



Trent Durham Student Association

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The Trent Durham Student Association (TDSA) recognizes access to menstrual hygiene products as a human right, as they are a regular necessity to manage one's health and hygiene. However, the recurring cost of menstrual products can pose a barrier to some students, with an average cost of \$87 per year¹ but fluctuates due to the frequency, duration, and amount of someone's menstruation cycle.² Lack of access to menstrual products can lead to significant impacts on a student's health, such as being forced to forgo other necessities, like food, or to reuse or prolong use of menstrual products which can put students at risk of infections.³

As such, the TDSA is committed to continue programming to assist the Trent Durham community's access to menstrual products, until another resource to subsidize this cost for students is readily available.

¹ Canadian Centre for Economic Analysis, *Access to Menstrual Hygiene Products for the Vulnerable: Canadian Results* (Canadian Centre for Economic Analysis, May 28, 2018), <https://www.cancea.ca/sites/economicanalysis.ca/files/Summary%20results%20All%20May%2028.pdf>.

² Planned Parenthood, "How Do I Know if My Menstrual Cycle is Normal?," *Planned Parenthood*, accessed January 24, 2022, <https://www.plannedparenthood.org/learn/health-and-wellness/menstruation/how-do-i-know-if-my-menstrual-cyclenormal#:~:text=Everyone's%20body%20is%20different%2C%20so,may%20also%20affect%20your%20period..>

³ Jennifer Parraga, "Period Poverty," *Rapport* (2020), https://www.schulich.uwo.ca/rapport/2020/topical/period_poverty.html