

Fourth Annual Conference of the Menstruation Research Network (UK)

Menstruation: Dignity, Health, and Inequalities

University of East London, Docklands Campus

Wednesday 28 & Thursday 29 May 2025

Organised by the Menstruation Research Network and in partnership with the University of East London



**University of
East London**



**Menstruation
Research
Network**

A Warm Welcome from the University of East London

On behalf of the University of East London, we are delighted to welcome you to the Fourth Annual Conference of the Menstruation Research Network (UK). We are honoured to host this year's event, which brings together a vibrant community of researchers, practitioners, policymakers, educators, clinicians, artists, and activists committed to advancing dialogue and action on menstrual health and justice.

This year's theme, *Menstruation: Dignity, Health, and Inequalities*, draws attention to the ways menstrual experiences are shaped by intersecting forms of disadvantage and structural injustice. Dignity in menstruation is about more than access to products – it means challenging the stigma, shame, and exclusion that continue to limit agency and opportunity. Menstruation remains surrounded by silence and misinformation, with far-reaching implications for education, employment, health, and social participation. From underdiagnosed conditions like endometriosis and anaemia to environmental challenges and the absence of inclusive policy frameworks, this conference seeks to unpack these issues and support approaches that promote equity and inclusion.

The programme has been curated to reflect the breadth and depth of work in the field, featuring plenary sessions, workshops, roundtables, poster presentations, creative showcases, and an open forum. These spaces are designed to foster critical dialogue, share new research, and generate collaborative strategies for addressing menstrual inequities globally.

At UEL, we are proud to support initiatives that centre social justice and community impact. We see this conference not just as an academic gathering, but as part of a broader movement to reframe menstruation as a public, political, and cultural issue, one that demands evidence, creativity, and collective leadership.

Thank you for being part of this important conversation. We look forward to two days of thoughtful exchange, collaboration, and momentum toward menstrual equity.

With warm regards,

The University of East London Conference Team

Menstruation Research Network 2025

Conference Schedule

Day 1:

Time	Activity	Details	Room	Chair
10:00 – 10:30	Arrival & Registration	Posters, stalls, and pre-recorded videos will be on display. Please note: Workshop facilitators, stall holders, and poster presenters bringing materials to set up may arrive from 9:30 a.m. to prepare their spaces before registration.	WB G.01 [The Lounge]	
10:30 – 12:00	Inaugural Session – <i>Menstruation: Dignity, Health, and Inequalities</i>	Keynote Speakers: ▪ Prof. Amanda Broderick, Vice-Chancellor & President, University of East London ▪ Prof. Helen Weiss, Centre for Global Mental Health, London School of Hygiene & Tropical Medicine ▪ Manjit K. Gill MBE, Founder & CEO, Binti Period	WB G.02	Prof. Meera Tiwari
12:00 – 12:15	Break	Posters, stalls, and pre-recorded videos will be on display.	WB G.01 [The Lounge]	
12:15 – 13:15	Workshop Sessions	Radical Bodies & Rejecting Dysfunction: The Creative & Collaborative Experience of Menopause ▪ Facilitator: Carli Adby-Notley The Menstrual Wheel of Privilege ▪ Facilitator: Emily Stewart Voice of Silence ▪ Facilitator: Dr. Gulnar Ali Hormoneia: The Period Education You Wish You Had ▪ Facilitator: Holly Bazley & Sophie Hui Lin Walker I Am a Menstrualist: A Call to Unite the Global Menstrual Movement ▪ Facilitator: Kate Shepherd Cohen	RD Ground Floor Please note: Workshops will be running in parallel, all within one large room. Please follow on-site signage to locate your chosen session.	

		Rethinking Menstrual Health: A Collaborative Design Workshop ▪ Facilitator: Lia Camargo		
		The 9–5 Wasn’t Built for Us: Using Cycle Tracking to Navigate a Linear World ▪ Facilitator: Marlou Cornelissen		
		Clarifying the Role of Healthcare Professionals in Ensuring Menstrual Health and Dignity ▪ Facilitator: Dr. Véronique Griffith		
		Let’s Do a BLOODY Project Together: Period Museum as a Platform for the Global Menstrual Movement ▪ Facilitator: Vivi Lin		
13:15 – 14:00	Lunch	Posters, stalls, and pre-recorded videos will be on display.	WB G.01 [The Lounge]	N/A
14:00 – 15:30	Panel Session 1	Panel 1.1. <i>Menstrual Dignity: Religion, Discourse & Representation</i> ▪ Dr. Bee Hughes ▪ Brogan Ord-Staunton ▪ Mia Jacobs ▪ Dr. Sally King	RD 2.03	Prof. Bettina Bildhauer
		Panel 1.2: <i>Menstrual Dignity: Social Norms, Stigma & Cultural Taboos</i> ▪ Anca-Teodora Niță ▪ Isha Tiwari & Dr. Deepak Kumar ▪ Josephine McAllister ▪ Dr. Julie Hennegan	RD 2.04	Prof. Kay Standing
		Panel 1.3. <i>Menstrual Dignity: Digital Technologies, Clinical Systems & Structural Barriers</i> ▪ Hannah Westwood ▪ Dr. Lorena Prieto ▪ Mukesh Kumar, Balram Kumar & Vikas Poonia ▪ Dr. Véronique Griffith	RD 2.05	Dr. Chi Eziefula

		Panel 1.4: <i>Menstrual Inequality: Social Determinants, Health Gaps & Justice Claims</i> - Ashutosh Singh - Lisa Ruggles - Mhairi Campbell - Sara Sánchez López	RD 1.02	Dr. Camilla Mørk Røstvik
		Panel 1.5: <i>Menstrual Inequality: Embodiment & Life-Course Perspectives [Online Presenters]</i> - Eva Marti - Josiane Kenfack - Madison Lindeman - Udita Bose	RD Ground Floor	Dr. Gemma Sharp
15:30 – 16:15	Tea Break	Posters, stalls, and pre-recorded videos will be on display.	WB G.01 [The Lounge]	N/A
16:15 – 17:45	Panel Session 2	Panel 2.1. <i>Inclusive Policies: Menstrual Health & Workplace Equity</i> - Dr. Chiara Cocco - Gabriella Goodrich - Dr. Meltem Yavuz Sercekman & Dr. Ozlem Ayaz - Samantha Schwickert	RD 2.03	Dr. Bee Hughes
		Panel 2.2. <i>Inclusive Policies: Advocacy, Education & Structural Justice</i> - Arpita Sinha - Chella Quint OBE - Natália Blahová - Sarah Kuponiyi	RD 2.04	Dr. Camilla Mørk Røstvik
		Panel 2.3. <i>Sustainable Menstrual Practices: Culture, Community & Environment</i> - Marie de Lutz - Samanmali Alujjage Don - Julie Hennegan	RD 2.05	Dr. Sally King TBC

		Panel 2.4. Sustainable Menstrual Practices: Rights, Representation, and Responsibility - Dr. Céline Brassart Olsen - Dr. Nicole Spohr - Tara Akindele	RD 1.02	Dr. Chi Eziefula
17:45 – 19:30	Dinner & Networking	Posters, stalls, and pre-recorded videos will be on display.	WB G.01 [The Lounge]	N/A
19:00 – 20:00	MRN Steering Committee Meeting	Please note: Hosting future MRN conferences. If you are interested in organising a future MRN conference at your institution and raising the funds for this, please come along to the meeting of members of the MRN steering committee. The steering committee are past, current and future conference organisers Bettina Bildhauer, Chi Eziefula, Bee Hughes, Abigail Lennox, Camilla Mørk Røstvik, Gemma Sharp, Kay Standing and Meera Tiwari.	WB G.01 [The Lounge]	N/A

Day 2:

Time	Activity	Details	Room	Chair
09:30 – 10:00	Arrival & Registration	Posters, stalls, and pre-recorded videos will be on display.	WB G.01 [The Lounge]	N/A
10:00 – 11:00	Plenary Session – Menstruation: Dignity, Health, and Inequalities	Keynote Speakers: Professor Toby Richards, Consultant Surgeon and Professor of Surgery at University College London Deborah Garlick, Founder Henpicked and Director of Menopause in the Workplace, London Ginisha Vekaria, Head of Programmes, Endometriosis UK	WB G.02	Prof. Meera Tiwari
11:00 – 12:30	Panel Session 3	Panel 3.1. Menstrual Activism: Historical and Cultural Interventions - Prof. Bettina Bildhauer - Chella Quint OBE - Valeria Giampietri	RD 2.03	Dr. Sally King TBC

		▪ Veronica Corbellini		
		Panel 3.2. Menstrual Activism: Autonomy, Technology & Global Grassroots ▪ Dr. Aino Koskenniemi ▪ Gifty Maloe Nartey & Dr. Pamela Setorwu Adofo Ansong ▪ Dr. Fran Amery	RD 2.04	Dr. Bee Hughes
		Panel 3.3: Menarche - Menopause ▪ Dr. Gemma Sharp & Luana De Giorgio ▪ Harriet Wilkinson ▪ Dr. Mandikudza Tembo	RD 2.05	Dr. Mary-Jane Budd
		Panel 3.4: Menstrual Health in Crisis Contexts: Community, Dignity & Humanitarian Action [Online Presenters] ▪ Ange Cecile Byabuze & Kokou Agossou ▪ Charline Bangbi & Yves Ouata ▪ Safaa Ibrahim Alloush, Alaa Al-Nazhan & Maha Ibrahim Al Haj Faraj ▪ Dr. Rita Jalali & Bahar Aldanmaz	RD 1.02	Prof. Kay Standing
		Panel 3.5: Menstrual Activism: Policy, Rights & Reform [Online Presenters] ▪ Anahí Rodríguez Martínez ▪ Helen Lynn ▪ Marta Marsé Vidri	RD Ground Floor	Dr. Camilla Mørk Røstvik
12:30 – 13:30	Lunch	Posters, stalls, and pre-recorded videos will be on display. Chart Your Cycle and Adventures in Menstruating Zines Turn 20! Celebrate with Chella!	WB G.01 [The Lounge]	N/A
13:30 – 15:00	Panel Session 4	Panel 4.1: Menstrual Health: ▪ Fabiola Guerra ▪ Dr. Helena Zavos ▪ Julie Riddell	RD 2.03	Prof. Bettina Bildhauer

		▪ Dr. Rebecca Evans		
		Panel 4.2: <i>Menstrual Health:</i> ▪ Annie O'Connor ▪ Dr. Gemma Sharp ▪ Heather Amy Suttor ▪ Prerna Singh	RD 2.04	Dr. Chi Eziefula
		Panel 4.3: <i>Global Perspectives</i> ▪ Charley Jones ▪ Dr. Ruth Westoby ▪ Prof. Sonja Merton & Dr. Adriane Martin Hilber ▪ Sophie Collins	RD 2.05	Dr Susannah Pickering-Saqqqa
		Roundtable: <i>Dignity in Menstrual Discourse</i> ▪ Abigail Lennox ▪ Chella Quint OBE ▪ Manjit K. Gill MBE ▪ Prof. Meera Tiwari	WB G.01 [The Lounge]	Prof. Meera Tiwari
15:00 – 15:30	Tea Break		SD 1.08/9	N/A
15:30 – 16:30	Open Forum		SD 1.08/9	Prof. Meera Tiwari Prof. Bettina Bildhauer Dr. Chi Eziefula
16:30 – 16:45	Closing Remarks		SD 1.08/9	Prof. Meera Tiwari

Further Details

Workshop Sessions		
Carli Adby-Notley	I aim to create images and work on projects and campaigns that can be a catalyst for change, integrating my personal practice to create space for authentic narratives that passionately champion inclusivity, curiosity and courage. My practice is research based and uses photography, lived experience & visual image making to explore concepts of the self, gender performance & reflect upon our nuanced experiences of health.	Radical Bodies & Rejecting Dysfunction: The Creative & Collaborative Experience of Menopause An interactive art-based workshop using collaborative collage, photography, and writing to reframe menopause beyond medicalisation and stigma. Participants contribute to a large-scale evolving artwork and reflective journal, creating space for collective storytelling and connection through shared experience. The session highlights creativity as a tool for challenging dominant narratives and celebrating diverse bodies.
Emily Stewart	Emily Stewart is a primary healthcare nurse and menstrual cycle educator based in Bristol, UK and is passionate about making conversations about periods and the menstrual cycle empowering and accessible. She runs The Real Period Project CIC (a UK-based menstrual education social enterprise) and manages the Foundations of Menstrual Education program for The Chalice Foundation (an Australia-based menstrual education charity). She works with young people, parents, teachers, school nurses, local councils, universities, youth workers and menstrual educators, promoting period friendly practices in all kinds of learning environments including schools, universities and community groups and homes.	The Menstrual Wheel of Privilege This workshop introduces the “Menstrual Wheel of Privilege,” a tool developed to explore intersectionality in menstrual education. Participants will reflect on how privilege, oppression, and lived experiences influence menstrual health learning environments. The session promotes greater inclusivity and awareness in menstrual education by helping educators and advocates better understand their own positions and those of their students.
Dr. Gulnar Ali	Dr. Gulnar Ali is a Senior Lecturer in Psychosocial Studies at UEL. Her research interest is majorly aimed at ontological reasoning to bring further innovation in health education and	Voice of Silence Through narrative inquiry, mindfulness, and art-based reflection, this workshop explores existential and spiritual

	professional practice. Dr. Ali is passionate to expand the notion of wellbeing through existential care and meaning making. Her professional background ranges a wide spectrum of teaching, clinical practice and research experience in Spirituality, Psychiatry, Medical Anthropology, Nursing Philosophy and Islamic studies. Gulnar is highly involved in teaching undergraduate/postgraduate courses, doctoral research supervision, education management, module leadership, research consultation, project evaluation, counselling and mentoring in different universities across the United Kingdom, Canada, USA, Ireland, and Pakistan since last 25 years.	aspects of menstrual wellbeing. Using the SOPHIE framework, participants engage in self-reflection around identity, the body, and empowerment. The session offers tools to develop more compassionate and holistic menstrual health practices, especially in educational and community settings.
Holly Bazley & Sophie Hui Lin Walker	Hormoneia is a game and magazine that helps young people understand their bodies and equips teachers and parents with the knowledge and skills to better educate everyone about menstrual health. Hormoneia seeks to demystify period and hormone education and improve the way young people communicate about subjects that are traditionally taboo. By gamifying the experience of learning about their bodies, young people find the information more approachable and enjoyable to learn. This is the education we wish we had growing up.	Hormoneia: The Period Education You Wish You Had This session showcases <i>Hormoneia</i>, a menstrual education game that makes learning about periods and hormones fun, accessible, and stigma-free. Participants will experience the game and discuss its role in filling gaps in formal sex education. The workshop highlights how gamification can empower young people and communities with body literacy.
Kate Shepherd Cohen	Kate Shepherd Cohen is a menstrualist: a multi-award winning 'menstrual health pioneer'; a menstrual activist and advocate; a menstrual educator and researcher; a daily menstrual cycle awareness practitioner; and, is Founder and CEO of menstrual health tech & education systemic change organisation, Menstrual Cycle Support, which delivers	I Am a Menstrualist: A Call to Unite the Global Menstrual Movement This dynamic session blends research, performance, and creative activism. It presents “menstrualism” as a powerful, unifying ideology for global menstrual advocacy. Through spoken-word, music, and collaborative art, participants will explore identity, solidarity, and collective action – ultimately

