeted by [Kamaitha](#)



[50CPLady 9:28am via Web](#)

And, many times, it is an uncomfortable truth that women are the ones perpetuating myths to the next generation. [#PeriodTalk](#)

1 retweets

Softcup

[InsteadSoftcup 9:28am via HootSuite](#)

@[AuntFlo_28](#) Absolutely! [#periodtalk](#)

[Show Conversation](#)



[50CPLady 9:27am via Web](#)

I have found taboos exist across all cultures and continents. [#PeriodTalk](#)

Retweeted by [Ananya_Gh](#) and 2 others



[AuntFlo_28 9:27am via TweetChat powered by oneQube](#)

Schools should be places that bring children together and help them learn - not places that exclude [#periodtalk](#)

Retweeted by [inainchina](#)



[AuntFlo_28 9:28am via TweetChat powered by oneQube](#)

@[50CPLady](#) exactly! the specifics vary but the existence is universal [#periodtalk](#)

[Show Conversation](#)



[ArezooNZ 9:27am via TweetDeck](#)

@[sabsrubli](#) @[Lunettecup](#) need to redefine the word through education, it's a part of a girl's identity as a person, no shame! [#PeriodTalk](#)

[Show Conversation](#)

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pic.twitter.com/bImxEKab7V

Retweeted by [ibnbinta](#) and 2 others

[50CPLady 9:27am via Web](#)

I have found taboos exist across all cultures and continents. [#PeriodTalk](#)

Retweeted by [WASHUnited](#) and 2 others

[WaterAidAmerica 9:26am via Web](#)

.@[ibnbinta](#) Exactly! Having private [#toilets](#) for girls and boys at school is key. [#PeriodTalk](#)
pic.twitter.com/bImxEKab7V

Retweeted by [Ananya_Gh](#) and 2 others

[AuntFlo_28 9:27am via TweetChat powered by oneQube](#)

Schools should be places that bring children together and help them learn - not places that exclude [#periodtalk](#)

1 retweets

[50CPLady 9:27am via Web](#)

I have found taboos exist across all cultures and continents. [#PeriodTalk](#)
Retweeted by [Lunettecup](#) and 2 others

[WASHadvocates](#) 9:27am via HootSuite
@[ZanaAfrica](#) let's get them [#toilets](#), too! [#WASH](#) [#PeriodTalk](#)
[Show Conversation](#)

[WASHadvocates](#) 9:26am via HootSuite
MT @[ibnbinta](#): More girls skip school when in menses because the school has no facility for females to change their sanitary pads.[#periodtalk](#)
Retweeted by [GladRags](#)

[WaterAidAmerica](#) 8:56am via Web
Pull up a seat and join us for [#PeriodTalk](#) w/@[WASHUnited](#) starting NOW! Learn why [#toilets](#) and [#MenstruationMatters](#) pic.twitter.com/ep7VpRz1CW
Retweeted by [Kamaitha](#) and 4 others

[50CPLady](#) 9:27am via Web
I have found taboos exist across all cultures and continents. [#PeriodTalk](#)
3 retweets

[Mosey](#) 9:27am via Twitter for iPhone
“@[bcimaGIRL](#): Great Question! RT @[WASHUnited](#) Q3: True/False: You knew about menstrual hygiene options before your first period. [#PeriodTalk](#)”
[Show Conversation](#)

[sabsrubli](#) 9:26am via Mobile Web (M5)
@[Lunettecup](#) Proper education makes it less scary! Also reduces the myths surrounding menstruation.[#PeriodTalk](#)
[Show Conversation](#)

[WASHadvocates](#) 9:26am via HootSuite
MT @[ibnbinta](#): More girls skip school when in menses because the school has no facility for females to change their sanitary pads.[#periodtalk](#)
1 retweets

[WASHUnited](#) 9:25am via TweetDeck
We'll now pass it over to our 1st expert, Lorrie Lynn King (@[50CPLady](#)) who works w/ women & girls to break menstrual taboos. [#PeriodTalk](#)
Retweeted by [Ananya_Gh](#)

[50CPLady](#) 9:26am via Web
I've wked 4 20+ yrs in repro/women's health across Africa, S. Asia, & w/refugee populations. 4 yrs ago I founded @[50CentsPeriod](#) [#PeriodTalk](#)
Retweeted by [WASHUnited](#)

[GirlsGlobe](#) 9:26am via Web

@[WASHUnited](#) @[50CPLady](#) Looking forward to hearing from you Lorrie! [#PeriodTalk](#)
[Show Conversation](#)

[bcimaGIRL](#) 9:21am via [TweetChat powered by oneQube](#)

A4: Effective menstruation mgmt. = ability to stay in school, be more productive, feel more confident. [#PeriodTalk](#)

Retweeted by [irise_int](#) and 4 others



[bcimaGIRL](#) 9:26am via [TweetChat powered by oneQube](#)

MT @[WASHUnited](#) passing it over to 1st expert, Lorrie Lynn King who works w/ women & girls to break menstrual taboos. [#PeriodTalk](#)

[Show Conversation](#)



[Emmasalor](#) 9:26am via [Web](#)

Q3: I probably didn't know that much before my period - but I knew where to go & who to ask, and had people to help me [#PeriodTalk](#)



[bpreparedperiod](#) 9:26am via [TweetChat powered by oneQube](#)

RT @[AuntFlo_28](#) Boys and girls were created equal - we must stand for that equality in education for all girls [#periodtalk](#)

[Show Conversation](#)



[ZanaAfrica](#) 9:26am via [Web](#)

A4. Some girls are told to squat over a hole for the blood to run into. [#MenstrualHealth](#) We need to increase education. [#PeriodTalk](#)



[WaterAidAmerica](#) 9:26am via [Web](#)

.@[ibnbinta](#) Exactly! Having private [#toilets](#) for girls and boys at school is key. [#PeriodTalk](#)
[pic.twitter.com/blmxEKab7V](#)

[AuntFlo_28](#) 9:26am via [TweetChat powered by oneQube](#)

Boys and girls were created equal - we must stand for that equality in education for all girls [#periodtalk](#)

Retweeted by [ArezooNZ](#)



[emswsmith](#) 9:21am via [Web](#)

[#PeriodTalk](#) @[irise_int](#) found 74% of rural ugandan school girls thought period pain was a sign of illness. What a bloody nightmare!

Retweeted by [Ananya_Gh](#) and 1 others



[bcimaGIRL](#) 9:23am via [HootSuite](#)

RT @[emswsmith](#): [#PeriodTalk](#) 43% of ugandan girls thought it was dangerous to run and dance during their period.

