

Andaloro, Angela. "12 Examples of Pink Tax That Show Things Are Still Brutally Biased in This Day and Age." *BuzzFeed*, 20 Mar. 2023, [www.buzzfeed.com/angelaandaloro/examples-of-the-pink-tax-from-2023](http://www.buzzfeed.com/angelaandaloro/examples-of-the-pink-tax-from-2023).

I selected this source considering that the first example of Pink Tax was menstrual products. They are considered luxuries and not necessities which is unbelievable. One limitation of this source was that for each example, there was no going more into detail about what this means and how it affects women, it just talks about the percentage of how much more we have to pay. Women products, including razors, deodorant, lotion, and underwear all can be marked up from one to 25 percent higher in price than men items. This shows how not only stores bias but also the manufacturers of these products bias. I think this is why No More Secrets has a wishlist with all of these items – they are all Pink Taxed.

Author: Olivia Miller. "How Does Period Poverty Have a Negative Effect on Teenage Girls?" *UNICEF Global Development Commons*, [gdc.unicef.org/resource/how-does-period-poverty-have-negative-effect-teenage-girls](http://gdc.unicef.org/resource/how-does-period-poverty-have-negative-effect-teenage-girls). Accessed 16 May 2023.

This source provides information about how period poverty has a negative effect on teenage girls. Teenage girls who suffer from period poverty often feel ashamed due to the fact that they lack menstrual products. "It prevents them from going to school, and participating in sports and social activities, and can cause health problems". I selected this source considering that I'm a teenaged girl, and even though I'm able to afford period products, I complain about wanting to stay home and also feeling uncomfortable when it comes to participating in certain activities when I'm on my period.

Cardoso, Lauren F., et al. "Period Poverty and Mental Health Implications among College-Aged Women in the United States - BMC Women's Health." *BioMed Central*, 6 Jan. 2021, [bmcwomenshealth.biomedcentral.com/articles/10.1186/s12905-020-01149-5](http://bmcwomenshealth.biomedcentral.com/articles/10.1186/s12905-020-01149-5).

This source contained information that had to do with the correlation between period poverty and mental health implications among college-aged women in the US. Based on the results from the survey, about 14 percent of women experienced period poverty in

general in the past year, while 10 percent experienced period poverty every month. There was also a significant difference in what races experienced period poverty the most and least, such as latina and black women experiencing period poverty the most, and white women and other races experiencing it the least, which I can infer that this is because white people tend to be in the middle and high class, meaning they tend to have more resources.

DuChene, Courtney. "How Philly's First Menstrual Hub Is Fighting Period Poverty." *The Philadelphia Citizen*, 23 Aug. 2022, [thephiladelphiacitizen.org/citizens-of-the-week-spot-period/](http://thephiladelphiacitizen.org/citizens-of-the-week-spot-period/).

This article talks about the founder of the organization I collaborated with and donated to, Lynette Medley and the *No More Secrets, Mind Body Spirit Inc.* Medley and her daughter, Nya McGlone, suffered from period poverty as a young adult and child after her ex-husband had been incarcerated in 1996. She states that "she was scared to turn for help due to the fact that her and her family never discussed menstruation". Currently Medley does not deal with these unfortunate circumstances anymore, but since she's a sexual health educator and counselor, she still sees period poverty going on, which led her to start the organization that she has now. I chose this article because this is something that these founders went through themselves, and turned it into something positive for the city of Philadelphia.

"Home." *No More Secrets MBS*, [www.nomoresecretsmbs.org/](http://www.nomoresecretsmbs.org/). Accessed 15 May 2023.

No More Secrets is a non-profit organization ran by a mother, Lynette Medley, and daughter, Nya McGlone in Philadelphia. Their mission is to "decrease uterine care and menstrual health disparities in underserved communities through the eradication of societal stigmas and propagation of resources and scientifically based information". So far they have distributed over six million products in 14 months in counting every day! On February 20th, 2021, No More Secrets Mind Body Spirit Inc., opened the nation's first menstrual hub, "The SPOT Period", located in Germantown Philadelphia, PA. all through crowd funding efforts, to provide a safe space for marginalized women and girls. They have a contact page where women are able to schedule a day and time in order to pick up or drop off menstrual products. This was good for me because I live about 10 minutes away from the location so it was very convenient to drop off my donations.