	menstrual health literacy programs on UK-wide social prescription.	contributing to a shared visual identity for the menstrual justice movement.
Lia Camargo	Lia is an experiential designer with a passion for reshaping healthcare. She has worked in business development for early-stage healthcare startups and holds a degree in Public Health & Gender Studies from Wellesley College. Now pursuing her Master's at Imperial College London, she focuses on redesigning healthcare systems for a more inclusive future. With Korean, Colombian, Japanese, and American roots, Lia brings a global perspective to her work and eclectic tastes in food and music.	Rethinking Menstrual Health: A Collaborative Design Workshop This hands-on workshop combines femtech innovation and design thinking to tackle disparities in menstrual health. Participants will ideate new menstrual products and services while learning about global trends in menstrual health entrepreneurship. The session encourages collaboration across disciplines to develop inclusive, impactful solutions for the menstrual health space.
Marlou Cornelissen	Marlou Cornelissen is the Founder of Period Reality, leading a global movement for gender equity through cycle awareness education and advocacy, with a goal to reach one billion people by 2030. Previously CEO of World Merit, she forged partnerships with organisations like the UN, impacting 450,000+ people annually. Marlou has spoken at the British House of Parliament, the UN, and the Vatican. She holds a Master's in Health, Economics, Policy & Law from Erasmus University.	The 9–5 Wasn't Built for Us: Using Cycle Tracking to Navigate a Linear World Explore how cycle tracking can empower individuals to challenge rigid, male-centric systems. This workshop examines how understanding the menstrual cycle can support work-life balance, improve health, and drive structural change. Participants will reflect on their own experiences and envision how workplaces and institutions can adapt to cyclical needs.
Dr. Véronique Griffith	Véronique Griffith (M.D, Ph.D.) is a Lecturer in Healthcare Sciences at the University of Manchester and the co-founder of Social Sciences Endometriosis Network (SEEN), the first global network of social scientists who work on endometriosis. She is the author of the first monograph ethnography on endometriosis entitled Healers and Patients Talk: Narratives of a Chronic Gynaecological Disease, and several other published articles including a commentary in the BMJ on Black women's menstrual and reproductive health, an article on dignity, and a research chapter on	Clarifying the Role of Healthcare Professionals in Ensuring Menstrual Health and Dignity This interactive workshop examines the often-overlooked role of healthcare professionals in supporting menstrual health and dignity. Through discussion and visual methods, participants will explore the boundaries of clinical care, the medicalization and dismissal of menstrual pain, and the training needs of practitioners. Together, attendees will envision what meaningful, informed, and compassionate healthcare should look like for those experiencing menstrual-related conditions.

	stigma syndemics and endometriosis. She has extensive experience in qualitative research methodologies.	
Vivi Lin	Vivi is the founder of the non-profit "With Red" and the "Period Museum" - the world's only brick-and-mortar museum dedicated to menstruation. She is a prominent Taiwanese activist for menstrual equity, SRHR), and Taiwan's democracy. Her non-profit was the first to focus on menstrual justice in Taiwan and has impacted millions of lives across Asia, Europe, and the US. Her team was instrumental in making Taiwan the first country in Asia to mandate free period products on campuses nationwide. Collaborating with professors from various disciplines, she introduced a pioneering menstruation course at National Taiwan University, where she lectures, attracting over 1,500 students each semester. Vivi holds a BSc in Infectious Diseases from the University of Edinburgh and is currently pursuing a Master of Public Policy at the University of Oxford.	Let's Do a BLOODY Project Together: Period Museum as a Platform for the Global Menstrual Movement In this action-oriented session, participants explore the potential of the Period Museum as a collaborative hub for global menstrual justice. Through group discussions and brainstorming, attendees co-create ideas for inclusive, intersectional, and culturally sensitive menstrual projects, aiming to transform the museum into a space of sustained activism and advocacy.

Panel 1.1. Menstrual Dignity: Religion, Discourse & Representation		
Dr. Bee Hughes	Dr Bee Hughes (they/them) is an interdisciplinary researcher and Senior Lecturer in Media, Culture, Communication at Liverpool John Moores University. Bee's work spans contemporary art practice, art history, and visual cultures and cultural studies. They are Co-Lead Editor (with Prof. Kay Standing) of The SAGE Encyclopedia of Menstruation and Society (2026). Their research examines experiences of gender and how everyday visual cultures, and fine arts represent and (re)construct menstrual norms.	Visualising Menstruation: Developing an Academic Podcast This presentation will discuss the development of Visualising Menstruation (VM), a podcast about the visual representation of menstruation. This academic podcast takes an art historical, feminist, and intersectional approach to examine the ways menstruation is represented in art and wider visual cultures. The presentation will consider the challenges of examining

		visual media in audio format and invite contributions and feedback from conference attendees.
Brogan Ord-Staunton	Brogan Ord-Staunton, a second-year PhD student at Northumbria University, is funded by the Northern Bridge Consortium and supervised by Dr. Kate Egan. Her thesis, Menstruation on Screen: A History of Stigma, Shame, and Stains from 2002 to 2022, explores contemporary representations of menstruation in Anglo-American cinema and television. Through case studies of films released since 2002, she examines how screen media both challenge and reinforce menstrual stigma. Her research investigates the cultural impact of these portrayals, considering their role in shaping societal attitudes toward menstruation within popular culture.	Stigma, Shame & Stains: The Digital Reclamation of the 'Menstrual Monster' Using Jennifer's Body (2009) and The Love Witch (2016) as case studies, this paper will examine the digital reclamation of menstrual narratives, by tracing the intersections of film, activism, and digital culture. This research argues that the convergence of cinema and online activism fosters new ways of engaging with menstruation, allowing for narratives that not only critique stigma but also celebrate menstruation as a site of agency and empowerment. In doing so, it highlights the transformative potential of both film and digital activism in shaping public discourse around menstruation and gendered embodiment.
Mia Jacobs	I'm an MPhil candidate in Religion and Theology interested in how the overlap between culture and medicine impacts women's health. My work is anchored in the belief that by normalising conversations around menstruation in seemingly abstracted fields such as theology, the possibility for cultural shifts towards openness and understanding of the female body is facilitated, which in turn generates much needed pressure for more focused medical research of the female body. I'm currently researching menstruation and Christianity, and I also hope to pursue my deep interest in the use of arts-based research methods to enrich the study of gynaecological health.	Christianity and Menstruation: Critique and Reconciliation This paper is, firstly, a critique of inadequate readings of menstruation in Christianity and, secondly, an exploration of a new, positive reading of menstruation in Christian theology based on women's contemporary lived experience, spanning the secular and religious.

Dr. Sally King	Sally is a Medical Sociologist specialising in menstrual health and associated human rights issues. She is the founder of the world's first evidence-based information website on this topic, Menstrual Matters (www.menstrual-matters.com). Sally typically uses critical realist mixed methodologies to integrate and critically evaluate biological, epidemiological, sociological and popular discourse data. Her work reveals the unintentional influence of pervasive gender and racial myths in female reproductive health knowledge and practices in the UK (and beyond). In particular, the myth of the hysterical (now 'hormonal') woman/ Other, as it has evolved over the past few centuries.	Global menstrual ignorance - why it exists and persists... Nobody is currently taught the abortive purpose of periods- instead we are led to believe that the regular loss of the contents of the womb somehow 'helps prepare for pregnancy'. Not only is this inaccurate and unhelpful information, it also illustrates the strength and pervasive nature of sexist pro-natalist discourses, even within supposedly 'scientific' knowledge. Such is the belief that the female body is 'for' having children that any evidence to the contrary is discounted and rendered taboo. Denied the ability to discuss, learn about, and question menstrual health tropes, they persist due to our collective (strategic) ignorance of our bodies.
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Panel 1.2. Menstrual Dignity: Social Norms, Stigma & Cultural Taboos		
Anca-Teodora Niță	Anca Niță is currently a PhD student at the Doctoral School of Sociology, University of Bucharest, studying menstruation from a social perspective. She explores the menstrual experiences of menstruators, menstrual inequalities and menstrual shame in her anthropological research. Her research interests are gender and social inequality in relation with the body as a social and politicised entity in the neoliberal society. She creates sociological and anthropological content for SoNexy, a social network app for learning. Anca is one of the few that is conducting research, writing and talking about menstruation from a social perspective in the Romanian public space.	Menstrual Shame: A Social Performance Rather Than a Feeling in (Post)Socialist Romania What if people with menstruations do not feel ashamed by their menstruation? This question summarises the conclusion of my five-year anthropological research regarding menstrual shame. At the beginning, the main goal of my research was to find out how menstrual shame is socially constructed. Talking with women about their menstrual experiences during socialist period in Romania and with menstruators that started their menstruation after 1989, I was surprised to find that they do not feel shame regarding their menstruation and their menstrual bodies. Menstrual shame appears in relation to others as a coping mechanism in the Romanian patriarchal society.

Isha Tiwari	I am Isha Tiwari PhD scholar at Bennett University, Greater Noida, U.P, India. I am currently working as a teaching assistant and PhD scholar at Bennett University. My core research areas are Menstruation, Gender Justice, Environmental laws and Constitutional Laws. I am currently working on menstrual justice.	Rituals of Indignity: Menstrual Practices in Uttarakhand (India) The paper examines the socio- cultural and religious taboos associated to menstrual indignity in the region of Uttarakhand, India. The women during menstruation are forced to live out from their homes in cowsheds. Therefore, the central thesis of this paper will examine the undignified treatment of women that needs to be addressed immediately with specific policies and legislation to achieve menstrual justice.
Dr. Deepak Kumar	Dr Deepak Kumar is an Assistant Professor at the School of Law, Bennett University, Greater Noida, UP. Kumar received his PhD (2022) and MPhil (2018) from the Centre for the Study of Law and Governance, Jawaharlal Nehru University, New Delhi. Dr Kumar's main areas of interest include constitutional law, jurisprudence, social justice, affirmative action, democracy, and education. Dr. Kumar has presented various papers at national and international conferences and seminars and attended workshops on diverse aspects of the law. Kumar's research and writings on socio-legal issues have been published in various academic journals and online platforms	
Josephine McAllister	Josephine McAllister is a PhD researcher at the University of Bath exploring the impact of social norms on adolescent girls' menstrual health in Nepal. She completed a Master of Research degree in International Development and graduated with a Distinction in 2019. Her dissertation, 'Menstrual Taboos and Menstrual Hygiene Policy in Nepal: A Qualitative Study in Dailekh District', was recently published in the book 'Menstruation in Nepal – Dignity Without Danger'. Josephine has experience in research, communications and fundraising for international NGOs. Prior to her PhD, she worked as a communications officer	Social norms and menstrual restrictions in Nepal: An application of the Theory of Normative Spectrum Chhaupadi is an illegal practice that exists in some parts of Nepal, requiring girls to sleep away from home while menstruating due to beliefs of menstrual impurity. We applied Cislighi & Heise's (2018) 'Theory of Normative Spectrum' to focus group data on social norms and menstrual restrictions in Nepal to assess the strength of a chhaupadi norm. We found that the strength of this norm varied across three districts, highlighting the need for context-specific interventions that address menstrual restrictions.

	and research assistant at the London School of Hygiene & Tropical Medicine.	
Dr. Julie Hennegan	Dr Julie Hennegan uses mixed-methods research to understand and quantify the impacts of menstrual health on the lives of women, adolescent girls, and people who menstruate globally, and to evaluate the effects of menstrual health interventions and policy. She is a Senior Research Fellow and Co-Head of the Global Adolescent Health Working Group at the Burnet Institute.	Diagnosing social norms and their influence on adolescent girls' experience of menstruation in Khulna, Bangladesh Social norms are frequently stated as key to adolescent girls' poor menstrual health. However, few studies have engaged with social norms theory to disentangle these from other drivers such as attitudes or factual beliefs. We undertook a phased, qualitative investigation in Bangladesh and found a strong social norm of privacy surrounding menstruation driving many behaviours. We did not find evidence of other social norms related to menstruation, with factual beliefs, customs or practical drivers' key for many challenges.

Panel 1.3. Menstrual Dignity: Digital Technologies, Clinical Systems & Structural Barriers		
Hannah Westwood	Hannah L. Westwood (she/her) is a final year PhD researcher at the Centre for Post digital Cultures at Coventry University. Her research investigates the FemTech industry, considering how it can become more inclusive and accessible. Her work has a particular focus on digital fertility trackers, especially those that are used as contraceptives.	How menstrual apps communicate with users: Exposing normative discourses in Natural Cycles This presentation draws on data from a walkthrough of digital contraceptive app Natural Cycles to consider the role menstrual apps play in our cultural understandings of the menstrual cycle. With a particular focus on the discursive elements of menstrual trackers, this presentation balances their positive role in providing education and reducing stigma, with the normative assumptions that they make about their users.
Dr. Lorena Prieto	My name is Lorena Prieto and I am a rural doctor in the south of Spain. After specialising in sexology, I began to notice the sex and gender biases in medicine, which are particularly difficult to identify and address in issues that only affect women or other non-binary people, such as	Scoping review on gender bias around menstruation: Interest from the scientific community Scoping review of the gender biases surrounding menstruation and the interest it generates in scientific research, when the androcentrism of science is well known, especially in physiological processes that affect women and non-binary

	menstruation. This is why I started writing my thesis on gender bias in clinical care for the menstrual cycle.	people. As part of a PhD thesis, this review aims to highlight the lack of interest in studying menstruation and the biases already evident in menstruation research itself.
Mukesh Kumar	Mukesh Kumar is PhD student in economics at the Indian Institute of Technology Roorkee, India. His work lies at the intersection of health and development.	Polycrisis in menstrual health management: Period poverty, Menstrual Restrictions, and well-being Almost half of the human population menstruates for quite some time in life but living with dignity and access to safe and hygienic period products while menstruating is overlooked and still a major challenge across the world. Of the menstruating women, 500 million lack adequate period products and facilities for menstrual health management (MHM) (World Bank, 2022). Using large-scale household survey data, we study the relationship between period poverty, prevailing cultural restrictions during menstruation, and the well-being of females in Nepal. We find that period poverty and menstrual restrictions have significant negative impacts on health and well-being of females.
Balram Kumar	Balram Kumar is a PhD student in Economics at the Indira Gandhi Institute of Development Research (IGIDR) Mumbai, India	
Vikas Poonia	Vikas Poonia is a PhD student in Economics at CRSU Jind, Haryana, India	
Dr. Véronique Griffith	Véronique Griffith (M.D, Ph.D.) is a Lecturer in Healthcare Sciences at the University of Manchester and the co-founder of Social Sciences Endometriosis Network (SEEN), the first global network of social scientists who work on endometriosis. She is the author of the first monograph ethnography on endometriosis entitled Healers and Patients Talk: Narratives of a Chronic Gynaecological Disease, and several other published articles including a commentary in the BMJ on Black women's menstrual and reproductive health, an article on dignity, and a research chapter on	Dignity in Endometriosis Care Endometriosis, a chronic disease which affects approximately 1.5 million women in the UK, is characterized by extremely painful menstrual periods chronic pelvic pain, pain during sexual intercourse and infertility. Clinical practice of endometriosis still links to the view of menstruation as 'ill-health'. Women with endometriosis report experiencing multiple episodes of being dismissed in clinic visits. This paper aims to deconstruct and consider the impact of negative experiences of care on patients' dignity.

	stigma syndemics and endometriosis. She has extensive experience in qualitative research methodologies.	
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Panel 1.4. Menstrual Inequality: Social Determinants, Health Gaps & Justice Claims		
Ashutosh Singh	I am Ashutosh Singh, a doctoral researcher at the University of Glasgow, UK. My research focuses on intersectional inequalities in women's health, with a particular emphasis on menstrual health and hygiene at the intersection of climate-related adversities and public health policies in India.	Menstrual Health, Gendered Inequities, and Climate Adversities: A Study of Flood-Prone Communities in Bihar, India This research examines how climate-induced adversities exacerbate menstrual health inequities in flood-prone Bihar. By identifying gaps in disaster policies and advocating for gender-sensitive interventions, it fosters discussions on integrating menstrual justice into climate resilience frameworks.
Lisa Ruggles	PhD psychology student researching the relationship between menstruation and physical activity in adolescent girls. Outside of university, I am a director of 261 Fearless Club UK, a trustee for Blue Skye Thinking, a mother and grandmother.	Period of Activity: exploring how the experience of menstruation affects the desire to participate in physical activity for adolescents Adolescent girls face significant barriers to regular physical activity, with only 15% meeting the WHO-recommended 60 minutes per day. Research carried out by Youth Sports Trust reported that 49% of secondary school-aged girls identified menstruation as a barrier to physical activity. Data from 203 adolescents who menstruate was analysed. Despite the clear psychological and physical challenges menstruation presents during adolescence, my initial research, employing existing psychometric scales, failed to find a significant relationship between menstrual distress and physical activity levels.