Retweeted by [irise_int](#) and 4 others



[bcimaGIRL](#) 9:26am via TweetChat powered by oneQube

Oh, dear! RT @[50CPLady](#) @[bcimaGIRL](#) @[emswsmith](#) Refugee girls here think they cannot walk to school! [#PeriodTalk](#)

[Show Conversation](#)



[AuntFlo](#) 28 9:26am via TweetChat powered by oneQube

Boys and girls were created equal - we must stand for that equality in education for all girls [#periodtalk](#)

1 retweets



[GirlsGlobe](#) 9:21am via Web

@[WASHUnited](#) A4: Knowledge is power! When girls understand that it's a natural process, less likely to be scared or silent. [#PeriodTalk](#)

Retweeted by [Ananya Gh](#) and 3 others



[emswsmith](#) 9:25am via Web

[#PeriodTalk](#) she says Health ed frees girls from a web of myths and lies. [irise.org.uk/blog/](#)

Retweeted by [ArezooNZ](#)



[WASHadvocates](#) 9:24am via HootSuite

Q4 knowledge to manage periods and access to [#WASH](#) in schools provides opportunities to [#education](#) for [#girls](#) [#PeriodTalk](#) @[MalalaFund](#)

Retweeted by [irise_int](#)

[emswsmith](#) 9:25am via Web

[#PeriodTalk](#) she says Health ed frees girls from a web of myths and lies. [irise.org.uk/blog/](#)

1 retweets

[WASHUnited](#) 9:25am via TweetDeck

We'll now pass it over to our 1st expert, Lorrie Lynn King (@[50CPLady](#)) who works w/ women & girls to break menstrual taboos. [#PeriodTalk](#)

[bcimaGIRL](#) 9:23am via HootSuite

RT @[emswsmith](#): [#PeriodTalk](#) 43% of ugandan girls thought it was dangerous to run and dance during their period.

Retweeted by [MarkMyMiles](#) and 4 others

[ArezooNZ](#) 9:25am via TweetDeck

@[AuntFlo_28](#) boys will use it to their advantage i.e. period jokes, “it’s that time of the month”
[#PeriodTalk](#)
[Show Conversation](#)

[emswsmith](#) 9:24am via Web
[#PeriodTalk](#) a ungandan friend of mine described @[irise_int](#) pads as a chance for girls "to be free."
Retweeted by [irise_int](#)

[WASHadvocates](#) 9:25am via HootSuite
RT @[emswsmith](#): [#PeriodTalk](#) a ungandan friend of mine described @[irise_int](#) pads as a chance for girls "to be free."

[50CPLady](#) 9:25am via Web
@[bcimaGIRL](#) @[emswsmith](#) Refugee girls here think they cannot walk to school! [#PeriodTalk](#)
[Show Conversation](#)

[WaterCanCharity](#) 9:25am via TweetDeck
RT @[AuntFlo_28](#): menstrual ignorance is greater in some areas of our world, but it is common among girls everywhere [#periodtalk](#)

[inainchina](#) 9:25am via TweetDeck
[#mhm](#) education is beyond more knowledge - also creating positive moods, self-respect and confidence
[#PeriodTalk](#)

[WASHadvocates](#) 9:25am via HootSuite
MT @[GirlsGlobe](#): Unsure about how to start the convo around [#menstruation](#)? Here are 28 ways: [ow.ly/x3q92](#) [#PeriodTalk](#)
1 retweets

[AuntFlo_28](#) 9:25am via TweetChat powered by oneQube
The current system leads girls to associate menstruation with shame - any attempt at change must overcome this [#periodtalk](#)
Retweeted by [ArezoNZ](#)

[maximhy](#) 9:25am via HootSuite
RT @[bcimaGIRL](#): A4: Knowledge IS power! When girls understand menstruation they are able to manage it more effectively. [#PeriodTalk](#)

[AuntFlo_28](#) 9:25am via TweetChat powered by oneQube
The current system leads girls to associate menstruation with shame - any attempt at change must overcome this [#periodtalk](#)
1 retweets

[GladRags](#) 9:24am via Web

@[WASHUnited](#) Being afraid to talk about your body every 28 days (or more) is inhibiting.
[#PeriodTalk](#) [#menstruationmatters](#)
[Show Conversation](#)

[Emmasalor](#) 9:19am via Web

Q4: Understanding whats happening w/ your body&why is the 1st step towards breaking misconceptions&stigma related 2 [#menstruation](#) [#PeriodTalk](#)
Retweeted by [Ananya Gh](#) and 1 others

[ZanaAfrica](#) 9:24am via Web

@[50CPLady](#) @[WASHUnited](#) Oh wow, Turkana is amazing! If there's a possibility of a trip you are most welcome! We can even [#PeriodTalk](#)!
[Show Conversation](#)

[emswsmith](#) 9:24am via Web

[#PeriodTalk](#) a ugandan friend of mine described @[irise_int](#) pads as a chance for girls "to be free."
1 retweets

[WASHadvocates](#) 9:24am via HootSuite

RT @[WASHUnited](#): Q4: How does having the KNOWLEDGE to properly manage [#menstruation](#) help empower women & girls? [#PeriodTalk](#)

Megano

[maximhy](#) 9:24am via HootSuite

@[sabsrubli](#) look no further.... @[maximhy](#) organic natural tampons & pads that are sustainable & healthier! [ow.ly/x3pkf](#) [#PeriodTalk](#)



[bcimaGIRL](#) 9:18am via TweetChat powered by oneQube

A4: Knowledge IS power! When girls understand menstruation they are able to manage it more effectively. [#PeriodTalk](#)
Retweeted by [irise_int](#) and 3 others



[50CPLady](#) 9:24am via Web

@[WASHadvocates](#) @[S_GWI](#) Yes! Wat/San is integral part of @[50CentsPeriod](#)'s pgms in Africa & S. Asia. [#MHM](#) not complete w/out [#WASH](#). [#PeriodTalk](#)
[Show Conversation](#)



[bcimaGIRL](#) 9:23am via HootSuite

RT @[emswsmith](#): [#PeriodTalk](#) 43% of ugandan girls thought it was dangerous to run and dance during their period.

[bcimaGIRL](#) 9:23am via HootSuite

RT @[emswsmith](#): [#PeriodTalk](#) 43% of ugandan girls thought it was dangerous to run and dance during their period.

Retweeted by [WASHUnited](#) and 2 others



[WASHUnited](#) 9:17am via TweetDeck

Q4: How does having the KNOWLEDGE to properly manage [#menstruation](#) help empower women & girls? [#PeriodTalk](#)

Retweeted by [Ananya_Gh](#) and 1 others



[AuntFlo](#) 28 9:24am via TweetChat powered by oneQube

menstrual gnorance is greater in some areas of our world, but it is common among girls everywhere [#periodtalk](#)

1 retweets



[bcimaGIRL](#) 9:23am via HootSuite

RT @[emswsmith](#): [#PeriodTalk](#) 43% of ugandan girls thought it was dangerous to run and dance during their period.

Retweeted by [Mosey](#) and 2 others



[emswsmith](#) 9:22am via Web

[#PeriodTalk](#) 43% of ugandan girls thought it was dangerous to run and dance during their period.

Retweeted by [AFRIpads](#)



[GirlsGlobe](#) 9:20am via HootSuite

Unsure about how to start the convo around menstruation? Here are 28 ways: [ow.ly/x3bAb](#)

[#MenstruationMatters](#) [#PeriodTalk](#)

Retweeted by [ZanaAfrica](#) and 2 others



[ArezooNZ](#) 9:23am via TweetDeck

@[WASHUnited](#) @[GirlsGlobe](#) Once we know what's going on, nobody can tell us otherwise, objectify our biology, associate w/ myths [#PeriodTalk](#)

Retweeted by [LadyAleira](#) and 1 others



[bcimaGIRL](#) 9:23am via HootSuite

RT @[emswsmith](#): [#PeriodTalk](#) 43% of ugandan girls thought it was dangerous to run and dance during their period.

