

Dear Senator Rafferty, Representative Brennan, and members of the Education and Cultural Affairs Committee,

My name is Morgan Ramsay and I grew up in Hampden, ME and am currently attending UMaine as a psychology and sociology major. I am writing to you in support of LD 348: an Act to Make Menstrual Products Available in Certain Schools.

I remember the time span in middle school when many girls were beginning to menstruate. I myself had my first period in the 7th grade bathroom! Luckily, I was able to manage the ordeal with some toilet paper. But, for many students this is not enough. For my peers who had stronger periods, like my best friend, starting her period in the school bathroom was a disaster. If either of us had had access to menstrual products at that moment, she would have experienced so much less distress, panic, and shame.

Menstrual products are not only a saving grace to first-time-menstruators, but for those who do not have access to or funds for menstrual products. In 2021, a study found that almost a quarter of teens have struggled to afford menstrual products. Of this amount, 16% had to prioritize buying these menstrual products instead of food and clothing.

In a time of great economic distress for many communities, forcing children and their families to either give up money for basic needs or cross their fingers and hope they don't "bleed through" is unacceptable. Menstruation products are health needs, and health needs should be human rights.

Along with improving access, schools providing menstrual products would decrease the stigma associated with menstruation.

There should never be a child who feels shame and panic, like my friend, due to their body's natural cycles.

I urge you to support LD 348 to protect the people's health-based rights. Thank you.

Morgan Ramsay (she/her)