Mhairi Campbell	Mhairi has a keen interest in socio-legal issues surrounding women's rights, disability rights, access to justice and welfare rights. In particular, Mhairi is interested in socio-legal problems that impact menstrual health and women's mental health, specifically disorders such as Premenstrual Dysphoric Disorder. Mhairi is also a member of the Scottish Government's Advisory Group for the Independent Review of Adult Disability Payment and co-leading research on menstrual health inequalities in the welfare benefits system.	Menstrual Inequality and the Welfare Benefit System: The Case of Premenstrual Dysphoric Disorder Menstrual health conditions like Premenstrual Dysphoric Disorder (PMDD) are poorly recognised in the welfare benefits system, reinforcing menstrual inequality. Our study explored the experiences of 17 individuals applying for Adult Disability Payment or Personal Independence Payment, alongside insights from three professional stakeholders. Key issues included a lack of trauma-informed assessments, inconsistent decisions, difficulty evidencing fluctuating conditions, and limited support. Our findings have contributed to the Scottish Government's Independent Review of Adult Disability Payment, advocating for fairer, more inclusive welfare assessments.
Sara Sánchez López	Sara Sánchez López is an engineer with a twist of social scientist. Her research explores menstrual health in all its dimensions, from menstrual literacy to menstrual disorders, the gender pain gap, and the persistent taboos surrounding this topic. She is working on the "Manuela" project, which examines the relationship between vaginal, oral, and intestinal microbiota, diet, lifestyle, and women's health, with particular attention to the changes experienced during menstruation, menopause, and pregnancy. Additionally, she has extensive international experience in cooperation and development projects, particularly in the areas of water, sanitation, and hygiene.	Addressing the Menstrual Health Gap: Barriers to Care in the Spanish Healthcare System Menstrual disorders, particularly dysmenorrhea, have a profound impact on women's well-being. This mixed-method study explores Spanish women's experiences with menstrual pain and access to healthcare. A survey of 3,490 participants reveals a high prevalence of menstrual discomfort, yet many women seldom seek medical care. Key barriers include dismissive attitudes, frequent misdiagnosis, and dissatisfaction with the routine prescription of contraceptive pills without proper diagnostic evaluation. Additionally, findings underscore socio-economic disparities in healthcare access and emphasize the need for gender-sensitive medical training.

Panel 1.5. Menstrual Inequality: Embodiment & Life-Course Perspectives

Eva Marti	I am a PhD candidate in Economics at the University of Lausanne, Switzerland. My research focuses on Gender and Social Norms in rural low-income settings and uses both quantitative and qualitative methods. I am particularly interested in bottom-up approaches to overcome stigma and taboos.	Not just a Women's issue: Overcoming Menstrual Stigma in Farming Households in Nepal Menstruation remains a major taboo, reinforcing gender norms and social exclusion, particularly in Nepal's agricultural communities. While health-focused interventions exist, few explicitly address menstrual stigma, especially among adults. This study tests a stigma-reducing intervention based on a local bottom-up approach through a Randomized Controlled Trial (RCT) with 2,000 participants. Comparing women-only vs. mixed-gender workshops, it assesses effectiveness in shifting norms. The study also examines spillover effects and broader policy implications, with data collection starting in late Spring 2025.
Josiane Kenfack	Josiane Kenfack is a PhD student passionate about scientific research aimed at improving women's health through the advancement of studies of the vaginal microbiome. Josiane is co-coordinator of a citizen science project in Cameroon, the LEKE project. This project was inspired by the Isala project (https://isala.be/en/) which aims to better understand the female microbiome using state-of-the-art DNA detection technologies while raising awareness about vaginal health and breaking taboos. Through the LEKE project, Josiane and colleagues have conducted field activities to explore menstrual health and menstrual health practices with women and men in rural and urban areas. Josiane will contribute ongoing field research from Cameroon as part of the IMVAHA project	Qualitative Research Tools for Unraveling Perceptions and Beliefs Around Menstruation in Cameroon Menstruation is a worldwide concern, impacting the lives of those who menstruate. Despite the progress made so far, we still lack knowledge about the perceptions, beliefs, and experiences of menstruating people, and the safety of menstrual products. Using qualitative methods such as in-depth individual interviews, focus group discussions, and body mapping, we will explore Cameroonian women's beliefs, perceptions, and attitudes toward menstruation and the safety of different menstrual products. We will specifically focus on participants' concerns, taboos, and stigma related to menstruation. The results obtained will be used to raise awareness among women, organizations involved in menstrual health, and policymakers.

Madison Lindeman	I am a second year PhD student at University of Bristol. My research interests lie at the intersection of feminist and urban theoretical frameworks, focusing on the exploration of menstrual health. For my doctoral project, I am utilising a comprehensive blend of embodiment, feminist, and urban theories to delve into the intricate ways in which women in Western Uganda experience menstruation in their daily lives. Through an intersectional and interdisciplinary approach, my research seeks to comprehend the nuanced interplay between societal, cultural, and structural factors, and how these shape an individual's perception and experience of menstruation.	An Interdisciplinary Exploration of Women's Menstrual Experiences within Mbarara, Uganda There is a lack of research exploring women's menstrual experiences across the life course as most research is conducted to assess the menstrual needs and experiences of adolescent girls. This research project aims to work towards filling this gap in the literature by conducting ethnographic research including interviews and focus groups to understand women's menstrual experiences in Mbarara, Uganda. Initial findings highlight the heterogeneity of experiences within Mbarara City due to a combination of personal, social, and external factors.
Udita Bose	Miss Udita Bose is a second-year, Doctoral Researcher, pursuing a fully funded PhD in Geography at Brunel, University of London. The Development Geographies research group, the Royal Geographical Society, has recently awarded her the 'PGR Travel and fieldwork prize' (2024). Additionally, she is one of the recipients of the 'Improving Research Community Builder Award' (2025) from, the University of Cambridge. She received a Bachelor's, Masters and MPhil degrees in Sociology, from Jadavpur University, Kolkata, India. She is interested in contextualising menstrual experiences, ethnography, participatory action research, creative methods, addressing stigma, inclusivity, intersectional theories, and decolonisation. She has interned with CRY (Child Rights and You), collecting data for national research on anti-child labor, raising funds, and writing field reports. The disciplines of Sociology and Geography interest her. She is also a trained elocutionist (in Bengali language) and runs a	Surgical Menopause: The awareness about the menstruating body From a personal experience of having to witness my mother undergo surgical menopause at a preliminary stage of being diagnosed with uterus cancer, I will be delivering a presentation. Her awareness regarding her own body, the constant check on the irregular menstrual cycle, the timely medical interventions and how the wider society kept telling her that she is overthinking, I bring an intersectional and inclusive lens to discussing surgical menopause. I argue how socio-economic and cultural factors shape the experience of surgical menopause.

	YouTube channel of her own, to advance knowledge about menstruation.	
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Panel 2.1. Inclusive Policies: Menstrual Health & Workplace Equity		
Dr. Chiara Cocco	Chiara holds PhD in Social Sciences from Heriot-Watt University. She is currently a Postdoctoral Research Associate in the UKRI funded Equality, Diversity and Inclusion Caucus (EDICa) at Heriot-Watt University. Her role in the caucus is to explore the relationships between life events and career, by focusing on menstrual health and peri/menopause in the workplace. Her main concern is to address barriers to inclusion, development, and progression for commonly marginalised and underrepresented groups in research and innovation careers. Her research interests and expertise also lie in ethnographic methods, particularly autoethnography. Her own experience as a menstruating researcher with caring responsibilities informs her current work with EDICa and drives her commitment to improve inclusion and enable fulfilling and accessible careers for all.	“Perimenopause has been the killer of my career”: Understanding menstrual health in male-dominated sectors and proposing suggestions to foster gender equity at work. This paper explores menstrual health at work, focusing on how individuals and organisations manage it in male-dominated environments. It highlights the taboo nature of menstrual health and the lack of support for menstruating individuals at work, leading to poorer career outcomes for women and marginalised groups. Using an intersectional feminist approach to disability, the study examines how workplace structures marginalise and disable menstruating workers. It draws on qualitative data to offer insights and practical recommendations for fostering inclusive and accessible workplace cultures to foster gender equity and create accessible R&I careers.
Gabriella Goodrich	Gabriella Goodrich is a PhD student at Heriot-Watt University, supervised by Prof Kate Sang, Dr Jackie Maybin, and Dr Varsha Jain. Her research focuses on menstruation in the workplace, specifically the UK’s hospitality sector, and its relationship with medical treatment decisions.	Investigating employment experiences and treatment decisions of hospitality workers managing problematic menstruation This research investigates the experiences of UK hospitality workers managing problematic menstruation. It highlights the challenges faced, including high workloads, limited bathroom access, and negative attitudes towards breaks. Participants experienced dismissal by doctors and long delays for diagnosis and treatment, sometimes resorting to private care. The study aims to address the literature gap on lower-paid

		workers and develop recommendations for hospitality organizations and clinicians to better support menstruating employees and identify barriers to treatment uptake.
Dr. Meltem Yavuz Sercekman	Dr Meltem Yavuz Sercekman is a Lecturer in Management at Brunel Business School, Brunel University London. Her research explores workplace inclusion, menstrual health, and chronic conditions like endometriosis. She has published in Gender in Management, Journal of Organizational Change Management, Current Psychology, Frontiers in Psychology, and Business Ethics: A European Review. A senior mindfulness practitioner and certified menstrual health coach, she designs and delivers tailored intervention programs on holistic health, stress management and resilience. Selected as a UN Women UK Delegate for CSW69, she advocates for workplace policies supporting women with chronic conditions.	Physiodiversity in the Workplace: Addressing Menstrual Health Inequities for Inclusive Work Environments Menstrual health conditions such as endometriosis and polycystic ovary syndrome (PCOS) impact career progression, productivity, and well-being among women, yet workplace policies rarely account for these challenges. This paper introduces physiodiversity—recognizing diverse biological experiences, including menstrual health—as a crucial framework for workplace inclusion. Drawing on qualitative insights from employees with endometriosis and a survey of corporate decision-makers, this study examines systemic menstrual inequities and proposes policy adaptations to foster menstrual equity in professional settings.
Dr. Ozlem Ayaz	Ozlem Ayaz joined Brunel Business School in February 2020. She has several years of management experience in strategic management, working at big companies in Turkey. Her research interests reside in the role of leadership, social and business value creation ethical organisations during the digital era started with Industry 4.0. Dr Ayaz has published widely in internationally well-regarded academic journals such as Journal of Business Research, International Journal of Management Reviews, Decision Support Systems, Business Strategy, and the Environment. She has presented her research output at international conferences such as Academy of Management Conference and British Academy of Management.	

Samantha Schwickert	Sam Schwickert (she/her) holds a Bachelor's in Physics (University of Hamburg) and a Master's in Sustainability Sciences (University of Kiel). She is the founder and CEO of the feminist game publisher 'Spielköpfe' and a research associate in Sociology of the Environment at BTU Cottbus-Senftenberg, Germany. Her doctoral research, "From 'Menstrual Monster' to the 'Cycle as a 'Female' Superpower' – The Menstrual Cycle in Capitalism", explores how emancipatory movements like the "Menstrual Movement" are potentially co-opted by capitalism and patriarchy. She examines whether these movements drive real change or remain trapped in gender stereotypes and capitalist norms, limiting their transformative potential.	Integrating the Menstrual Cycle into Workplace Organization: Addressing Health, Care, and Inclusivity Despite growing awareness of menstrual health, workplaces neglect the menstrual cycle, reinforcing patriarchal norms. This study examines how workplace discussions on menstruation evolved in Germany over three years. Using longitudinal qualitative research, including follow-up interviews and international comparisons, findings highlight persistent stigma, policy gaps, and slow change. While public awareness grows, workplace resistance remains. We advocate for inclusive policies that challenge traditional productivity norms, reduce stigma, and reimagine workplaces as caring environments that acknowledge menstrual health as a structural, not individual, issue.
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Panel 2.2. Inclusive Policies: Advocacy, Education & Structural Justice		
Arpita Sinha	Arpita Sinha is a PhD candidate at Washington State University, where her dissertation focuses on Indian female fashion models and their experiences in the workplace, with key emphasis on managing menstruation at work. Currently, she is preparing to expand her research to include the transgender community in India, focusing on menstruation, health, and workplace dynamics, further contributing to her work in South Asian studies. Arpita has received various awards and scholarships for her academic work, community engagement, and leadership endeavors, particularly in championing gender equity.	From Exclusion to Inclusion: Gaps in Addressing Transgender Menstruation in the Workplace Despite increased attention to transgender rights in India, workplace inclusion remains lacking. Menstrual health discussions continue to exclude transgender men, reinforcing gender dysphoria in workplaces lacking inclusive policies. Existing scholarship has examined legal barriers and workforce discrimination but has overlooked interventionist approaches linking academia and activism. This paper critically analyzes trans employment studies, workplace health policies, and menstrual management to identify recurring gaps and propose pathways for integrating research with policy-driven and activist-led solutions for meaningful workplace inclusion.