3 retweets



[WASHadvocates](#) 9:22am via HootSuite

A4 when [#girls](#) have [#sanitation](#) facilities to manage periods they can attend [#school](#)

[#PeriodTalk](#) [#education](#) [#WASH](#) @[S_GWI](#)

Retweeted by [50CPLady](#) and 1 others



[ibnbinta](#) 9:23am via Twitter for Android

More girls would skip school when in their menses because the school has no facility for females to change their sanitary pads. [#periodtalk](#)



[ArezooNZ](#) 9:23am via TweetDeck

@[WASHUnited](#) @[GirlsGlobe](#) Once we know what's going on, nobody can tell us otherwise, objectify our biology, associate w/ myths [#PeriodTalk](#)

[WASHadvocates](#) 9:22am via HootSuite

A4 when [#girls](#) have [#sanitation](#) facilities to manage periods they can attend [#school](#) [#PeriodTalk](#) [#education](#) [#WASH](#) @[S_GWI](#)

Retweeted by [WaterAidAmerica](#) and 1 others



[WASHUnited](#) 9:15am via TweetDeck

Q3: True/False: You knew about menstrual hygiene options before your first period. [#PeriodTalk](#)

Retweeted by [BeautyinBloodUS](#) and 2 others



[ArezooNZ](#) 9:21am via TweetDeck

@[WASHUnited](#) @[GirlsGlobe](#) They will feel/be in control of their own bodies, don't have to rely on others. [#PeriodTalk](#)

Retweeted by [50CPLady](#)



[bcimaGIRL](#) 9:20am via TweetChat powered by oneQube

Shout out to @[AFRIpads](#) helping girls like Maureen manage periods in a healthy way!

[bit.ly/1v9w6ZN](#) [#PeriodTalk](#)

Retweeted by [UNICEFUGanda](#) and 1 others



[Lunettecup](#) 9:23am via Web

[#PeriodTalk](#) Q4: How does having the KNOWLEDGE to properly manage [#menstruation](#) help empower women & girls? [#menstruationmatters](#)



[50CentsPeriod](#) 9:23am via TweetChat powered by oneQube

RT @[WASHUnited](#) Q4: How does having the KNOWLEDGE to properly manage [#menstruation](#) help empower women & girls? [#PeriodTalk](#) @[disonLA](#)

[Show Conversation](#)



[ArezooNZ](#) 9:23am via TweetDeck

@[WASHUnited](#) @[GirlsGlobe](#) Once we know what's going on, nobody can tell us otherwise, objectify our biology, associate w/ myths [#PeriodTalk](#)

1 retweets [Show Conversation](#)

[AuntFlo](#) 28 9:22am via TweetChat powered by oneQube

Menstruation isn't something that someone causes to happen to girls, menstruation is a normal, natural, healthy part of life [#periodtalk](#)

Retweeted by [50CPLady](#)

[WASHadvocates](#) 9:15am via HootSuite

Imagine not having a [#toilet](#) with privacy! [#WASH](#) RT @[emswsmith](#): [#PeriodTalk](#) Shit! this is going to be inconvenient!

Retweeted by [irise_int](#)

[emswsmith](#) 9:22am via Web

[#PeriodTalk](#) 43% of ugandan girls thought it was dangerous to run and dance during their period.

[bcimaGIRL](#) 9:21am via TweetChat powered by oneQube

A4: Effective menstruation mgmt. = ability to stay in school, be more productive, feel more confident. [#PeriodTalk](#)

Retweeted by [50CPLady](#) and 1 others

[WASHadvocates](#) 9:22am via HootSuite

A4 when [#girls](#) have [#sanitation](#) facilities to manage periods they can attend [#school](#) [#PeriodTalk](#) [#education](#) [#WASH](#) @[S_GWI](#)

2 retweets

[KBoFGA](#) 9:22am via Web

@[WASHUnited](#) Knowledge is power & knowledge to properly manage helps girls & women not being embarrassed/ashamed of their period. [#PeriodTalk](#)

[Show Conversation](#)

[50CentsPeriod](#) 9:21am via TweetChat powered by oneQube

A4: OWNERSHIP of their bodies and CONTROL of reproductive rights [#periodtalk](#) @[disonLA](#)

Retweeted by [50CPLady](#)

[maximhy](#) 9:22am via HootSuite

@[ArezoonZ](#) Really? wow! Our founder is from Iran. We should get him on that! [#PeriodTalk](#)

[Show Conversation](#)

[LadyAleira](#) 9:20am via Web

A4: AND girls feel more free to go to school, play and interact with people when they know what's going on [#PeriodTalk](#)

Retweeted by [WASHUnited](#) and 1 others

[emswsmith](#) 9:13am via Web

@[GirlsGlobe](#) [#PeriodTalk](#) Lata's daughter will be one well informed little girl!

[girlsglobe.org/2014/05/19/so-...](#)

Retweeted by [irise_int](#)

[ZanaAfrica 9:22am via Web](#)

A4: Knowing there are options reduces stigma, increases agency, and can increase health. Knowledge takes away the burden [#PeriodTalk](#)

[bcimaGIRL 9:20am via TweetChat powered by oneQube](#)

Shout out to @[AFRipads](#) helping girls like Maureen manage periods in a healthy way!

[bit.ly/1v9w6ZN](#) [#PeriodTalk](#)

Retweeted by [AFRipads](#) and 1 others

[AuntFlo 28 9:20am via TweetChat powered by oneQube](#)

A4: When girls don't know they assume or worse still believe myths - education opens doors that would otherwise remain closed [#periodtalk](#)

Retweeted by [WASHUnited](#) and 1 others

[GirlsGlobe 9:21am via Web](#)

@[WASHUnited](#) A4: Knowledge is power! When girls understand that it's a natural process, less likely to be scared or silent. [#PeriodTalk](#)

Retweeted by [ArezooNZ](#) and 2 others

[LadyAleira 9:20am via Web](#)

A4: AND girls feel more free to go to school, play and interact with people when they know what's going on [#PeriodTalk](#)

Retweeted by [50CPLady](#) and 1 others

[50CPLady 9:21am via Web](#)

@[ArezooNZ](#) @[AFRipads](#) Yes! Whole generations of girl/peer experts is key! [#PeriodTalk](#)

Retweeted by [ArezooNZ](#)

[bcimaGIRL 9:21am via TweetChat powered by oneQube](#)

A4: Effective menstruation mgmt. = ability to stay in school, be more productive, feel more confident. [#PeriodTalk](#)

Retweeted by [WASHUnited](#) and 1 others

[AuntFlo 28 9:22am via TweetChat powered by oneQube](#)

Menstruation isn't something that someone causes to happen to girls, menstruation is a normal, natural, healthy part of life [#periodtalk](#)

1 retweets

[GirlsGlobe 9:21am via Web](#)

@[WASHUnited](#) A4: Knowledge is power! When girls understand that it's a natural process, less likely to be scared or silent. [#PeriodTalk](#)

Retweeted by [GladRags](#) and 2 others



[ArezooNZ 9:21am via TweetDeck](#)

@[WASHUnited](#) @[GirlsGlobe](#) They will feel/be in control of their own bodies, don't have to rely on others. [#PeriodTalk](#)

1 retweets [Show Conversation](#)



[emswsmith](#) 9:21am via Web

[#PeriodTalk](#) @[irise_int](#) found 74% of rural ugandan school girls thought period pain was a sign of illness. What a bloody nightmare!

