

Dear Senator Rafferty, Representative Brennan, and members of the Education and Cultural Affairs Committee, I'm writing to ask you to support LD 348: An Act to Make Menstrual Products Available in Certain Schools.

My name is Alex. I was fortunate enough to have menstrual products readily available in my school's nurse's office. The thought of not being able to access these products is terrifying. I was one of the lucky ones and I still had to walk all the way to the nurse's office and ask for these products. There are plenty of people who would not be comfortable doing this due to the stigma already surrounding periods. Therefore the likelihood of not only embarrassment, which should be reason enough to enact this bill, LD 348, but also the health implications if you weren't to have access to these products is significant. Not only can children these ages not be generally prepared, but they may not have the financial resources to obtain the necessary products.

Having these products readily available in the bathrooms themselves can bring safety and comfort that some children can't find themselves. The fear of starting your period unexpectedly, which happens even now to plenty of adults, is amplified for adolescents who also tend to be fearful of their peers' opinions. The risk of, for lack of a better term, a stain or mess is drastically reduced when menstrual products are provided. To find at school what they may not be able to find at home is vital for both mental and physical health. Even for individuals who are normally prepared, to have that safety net for the "just in case" scenario is extremely important. Frankly I see no reason this shouldn't be implemented, the results can only be positive. Menstrual products are just as important as first aid and hygiene products, if anything they are more used too. Menstrual products are just as necessary as toilet paper.