Chella Quint OBE	Chella Quint OBE is an author, educator, activist, disabled cyclist, and founder of the Period Positive movement, having coined the term in 2006. Her ad-busting zines Chart Your Cycle and Adventures in Menstruating which she created in 2005, inspired her 5-star Edinburgh Fringe show and, in 2021, her books Own Your Period and Be Period Positive. In 2024, she was named on British Cycling's 100 Women in Cycling list and the Shaw Trust's Disability Power 100 list and awarded an OBE for her services to education and menstrual literacy. Chella is a founding member of the Menstruation Research Network.	Menstrual Education Policy: A Call for Inclusive Legislation This paper explores the development of a proposed Menstrual Education and Literacy Bill, shifting menstrual policy beyond product provision to focus on systemic inclusion and lifelong literacy. Addressing gaps in education, workplace policies, and public health, the bill prioritises intersectional accessibility for disabled people, trans and non-binary menstruators, and those experiencing the menopause transition. Attendees will gain insights into policy progress, challenges, and next steps, with practical strategies for advancing comprehensive menstrual education legislation across diverse institutional settings.
Natália Blahová	Natália Blahová is a (soon to be) sociologist and activist specializing in gender, sexuality, and menstrual equity. A graduate of the Gerrit Rietveld Academie (2019), she co-founded project Dôstojná menštruácia in Slovakia and has worked with Neighborhood Feminists in the Netherlands. She currently co-coordinates Dôstojná menštruácia projects at InTYMYta, focusing on fundraising, communication, and advocacy. Since 2022, she has been studying Sociology at the University of Amsterdam, researching period poverty through decolonial and anti-racist lenses. She also as an abortion buddy. Originally from Slovakia, she has lived in the Netherlands since 2013.	Period poverty in Slovakia Period Poverty in Slovakia is the very first publication on this topic in Slovakia. It explores the lack of access to menstrual products, focusing on marginalized groups. A key chapter examines marginalized Slovak Roma communities, highlighting systemic racism, generational poverty, and segregation in education. Another chapter discusses social exclusion, covering homelessness, incarceration, and lack of healthcare access. The publication advocates for policy changes, menstrual education, and need to combat stigma and inequality. Using research and real cases, it calls for urgent action to address period poverty as a human rights issue.
Sarah Kuponi	Sarah Kuponi is a trailblazing public health professional, social health entrepreneur, author, and advocate for gender equality and menstrual health equity. With a proven track record in research, policy advocacy, and project management, Sarah's work spans critical areas such as health	Assessing and Enhancing Menstrual Health and Hygiene Policies: A Comparative Analysis in English Speaking West African Countries This study examines menstrual health and hygiene (MHH) practices and policy implementation in Nigeria and Ghana.

	system strengthening, youth development, and climate-resilient menstrual health solutions. She is the founder of Alora Reusable Pads, an eco-friendly menstrual hygiene social enterprise, and the visionary behind A Well-Informed Adolescent Initiative, a platform dedicated to equitable access to sexual and reproductive health services for young people. As an author, Sarah has written USAID-recommended books such as Teens Blueprint and My Period, which provide comprehensive sex education and menstrual health guidance for adolescents. Her efforts have positively impacted over 15,000 young people and facilitated the distribution of more than 20,000 reusable pads to underserved communities. In 2024, Sarah was selected by the U.S. Government as one of Africa’s most promising young leaders through the prestigious Mandela Washington Fellowship. She is also the recipient of the 2025 UK Study Alumni Business and Innovation Award by the British Council, recognizing her outstanding contributions to social entrepreneurship and menstrual health innovation.	Findings reveal critical challenges including limited menstrual education, poor WASH infrastructure, economic barriers, and fragmented policies. It highlights the urgent need for inclusive, culturally sensitive standalone MHH policies, improved product access, and coordinated interventions. Strengthening policy frameworks and investing in education and infrastructure are essential to promote menstrual dignity, reduce gender disparities, and improve the well-being of women and girls in West Africa.
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Panel 2.3. Sustainable Menstrual Practices: Culture, Community & Environment		
Marie de Lutz	Marie de Lutz is an anthropologist, photographer and filmmaker who recently completed her PhD thesis in anthropology at the Geneva Graduate Institute, an ethnography of body-territory relations and knowledge production around the mobilisation of the menstrual cup in Colombia. Their research profile focuses on the political economy of knowledge production, cutting across medical anthropology, science & technology studies, and political ecology. Marie is currently a postdoctoral research fellow at	Menstrual-environmental materialities: sustainability as praxis In a fishing community in the Colombian Caribbean, Dorkas, a community leader focussed on environmental education, calls on Sua, a menstrual educator and entrepreneur from the city. Dorkas is searching for someone to donate menstrual cups to teenagers of the ‘Women of the Sea’ surf club, a program for girls that challenges local gender norms in relation to the sea. This presentation examines the material-

	the Centre for biomedicine, self, and society at the University of Edinburgh, examining how data-driven technologies are mediating menstruation(-adjacent) practice in Colombia.	discursive entanglements of MMTs as they are woven into the body-territory relations central to Dorkas' methodology.
Dr. Julie Hennegan	Dr Julie Hennegan uses mixed-methods research to understand and quantify the impacts of menstrual health on the lives of women, adolescent girls, and people who menstruate globally, and to evaluate the effects of menstrual health interventions and policy. She is a Senior Research Fellow and Co-Head of the Global Adolescent Health Working Group at the Burnet Institute.	Menstrual cup acceptability and functionality in real-world use among young people in Australia Menstrual cups offer opportunities as an environmentally friendly and cost-effective menstrual product. We surveyed 530 young people in Australia about their experiences using menstrual cups. We found many experienced significant discomforts and challenges. Great pre-use knowledge was associated with reduced odds of some difficulties. Our results have implications for supporting young people to make informed product choices, design of product delivery programs, and developing supportive education.
Samanmali Alujjage Don	I hold a Bachelor of Arts degree from the University of Colombo, Sri Lanka with first-class honours, and a Master's in Research in Sociology from Keele University, UK. I am pursuing a PhD in Sociology and Criminology at Essex University, with research examining menstrual management practices among Malaiyaha plantation women in Sri Lanka. My work explores the intersections of culture, marketisation, and sustainable development. I have contributed to academic research and teaching as an Assistant Lecturer at the University of Colombo, Sri Lanka, Sociology and Criminology Department and the Essex Business School at the University of Essex.	Environmental, Social, and Economic Dimensions of Sustainable Menstrual Management: An Ethnographic Exploration of the Everyday Experiences of Malaiyaha Plantation Women in Sri Lanka This research explores the menstrual experiences of Malaiyaha working women in impoverished, socially marginalised Sri Lankan communities. Using participant observations and in-depth interviews with various stakeholders, it examines how menstruation is managed across generations. The findings highlight the need for an integrated approach that considers both cultural and sustainability aspects to develop effective, long-term solutions for menstrual management and sustainable development in these communities.

Panel 2.4. Sustainable Menstrual Practices: Rights, Representation, and Responsibility

Dr. Céline Brassart Olsen	Céline Brassart Olsen is an Assistant Professor in Health and Human Rights at the University of Copenhagen, Denmark. She is working on the project "Conceptualizing a Human Right to Menstrual Health - Breaking Societal Taboos and Promoting Female Health", funded by Independent Research Fund Denmark. The project investigates how human rights can be leveraged to decrease menstrual stigma and to support people who menstruate beyond hygiene management. Céline was a visiting researcher at the O'Neill Institute for Global and National Health Law at Georgetown University, and worked as a legal consultant for the World Health Organization in the field of tobacco control.	Addressing the commercial determinants of menstrual health: a call to regulate menstrual product manufacturers Despite their convenience, menstrual products raise health, environmental, and equity issues. Yet menstrual product manufacturers have been subject to limited scrutiny and regulation. This presentation introduces a first comprehensive framework for the regulation of menstrual product manufacturers. The framework encompasses five complementary measures to regulate the content; labeling; production and waste management; pricing; advertising and marketing of menstrual products. Governments and inter-governmental agencies should pay increased attention to menstrual product manufacturers. This framework can be a starting point for regulation.
Dr. Nicole Spohr	With a PhD in Business and a Master's in Contemporary Menstrual Studies, Nicole is dedicated to advancing research on menstruation and breaking the stigma surrounding it, driven by her belief in education as a tool for lasting social change. Currently working on a research project commissioned by the European Parliament, aimed at mapping period poverty across EU member states.	What do they say about menstruation?: A review of the business media coverage on menstruation This study examines how business media has covered menstruation over the past three and a half years (January 2020 – June 2023). Menstruation remains underexplored in Management and Organisation Studies, partly due to its ongoing stigma. Given the growing influence of corporations on menstruators' lives, this study analyzes 76 articles from six major business magazines—Fortune, Fast Company, Forbes, Inc, Entrepreneur, and Wired. A qualitative content analysis identified five key themes: period poverty, menstrual health, menstrual products, the economics of menstruation, and menstruation in the workplace. Period poverty and menstrual health emerged as dominant topics, while economic aspects, including startups and menstrual data, received comparatively less attention. Forbes Magazine was the most prolific source,

		publishing 55 of the 76 articles, with a significant portion authored by a single journalist, Alice Broster. The findings suggest that while business media contributes to destigmatizing menstruation through discussions on education, policy, and innovation, its framing may still be influenced by commercial interests. This study highlights the need for further research on media narratives surrounding menstruation and their implications for gender equality in the workplace and beyond.
Tara Akindele	Tara Akindele is the founder of Flo Haven, a registered NGO tackling period poverty in Nigeria through sustainable solutions. With a BSc in Biomedical Science from the University of Hull and an MSc in Global Health and Development from UCL, they combine scientific expertise with grassroots activism. Recognising the link between menstrual health and WASH, Flo Haven improves access to clean water and sanitation, key barriers to menstrual equity. Unlike most NGOs, Flo Haven prioritises eco-friendly menstrual products, offering sustainable solutions. Their work spans education, advocacy, and stigma reduction, ensuring menstrual health is a fundamental public health priority.	Rethinking Menstrual Health: The Role of Sustainability in Combating Period Poverty Menstrual health interventions often focus on short-term access to products, but true solutions require sustainability both environmentally and structurally. This session explores the intersection of menstrual health, sustainability, and period poverty, highlighting how eco-friendly menstrual products, water access, and long-term infrastructure shape menstrual equity. Drawing from Nigeria's context, Tara Akindele shares insights from Flo Haven's work, demonstrating how sustainable solutions drive lasting change and offer a model adaptable across the Global North and South.

Panel 3.1. Menstrual Activism: Historical and Cultural Interventions		
Prof. Bettina Bildhauer	Bettina is a historian of menstruation and Professor of Modern Languages at the University of St Andrews. She has published on the history and politics of menstruation in Scotland and in German-speaking countries from the Middle Ages to today (Open Library of Humanities Special Issue 2023; Medieval Blood 2006). She is particularly interested in	How to affect change on menstruation and menopause: Lessons from Scotland Scotland has recently been a global hub for activism, policy-making and research on menstruation and the menopause. Drawing on Marcy Karin's, the wider Menstruation Research Network's and my own experiences in Scotland, this paper

	thought patterns surrounding menstruation, especially in relation to understandings of bodies, genders and nations. She has been part of the Menstruation Research Network from the start, and currently serves on its steering committee.	identifies (1) six good starting points for menstrual activism, policy-making and research (period poverty, medical neglect, environmental pollution, lack of education, lack of inclusive approaches, reproductive justice) and (2) six lessons we learned about what works to affect positive change (collaboration, research, language, education, products and persistence).
Chella Quint OBE	Chella Quint OBE is an author, educator, activist, disabled cyclist, and founder of the Period Positive movement, having coined the term in 2006. Her ad-busting zines Chart Your Cycle and Adventures in Menstruating which she created in 2005, inspired her 5-star Edinburgh Fringe show and, in 2021, her books Own Your Period and Be Period Positive. In 2024, she was named on British Cycling's 100 Women in Cycling list and the Shaw Trust's Disability Power 100 list, and awarded an OBE for her services to education and menstrual literacy. Chella is a founding member of the Menstruation Research Network.	Adventures in Menstruating at 20: A Retrospective on Two Decades of Menstrual Activism Through Zines This paper reflects on 20 years of Adventures in Menstruating, a zine series that has challenged menstrual stigma through humor, critique, and grassroots activism. Since June 2005, the zine has engaged diverse audiences, influenced menstrual discourse, and interacted with media, policy, and education. This retrospective explores its evolution, impact, and continued relevance in menstrual activism. The session will conclude with a zine-making celebration, inviting participants to contribute to a special 20th-anniversary edition.
Valeria Giampietri	Valeria Giampietri holds a Bachelor's and Master's degree in Oriental Languages and Civilizations from Sapienza University of Rome. She is currently a Joint PhD candidate at Sapienza University (Civilizations of Asia and Africa) and the University of Antwerp (Film Studies and Visual Culture). Her research explores visual representations of menstruation in India, with a focus on Mumbai and Delhi, integrating ethnographic and visual anthropological approaches. Through participatory visual methods, she investigates how menstrual imagery shapes public discourse, activism, and women's perceptions of their bodies in urban India.	Visualizing Menstruation in Mumbai: A Comparative Analysis of Found and Participant-Generated Images My research analyzes visual representations of menstruation in Mumbai through a comparative approach between materials produced in participatory workshops and found materials from artists, activists, and institutions. Using visual anthropology methods, I examine how visual culture influence the perception of menstruation, identifying recurring themes and differences between institutional and individual representations. This analysis explores how visual narratives challenge or reinforce menstrual taboos, contributing to

		broader discussions on gender, health, and menstrual stigma in India.
Veronica Corbellini	Psychologist, researcher and co-founder of Eva in Rosso, an association for menstrual health promotion and education in Italy. After graduating in Developmental Psychology and working in hospitals, she completed an MA in "Gender and Development" at the Institute of Development Studies (IDS, University of Sussex). She has experience in Italy and internationally in public health and gender approaches, including entities such as IDS and UN Women MCO of the Caribbean. She currently manages the Menstrual Health Observatory of Eva in Rosso and is the Project Coordinator of the "Festival del Ciclo Mestruale".	The "Festival del Ciclo Mestruale": a new feminist project and activism model in Italy The “Festival del Ciclo Mestruale” is a project, born in 2022 and created by five associations, to address the current stigmatization and low prioritization of menstrual health in Italy. The Festival aims to fill the knowledge gap by creating a collective, safe and inclusive space, to change the narrative on the menstrual cycle and bring it into the public debate. Furthermore, it proposes a new activism model based on cyclicity, collaboration and collectivity.