Retweeted by [WASHUnited](#)



[GladRags](#) 9:21am via Web

RT @[GirlsGlobe](#) Unsure about how to start the convo around menstruation? Here are 28 ways: [ow.ly/x3bAb](#) [#PeriodTalk](#)



[WaterAidAmerica](#) 9:20am via Web

We hate stats like these: 60% of female workers in 1 case study use rags off the factory floor as pads [#PeriodTalk](#) [pic.twitter.com/DYCgta9F6H](#)

[E Epstein](#) 9:19am via HootSuite

@[WASHUnited](#) A3: Knew about it but not much else. My mom told me to come and get her if I saw blood when I peed... [#PeriodTalk](#)

[Show Conversation](#)



[WASHUnited](#) 9:11am via TweetDeck

Q2: How did you feel when you first got your period? (i.e. Scared? Happy? Nervous? Etc.)

[#PeriodTalk](#)

Retweeted by [BeautyinBloodUS](#) and 3 others



[bcimaGIRL](#) 9:18am via TweetChat powered by oneQube

A4: Knowledge IS power! When girls understand menstruation they are able to manage it more effectively. [#PeriodTalk](#)

Retweeted by [AFRIpads](#) and 2 others



[ibnbinta](#) 9:19am via Twitter for Android

Some mothers find it difficult talking to thier girls on how to keep themselves clean in times like this. [#periodtalk](#)

1 retweets



[emswsmith](#) 9:19am via Web

[#Periodtalk](#) I remember teaching a friend at medical school to use a tampon in some club toilets. No one had ever told her. shocking!



[bcimaGIRL](#) 9:18am via TweetChat powered by oneQube

A4: Knowledge IS power! When girls understand menstruation they are able to manage it more effectively. [#PeriodTalk](#)

Retweeted by [50CPLady](#) and 2 others



[WASHadvocates](#) 9:19am via HootSuite

@[jimmyfallon](#) @[StephenAtHome](#) @[mlindenmayer](#) be a man and join in the [#PeriodTalk](#) twitterchat with @[WASHUnited](#) and @[GirlsGlobe](#) NOW!

[AFRIpads](#) 9:18am via Web

A3: Unfortunately, for many girls in Uganda the answer is FALSE [#Periodtalk](#)

Retweeted by [WASHUnited](#)



[Lunettecup](#) 9:18am via Web

[#PeriodTalk](#) Q2: How did you feel when you first got your period? (i.e. Scared? Happy? Nervous? Etc.) Join us [#menstruationmatters](#)



[bcimaGIRL](#) 9:18am via TweetChat powered by oneQube

A4: Edagegn, from [#Ethiopia](#), explains how understanding menstruation empowers her & her friends. bit.ly/1n0QyGq [#PeriodTalk](#)

Retweeted by [WASHUnited](#)



[50CPLady](#) 9:18am via Web

@[inainchina](#) @[bcimaGIRL](#) Yes! Very different things! [#PeriodTalk](#)

[Show Conversation](#)



[50CentsPeriod](#) 9:18am via TweetChat powered by oneQube

RT @[GirlsGlobe](#) RT @[WASHUnited](#): Q3: True/False: You knew about menstrual hygiene options before your first period. [#PeriodTalk](#) @[disonLA](#)

[Show Conversation](#)



[AFRIpads](#) 9:18am via Web

A3: Unfortunately, for many girls in Uganda the answer is FALSE [#Periodtalk](#)

1 retweets



[bcimaGIRL](#) 9:18am via TweetChat powered by oneQube

A4: Edagegn, from [#Ethiopia](#), explains how understanding menstruation empowers her & her friends. bit.ly/1n0QyGq [#PeriodTalk](#)

1 retweets



[ArezooNZ](#) 9:18am via TweetDeck

@[emswsmith](#) I never saw tampons @ Iranian super markets, only pads. It's not an option there.

[#PeriodTalk](#)

[Show Conversation](#)



[inainchina](#) 9:17am via TweetDeck

RT @[bcimaGIRL](#): A3: Knowing ABOUT menstruation and knowing your options are 2 very different things! [#PeriodTalk](#) AGREE!

Retweeted by [50CPLady](#)



[maximhy](#) 9:18am via HootSuite

@[emswsmith](#) haha! [#FierceWoman](#)! Where did you get your strength and confidence in doing so? [#PeriodTalk](#)

[Show Conversation](#)



[bcimaGIRL](#) 9:18am via TweetChat powered by oneQube

A4: Knowledge IS power! When girls understand menstruation they are able to manage it more effectively. [#PeriodTalk](#)

Retweeted by [WaterCanCharity](#) and 2 others



[50CPLady](#) 9:18am via Web

@[WASHUnited](#) Q3: Also, bcuz it was the 80's ad wars between Kotex/Stayfree, etc. were in full swing. I was anxious to try all! [#PeriodTalk](#)

[Show Conversation](#)



[Roblicki](#) 9:18am via Twitter for iPhone

@[kkwalicki](#) haha, @[DanielleHuey](#) didn't believe me when I told her kids in my high school would look for that as a sign. [#PeriodTalk](#)



[GirlsGlobe](#) 9:10am via HootSuite

Dr. Lata Narayanaswamy of @[irise_int](#) talks about the importance of [#menstrualhygiene](#)!

Details: [ow.ly/x3lOM](#) [#PeriodTalk](#)

Retweeted by [irise_int](#) and 1 others



[bcimaGIRL](#) 9:18am via TweetChat powered by oneQube

A4: Knowledge IS power! When girls understand menstruation they are able to manage it more effectively. [#PeriodTalk](#)

3 retweets



[bpreparedperiod](#) 9:18am via TweetChat powered by oneQube

RT @[WASHUnited](#) Q4: How does having the KNOWLEDGE to properly manage [#menstruation](#) help empower women & girls? [#PeriodTalk](#)
[Show Conversation](#)



[WASHUnited](#) 9:17am via TweetDeck

Q4: How does having the KNOWLEDGE to properly manage [#menstruation](#) help empower women & girls? [#PeriodTalk](#)



[WASHUnited](#) 9:15am via TweetDeck

Q3: True/False: You knew about menstrual hygiene options before your first period. [#PeriodTalk](#)
Retweeted by [sabsrubli](#) and 1 others



[ZanaAfrica](#) 9:17am via Web

A3. True, I knew about sanitary pads when I finally started. My mum had made me pack for a trip 12 months before just in case!! [#PeriodTalk](#)



[50CentsPeriod](#) 9:17am via TweetChat powered by oneQube

A3: true - but only sanitary belts & napkins! tampons and self-stick adhesive came much later in our house...[#periodtalk](#) @[disonLA](#)

[Show Conversation](#)



[emswsmith](#) 9:17am via Web

[#PeriodTalk](#) true. my mother is always prepared. She insisted on explaining to me how a tampon worked intricate detail. Grateful now!



[bcimaGIRL](#) 9:17am via TweetChat powered by oneQube

A3: Knowing ABOUT menstruation and knowing your options are 2 very different things!
[#PeriodTalk](#)

Retweeted by [dari_96](#)



[inainchina](#) 9:17am via TweetDeck

RT @[bcimaGIRL](#): A3: Knowing ABOUT menstruation and knowing your options are 2 very different things! [#PeriodTalk](#) AGREE!

