



the goddess project

**Girls deserve good hygiene.
Period.**

**In 2021, The Goddess Project
distributed hygiene products
to cover over 200,000
menstrual cycles.**

**Young women
should never be forced
to choose between their
health and personal
hygiene and buying their
next meal.**

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We're winning the fight by...



Pushing for change

We lobby and advocate for gender equality policy changes, which will bring free feminine hygiene products to all schools.



Distributing free hygiene products

We fundraise for, source and distribute free hygiene packs to underserved schools across the U.S. We have covered over **200,000** menstrual cycles.



Fighting stigma and raising awareness

We fight the shame and stigma surrounding menstrual cycles by sharing educational materials and body positive content.

When we say **no** to period poverty, we say **no** to...



Risky Hygiene

In cases where girls are unable to access proper hygiene products, the result is the usage of unsanitary alternatives including newspapers, old socks and even plastic bags. We're reducing the health risks of poor hygiene and keeping our girls healthy year round.



Going Hungry

In the overwhelming majority of states, feminine hygiene products are deemed "non-essential," exempting them from government assistance programs. By creating ease of access to these must-have goods, we give more struggling girls the freedom to have their period without going hungry too.



Missed Opportunities

In the U.S, nearly 1 in 5 girls will stay home from work or school due to the humiliating stigma that surrounds period poverty, keeping them one step behind their male counterparts. Together, we're putting girls back in the classroom.

Let's balance the scales of gender equality, one cycle at a time.



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Policy

The Goddess Project is proud to have donated goods to cover over 200,000 menstrual cycles so far. However, what we do should not be necessary. That is why we are also taking action to support policy change in the US that will lead to a more equitable society when it comes to menstrual rights.

There are two main aspects of policy in the US that need to change:



Tax

How menstrual products are taxed.

Menstrual products are basic medical necessities with a luxury price tag. States have the power to remove tax from products considered essential: like food. In most states, men's razors are considered "essential items" and either not taxed or taxed at a reduced rate. Menstrual products, in 29 states, are taxed as "luxury items" – alongside products like makeup, electronics and toys.

This is unacceptable in 2022. There are two issues here: firstly, the addition of tax makes these products even more expensive and unaffordable. Secondly, the categorization of menstrual products as "luxury items" erases the experience of menstruation as an unavoidable, natural process.

There are currently bills in process moving to classify menstrual products as "medical products," granting eligibility for tax write-offs. Find out what's happening in your state [here](#).



Access

Access to free menstrual products.

In my community, it's common knowledge that you can walk into the health center and grab as many condoms as you desire. But ask somebody for a pad or tampon? You're likely to be met with uncomfortable stares, or at best, hushed, whispered offers from women standing by who don't want to "embarrass" you. Everywhere you go, menstruation is treated as something to be ashamed of.

There are also two issues here: Firstly, menstrual products should be free. To everyone, everywhere, for any reason – just like condoms. Secondly, we need to combat the taboo around menstruation that stops people from even asking for a pad or tampon when they need one.

There are currently 17 states (plus Washington D.C.) that offer free menstrual products in schools. This is progress, but it's not enough. We need access to menstrual products as freely as we have access to condoms. There are bills in process moving to make this happen. Find out what's happening in your state [here](#).

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