“Home.” *The Pad Project*, 15 May 2023, [thepadproject.org/](https://thepadproject.org/).

The Pad Project takes a multi-pronged approach to achieving menstrual equity by combining pad machines or washable pad programs with community partnerships and sexual and reproductive health education. They also combat period poverty in the U.S. by providing school districts and grassroots organizations across the country with grants to purchase bulk menstrual supplies. I found this source useful considering they are partnered with the organization I’m collaborating with, No More Secrets, Mind Body Spirit Inc.” This organization also has catered to schools which I like because many girls struggle with maintaining their periods.

Huma Farid, MD. “Period Equity: What It Is and Why It Matters.” *Harvard Health*, 1 June 2021, [www.health.harvard.edu/blog/period-equity-what-is-it-why-does-it-matter-202106012473](https://www.health.harvard.edu/blog/period-equity-what-is-it-why-does-it-matter-202106012473).

Period products are considered a luxury, because if they weren’t we wouldn’t have tax on menstrual products, specifically the Pink Tax. This source provides information about the stigma around periods and how we can address period poverty. One thing that stood out to me was them stating the stigma around periods, that “Embarrassment or taboos may prevent people from advocating for themselves, but if that stigma is removed — or even eased by talking through these issues — we as a society can move forward to address the needs of half of our population.” Many people treat periods like it’s such a bad thing when in reality it’s a part of women’s reproductive system, and this starts at an early age. For instance, when young boys make girls feel ashamed for having periods. We need to start educating ourselves about not only menstruation, but the struggles menstruation causes as well.

Ramsay, George. “Ireland Women’s Rugby Team Switch to Dark Shorts amid Period Anxieties.” *CNN*, 14 Mar. 2023, [www.cnn.com/2023/03/14/sport/ireland-womens-rugby-dark-shorts-spt-intl/index.html](https://www.cnn.com/2023/03/14/sport/ireland-womens-rugby-dark-shorts-spt-intl/index.html).

This article talks about how an Ireland women’s rugby team has made a permanent switch from white to navy shorts in response to players’ concerns about period anxieties. I found

this source useful because this shows how women feel uncomfortable or insecure about wearing light colors, in this case white, when on their periods. They have to be more cautious which can cause women to become very anxious due to the fact that periods and its flows can be unpredictable. At the end of the article there's a quote from tennis player Billie Jean King that states "It's what you wear underneath that's important for your menstrual period". I agree with this because a lot of times when I'm on my period i wear dark under garments that way I feel safe and comfortable.

Thelwell, Kim. "Four Organizations Fighting Period Poverty." *The Borgen Project*, 19 July 2019, [borgenproject.org/top-4-organizations-fighting-period-poverty/](https://borgenproject.org/top-4-organizations-fighting-period-poverty/).

According to this article, the top 4 organizations fighting period poverty include: PERIOD, Freedom4Girls, Dignity Period, and Days for Girls. One organization that stood out to me was PERIOD. PERIOD was founded by two teenagers, Nadya Okamoto and Vincent Forad to spread awareness to period poverty. Nadya Okamoto was inspired to start the organization because she was homeless as a teen, and homeless women often lack access to menstrual products considering they'r not able to afford them, and shelters give out very little. This shows me that no matter how old you are you can make a big difference in your community. One limitation this source has was the date it was published. This article is from 2019, so I wonder if there are other organizations that are higher than the ones on the list, including *No More Secrets*, *MBS*.

EliteDaily. "How Do Homeless Women Cope with Their Periods? | Bustle." *YouTube*, YouTube, 18 Oct. 2016, <https://www.youtube.com/watch?v=ABch4VYOJZ0>.

Every month, thousands of homeless women are placed in a crisis situation when they get their periods. From dealing with infections to being unable to purchase sanitary supplies, keeping safe and clean isn't easy on the streets. This video focuses on a 27 year old woman

who “fell through the cracks” as a kid, resulting in where she is now. Some things I caught in the video were “if you get cramps good luck. You can get hot water from Starbucks or maybe steal some motrin”. I chose this video because it shows how stressful and uncomfortable that time of the month can be for women, and that sometimes women have to choose between buying feminine products or food, which should never happen. This compares to women in low-income and middle-income communities since those in need of menstrual products do the same thing homeless women do in order to get through their cycle.