Panel 3.2. Menstrual Activism: Autonomy, Technology & Global Grassroots		
Dr. Aino Koskenniemi	Aino Koskenniemi works as a postdoctoral researcher at the University of Turku in a research project examining intimacy in data-driven culture. Her current research examines non-commercial menstrual tracking applications and the ways in which they may both enhance and limit menstruators' bodily autonomy. Koskenniemi defended her dissertation on menstrual meaning-making in May 2024.	“Definitely we deserve better, but also, like, surely better is possible” – Making sense of the role of non-commercial menstrual cycle tracking apps in enhancing menstruators’ bodily autonomy This project analyses the potential in non-commercial menstrual tracking applications for enhancing menstruators’ bodily autonomy. Drawing on feminist relational theories of autonomy and based on interviews with not-for-profit menstruapp founders and developers and an analysis of varied media materials on these applications, the paper shows that these apps differ from profit-driven apps in important ways. The paper discusses the ways in which the apps can be seen to affect menstruators’ abilities for self-determination, self-governance, and self-authorization.

Dr. Fran Amery	Fran Amery is Senior Lecturer in Politics at the University of Bath. Her research addresses contemporary feminist politics, particularly in the context of struggles for reproductive and menstrual justice and LGBTQ+ rights. She is the author of Beyond Pro-Life and Pro-Choice: The Changing Politics of Abortion in Britain.	The reactionary politics of menstruation A growing literature explores menstrual activism and the movements to bring about menstrual justice. However, little attention has yet been paid to the reactionary politics of menstruation – whereby actors seek to reverse progress towards equality. Drawing on preliminary research on two very different cases – ‘anti-woke’ reaction to period product provision in the US, and Hindutva opposition to women’s entry to Sabarimala Temple in Kerala – this paper begins to sketch out an account of the reactionary politics of menstruation.
Gifty Maloe Nartey	Gifty Maloe Nartey is a dedicated public health advocate, social and behavioral scientist, and entrepreneur. As the CEO of M&M Medical Centre and founder of Afrika Nyornu NGO, she is passionate about menstrual hygiene education, cervical cancer awareness, and women’s empowerment. In just four years, her NGO has reached over 7,000 girls and boys with menstrual hygiene management education and distributed more than 200,000 reusable and disposable sanitary pads. With her medical expertise and commitment to community impact, Gifty continues to drive meaningful change in public health and women’s well-being.	Breaking Barriers, Building Dignity: Afrika Nyornu’s Holistic Approach to Menstrual Activism in Ghana Breaking Barriers, Building Dignity: Afrika Nyornu’s Holistic Approach to Menstrual Activism in Ghana explores how the Ghanaian NGO tackles menstrual inequity through education, product access, policy advocacy, and community mobilization. By training girls in menstrual health, distributing reusable pads, and collaborating with schools and policymakers, Afrika Nyornu reduces period-related stigma and school absenteeism. Their intersectional model integrating health screenings, nutrition, and economic empowerment demonstrates how grassroots activism can drive systemic change, transforming menstruation from a barrier into a catalyst for dignity and gender equality.
Dr. Pamela Setorwu Adofo Ansong	Mrs Pamela Setorwu Adofo Ansong (PhD) is a passionate and results-driven professional with expertise in Public Policy and Development Planning, complemented by an academic background in Environmental Science and Climate Resilience. She has a strong interest in environmental and public health, with hands-on experience in menstrual health education and outreach through Afrika Nyornu. As a young	

	Ghanaian woman, Pamela is dedicated to advancing sustainable urban development, climate resilience, and social inclusion. She strives to create equal opportunities for all, ensuring that communities are empowered through policies and initiatives that foster environmental sustainability and public well-being.	
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Panel 3.3. Menarche to Menopause		
Dr. Gemma Sharp	Gemma Sharp is an Associate Professor of Epidemiology at the University of Exeter where she runs a research programme around women's reproductive and mental health. She has a background in reproductive biology and much of her previous research focuses on epigenetics as a mediator of the social and environmental influences on health. Gemma is founder and director of the Menarche Menstruation Menopause and Mental Health (4M) Consortium, a global network of over 350 academic and non-academic members working at the intersection of menstrual and mental health.	The Menarche Menstruation Menopause and Mental Health (4M) Consortium: Promoting Interdisciplinary Research at a Complex Intersection Menarche, menstruation and menopause are critical aspects of women's health that have historically been overlooked, leading to unmet healthcare needs. In particular, the intersection between these reproductive processes and mental health has been under-appreciated. To help address these challenges, the Menarche Menstruation Menopause and Mental Health (4M) Consortium was established in 2021 to promote interdisciplinary, impact-driven research at this intersection.
Luana De Giorgio	Luana helps run the Menarche, Menstruation, Menopause and Mental Health (4M) Consortium by assisting with communications, engagement and much much more. She is a women's health researcher focusing on lifestyle behaviours in women with endometriosis and has a background in communications.	
Harriet Wilkinson	Harriet Wilkinson is a sociology Ph.D. researcher in Maynooth University, funded by Research Ireland. Her research focuses on menstruation and social change in	From 'Old Wives' Tales to Digital Trackers; the shifting social imaginaries of menstruation in Ireland

	Ireland, particularly exploring menstrual management in Ireland across generations. She uses qualitative and creative methods to explore the diversity of the menstrual experience in Ireland	This paper examines how menstruation serves as a window into gendered embodiment and social change in Ireland. The research addresses a gap in sociological understanding of menstrual experiences beyond individualised medical and commercial frameworks. Using cross generational qualitative methods including interviews, and creative visual techniques, the paper captures evolving attitudes and practices around menstruation in Irish society, highlighting how embodied experiences reflect broader sociocultural shifts across the lives of those who menstruate in Ireland.
Dr. Mandikudza Tembo	Dr. Mandikudza Tembo is an epidemiologist specializing in community engagement, implementation, and mixed methods research. Her work spans menstrual health—from menarche to menopause—sexual and reproductive health (SRH), and healthy ageing. Currently, Dr. Tembo serves as a postdoctoral research fellow with the Reckitt Global Hygiene Institute, where she is developing a menstrual health (MH) toolkit aimed at improving health-seeking behaviors among women and enhancing MH-related healthcare provision in Zimbabwe. She also conducts research with marginalized populations, including older adults and individuals with disabilities. Her PhD research at the London School of Hygiene and Tropical Medicine focused on MH and adolescent SRH.no	Speak Up: Using participatory research approaches to co-develop menstrual health resources The TAURA (“Speak Up” in Shona) study uses a participatory action research approach (PAR) to understand what women and healthcare providers need to address MH-related issues (including managing menstrual pain and bleeding and menopause, accessing menstrual products, and accessing MH-related healthcare) in urban and peri-urban settings in Zimbabwe, and the impact of these needs on their quality of life (QoL). With key stakeholders, the study co-creates a film, and co-creates, pilots, and evaluates an MH resource package (“MH Toolkit”) for women and healthcare providers.

Panel 3.4. Menstrual Health in Crisis Contexts: Community, Dignity & Humanitarian Action		
Ange Byabuze	Ange Byabuze is a Congolese national with a degree in Health and Community Development and has been working in the WASH sector for 10 years. She joined Concern Worldwide in February 2021 where she brings her proven	Strengthening Menstrual Dignity Through Community Engagement in the DRC Menstruation is stigmatised around the world, presenting a range of challenges for women and girls, including those in

	knowledge and experience in emergency projects in humanitarian crises. Recently, Ange led an innovative handwashing pilot in DRC titled "Campaign to promote handwashing with soap: an example of the application of recommended good practice in behaviour change", the results of which were presented at the Emergency Environmental Health Forum and WEDC in 2024.	the DRC. Menstruators are impacted by a lack of information, which can lead to unwanted pregnancies as well as negative attitudes, misconceptions, shame and a physical lack of both products and private space; exposing them to sexually transmitted diseases. In the DRC menstruation is strongly linked to cultural taboos, discriminatory traditions and the overall social environment.
Kokou Agossou	Kokou Agossou has worked in the drinking water and sanitation sector since 2012. He joined Concern Worldwide in the DRC 7 months ago and is responsible for ensuring the technical quality of the implementation of all WASH projects in the DRC, as well as advising on the strategic direction of the WASH department. Prior to the DRC, he worked in other countries, particularly in West and Central Africa (Benin, Togo, Mali and the Central African Republic), in the context of development aid and humanitarian emergencies in the field of WASH. Kokou trained as a design engineer in Civil Engineering and Hydraulics, with an additional specialisation in Humanitarian WASH	
Charline Bangbi	Charline Bangbi is a sociologist and started working in the humanitarian sector in 2018 as a psychosocial assistant. At the end of 2019, she joined Concern. To date, she oversees gender, and protection issues and has experience in implementing menstrual health and hygiene activities. She represents Concern, the lead of the CAR WASH Cluster Menstrual Hygiene Management Working group. Yves Ouata is Concern's Project Manager of Irish Aid projects in Mobaye in the south-east of CAR.	Community and Government Menstrual Activism in the Central African Republic Despite being a normal part of life for half of the world's population, menstruation remains stigmatised. It presents a range of challenges for women and girls, including those in the Central African Republic (CAR) who are impacted by limited access to products, private space and a lack of knowledge, intertwined with negative attitudes, cultural taboos and discriminatory traditions. As a result, menstruators are deprived of certain fundamental human rights, including those
Yves Ouata		

		relating to education, work and health. This turns a simple biological fact into an obstacle to gender equality.
Safaa Alloush	Safaa obtained her Bachelor's degree in Civil Engineering in 2019 and now works as a WASH facilitator with Concern. Her role involves providing supervision and supporting water quality activities, including water quality testing, water trucking-training, providing hygiene awareness training to stations operators.	Menstrual Inequality in Informal Settlements in Syria Menstrual inequality remains a significant challenge in Syria, especially for women and girls. Dealing with menstruation carries a huge burden as they attempt to cope amid the total loss of privacy and limited access to resources, especially in informal settlements. Impinging on their hygiene and menstrual health; it also has adverse effects on their feelings of safety and dignity, founded on a lack of involvement from men and boys. Driven by stigma as well as religious and cultural considerations, menstrual inequality is further exacerbated.
Alaa Alnazhan	Facilitator in Concern's in the water and sanitation team, focused on implementing awareness campaigns in targeted areas and conducting water quality tests and focus group discussion sessions	
Maha Ibrahim Al Haj Faraj	Maha is an architect and humanitarian worker, graduated from the University of Aleppo in 2014. Currently, she works as a WASH Facilitator at Concern, focusing on water quality and public health. She is passionate about health awareness, women's rights, and childhood issues. Also, deeply interested in 3D drawing and graphic design.	
Dr. Rita Jalali	Rita Jalali is a Senior Scholar in Residence at the Department of Sociology and Center on Health, Risk, and Society at American University in Washington DC. She received her M.A. and Ph.D in Sociology from Stanford University. Her research focuses on cross-national issues of social movements, gender inequality, water and sanitation deprivation, and menstrual health and hygiene. She has published in numerous peer-reviewed journals on these and other topics. Her primary field work has been in India and Turkey. Her most recent publication, "Global Health Priorities and the Neglect of Menstrual Health and Hygiene," was published in Sociology of Development journal.	Building an Advocacy Campaign to end Menstrual Poverty during Humanitarian Emergencies – Challenges and Opportunities Women do not stop menstruating during disasters! Yet, in many humanitarian emergencies the needs of menstruators are overlooked - from access to menstrual products to appropriate sanitation facilities. This paper reports on an ongoing project to start an advocacy campaign in partnership with a Turkish NGO to raise this as a public issue. It discusses the challenges and opportunities the campaign has encountered in persuading response agencies to prioritize the needs of menstruators when planning and implementing humanitarian aid.

Bahar Aldanmaz	Bahar Aldanmaz is a Ph.D candidate in Sociology at Boston University, with a research focus on global health, development, gender, and menstrual justice. She is a co-founder of the Konusmamiz Gerek Association in Turkey, dedicated to advancing menstrual justice. She has published on this issue in numerous publications such as Ms. Magazine, Think Global Health, and Signs: Journal of Women in Culture and Society.	
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Panel 3.4. Menstrual Activism: Policy, Rights & Reform		
Anahí Rodríguez Martínez	Anahí Rodríguez holds a Master's degree in Gender Studies from the Complutense University of Madrid with a Fundación Carolina scholarship and a Bachelor's degree in International Studies from the University of Guadalajara. She has worked with civil society organizations such as Oxfam Mexico, in the private sector conducting legislative intelligence at Integralia Consultores, and in the Federal Public Administration as part of the National Council for the Evaluation of Social Development Policy (CONEVAL). She was selected to participate in the First Women's Parliament of Mexico City. She founded #MenstruaciónDignaMéxico, a collective that successfully advocated for the elimination of taxes on sanitary pads, tampons, and menstrual cups, as well as the provision of these products for free in several states. She is recognized as one of the "60 Women Who Move Mexico." Currently, she serves as a Policy Advocacy Officer at GIRE.	First National Survey on Menstrual Management in Mexico The 2022 National Survey on Menstrual Management will be presented, a study by Essity, #MenstruaciónDignaMéxico, and UNICEF. It reveals key gaps in menstrual education, economic barriers, and infrastructure deficiencies in Mexico. Findings show 69% lacked information at menarche, 50% sacrificed basic needs for hygiene products, and 56% lacked free product access. The session will also highlight Menstruación Digna's advocacy progress, including policy advancements and ongoing efforts to ensure equitable menstrual rights and access nationwide.