1 retweets



[ArezooNZ](#) 9:17am via TweetDeck

@[WASHUnited](#) @[GirlsGlobe](#) but is prevalent in Canada as well 2/2 [#PeriodTalk](#)

[Show Conversation](#)



[WASHadvocates](#) 9:17am via HootSuite

@[klugesan](#) join in! MT @[WASHUnited](#): For men participating today, how old were the important females in your life when she began? [#PeriodTalk](#)

[bcimaGIRL](#) 9:17am via TweetChat powered by oneQube

A3: Knowing ABOUT menstruation and knowing your options are 2 very different things! [#PeriodTalk](#)



[ArezoonNZ](#) 9:17am via TweetDeck

@[WASHUnited](#) @[GirlsGlobe](#) True, but there's this whole myth that virgins shouldn't use tampons 1/2 [#PeriodTalk](#)

[Show Conversation](#)



[bpreparedperiod](#) 9:17am via TweetChat powered by oneQube

So true! RT @[WASHUnited](#) RT @[AuntFlo_28](#): The transition to having a period is SO different at age 8-9-10 versus age 13-14-15! [#periodtalk](#)

[Show Conversation](#)



[50CPLady](#) 9:16am via Web

@[WASHUnited](#) Q3: My mom was nurse. I had read all her health books and figured out what was coming! [#PeriodTalk](#)

[Show Conversation](#)



[WaterAidAmerica](#) 9:10am via Web

FACT: 70.9% of girls in [#India](#) had no idea what was happening when they started their 1st period [#PeriodTalk](#) [pic.twitter.com/HU3Se7dBnd](#)

Retweeted by [NeighborYoga](#) and 1 others



[GirlsGlobe](#) 9:16am via Web

@[sabsrubli](#) @[WASHUnited](#) Happy birthday! ;) [#PeriodTalk](#)

[Show Conversation](#)



[AuntFlo_28](#) 9:15am via TweetChat powered by oneQube

The transition to having a period is SO different at age 8-9-10 versus age 13-14-15! [#periodtalk](#)

Retweeted by [WASHUnited](#)



[sabsrubli](#) 9:16am via Mobile Web (M5)

@[GladRags](#) @[WASHUnited](#) I didnt tell my mom until that night! [#PeriodTalk](#)

[Show Conversation](#)



[WASHUnited](#) 9:15am via TweetDeck

Q3: True/False: You knew about menstrual hygiene options before your first period. [#PeriodTalk](#)

[WASHUnited](#) 9:08am via TweetDeck

Q1: For men participating today, how old was your wife, daughter or other important female in your life when she began? [#PeriodTalk](#)

Retweeted by [BeautyinBloodUS](#)



[inainchina](#) 9:16am via TweetDeck

Q3: only about tampons, as one company gave us trials and booklets [#PeriodTalk](#) [#menstruation](#)



[maximhy](#) 9:16am via HootSuite

@[Emmasalor](#) We love you're embrace of your period! Let's get all women and girls on the same page! [#PeriodTalk](#)

[Show Conversation](#)



[AuntFlo](#) 28 9:16am via TweetChat powered by oneQube

A3: False. I didn't even know what a period was! [#periodtalk](#)



[sabsrubli](#) 9:15am via Mobile Web (M5)

@[WASHUnited](#) I felt really uncomfortable..and it happened on my birthday!!! [#PeriodTalk](#)

Retweeted by [WASHUnited](#)



[Lunettecup](#) 9:16am via Web

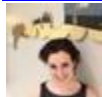
[#PeriodTalk](#) Q1: How old were you when you had your first period? [#menstruationmatters](#) - join us now



[bcimaGIRL](#) 9:16am via TweetChat powered by oneQube

Great Question! RT @[WASHUnited](#) Q3: True/False: You knew about menstrual hygiene options before your first period. [#PeriodTalk](#)

[Show Conversation](#)



[AlisonChannon](#) 9:16am via TweetChat powered by oneQube

@[WASHUnited](#) True. But not about all of the options like reusable menstrual cups. [#periodtalk](#)

[Show Conversation](#)



[AuntFlo](#) 28 9:15am via TweetChat powered by oneQube

The transition to having a period is SO different at age 8-9-10 versus age 13-14-15! [#periodtalk](#)
1 retweets



[emswsmith](#) 9:15am via Web

[#PeriodTalk](#) My youngest sister is a bit of a drama queen. She wailed god why didn't you make me a boy!!! Naturally i put her right!



[bpreparedperiod](#) 9:15am via TweetChat powered by oneQube

RT @ [WASHUnited](#) Q3: True/False: You knew about menstrual hygiene options before your first period. [#PeriodTalk](#)
[Show Conversation](#)



[WASHUnited](#) 9:15am via TweetDeck

Q3: True/False: You knew about menstrual hygiene options before your first period. [#PeriodTalk](#)
1 retweets



[sabsrubli](#) 9:15am via Mobile Web (M5)

@ [WASHUnited](#) I felt really uncomfortable..and it happened on my birthday!!! [#PeriodTalk](#)
1 retweets [Show Conversation](#)



[BeautyinBloodUS](#) 9:15am via Web

@ [WASHUnited](#) 12-13 yrs old on a snow day in the 8th grade. [#PeriodTalk](#)
[Show Conversation](#)



[WASHUnited](#) 9:11am via TweetDeck

Q2: How did you feel when you first got your period? (i.e. Scared? Happy? Nervous? Etc.)
[#PeriodTalk](#)

Retweeted by [AlisonChannon](#) and 2 others



[WASHadvocates](#) 9:15am via HootSuite

Imagine not having a [#toilet](#) with privacy! [#WASH](#) RT @ [emswsmith](#): [#PeriodTalk](#) Shit! this is going to be inconvenient!



[ZanaAfrica](#) 9:15am via Web

[#PeriodTalk](#) tweets are sent by Nicole from Communications for ZanaAfrica.



[WomenDeliver](#) 9:06am via HootSuite

Join in a [#MenstrualHygiene](#) Day-themed Twitterchat NOW using [#PeriodTalk](#). Share your experiences about why [#MenstruationMatters](#)!

Retweeted by [WaterAidAmerica](#) and 3 others



[WASHUnited](#) 9:07am via TweetDeck

Q1: At what age did you first have your period? [#PeriodTalk](#)

Retweeted by [BeautyinBloodUS](#) and 2 others



[50CentsPeriod](#) 9:14am via TweetChat powered by oneQube

RT @[GladRags](#) RT @[WASHUnited](#) Q1: At what age did you first have your period?

[#PeriodTalk](#) @[disonLA](#)

[Show Conversation](#)



[WASHadvocates](#) 9:14am via HootSuite

MT @[WaterAidAmerica](#): 70.9% girls in [#India](#) have no idea what was happening when they start their period [#PeriodTalk](#) pic.twitter.com/nVsQ5tlHaC



[Emmasalor](#) 9:14am via Web

[#menstruationmatters](#) Happy to join this important discussion from NYC! I've enjoyed the company of my period since age 12 [#PeriodTalk](#)



[inainchina](#) 9:14am via TweetDeck

Sylhet some girls know- thanks to @[wateraid](#) & IDEA

for others edu came late [#periodtalk](#) but rolemodels for sisters pic.twitter.com/KBrWQi0h3D



[ArezooNZ](#) 9:13am via TweetDeck

@[AuntFlo_28](#) I remember my grandma and mom say whisper the word "period" when they were around me. And we were all women! [#PeriodTalk](#)

[ArezooNZ](#) 9:14am via TweetDeck

@[maximhy](#) The book targeted various aspect of growing up as a girl, Biology (what happens 2 ur body when u get ur period), [#PeriodTalk](#) 1/2

[Show Conversation](#)



[emswsmith](#) 9:13am via Web

[#PeriodTalk](#) Shit! this is going to be inconvenient!

