

S.T.A.H.L. NEWS

Students Talking About Healthy Lifestyles

Brought to you by the IUP Counseling Center in the Center for Health and Well-Being March 25, 2024

LET'S TALK ABOUT PERIOD POVERTY

Period poverty refers to the lack of access to menstrual products, sanitation facilities, and education. It leads to using inadequate substitutes like toilet paper, socks, or staying home due to lack of products. This can cause health issues, impact education and work, and perpetuate poverty.

Did you know...

- Menstruation is costly; several studies have estimated the "cost of being a menstruator" at \$20,000 over a lifetime.
- 2 in 5 menstruators struggle to purchase period products due to lack of income.
- Survey research showed that in the Pittsburgh region, 26% were unable to access period supplies each month, and 60% of menstruators had to use something other than a period product.
- One-third of low income menstruators report missing work, school, or similar commitments due to lack of access to period supplies.



Where can I find free period products?

- **IUP Food Pantry.** Located in Wallwork Hall, lower level next to the courtyard area. Email: food-pantry@iup.edu
- **Chevy Chase Community Center.** Located at 640 N 5th Ave, Indiana, PA 15701. Phone: 724-463-0674
- **ICCAP.** Food bank warehouse located at 2131 Shelly Dr., Indiana, PA 15701. Phone: 724-465-2657
- Want to learn how to make your own reusable period underwear? Use the QR code below for a link to video tutorials.

IUP COUNSELING CENTER

MONDAY - FRIDAY

8 AM - 4:30 PM

WALK-IN HOURS

MONDAY - FRIDAY 1-3 PM

724-357-2621

CENTER FOR HEALTH & WELL-BEING, G31
WWW.IUP.EDU/COUNSELINGCENTER
COUNSELING-CENTER@IUP.EDU



togetherall

New Ways to Connect! Togetherall is a safe, online community to share feelings anonymously and get support to improve mental health and wellbeing
www.togetherall.com



References:

- Western Pennsylvania Diaper Bank <https://www.wpadiaperbank.org/partner-agencies>
- Alliance for Period Supplies <https://www.allianceforperiodsupplies.org>
- Image: <https://apricotton.co/blogs/news/types-of-period-products>