Helen Lynn	I've been working on issues linking gender, equity, health and the environment for the last 30 years. Predominantly as a campaigner and researcher. I have worked at the local, national, European and international levels on issues such as menstruation, the primary prevention of breast cancer, and safe cosmetics. My work involves mainly the public understanding of science, and I have written briefings and reports in connection with this work to increase engagement and understanding of the issue. I am a visiting Researcher at the Occupational and Environmental Health Research group, University of Stirling.	Why we need a menstrual health, dignity and sustainability act Menstruation is a human right as well as a public health issue – impacting women, girls and people who menstruate in many different ways. From period equity to lack of menstrual education and the absence of proper regulation for period products. The intersectional nature of menstruation means it's impossible to address any one aspect in isolation. This is why we need an all-encompassing act to address all aspects. Menstrual stigma has affected our ability to regulate for safe and sustainable products.
Marta Marsé Vidri	Degree in Business Administration and Management and Degree in Anthropology. Master's in Education. I have worked as a Strategic Analysis Consultant at the Department of Labor and Enterprise of the Government of Catalonia for 18 years and I have been trained for 20 years in various disciplines for the promotion of health and on the field of women's health and menstruation. My master's thesis was about teaching on women's and menstruation through history. I have been researching menstruation for years. since 2023 I am doing my PHD in this field, researching "Menstrual Leave" and "Primary Dysmenorrhea" from an interdisciplinary approach.	An update on Menstrual Leave in Spain. After many years of researching on menstruation, in 2023 I started my PHD on "Menstrual Leave". It is supposed to cover several parts from an interdisciplinary approach but in this year's conference I will do a short presentation updating the situation of the "Menstrual Leave" policies in Spain and Catalonia. Menstrual leave began to be implemented in Asian countries in the 1950s. Then some occasional cases of companies are known until in 2017 a discreet congress was held in England on the subject following the fact that several organizations were already implementing it. As a public policy, Spain is currently the only country that has introduced menstrual leave. In May 2022, a new law was approved (Baja por regla dolorosa). In Catalonia region where I live and work, in 2021 new menstrual permits were created in some Catalan councils, the first of which was Girona. In October 2022, the Generalitat de Catalunya instituted a new general menstrual leave included in the new "Integral Menstrual and Climacteric

		Equity Plan 2023-2025 of Catalonia". In my 5 minutes presentation I will provide an update on what I presented last year regarding menstrual leave in Spain and Catalonia, to examine its evolution in terms of usage and visibility. I will share some data and offer some reflections on the general and social perception of it.
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Panel 4.1. Menstrual Health		
Fabiola Guerra	Fabiola is a third-year trainee in the Clinical Psychology Doctorate programme at the University of Leeds, UK. With a BSc and MSc in Psychology from the University of Padua, she also spent time as a visiting student at Boston University and University of Chester. Fabiola is interested in inequalities and strongly believes in the responsibility of clinical psychologists to contribute to social change. With clinical experience in different mental health services, Fabiola specializes in working with young people and families. Her dissertation focuses on young people community mental health services and menstrual health.	Exploring Menstrual Health: Perspectives Among Mental Health Professionals Working with Young People in Community Settings Despite an established relationship between mental health and menstrual health, little is known about whether or how menstrual health is addressed in mental health services for young people. Thirteen mental health professionals were asked about their perspectives on this topic using semi-structured interviews. Preliminary patterns from Reflexive Thematic Analysis include lack of training on menstrual health, menstrual concealment, the use of hormonal contraception, the normalisation of menstrual problems, and the perceived body-mind dichotomy.
Dr. Helena Zavos	Dr Helena Zavos is a researcher based at King's College London focusing on mental health. Helena is interested uses genetically informed designs to understand the relationship between menstrual related health and mental health.	Using longitudinal data to understand associations between hormonal contraception and depression This study examined the link between hormonal contraceptive (HC) use and depression using twin data from adolescence to adulthood. When comparing identical twins, those who used HC longer had fewer depression symptoms than their co-twin. Findings suggest HC use may have a positive effect on mood for some users, but further research is needed to guide contraceptive choices.

Julie Riddell	Julie Riddell graduated in 2005 with a MA (Hons) in Psychology from the University of Aberdeen and went on to do the MRes in Research Methods in Psychology at the University of Strathclyde, graduating in 2007. On graduating Julie worked within Glasgow City Council's Education Services on a variety of research projects, ranging from school based evaluations to citywide initiatives. Julie joined the MRC/CSO Social and Public Health Sciences Unit in March 2013 as a research assistant for the Sexual Health programme and currently works within the Social Relationships and Health Improvement programme. Julie has a particular interest in the practical application of research findings to shape and change policies and individual behaviours. Julie has also been involved in developing guidelines to support researchers conducting emotionally demanding research and was one of the coordinators of the Scottish Emotionally Demanding Research Network. She has most recently been involved in the creating the UK's first research agenda for PMDD and has a particular interest in the impact of hormones and menstruation on health.	Adapting the Integrated Motivational-Volitional (IMV) model of Suicidal Behaviour for use within the Premenstrual Dysphoric Disorder (PMDD) population PMDD is a severe hormone-based mood disorder which impacts 1 in 20 people who menstruate. With increasing awareness of PMDD, there is an identified need for health professional training on menstrual mental health. We identified the Integrated Motivational-Volitional (IMV) model of suicidal behaviour as an appropriate tool for training and support. Our findings identify important additions to the IMV model in order to identify the unique factors associated with suicide-risk for those living with PMDD. Specific factors identified include: neurodiversity; menstrual stigma; hormonal trigger events; core mood symptoms; cumulative cyclical exhaustion; impulsivity; rejection sensitivity and menstrual phase. We will present the final adapted model and discuss its utility in clinical practice. Our methodology also demonstrates how the IMV-model can be adapted for use within specific populations, in particular those with fluctuating mental health conditions, (in a novel way that provides a framework for working with each population).
Dr. Rebecca Evans	Rebecca Evans is a biologist and teacher who now specialises in menstruation studies. Her current research is the MeJARa study, a multi-disciplinary project that aims to explore and enhance the experience of menstruation amongst adolescent girls in Nepal and Guatemala.	A systematic literature review of the impact of menstrual pain on daily life and emotional functioning Pain before and during the menstrual cycle is common in women and girls and is diagnosed as dysmenorrhoea when it is severe or frequent enough to interfere with daily activities. We undertook a systematic review of the prevalence of menstrual symptoms, and the impact of menstrual pain on daily life, emotional functioning, and school absence in adolescents. We established that the majority of girls suffer

		from some symptoms of primary dysmenorrhea and around half find the pain debilitating. A relationship was shown between the level of pain and the degree of interference; the more severe the pain, the more debilitating it was.
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Panel 4.2. Menstrual Health II		
Annie O'Connor	Annie is a research assistant and yoga teacher. Annie's research interests are in mental health and women's reproductive health. After qualifying as a chartered accountant and working in management consulting Annie completed a Psychology conversion course. Annie's research project focused on occupational burnout, quality of life and menstrual pain. Currently working on a mental health project with DCU, Annie plans to continue her research in endometriosis and mental health implications.	The Impact of Dysmenorrhea on Burnout and Quality of Life Dysmenorrhea is pain before or during menstruation which affects normal functioning. Health-related quality of life (HRQL) refers to the impact of illness and disability on day-to-day functioning and perceived well-being. The functional impairments and impacts associated with Dysmenorrhea extend to occupational settings, namely absenteeism and presenteeism. A survey of Irish menstruators between ages 18 and 40 found the severity of dysmenorrhea contributes to HRQL. Those with secondary dysmenorrhea had more severe pain and worse HRQL.
Dr. Gemma Sharp	Gemma Sharp is an Associate Professor of Epidemiology at the University of Exeter where she runs a research programme around women's reproductive and mental health. She has a background in reproductive biology and much of her previous research focuses on epigenetics as a mediator of the social and environmental influences on health. Gemma is founder and director of the Menarche Menstruation Menopause and Mental Health (4M) Consortium, a global network of over 350 academic and non-academic members working at the intersection of menstrual and mental health.	MenstruLife: Heavy and Painful Menstrual Periods and their Relationship with Depressive Symptoms across the Life Course This study takes an epidemiological approach to characterise who is at risk of heavy and painful periods, at what age, and how these symptoms relate to depressive symptoms from menarche to menopause. We are using this information to build a conceptual framework to describe how these menstrual symptoms can impact mental health and identify targets for intervention to reduce the impact.

Heather Amy Suttor	Heather is a PhD candidate at the University of Melbourne and a research assistant at the Burnet Institute. Drawing on her background in anthropology, she uses participatory and ethnographic methods to investigate our lived experiences of menstruation. Her current research centres on the intersections between digital tools and menstrual health, examining how these tools can influence people's understanding of the menstrual cycle and their access to care and support.	“OMG so painful”: A qualitative study on the lived experiences of menstrual-related pain among adolescent girls in Bali, Indonesia Our paper explores the lived experiences of menstrual pain among adolescent girls in Bali, Indonesia. Pain is a widely acknowledged menstrual experience for many women, girls, and people who menstruate globally. However, the experiences and impact of pain often go under-recognised and untreated, particularly among younger populations in the Global South, who may not express their pain or seek out and access care. Our paper aims to surface these experiences and deepen our understanding of menstrual pain as a physiological and socially situated menstrual experience.
Prerna Singh	I am a PhD Candidate in South Asian Studies and Social Anthropology at the University of Edinburgh. My PhD project looks into how knowledge around menstruation is produced in slums in Delhi inter-generationally and aims to highlight how infrastructural access, barriers, cultural transformations and migration interact and shape menstrual practices. The project uses an ethnographic lens to understand women's lived experiences and look at menstruation as a complex gendered practice. I have a background in gender studies and have been involved with NGOs in carrying out interventions related to women's health in India.	Between Pain and Survival: Menstrual Health and Reproductive Struggles in an Urban Slum in Delhi This study explores menstrual health in Kusumpur Pahari, an urban slum in Delhi, where structural inequalities, cultural stigmas, and socio-economic struggles shape women's experiences. Menstruation is paradoxically seen as both impure and vital for fertility, influencing how women manage their cycles through medical, traditional, or spiritual means. Limited healthcare access, government policies, and familial expectations further complicate these challenges. Through three women's narratives, the study highlights how menstrual health intersects with reproductive justice, agency, and broader gendered health disparities.

Panel 4.3: Global Perspectives		
Charley Jones	Charley is a PhD student in Applied Health Sciences taking an interdisciplinary approach to menstrual health issues. She	Menstrual Health Disorders: A Thematic Review of Clinical Practice Guidelines

	has an academic background in the humanities and global health policy and is committed to producing research that informs a holistic and inclusive healthcare approach to menstrual issues.	Analysing clinical practice guidelines for menstrual health disorders worldwide provides insight into how different countries and cultures understand and treat menstrual issues. 12 clinical practice guidelines were sourced from the global north and global south. Guidelines were analysed thematically using NVivo. Three main themes and areas of differences were identified: defining 'normal menstruation'; social and cultural considerations in assessment and management; and patient preferences and shared decision making.
Dr. Ruth Westoby	Ruth Westoby is a postdoctoral research fellow in Jaina Studies at the Oxford Centre for Hindu Studies. Here Ruth researches technologies of the body including yoga, asceticism and menstruation. In addition, Ruth is an Associate Researcher at Inform, based at King's College London, researching menstruation in contemporary religions. Ruth holds a PhD from SOAS University of London on 'The Body in Early Haṭha Yoga' (2024). Ruth is currently working on a book project from her doctoral thesis 'Reversing Reproduction in Premodern Yoga'. Her research focuses on the materiality of the body and sexuality from critical theoretical and medical humanities perspectives.	Beyond binary sex and procreation in the global south: Jain approaches to menstruation, non-menstruation and sexed bodies This paper examines Jain religio-medical conceptions of menstruation, exploring tensions between doctrinal frameworks and contemporary practices. Drawing on historical texts and contemporary ethnographies, it analyses how ahimsā (non-violence) shapes understandings of menstruating bodies and informs the categorisation of non-menstruating individuals within Jainism's threefold model of sex. These understandings continue to shape both lay and renunciant practices and this perspective from the global south has the potential to make a nuanced contribution to global discussions on sexed bodies and menstrual justice.
Prof. Sonja Merten	Public health specialist with a focus on women's health.	Regulating Menstrual Products: A Global Perspective on Policies, Gaps, and the Way Forward In this workshop, we aim to discuss how product safety can be integrated into advocacy efforts for menstruation with dignity. To date, the regulation of menstrual products is limited and often unclear, and research on product safety is insufficient. If advocating for menstruation with dignity means ensuring
Dr. Adriane Martin Hilber	Sexual and reproductive health specialist	

		access to a range of menstrual products, it is essential to guarantee that these products are safe. Menstruation with dignity can only be fully realized when individuals have access to products that are not only available but also rigorously tested and regulated for their safety.
Sophie Collins	Sophie Collins recently completed her PhD at the Institute of Development Studies (IDS) at the University of Sussex, UK. Her research is on the power, framing, and depoliticisation of menstrual health policies and programmes, specifically focusing on the Kenyan MHM Policy and Strategy 2019-2030. She conducted 11 months of fieldwork in Kenya 2022-2023. Her qualitative research drew on ethnographic research methods and included interviews and workshops with several key stakeholders involved in menstrual health policy and programmes in Kenya and globally. Sophie is also an international development consultant, primarily focussing on gender, education, and sexual and reproductive health programmes.	Beyond Hygiene: Leveraging A WASH Framing to Address Menstrual Health in Kenya This presentation examines how organisations in Kenya use a Water, Sanitation, and Hygiene (WASH) framing to engage diverse audiences in menstrual health discussions across educational, religious, and community programmes. Drawing on eleven months of fieldwork (2022–2023) in Kenya, it offers insights into how WASH narratives can create opportunities to address gender and social barriers related to menstruation and reproductive health. However, when restricted to hygiene, this framing risks reinforcing stigma, failing to challenge systemic power imbalances.

Roundtable: Dignity in Menstrual Discourse	
Abigail Lennox	Abigail’s research focuses on improving menstrual health outcomes in the UK, addressing societal taboos and reframing public perceptions of menstruation. Her ESRC-funded doctoral project integrates critical and decolonial perspectives to explore how successful menstrual health strategies from the Global South can be adapted and implemented in the Global North. Abigail has also collaborated on “The Role of Dignity in Menstrual Health” project led by Professor Meera Tiwari, contributing to application of the Dignity Indicators for Improving Menstrual Health (DI-IMH) framework. This work emphasises dignity as a key driver of improved menstrual health outcomes and has been adopted by organisations in the UK, India, and Nepal.
Chella Quint OBE	Chella Quint OBE is an author, educator, activist, disabled cyclist, and founder of the Period Positive movement, having coined the term in 2006. Her ad-busting zines Chart Your Cycle and Adventures in Menstruating which she created in 2005,

	inspired her 5-star Edinburgh Fringe show and, in 2021, her books <i>Own Your Period</i> and <i>Be Period Positive</i> . In 2024, she was named on British Cycling's 100 Women in Cycling list and the Shaw Trust's Disability Power 100 list and awarded an OBE for her services to education and menstrual literacy. Chella is a founding member of the Menstruation Research Network.
Manjit K. Gill MBE	Manjit K Gill has over 20 years of business expertise under her belt and has been involved in 7 startups prior to Binti. Her flair for finding opportunities has taken her around the world and she has international experience in the business arena. Her role as a mentor for a businesswoman in Kenya with the Cherie Blair Foundation led her to start this project. Her mission is to create a huge, social impact whilst generating a sustainable organisation. As a British Indian, providing basic menstrual rights for women has become her obsessive, compulsive dedication to making a change. She was awarded the MBE (Member of the Order of the British Empire) in the 2020 Queen's Birthday Honours List for her work in the provision of period products to women around the world. Manjit is a Trustee for the Leus Family Foundation and Global Sikh Economic Forum. She is an Ambassador for The Cherie Blair Foundation and Women of the Future.
Prof. Meera Tiwari	Meera's research explores the role of dignity in menstrual health, investigating how societal taboos, cultural norms, and discriminatory practices affect gender equality and well-being. Her work has led to the development of the Dignity Indicators for Improving Menstrual Health (DI-IMH) framework, which has since been adopted by organisations across the UK, India, and Nepal to improve menstrual health outcomes. An important aspect of her research is examining how dignity can address broader issues of stigma and marginalisation.

