

At a Glance: Menstrual Dignity for Students

A one page companion to the [Menstrual Dignity for Students Toolkit](#)

The Menstrual Dignity Act ([HB 3294](#), 2021) requires free menstrual products to be provided for all students, K-12, in all public school buildings in Oregon.

Menstrual Dignity for Students means that all menstruating students, regardless of gender, age, ability, socioeconomic status have the opportunity for safe, dignified self-care. This program offers an antidote to the common narratives that say menstruation is something deserving of embarrassment and shame.

The Four Pillars of Menstrual Dignity

Privacy <ul style="list-style-type: none">• Space• Autonomy• Personal safety	Inclusivity <ul style="list-style-type: none">• Cultural responsiveness• Gender affirming	Access <ul style="list-style-type: none">• For students of all abilities & languages• Options & choice	Education <ul style="list-style-type: none">• Menstrual health• Instructions• Without shame
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Menstrual Dignity for Students Oregon Administrative Rules

- I. [OAR 581-021-0587](#) Menstrual Dignity for Students: Definitions
- II. [OAR 581-021-0590](#) Menstrual Dignity for Students: Requirements
- III. [OAR 581-021-0593](#) Menstrual Dignity for Students: Education
- IV. [OAR 581-021-0596](#) Menstrual Dignity for Students: Reimbursement Program

Program Requirements

- Provide **products and dispensers** in a **safe, private, accessible, and gender-affirming** manner. Schools plan program details, including **dispenser selection, product variety, and placement**.
- Education** must cover menstrual health as a **positive** part of being human, without shame, and in a way that is **affirming and accessible for all students of all genders**. Instructions must be available in bathrooms.
- All Districts, ESDs, and public charter schools **must complete** the 2022-2023 Participation and Reimbursement Form.

Recommendations for Program Implementation

- Staff engagement and training:** Create a core team, communicate key messages, and train staff
- Student and youth engagement:** Understand and elevate student voices and needs
- Family and community engagement:** Be transparent and available for families

Reimbursement Program

School districts, ESDs, charter schools, and consortia can receive funding. See the [2022-2023 funding calculator](#). Educational providers or consortia will complete the [Participation and Reimbursement Form](#) and can claim funds on the Electronic Grant Management System (EGMS). All forms must be submitted and monies claimed by August 14 every year.