[GladRags](#) 9:13am via Web

RT @[WASHUnited](#) Q1: At what age did you first have your period? [#PeriodTalk](#)



[bcimaGIRL](#) 9:13am via TweetChat powered by oneQube

RT @50CPLady @WaterAidAmerica 100% of the girls @50CentsPeriod has wked with in AP report zero pre-knowledge of first period. [#PeriodTalk](#)
Retweeted by [Livingstone_S](#)



[ZanaAfrica](#) 9:13am via Web

A2. I was so relieved that I got it before my younger sister. I had friends that started at 9 and were scared and embarrassed [#PeriodTalk](#) NM



[ArezoonNZ](#) 9:13am via TweetDeck

@[AuntFlo_28](#) I remember my grandma and mom say whisper the word “period” when they were around me. And we were all women! [#PeriodTalk](#)
[Show Conversation](#)



[npTechAlly](#) 9:13am via Web

As was I RT: @[jordanlleague](#) I was 10! [#PeriodTalk](#) @[WASHUnited](#) [#WASH](#)
[#MenstruationMatters](#)

[50CPLady](#) 9:13am via Web

@[WASHUnited](#) Q2: I was happy/relieved. Then embarrassed as hell when my mom started calling all the relatives. [#PeriodTalk](#)
[Show Conversation](#)



[WASHadvocates](#) 9:13am via HootSuite

MT @[WomenDeliver](#): Join in a [#MenstrualHygieneDay](#) Twitterchat NOW using [#PeriodTalk](#). Share your experiences about why [#MenstruationMatters](#)!



[emswsmith](#) 9:13am via Web

@[GirlsGlobe](#) [#PeriodTalk](#) Lata's daughter will be one well informed little girl!
[girlsglobe.org/2014/05/19/so-...](#)



[bcimaGIRL](#) 9:13am via TweetChat powered by oneQube

RT @50CPLady @WaterAidAmerica 100% of the girls @50CentsPeriod has wked with in AP report zero pre-knowledge of first period. [#PeriodTalk](#)
[Show Conversation](#)



[bpreparedperiod](#) 9:13am via TweetChat powered by oneQube

RT @[WASHUnited](#): Q2: How did you feel when you first got your period? (i.e. Scared? Happy? Nervous? Etc.) [#PeriodTalk](#)
[Show Conversation](#)



[bcimaGIRL](#) 9:12am via TweetChat powered by oneQube

RT @[WASHUnited](#) Q1: At what age did you first have your period? [#PeriodTalk](#)
[Show Conversation](#)



[WASHUnited](#) 9:11am via TweetDeck

Q2: How did you feel when you first got your period? (i.e. Scared? Happy? Nervous? Etc.)
[#PeriodTalk](#)

[50CentsPeriod](#) 9:12am via TweetChat powered by oneQube

A2: I somewhat neutral. my mother - ballistic for some reason. @[disonLA](#) [#periodtalk](#)
[Show Conversation](#)



[ArezoonNZ](#) 9:11am via TweetDeck

RT @[WaterAidAmerica](#): FACT: 70.9% of girls in [#India](#) had no idea what was happening , 1st period [#PeriodTalk](#) pic.twitter.com/533rKag3TR

Retweeted by [LadyAleira](#)



[WomenDeliver](#) 9:06am via HootSuite

Join in a [#MenstrualHygiene](#) Day-themed Twitterchat NOW using [#PeriodTalk](#). Share your experiences about why [#MenstruationMatters](#)!

Retweeted by [Lunettecup](#) and 2 others



[WASHUnited](#) 9:11am via TweetDeck

Q2: How did you feel when you first got your period? (i.e. Scared? Happy? Nervous? Etc.)
[#PeriodTalk](#)

Retweeted by [Ananya_Gh](#) and 1 others



[LadyAleira](#) 9:12am via Web

Q2: I was well prepared by my mom but still unprepared for how the changes would feel
[#PeriodTalk](#)



[ArezoonNZ](#) 9:12am via TweetDeck

@[WASHUnited](#) I knew a lot about what was happening to my body (12) but was still scared, obvi. it was new to me. [#PeriodTalk](#)

[Show Conversation](#)



[WomenDeliver](#) 9:06am via HootSuite

Join in a [#MenstrualHygiene](#) Day-themed Twitterchat NOW using [#PeriodTalk](#). Share your experiences about why [#MenstruationMatters](#)!

Retweeted by [ibnbinta](#) and 2 others



[AuntFlo](#) 28 9:12am via TweetChat powered by oneQube

A2: Because I started so very young, I was scared and then quite confused as my mother didn't explain it openly or honestly [#periodtalk](#)



[bpreparedperiod](#) 9:12am via TweetChat powered by oneQube

A2: I would say I felt relieved, at 15 I felt well prepared! ;) [#periodtalk](#)



[InsteadSoftcup](#) 9:12am via HootSuite

RT @[WASHUnited](#): We are joined by 3 experts working in different areas of [#MHM](#) @[50CPLady](#) @[emswsmith](#) & @[inainchina](#) [#PeriodTalk](#)



[WASHUnited](#) 9:07am via TweetDeck

Q1: At what age did you first have your period? [#PeriodTalk](#)

Retweeted by [Ananya_Gh](#) and 1 others



[jordanlteague](#) 9:11am via HootSuite

A1 I was the first of my friends, who didn't begin until 3 years later! [#PeriodTalk](#)



[WaterAidAmerica](#) 9:10am via Web

FACT: 70.9% of girls in [#India](#) had no idea what was happening when they started their 1st period [#PeriodTalk](#) pic.twitter.com/HU3Se7dBnd

Retweeted by [GladRags](#)



[50CPLady](#) 9:11am via Web

@[WaterAidAmerica](#) 100% of the girls @[50CentsPeriod](#) has wked with in AP report zero pre-knowledge of first period. [#PeriodTalk](#)

[Show Conversation](#)



[ArezooNZ](#) 9:11am via TweetDeck

RT @[WaterAidAmerica](#): FACT: 70.9% of girls in [#India](#) had no idea what was happening , 1st period [#PeriodTalk](#) pic.twitter.com/533rKag3TR

1 retweets



[WASHUnited](#) 9:11am via TweetDeck

Q2: How did you feel when you first got your period? (i.e. Scared? Happy? Nervous? Etc.)

[#PeriodTalk](#)

2 retweets



[ArezooNZ](#) 9:11am via TweetDeck

@[E_Epstein](#) @[WASHUnited](#) I was 12! But I knew exactly what was going on, had read a book called "Everything A Girl Must Know" [#PeriodTalk](#)

[Show Conversation](#)



[GirlsGlobe](#) 9:10am via HootSuite

Dr. Lata Narayanaswamy of @[irise_int](#) talks about the importance of [#menstrualhygiene](#)!

Details: [ow.ly/x3lOM](#) [#PeriodTalk](#)

Retweeted by [emswsmith](#)



[WASHdogRex](#) 9:10am via HootSuite

My [#mom](#) was 11 [#PeriodTalk](#) [#MenstruationMatters](#)

[GirlsGlobe](#) 9:10am via HootSuite

Dr. Lata Narayanaswamy of @[irise_int](#) talks about the importance of [#menstrualhygiene](#)!

