

PERIOD POVERTY

@ Charles Sturt University

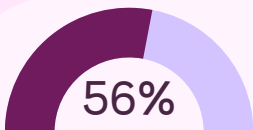
Imagine missing class or a social event because you can't afford period products. This is the reality for many students at CSU. This research sheds light on the issue of period poverty and explores solutions to create a more equitable experience.

Period poverty

The inability to afford or access menstrual products due to financial constraints or limited availability. Over 60% of people who menstruate have experienced period poverty. (Connory & WhyHive, 2024)



"I just bled into my underwear because I couldn't afford pads"



Prevalence & Impact

Over half of CSU students sometimes struggle to afford period products; and 16.6% of students 'often' or 'always' struggle to afford period products.

73% of students changed to cheaper products

41.4% couldn't buy their preferred products due to cost

36.5% missed classes due to period poverty

47.6% missed social activities

67% students used alternatives to period products because they did not have access to them

47% of students have used alternatives like toilet paper or tissues

68% of students have worn a product for longer than recommended to save money, potentially increasing health risks

"I've used a sock a couple of times, with PCOS and endometriosis the volume of blood loss was far too high to use toilet paper as a substitute for period products, which I could not afford at the time."

"I have had to miss out on things or leave early because I didn't have the right products with me."

Dignity Vending Machines (DVMs), provided by Share the Dignity, are a practical intervention aimed at addressing period poverty by offering free period products in a discreet and accessible manner. The researchers gratefully acknowledge Share the Dignity for providing data and their support to conduct this study.

38% of respondents were aware of the Dignity Vending Machines, and **91%** stated they would utilise it after hearing about it.

Students suggested improving visibility, product diversity, and regular maintenance as key improvements.

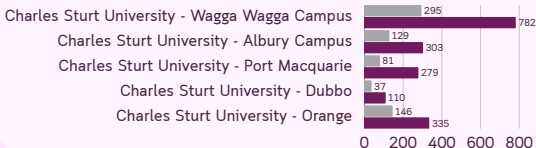


Find your nearest DVM

DVM usage more than doubled across CSU Campuses from 2022 to 2024

● 2022 Vends

● 2024 Vends



We extend our sincere gratitude to the CSU students who participated in this research.
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CSU Human Research Ethics Committee Approval Number: H220223
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