Posters & Visual Presentations		
Emma McHugh	Emma McHugh is a researcher from California, USA. She aims to understand the realities of menstruation, with a focus on Global South communities. She believes that through listening to lived experiences and amplifying personal stories, menstruation may be celebrated, and menstrual equity will be achieved. After her first field study in Kenya (2022), Emma was nicknamed "Akinyi" by her Luo associates, meaning "girl child born in the morning." She is dedicated to investing in the girl child - remembering her Akinyi sisters - through education and advocacy. Her research has expanded to Malawi and Eswatini and will continue in South America in 2025.	Realities of Menstruation Realities of Menstruation observes the lived menstrual experiences of over 400 individuals living in the urban and rural areas throughout Kenya. It highlights the lack of menstrual health resources and education, cultural and religious stigmas and taboos, and the significant rate of women participating in transactional sex in exchange for sanitary towels.

Eva Babington	Bloodshed provides an unflinching look at period pain and how it has shaped the lives of three young women. Tilly, Miah and Safa endure debilitating period pain. Following an adolescence with little menstrual education, support or relief, they navigate the physical and emotional toll of intensely painful periods while trying to maintain a normal life.	Bloodshed Bloodshed provides an unflinching look at period pain and how it has shaped the lives of three young women. Tilly, Miah and Safa endure debilitating period pain. Following an adolescence with little menstrual education, support or relief, they navigate the physical and emotional toll of intensely painful periods while trying to maintain a normal life.
Naomi Rachel Smith	Short Film Producer Producers' Assistant at Sixteen Films	
Gemma Sawyer	My name is Gemma Sawyer, and I am a final year PhD student in Epidemiology at the University of Bristol. My PhD aims to explore the bidirectional relationship between social disadvantage and various problematic menstrual cycle features and symptoms. By utilising population-based cohort data, we have investigated the relationship between socioeconomic position, adverse childhood experiences, and menstrual cycle symptoms, as well as the impact such symptoms may have on educational outcomes.	Associations between socioeconomic position, adverse childhood experiences, and painful and heavy periods: results from the ALSPAC cohort Data from offspring in the Avon Longitudinal Study of Parents and Children was utilised to explore the associations between early childhood socioeconomic position and the number of adverse childhood experiences with menstrual pain and heavy bleeding in late adolescence. Results suggest that individuals from lower socioeconomic backgrounds and who experience more adversity are more likely to report problematic menstrual symptoms. Further research is needed to explore mechanisms and develop interventions to tackle these inequalities.
Dr. Julie Hennegan	Dr Julie Hennegan uses mixed-methods research to understand and quantify the impacts of menstrual health on the lives of women, adolescent girls, and people who menstruate globally, and to evaluate the effects of menstrual health interventions and policy. She is a Senior Research Fellow and Co-Head of the Global Adolescent Health Working Group at the Burnet Institute.	The Adolescent Menstrual Experiences and Health Cohort (AMEHC) Study in Bangladesh The AMEHC study follows 2000 adolescent girls from the start of secondary school (age 12) through adolescence to understand (1) their changing menstrual experiences and needs, (2) the impact of menstrual health on health and social outcomes, and (3) factors contributing to menstrual health through the life-course, including the role of contextual factors.

		The cohort was enrolled in 2023. Girls are surveyed in annual waves. In addition, a sub-cohort of 400 menstruating girls was followed at 2 to 3 month intervals throughout 2023 to provide information on the variability of menstrual practices and needs in a single year. This poster provides an overview of the AMEHC study activities, links to the study protocol, and sneak peak of findings from the sub-cohort of the influence of menstrual health throughout the year on girls' mental health.
Katherine Chapman	I am a Glasgow-based artist studying painting and printmaking at the Glasgow School of Art. Rooted in oil painting, my practice incorporates 3D elements and mixed media. I merge photorealism with surrealism to examine identity, mental health, and societal expectations. Currently, I am exploring menstruation through this lens, using mixed media to challenge stigma and reframe perceptions of the female body. Recently, I have been using horror to confront menstrual taboos, making my work both unsettling and beautiful—depicting blood in ways that evoke discomfort, inviting dialogue on transformation and bodily autonomy.	The Menstrual Cycle This surreal series confronts menstrual stigma through a visceral, dreamlike narrative. Blending oil paint with real tampons, it follows a figure engaging with their own menstrual blood—first exposing a bleeding vulva, then consuming a used tampon, and finally locking eyes with the viewer in an intense, otherworldly gaze before transforming into a being fully merged with the tampon. Merging horror and beauty, the work reclaims menstruation as both grotesque and powerful. The ethereal textures distort reality, heightening the tension between bodily autonomy, societal taboos, and transformation.
Kate Shepherd Cohen	Kate Shepherd Cohen is a menstrualist: a multi-award winning 'menstrual health pioneer'; a menstrual activist and advocate; a menstrual educator and researcher; a daily menstrual cycle awareness practitioner; and, is Founder and CEO of menstrual health tech & education systemic change organisation, Menstrual Cycle Support, which delivers menstrual health literacy programs on UK-wide social prescription.	I am a Menstrualist: A call to unite the global menstrual movement This presentation, multimedia performance, and creative workshop explores 'menstrualism' as a unifying ideology for the global menstrual movement, challenging systemic barriers and patriarchal structures. Kate's research-driven presentation draws on social movement theories, feminist methodologies, and shame resilience theory to highlight the power of a shared identity. Her spoken-word performance, 'I

		Am a Menstrualist', infused with singing and drumming, inspires solidarity and action. The session concludes with a Q&A and creative workshop, inviting participants to co-create a visual identity for menstrualists worldwide.
Linda Beswick	Linda Beswick is a PhD researcher exploring the psychological impact of endometriosis. She brings over 15 years' experience working in primary care mental health, supporting individuals with complex and long-term mental health conditions. Linda is passionate about strengths-based approaches and promoting psychological wellbeing through times of health-related change and uncertainty. She combines lived experience with academic insight to inform compassionate, evidence-based support for women navigating the endometriosis journey. Linda is currently submitting her portfolio to become a chartered Coaching Psychologist with the British Psychological Society.	How the transition from enduring persistent, unexplained pain to receiving an endometriosis diagnosis, affects women's well-being. By examining their lived experiences, the study aims to identify the psychological and emotional challenges they face before, during and after receiving a formal diagnosis. Building on these insights, the research will then explore the utility of Positive Psychology and Coaching Psychology interventions as potential large-scale, supportive measures. The goal is to determine how such interventions might be tailored and implemented to enhance the health, resilience, and overall quality of life of women navigating this complex and often protracted diagnostic journey.
Linda Catalina Villamarín	Linda Catalina Villamarín is a PhD candidate and active researcher in the Art and Heritage doctoral program at the University of Seville. Her research focuses on the relationship between reproductive cycles, with an emphasis on the menstrual cycle, and their representation in contemporary graphic art. She holds a Master's degree in Creative Writing (2018) and a Master's degree in Live Performing Arts (2021), both from the University of Seville. She also holds a Bachelor's degree in Fine Arts from the University of Bogotá Jorge Tadeo Lozano.	Reproductive Cycles in Comics: Confronting Stigma Through Menarche, Pregnancy, and Menopause. Since the second half of the 20th century, women's roles in graphic arts, especially in comics, became more visible, with female creators standing out with diverse styles and themes. Despite progress, inclusive representation remains slow, especially on topics like menarche, pregnancy, and menopause. With digital platforms, a new generation of creators have begun addressing these issues, although they still face challenges, such as algorithms and lack of dissemination that hinder the representation of bodies outside gender stereotypes.

Lisa Pye	Psychology PhD student researching gynaecological chronic pelvic pain and identity.	Finding the Goldilocks zone – managing identity challenges in chronic pelvic pain Living with chronic pelvic pain can impact on multiple areas of life. Over time, this can challenge identity. Adapting to chronic pelvic pain may therefore require adjustment to the sense of self, though this has not been widely explored. Increasing understanding in this area may help to support identity challenge management for people living with chronic pelvic pain conditions. Therefore, this quantitative online survey explored relationships between identity reconstruction factors and a number of psychological and affective variables.
Dr. Lynsay Matthews	Lynsay researches the link between menstrual health and mental health, with a specific interest in Premenstrual Dysphoric Disorder (PMDD). Lynsay and colleagues launched the UK's first PMDD research agenda and are working on several projects, including a suicide prevention model for PMDD, the welfare benefits system, hormonal triggers, disordered eating, and parenting. Visit www.pmdresearch.com for more information.	Premenstrual Dysphoric Disorder (PMDD): Insight from mothers with PMDD The life stage of motherhood is challenging, especially for those with Premenstrual Dysphoric Disorder (PMDD). Our study involved workshops with eight mothers with PMDD to understand their parenting experiences across their monthly menstrual cycle. The findings revealed themes of suicidality, guilt, and shame, with mothers often isolating themselves to protect their children. This led to inconsistent parenting and fears about their children's well-being. Visual artwork, that captured these key themes, will be shared at the conference.
Maddison Wright	I am a PhD candidate at Cardiff University, where my research focuses on understanding the socio-cultural factors influencing menstrual health and product choices among young people aged 18-25. My work aims to highlight and amplify the lived experiences of young people who menstruate, exploring how broader societal and cultural contexts shape their decisions about menstrual health.	“A Change in the Cycle?: Creatively Exploring Young Adults’ Contemporary Menstrual Experiences” This qualitative study investigates the socio-cultural factors shaping menstrual product choices and avoidances among young people aged 18-30 in South Wales, UK. It explores how broader social and cultural influences—including rapidly evolving social media environments, environmental

	Through creative and participatory methods, such as object elicitation interviews and workshops, I seek to engage participants in a meaningful way, allowing them to reflect on their experiences and share their stories. My research contributes to a deeper understanding of menstrual health, particularly in relation to the intersection of personal preferences and social influences, with the goal of informing both academic perspectives and practical initiatives for better supporting young people's menstrual health decisions.	concerns, and an expanding range of product options—impact contemporary menstrual experiences. Focusing on product use, preferences, and reasons for avoiding certain products, the research examines the nuanced interplay between personal and societal influences on menstrual practices. Preliminary findings aim to inform actionable recommendations for policy development, educational programs, and public health initiatives. Ultimately, this research seeks to reduce the stigma surrounding menstruation, improve access to menstrual products, and foster open, inclusive conversations about menstruation, contributing to a more equitable and sustainable understanding of menstrual health.
Maria Webb	Maria is a director and writer from Christchurch, New Zealand. She studied Theatre and Film before moving to the UK to continue her career. In 2018 she co-founded Falling Films with her partner, Harry Knight. Maria has found a place for herself in the world of menstrual health after documenting her experience coming off The Pill. She works part time for menstrual health start-up Emm as the Community and Partnerships manager.	Fake Blood Fake Blood is a short documentary and was born from my experience coming off The Pill and reconnecting with my cycle. After talking to many people about it, I learned it was a shared story and something a lot of people go through. I felt so alone at this time and it is my hope that Fake Blood can open up a very important and essential conversation in women's health.
Mojisola Alere	Mojisola is Public Health Professional with a demonstrated expertise and specialty in Adolescent and Women's Sexual and Reproductive Health. Mojisola holds a first degree in Biochemistry with a master's degree in public health. She is currently undergoing her PhD program in Reproductive and Family Health at the University of Ibadan Nigeria. Mojisola has over ten years' experience in the developmental sector and possesses strong skills in the management and	The Outcome of Menstrual Hygiene education and prevention of reproductive health infections among out-of-school adolescent girls in Nigeria This summary highlights the urgent need for comprehensive approaches that address both the health of out-of-school adolescent girls and their well-being in Nigeria. Promotion of menstrual hygiene among out-of-school adolescents should be considered. Governments and organizations

	implementation of USAID, Global Fund, and other multilateral-funded projects/programmes. She is the founder of HerHealthndHappiness Network where she advocates for menstrual hygiene products for school age girls in Nigeria.	should prioritize menstrual and reproductive health education in safe spaces make sanitary pads and other menstrual hygiene management products affordable.
Rufaro Kanengeya	I am a dedicated student balancing my academic journey with a part-time job at an organization that deals with Sustainable development of women and young Girls. I am 22 year and committed to achieving excellence in everything I do. Known for my intelligence and strong work ethic, I approach challenges with determination and a positive mindset. I enjoy being in the community and making change. My faith guides me, instilling values of integrity and compassion in my daily life. I strive to make a meaningful impact in my community while pursuing my educational and career aspirations, always aiming to inspire others along the way.	Finding the Goldilocks zone – managing identity challenges in chronic pelvic pain Living with chronic pelvic pain can impact on multiple areas of life. Over time, this can challenge identity. Adapting to chronic pelvic pain may therefore require adjustment to the sense of self, though this has not been widely explored. Increasing understanding in this area may help to support identity challenge management for people living with chronic pelvic pain conditions. Therefore, this quantitative online survey explored relationships between identity reconstruction factors and a number of psychological and affective variables.
Ratidzo Mutizwa Njagu	Ratidzo is a development practitioner who is passionate about finding sustainable ways to drive gender equity and youth inclusion. She has over 12 years of experience in Women's Development, Adolescent & Youth Programming, and Capacity Building. Her career milestones include drafting national health policies, and founding the Kunashe Foundation, where she advocates for, and actively empowers young people across Zimbabwe through community-based programming. She has had the privilege of representing Zimbabwe on various global stages. To date, she has equipped over 12 000 women and young people. Within her community, she has been recognized by multiple institutions as one of Zimbabwe's leading young people.	