Details: [ow.ly/x3lOM](#) [#PeriodTalk](#)



[WASHUnited](#) 9:07am via TweetDeck

Q1: At what age did you first have your period? [#PeriodTalk](#)

Retweeted by [GirlsGlobe](#)



[WaterAidAmerica](#) 9:10am via Web

FACT: 70.9% of girls in [#India](#) had no idea what was happening when they started their 1st period [#PeriodTalk](#) [pic.twitter.com/HU3Se7dBnd](#)



[ZanaAfrica](#) 9:10am via Web

@[WASHUnited](#) A1. We all varied in age, but one girl was 13, and was so excited as her 11 year old sister got it a month later! [#PeriodTalk](#)

[Show Conversation](#)



[WASHadvocates](#) 9:07am via HootSuite

RT @[WASHdogRex](#): Surrounded by women in the @[WASHadvocates](#) office. [#PeriodTalk](#) abounds! [#MenstruationMatters](#) [#2PawsUp](#)

Retweeted by [WidescopeCSR](#)



[WomenDeliver](#) 9:06am via HootSuite

Join in a [#MenstrualHygiene](#) Day-themed Twitterchat NOW using [#PeriodTalk](#). Share your experiences about why [#MenstruationMatters](#)!

Retweeted by [WidescopeCSR](#)



[LadyAleira](#) 9:09am via Web

Q1: I was just finishing up 6th grade, so 12 [#PeriodTalk](#)



[emswsmith](#) 9:09am via Web

[#PeriodTalk](#) 13. Oldest of 3 sisters so it was just the beginning 4 my parents!



[AuntFlo_28](#) 9:09am via TweetChat powered by oneQube

A1: My tween just reached this milestone earlier this year at age 10 [#MenstruationMatters](#)
[#periodtalk](#)



[50CPLady](#) 9:09am via Web

Q1: 12, at school [#PeriodTalk](#)



[WASHUnited](#) 9:05am via TweetDeck

We are joined by 3 experts working in different areas of [#MHM](#)- @[50CPLady](#) @[emswsmith](#) & @[inainchina](#) who we'll talk to later on. [#PeriodTalk](#)

Retweeted by [Lunettecup](#) and 3 others



[jordanlteague](#) 9:09am via HootSuite

I was 10! [#PeriodTalk](#) @[WASHUnited](#) [#WASH](#) [#MenstruationMatters](#)



[E_Epstein](#) 9:09am via HootSuite

@[WASHUnited](#) I was really late in getting my period - 17 years old! [#PeriodTalk](#)
[#MenstruationMatters](#)



[WaterAidAmerica](#) 9:04am via Web

.@[WaterAidAmerica](#) is here for [#PeriodTalk](#), representing women + girls supported by @[wateraid](#) in 26 countries! pic.twitter.com/jfi4CrbNr3

Retweeted by [NeighborYoga](#) and 1 others



[50CentsPeriod](#) 9:09am via TweetChat powered by oneQube

A1: RT @[50CentsPeriod](#) [#periodtalk](#) 13 @[disonLA](#)

[bpreparedperiod](#) 9:08am via TweetChat powered by oneQube

A1: I personally was a late bloomer, not till I was 15. [#periodtalk](#)



[50CentsPeriod](#) 9:08am via TweetChat powered by oneQube

[#periodtalk](#) 13 @[disonLA](#)



[ArezooNZ](#) 9:08am via TweetDeck

@[WASHdogRex](#) @[WASHadvocates](#) to act and make a change [#PeriodTalk](#)
[Show Conversation](#)



[inainchina](#) 9:08am via TweetDeck

Q1: at 13, just back from school [#periodtalk](#)

[WASHUnited](#) 9:08am via TweetDeck

Q1: For men participating today, how old was your wife, daughter or other important female in your life when she began? [#PeriodTalk](#)



[WASHadvocates](#) 9:07am via HootSuite

RT @[WASHdogRex](#): Surrounded by women in the @[WASHadvocates](#) office. [#PeriodTalk](#) abounds! [#MenstruationMatters](#) [#2PawsUp](#)



[bcimaGIRL](#) 9:01am via TweetChat powered by oneQube

Being our 1st time in the chat, we'll listen in and you know, just [#gowiththeflow](#). [#PeriodTalk](#)
 Retweeted by [FillyAinan](#) and 1 others

[WASHUnited](#) 9:06am via TweetDeck

Just FYI, Emily Wilson-Smith from @[rise_int](#) will be joining us instead of @[josiereeve11](#)
[#PeriodTalk](#)

Retweeted by [Ananya Gh](#)



[NiliMajumder](#) 9:07am via Web

@[GirlsGlobe](#) STARTING NOW: [#MenstruationMatters](#)! Spread d word&join d global
[#Twitterchat](#) on [#MenstrualHygiene](#). Use [#PeriodTalk](#) 2join the convo
[Show Conversation](#)



[AFRipads](#) 9:07am via Web

Join in a [#MenstrualHygiene](#) Day-themed Twitterchat NOW using [#PeriodTalk](#). Share your experiences about why [#MenstruationMatters](#)!



[WASHUnited](#) 9:07am via TweetDeck

Q1: At what age did you first have your period? [#PeriodTalk](#)



[WASHUnited](#) 9:05am via TweetDeck

We are joined by 3 experts working in different areas of [#MHM](#)- @[50CPLady](#) @[emswsmith](#) & @[inainchina](#) who we'll talk to later on. [#PeriodTalk](#)

Retweeted by [Ananya Gh](#) and 2 others



[GirlsGlobe](#) 9:02am via HootSuite

STARTING NOW: [#MenstruationMatters](#)! Spread the word & join the global [#Twitterchat](#) on [#MenstrualHygiene](#). Use [#PeriodTalk](#) to join the convo.

Retweeted by [PPPSGV](#) and 2 others



[WASHUnited](#) 9:07am via TweetDeck

Ok, here we go with questions! [#PeriodTalk](#)



[WASHdogRex](#) 9:06am via HootSuite

Surrounded by women in the @[WASHadvocates](#) office. [#PeriodTalk](#) abounds!
[#MenstruationMatters](#) [#2PawsUp](#)

[WomenDeliver](#) 9:06am via HootSuite

Join in a [#MenstrualHygiene](#) Day-themed Twitterchat NOW using [#PeriodTalk](#). Share your experiences about why [#MenstruationMatters](#)!

[ArezooNZ](#) 9:06am via TweetDeck

Can't wait to take away useful info. about [#menstrualhygiene](#) barriers around the world. Join us @ [#periodtalk](#) [#menstruationmatters](#)

[AuntFlo_28](#) 9:06am via Web

@[ArezooNZ](#) right now an important event is happening here in Twitter - follow [#PeriodTalk](#) and [#MenstruationMatters](#)
[Show Conversation](#)

[WASHUnited](#) 9:06am via TweetDeck

Just FYI, Emily Wilson-Smith from @[irise_int](#) will be joining us instead of @[josiereeve11](#)
[#PeriodTalk](#)

1 retweets

[bpreparedperiod](#) 9:05am via TweetChat powered by oneQube

RT @[GirlsGlobe](#): STARTING NOW: [#MenstruationMatters](#)! Spread the word & join the global [#Twitterchat](#) on [#MenstrualHygiene](#). [#periodtalk](#)

Retweeted by [emswsmith](#)



[WASHUnited](#) 9:05am via TweetDeck

We are joined by 3 experts working in different areas of [#MHM](#)- @[50CPLady](#) @[emswsmith](#) & @[inainchina](#) who we'll talk to later on. [#PeriodTalk](#)

Retweeted by [50CPLady](#) and 2 others



[InsteadSoftcup](#) 9:06am via HootSuite

@[InsteadSoftcup](#) here, joining from San Diego, California :) Excited to keep this important conversation going [#PeriodTalk](#)



