



February 12, 2024

To: Chairperson Murman and Members of the Education Committee

From: Katie Nungesser, Policy Coordinator for Voices for Children in Nebraska

**RE: Support of LB 1050, Require school districts to provide menstrual products to students**

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Students should have access to the hygiene products necessary to allow them to be comfortable in school and focus on their learning. Period products are a basic human hygiene product for students who menstruate, just as toilet paper and paper towels are needed to maintain healthy students and schools. There should be no culture of shame around a normal human bodily function, and Nebraska has the opportunity to address health equity by increasing access to period products that are safe, free and readily available in bathrooms. Voices for Children supports LB 1050 because it provides students with period products that are needed to meet health needs during the school day.

“Period poverty” is the limited inadequate access to menstrual products or menstrual health education as a result of financial constraints or negative socio-cultural stigmas associated with menstruation.<sup>1</sup> Nearly 1 in 4 students have struggled to afford period products in the United States.<sup>2</sup> Even students with adequate resources do not always have the financial capability to purchase period products - much like students are not typically responsible for purchasing and bringing their own toilet paper or paper towels to school. Supplying these products in bathrooms across middle and high school will help meet students’ basic health needs, taking one less thing to worry about off the list.

A menstruating student’s biology does not send an advanced warning when a menstrual cycle starts. This can cause students to lose learning time, because their periods have arrived and they are unprepared with pads or tampons. There is also an impact on mental health as menstruators can leak without noticing, harboring embarrassment as they try and cover up. Having period products available in bathrooms will prevent unnecessary embarrassment or learning loss from having to go home to change.

Removing stigma about menstrual health is also a tool for shifting culture about bodily health and well-being. If young people feel uncomfortable about a normal bodily process, they might feel uncomfortable learning or talking about it. Creating a culture where period products are readily available can help young people communicate more

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<sup>1</sup> [Period Action Day](#)

<sup>2</sup> [2023-State-of-the-Period-Study.pdf](#)

openly about periods, allowing them to understand whether their experience is normal or they need to seek medical attention.

We want to thank Senator Conrad for addressing menstrual equity and the Committee for listening. We respectfully urge you to advance this bill to general file. Thank you.