Rumbidzai Gadaga	Rumbidzai is an emerging talent in Sexual Reproductive Health advocacy, pursuing her studies in Social Innovation and Community Development. With a passion for promoting resilience, she has 2 years of working experience at Kunashe Foundation. She amplifies the voices of marginalized girls and women, ensuring their needs are heard and addressed. She strives to create positive change, fostering sustainable solutions. She is committed to improving the lives of girls and women in her community and around the world. Advocating for menstrual equity, dignity, and access for all girls.	Advocating For The Use Of The Menstrual Cup In Prisons As A Climate Resilient Option Promoting Good Sexual Reproductive Health The Bangkok Rules emphasize providing women prisoners with sanitary products, but climate change poses challenges to SRH services in prisons. Women in prison face barriers to accessing menstrual hygiene products, clean water, and sanitation, undermining SRH and human rights. Promoting menstrual cups in prisons can address inequities and ensure dignified SRH services. Menstrual cups reduce waste, minimize single-use products, and conserve water. By promoting menstrual cups, we support Sustainable Development Goal 6, ensuring universal access to safe water and sanitation.
Ratidzo Mutizwa Njagu	Ratidzo is a development practitioner who is passionate about finding sustainable ways to drive gender equity and youth inclusion. She has over 12 years of experience in Women's Development, Adolescent & Youth Programming, and Capacity Building. Her career milestones include drafting national health policies, and founding the Kunashe Foundation, where she advocates for, and actively empowers young people across Zimbabwe through community-based programming. She has had the privilege of representing Zimbabwe on various global stages. To date, she has equipped over 12 000 women and young people. Within her community, she has been recognized by multiple institutions as one of Zimbabwe's leading young people.	
Dr. Sampurna Kundu	I am a Postdoctoral Research Fellow in Epidemiology at the Department of Psychology, Faculty of Health and Life Sciences, University of Exeter. I am working in the MenstruLife project with Dr Gemma Sharp. My specific research interests focuses on the intersections of menstrual, menopausal, and mental health. My doctoral work	Assessing factors quality of life women with premature menopause experience in India: A qualitative study Premature menopause is when menopause occurs before the age of 40. Attaining menopause prematurely has negative impacts on women's psychological health and quality of life in addition to its medical implications. In light of the

	specifically examined premature and early menopause, exploring the factors contributing to early onset, its impacts on psychosocial well-being along with assessing their overall quality of life.	aforementioned discussion, the study aimed to shed light on the variables influencing the health status and quality of life of women with premature ovarian failure in an urban setting in India. The study affirms that there needs to be a sincere effort towards including menopausal health in health policies for a more inclusive women's health approach.
Dr. Tristin Agtarap	Dr. Tristin Agtarap is a Data Analyst and Researcher at Brook, specializing in sexual and reproductive health, menstrual health, and wellbeing. With a PhD in Psychology, they have conducted policy analyses on sex education and abortion laws, explored digital sexual health interventions, and examined cross-cultural menstrual experiences. Their expertise bridges academia, industry, and non-profits, applying data-driven insights to inform policy and practice. They have a strong track record of publishing in peer-reviewed journals and are committed to using research to advance reproductive health and rights.	Empowered Choices: Exploring the Interplay of Menstruation and Wellbeing This study explores how menstrual product choices and management practices influence empowerment and body connection. Analysing qualitative responses from 330 UK participants, three themes emerged: Awareness and Body Connection, Environmental and Bodily Conscientiousness, and Practicalities within Menstrual Care. Findings highlight how bodily awareness, sustainable values, and product autonomy foster empowerment, with non-binary participants stressing the need for inclusive options. The study calls for education and policy reforms that move beyond biological frameworks to support autonomy and inclusivity in menstrual care.
Julieta Baker	Julieta is a Doctoral Researcher in the College of Health, Medicine and Life Sciences at Brunel University of London. She has experience as a Doula and in Healthcare with an overall passion for Reproductive and Sexual health underpinning her professional endeavours. Julieta's PhD is focused on understanding the psychology of fertility decline, particularly the choice to have fewer (or no) children, later in life—and its effects on parenting. Other areas of interest also include Abortion, psychological abuse in intimate relationships, and pregnancy stigma.	
Vimbainashe Mwanaka	I am a third-year student at the University of Zimbabwe pursuing a degree in Social Innovation and Community Development. I am a 22-year-old creative problem solver. I	Advancing Sexual Reproductive Health And Addressing Teenage Pregnancy Through Pad Making In Zimbabwe.

	have 2 years' experience at a youth-led organization that exists to advance the meaningful participation of young women in society. I've gained skills in project management, research work, proposal writing, public speaking and monitoring and evaluation. I am passionate about coming up with solutions that are sustainable and inclusive. As a sympathetic person I enjoy helping my community and I achieve this through the Rotaract club at my university.	Comprehensive Pad-making workshops present a powerful sustainable solution to addressing teenage pregnancies through enhanced sexual reproductive health knowledge and socioeconomic participation in Zimbabwe. A case study of the work done by the Kunashe Foundation through its Reusable Pad Making Workshops to reduce teenage pregnancy rates was done. This is in contribution to Zimbabwe's Family Planning 2030 Commitments. This paper explores the Kunashe Foundation's work to provide pad-making workshops to vulnerable populations to advance sexual reproductive health knowledge and access. These become a means to reduce teenage pregnancy sustainably.
Ratidzo Mutizwa Njagu	Ratidzo is a development practitioner who is passionate about finding sustainable ways to drive gender equity and youth inclusion. She has over 12 years of experience in Women's Development, Adolescent & Youth Programming, and Capacity Building. Her career milestones include drafting national health policies, and founding the Kunashe Foundation, where she advocates for, and actively empowers young people across Zimbabwe through community-based programming. She has had the privilege of representing Zimbabwe on various global stages. To date, she has equipped over 12 000 women and young people. Within her community, she has been recognized by multiple institutions as one of Zimbabwe's leading young people.	

Pre-Recorded Videos		
Ekaterina Stepaniak	Ekaterina Stepaniak (she/her) is a social psychologist and a PhD student in management at HEC Lausanne, Switzerland. She holds a master's degree in advanced research in social and affective psychology from the University of Geneva and explores topics at the intersection of psychology and management. Her research focuses on stereotypes and	Attitudes towards Menstrual Leave and Its Unintended Consequences We examine whether menstrual leave, a policy allowing menstruators time off for debilitating menstrual-related symptoms (MRS), causes prejudice against women, whether information on MRS mitigates this, and explore attitudes

	prejudice, the impact of diversity and inclusion practices, and the experiences of individuals with intersectional identities in professional settings. Her current project examines attitudes toward menstrual leave policies, the process of leave adoption, and its implications for gender equality in organizations.	toward the leave. In two studies, participants acted as HR managers evaluating employees under different leave conditions. Menstrual leave did not cause prejudice, but MRS information triggered ingroup bias and increased personal support for the policy. However, it also raised concerns about misuse, despite women reporting less willingness to take leave.
Patrick Haack		
Clara Kulich		
Laura Piedad Contreras Aristizábal	Anthropologist and historian, advises and researches on menstrual, sexual and reproductive health issues with a decolonial approach. In 2013, she founded in Colombia the organization Medicina de Mujer, which counsels girls, adolescents and women in self-awareness of the menstrual cycle as a tool for sovereignty, and the promotion of rights. Through the Cíclicas Project, she carries out activities to promote menstrual health among women deprived of their liberty. She is part of the the working group on Health Sovereignty, Black and Community Decolonial Feminisms in Colombia, Latin American School of Menstrual Education Emancipadas, and The Global South Coalition Dignified Menstruation.	The conceptual framework for decolonial menstrual health This conceptual framework for decolonial menstrual health draws on decolonial, black, and community feminisms, Health Sovereignty, and critical menstruation studies. It challenges conventional notions of health, proposing that health is a dynamic process shaped by social, economic, cultural, and political factors. The framework advocates for an intersectional, holistic understanding of health, considering physical, emotional, mental, and spiritual dimensions. It emphasizes the importance of valuing local health knowledge and practices surrounding menstruation, which have been marginalized under colonial scientific paradigms.
Louis Price	A graduate in BSc Psychology with Professional Placement and MSc in Children's Psychological Disorders, both from Cardiff University. Louis' mixed-methods MSc research focused on young men and people assigned male at birth in the UK's menstrual health education experiences, knowledge and attitudes towards menstruation. Louis hopes to continue his work through a PhD, assessing menstrual health education materials to suit the needs of people of all genders and sexes in the UK.	Young Men and People Assigned Male at Births' Menstrual Health Education Experiences, Knowledge and Attitudes Towards Menstruation: An online, mixed-methods study This study explored young men and people assigned male at birth's menstrual health education (MHE) in UK schools and its impact on knowledge and stigma. MHE was deemed inconsistent and inadequate. Higher subjective and objective knowledge were associated with lower stigma. Learning about

		lived experiences of menstruation was associated with higher objective knowledge and reduced stigma. Inadequate MHE and mixed-gender classrooms may be a barrier to learning, whilst lived experiences education may facilitate positive learning, increased knowledge, and reduced stigma.
Niamh D’Arcy	Niamh is the Head of UK Growth at Pads on a Roll, championing the mission to make period products as accessible as toilet paper. By redefining what counts as basic necessities in public toilets, Niamh is fostering equality in workplaces, schools, airports, and all public spaces. With a background in international development that sparked her passion for inclusivity, Niamh is driven to challenge societal norms and encourage the movement to rethink toilet infrastructure and build a future where menstrual product access is not considered a luxury or after-thought but the new norm in every cubicle.	Embedding Menstrual Equity in Public Infrastructure: Lessons from Pads on a Roll Menstrual equity is a critical yet overlooked component of public infrastructure. Pads on a Roll is redefining accessibility by integrating period products into washroom facilities across workplaces, schools, and transport hubs. This session explores how systemic change can be achieved through policy shifts, commercial partnerships, and practical implementation. Attendees will gain insights into creating sustainable, scalable models for menstrual product distribution, ensuring that access to period care becomes as standard as toilet paper.
Poppy Taylor	I am a PhD researcher based at the University of Bristol. With a background in biology and sustainability, I am a passionate advocate for people, periods and planet. My previous research investigated young people’s experiences of menstrual health education, which inspired a TEDx talk I gave on ‘Why everyone needs to learn about periods’. Through my current research, I am excited to contribute towards the menstrual movement by improving our understanding of symptom management and associated inequalities, whilst investigating the use of shopping data for studying reproductive health issues.	Investigating young women’s experiences of menstrual health education in English schools This mixed-methods study aims to improve our understanding of young women’s retrospective perceptions and experiences of menstrual health (MH) education in school settings in England. Data from surveys (N = 140) and eight in-depth interviews were analysed using statistical methods and thematic analysis. Widespread inadequacies were identified in educational practices which often left participants lacking basic knowledge and feeling unprepared.
Dr. Rebecca Evans	Rebecca Evans is a biologist and teacher who now specialises in menstruation studies. Her current research is the MeJARa study, a multi-disciplinary project that aims to	La Luna Roja (the Red Moon) is a very moving and spiritual ceremony conducted in Guatemala to inform

	explore and enhance the experience of menstruation amongst adolescent girls in Nepal and Guatemala.	women and girls about their menstrual cycles, tapping into their cultural understanding of seasons and lifecycles. We wish to present a video showcasing the Red Moon Ceremony in Guatemala for the Menstrual Literacy/Education Competition. With our partners in Guatemala, 32 Volcanes, we have been trialling a different approach to menstrual education. Employing researchers in anthropology, pedagogy and psychology, we have developed a culturally specific Red Moon Ceremony which taps into ancestral Mayan understandings of seasons and lifecycles. The Red Moon Ceremony is a solemn occasion in which a small number of participants sit in a circle, inside a Red Tent. In the middle there is a globe and a moon, and there are four 'altars' in which there are pictures and cloths representing four different 'goddesses'. Using Mayan iconography, the moon moves around the earth and a story is told of each goddess. They are stories about their characteristics and relate to the different phases of the menstrual cycle; for example, the goddess of the follicular phase is very energetic (her story involves planting crops). Cloths are waved and candles are lit to increase the spirituality of the occasion. A booklet is given to the participants which explains the alignment of calendars and they are shown how they can track their menstruation. At the end there is usually a good discussion of menstruation and a chance to ask questions.
Dr. Melanie Channon	University of Bath. PI of the MeJARa project.	
Dr. Carmen Alvarado Benitez	32 Volcanes Guatemala, Guatemalan project lead of MeJARa project	
Josie MacAllister	Josephine McAllister is a PhD researcher at the University of Bath exploring the impact of social norms on adolescent girls' menstrual health in Nepal. She completed a Master of Research degree in International Development and graduated with a Distinction in 2019. Her dissertation, 'Menstrual Taboos and Menstrual Hygiene Policy in Nepal: A Qualitative Study in Dailekh District', was recently published in the book 'Menstruation in Nepal – Dignity Without Danger'. Josephine has experience in research, communications and fundraising for international NGOs. Prior to her PhD, she worked as a communications officer and research assistant at the London School of Hygiene & Tropical Medicine.	

Stalls	
ActionAid	ActionAid is a global nonprofit organization working to end poverty and injustice. Founded in 1972, it partners with communities in over 40 countries to empower women and girls, promote education, secure human rights, and respond to

	emergencies. ActionAid focuses on systemic change through grassroots activism, policy advocacy, and sustainable development.
BioGrad	Established in 2014 under the leadership of Dr. Natalie Kenny. BioGrad has undergone a transformative journey spanning ten years. Within the BioGrad Group, we encompass BioGrad Education, BioGrad Biobank, BioGrad Prenatal, and BioGrad Diagnostics. Situated in the heart of the Liverpool City Region, we are at the forefront of advancing science and healthcare education, regenerative medicine, clinical research, biobanking, and numerous other innovative science and medical fields.
Freedom4Girls	Freedom4Girls is a UK-based charity addressing period poverty and promoting menstrual equity. Operating both in the UK and internationally, it provides access to safe menstrual products, delivers education on menstruation, and works to break down stigma and taboos. The organisation empowers girls and women to manage their periods with dignity and advocates for gender equality.
Flo Haven	Flo Haven is a non-profit organisation, launched in December 2020, that advocates for menstrual equity and the provision of menstrual health education to the underprivileged girls in Nigeria. The mission of the organisation is to eradicate period poverty, and the stigma attached to periods in Nigeria.
Grace and Green	Kindness is often dismissed as insignificant. Caring is often described as a “female” attribute. We do things differently here. We believe caring is radical. We believe it has the power to change the world. Grace & Green exists because someone cared enough to make a change. That person was our founder, Fran, who worked in water and sanitation for a decade. She witnessed first-hand the devastating impact period products had on our water systems and she knew something had to change. She put that passion and care into creating Grace & Green, an antidote to an industry full of plastic, toxins and stigma.
Hey Girls	At Hey Girls we are revolutionising periods as the only social enterprise that donates 100% of our profit to funding the fight to eradicate period poverty and lobby for period dignity across the UK. In under 5 years, we have become the main provider of period products to the local authorities throughout the UK, delivered on huge corporate accounts and won tender contracts over big commercial names. We are proud to be female lead and the only company to match our product sales exactly as donations – when you buy one, we donate one. We distribute donations via our UK wide community partner network who work on the frontline to support vulnerable people. As social enterprise of the year, we break records, boundaries, and bias when it comes to period equality to ensure everyone has access to sustainable products and inclusive education – for free!
Period Positive	Period Positive uses humour, joy, and evidence-based learning activities to empower everyone to look at periods in a new way, find their voice, and work together to reverse the effects of negative attitudes. Through policy advocacy, training,

	campaigning and public engagement, we provide the building blocks that help young people, adults, organisations, and lawmakers to quickly and effectively transform the way we as a society address periods. We strive to ensure that no matter what your gender, whether you menstruate or not, that you'll feel more confident and comfortable talking about menstruation publicly and privately, so that you can do your part and join the bloody fight.
Shine	The SHINE project (Screening for Heavy menstruation, Iron deficiency, Nutritional & Emotional health) is a prospective cohort study led by the University of East London. Our objectives are to: • Identify women of reproductive age experiencing heavy menstrual blood loss and quantify associated iron depletion, • Assess nutritional status and screen for emotional distress linked to iron deficiency, • Perform on-site hemoglobin analysis via a simple finger-prick blood test, • Demonstrate our secure REDCap platform via tablet or phone with live mini-surveys and immediate feedback, • Provide evidence-based guidance strategies to restore healthy iron levels.
WEN (Women's Environmental Network)	We are an environmental charity working on issues that connect women, health, equity and environmental justice. We take an intersectional feminist approach to tackling the climate and nature emergencies. We support women and communities to take climate action, amplifying racialised and marginalised women's voices, and advocate for change. Our vision is a world where women, communities and the planet flourish because our society is equitable, collaborative and caring.