[WASHUnited](#) 9:05am via [TweetDeck](#)

We are joined by 3 experts working in different areas of [#MHM](#)- @[50CPLady](#) @[emswsmith](#) & @[inainchina](#) who we'll talk to later on. [#PeriodTalk](#)
Retweeted by [BeautyinBloodUS](#) and 2 others



[GladRags](#) 9:05am via [Web](#)

RT @[WASHUnited](#): Welcome to our [#PeriodTalk](#) Twitterchat! This is dedicated to [#MenstrualHygiene](#) Day / [#MHD](#) on May 28. [#PeriodTalk](#)



[bpreparedperiod](#) 9:05am via [TweetChat](#) powered by [oneQube](#)

RT @[GirlsGlobe](#): STARTING NOW: [#MenstruationMatters](#)! Spread the word & join the global [#Twitterchat](#) on [#MenstrualHygiene](#). [#periodtalk](#)
1 retweets [Show Conversation](#)



[emswsmith](#) 9:05am via [Twitter for Android](#)

I'm representing @[irise_int](#) during [#periodtalk](#)



[WASHUnited](#) 9:05am via [TweetDeck](#)

We are joined by 3 experts working in different areas of [#MHM](#)- @[50CPLady](#) @[emswsmith](#) & @[inainchina](#) who we'll talk to later on. [#PeriodTalk](#)

[GirlsGlobe](#) 9:02am via [HootSuite](#)

STARTING NOW: [#MenstruationMatters](#)! Spread the word & join the global [#Twitterchat](#) on [#MenstrualHygiene](#). Use [#PeriodTalk](#) to join the convo.

Retweeted by [50CPLady](#)



[WASHUnited](#) 9:03am via [TweetDeck](#)

We are here in Berlin, Germany enjoying a beautiful day! [#PeriodTalk](#)



[ZanaAfrica](#) 9:03am via [Web](#)

@[WASHUnited](#) We are here from Nairobi, [#Kenya](#) love working to empower girls and educate that [#MenstruationMatters](#) [#PeriodTalk](#)
[Show Conversation](#)



[WASHUnited](#) 9:00am via [TweetDeck](#)

Welcome to our [#PeriodTalk](#) Twitterchat! This Twitterchat is dedicated to [#MenstrualHygiene](#) Day / [#MHD](#) on May 28. [#PeriodTalk](#)

Retweeted by [GladRags](#) and 2 others



[bcimaGIRL](#) 9:01am via TweetChat powered by oneQube

Being our 1st time in the chat, we'll listen in and you know, just [#gowiththeflow](#). [#PeriodTalk](#)

Retweeted by [dari_96](#)



[bpreparedperiod](#) 9:03am via TweetChat powered by oneQube

Tara here from Seattle, WA (USA). Welcome everyone! [#periodtalk](#)



[WASHUnited](#) 9:02am via TweetDeck

Please make sure to use [#PeriodTalk](#) in ALL OF YOUR TWEETS today!! Thanks & let's go! :)

[#MenstruationMatters](#)

1 retweets



[GirlsGlobe](#) 9:02am via HootSuite

STARTING NOW: [#MenstruationMatters](#)! Spread the word & join the global [#Twitterchat](#) on [#MenstrualHygiene](#). Use [#PeriodTalk](#) to join the convo.

1 retweets



[bcimaGIRL](#) 8:59am via TweetChat powered by oneQube

Looking forward to joining [#PeriodTalk](#) for the 1st time! Time to talk about why

[#MenstruationMatters](#)

Retweeted by [dari_96](#) and 2 others



[WASHadvocates](#) 9:02am via HootSuite

WASH Advocates joining [#PeriodTalk](#) from Washington, DC [#MenstruationMatters](#) [#WASH](#)



[50CPLady](#) 9:02am via Web

@[WASHUnited](#) I'm joining from Clarkston, GA USA! [#PeriodTalk](#)

[Show Conversation](#)



[GladRags](#) 9:02am via Web

@[WASHUnited](#) Thank you for hosting the [#PeriodTalk](#) ! We're in [#pdx](#) [#oregon](#)

[Show Conversation](#)



[bcimaGIRL](#) 9:02am via TweetChat powered by oneQube

We're joining you from @[PlanUSA](#) headquarters in [#RhodeIsland](#) [#USA](#) [#PeriodTalk](#)



[50CentsPeriod](#) 9:02am via TweetChat powered by oneQube

We're here at [#periodtalk](#) - @[50CentsPeriod](#) from ATL [#menstruationmatters](#)



[ZanaAfrica](#) 9:02am via Web

Excited to be a part of the first [#PeriodTalk](#) ! Flow along with us!



[WASHUnited](#) 9:00am via TweetDeck

Welcome to our [#PeriodTalk](#) Twitterchat! This Twitterchat is dedicated to [#MenstrualHygiene Day](#) / [#MHD](#) on May 28. [#PeriodTalk](#)

Retweeted by [Ananya_Gh](#) and 2 others



[50CPLady](#) 9:02am via Web

@[bpreparedperiod](#) Excited to be here! [#PeriodTalk](#)

[Show Conversation](#)



[WASHadvocates](#) 9:02am via HootSuite

Excited for today's [#twitterchat](#) on [#PeriodTalk](#) with @[WASHUnited](#) @[GirlsGlobe](#) NOW! [#MenstruationMatters](#)



[WASHUnited](#) 9:01am via TweetDeck

Thank you for being here! Who is joining us & from where? [#PeriodTalk](#)



[WASHUnited](#) 9:00am via TweetDeck

Welcome to our [#PeriodTalk](#) Twitterchat! This Twitterchat is dedicated to [#MenstrualHygiene Day](#) / [#MHD](#) on May 28. [#PeriodTalk](#)

Retweeted by [50CPLady](#)



[WaterAidAmerica](#) 8:56am via Web

Pull up a seat and join us for [#PeriodTalk](#) w/@[WASHUnited](#) starting NOW! Learn why [#toilets](#) and [#MenstruationMatters](#) pic.twitter.com/ep7VpRz1CW

Retweeted by [GirlsGlobe](#) and 3 others



[bcimaGIRL](#) 9:01am via TweetChat powered by oneQube

Being our 1st time in the chat, we'll listen in and you know, just [#gowiththeflow](#). [#PeriodTalk](#)



[bpreparedperiod](#) 9:01am via TweetChat powered by oneQube

So great to see all these new faces joining us for [#PeriodTalk](#) today! :)



[WaterAidAmerica](#) 8:56am via Web

Pull up a seat and join us for [#PeriodTalk](#) w/@[WASHUnited](#) starting NOW! Learn why [#toilets](#) and [#MenstruationMatters](#) pic.twitter.com/ep7VpRz1CW

Retweeted by [WidescopeCSR](#) and 3 others



[WASHUnited](#) 9:00am via TweetDeck

[#PeriodTalk](#) TWITTER CHAT STARTS IN ONE MINUTE! Get your engines started!

Retweeted by [50CPLady](#)



[Lunettecup](#) 9:00am via Web

Will we see you at [#periodtalk](#)? it's happening NOW. [#menstruationmatters](#)



[AuntFlo](#) 28 8:59am via TweetChat powered by oneQube

When many girls in our world dread menstruation because it means alienation from friends & from school we must act [#periodtalk](#)

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[WASHUnited](#) 9:00am via TweetDeck

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Looking forward to joining [#PeriodTalk](#) for the 1st time! Time to talk about why [#MenstruationMatters](#)

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