HR-147 Submitted on: 3/16/2021 3:00:20 PM Testimony for EDN on 3/18/2021 2:00:00 PM

Submitted By	Organization	Testifier Position	Present at Hearing
Laurie Field	Planned Parenthood Votes Northwest and Hawaii	Support	No

Comments:

Planned Parenthood Votes Northwest and Hawaii supports HR 147. Thank you!



The Thirty-First Legislature, State of Hawaii House of Representatives Committee on Education (EDN) Honorable Justin H. Woodson,Chair Honorable Jeanne Kapela, Vice Chair

Thursday, March 18, 2021, 2:00 pm

RE: **Support for HCR 178** - Requesting the Department of Education to provide free menstrual products to students on all Hawaii public school campuses

Dear Chair Woodson, Vice Chair Kapela, and members of the Committee,

Ma'i Movement Hawai'i **strongly supports HCR 178** requesting the Department of Education to make menstrual products to students free on all Hawaii public school campuses. Ma'i Movement Hawai'i is a locally grown organization committed to ending period poverty, or the inability to buy and access menstrual products, through service, advocacy and education.

As Native Hawaiian women born and raised in Waimānalo, O'ahu, my sisters and I started the nonprofit to ensure that individuals of menstruation age have the right to access sanitary products, safe and hygienic places to use them, and the right to manage their bodies without shame or stigma.

Nearly half of the world menstruates and yet menstrual inequity is becoming a public health, education, gender equality and basic equity crisis as individuals lack access to menstrual products due to financial, educational and accessibility barriers.

The cost of menstrual products is not the only barrier or problematic issue many individuals who menstruate face every month. A variety of factors contributes to the pain, unnecessary shame, and difficult experiences many are forced to confront when their period arrives. Some individuals who struggle during their period deal with the reality of limited resources, no home, and abusive relationships. Our transgender community also experiences trouble, painful shame, and multiple barriers when accessing menstrual products. This is unacceptable and we should not tolerate these conditions and environments that could be easily changed.

HCR178 is an initiative that takes steps to end period poverty in Hawai'i and promotes common goals requiring low investment:

- **Public Health:** Our children are using menstrual products beyond the recommended safe period of time which is between 4-8 hours, and sometimes for days, because they are unable to access menstrual products. They face potential medical issues including *preventable* infections that make them susceptible to cervical cancer, infertility and toxic shock syndrome, which are serious and can result in death.
- **Basic Equity:** We seek basic equity for our children. Just as we regulate and ensure toilet paper and paper towels in school restrooms, so too should we do the same for menstrual products. Menstruation is a natural monthly occurrence, and should not be treated differently from any other basic bodily function.
- Education Equity: Lack of menstrual products has resulted in menstruators missing class or school altogether. They can be penalized for failing to pay for pads resulting in restricted participation in school activities. Since menstruation is not an illness, students are not allowed to leave school and will bleed on themselves causing irreparable psychological trauma.
- **Gender Equality:** The lack of access to menstrual products is a clear form of gender-based exclusion and oppression. Menstrual products are vital for the physical and mental health, well-being and full participation of menstruators, including but not limited to girls, women, transgender and nonbinary individuals.

HCR178 recognizes that access to menstrual products is integral to health, mental well-being and academics. Our local data and national statistics prove how critical it is and have been included in the resolution itself.

We urge you to support **HCR178** to help improve the lives of public school students in Hawai'i. We welcome you to contact us with any additional questions you may have.

Mahalo for your leadership and service to Hawai'i during these challenging times.

Aloha, Nikki-Ann Yee Co-Founder & President Ma'i Movement Hawai'i

ORGANIZATION SUPPORT

- Parents And Children Together Community Alliance on Prisons AF3IRM Hawai'i Breastfeeding Hawaii Going Home Hawaii Trillium Birthing Services Hoola Lahui Hawaii Kevin Moran Coaching Planned Parenthood Votes Northwest and Hawaii Hale Kipa Hawai'i Arts Alliance Women Helping Women
- Hawaii Health and Harm Reduction Center Ke Ola Mamo The Pantry by Feeding Hawaii Together Bay Clinic, Inc. Trans Hawai'i Project Central Middle School Nest for Families Malama I Ke Ola Health Center UHM Women's Center Maui AIDS Foundation HHSC Kauai Region Lanai Community Health Center

CONSTITUENT SUPPORT

As of this submission, we had 200+ individuals sign our petition from all Senate Districts and 45 House Districts. Every single person left their own personal testimony, but it was too many to include here. If you would like to read them and hear what your constituents have to say, please head to <u>maimovement.org/talk-story</u>. Below are a just a few:

Basic necessities for students don't come easy especially in our district. Many families are financially struggling to this day! Poor experience in the educational system I've seen the struggle. I support this bill to help alleviate the unnecessary stresses and mental wellness for young women today. - Ka'ea, District 5 - Naalehu, Ocean View, Capt. Cook, Kealakekua, Kailua-Kona (96725)

As a girl, I know that sometimes period are irregular and you may randomly get your period, or maybe your flow may have been heavier than you expected and you need more tampons or pads. Things like this can happen and girls should have the option to get these products when needed. Plus, period products can become very expensive so with schools providing some products, it can be a huge relief for some girls. - Abbygail, District 8 - Kahakuloa, Waihee, Waiehu, Puuohala, Wailuku, Waikapu (96793)

These are a necessity for students. Some are also not in the position to provide these products for their children. There is also a concern for any transgender or nonbinary students who have to face stigma to try and purchase these. They should not feel shame due to their gender identity. Schools should be a safe place for students to receive these items. - Joyce, District 9 - Kahului, Puunene, Old Sand Hills, Maui Lani (96793)

I support free period products in public school because now and when I grew up in Lanai High and Elementary public school, I knew other girls whose families couldn't afford to buy period products and would ask other friends for those products at school. It would help those students or families who cannot afford those products. - Thessalonica , District 13 - Haiku, Hana, Kaupo, Kipahulu, Nahiku, Paia, Kahoolawe, Lanai, Molokai, Molokini (96763)

When I was a student in high school, I have been in a position where I couldn't afford period products and had to improvise with using toilet paper and paper towels in the school restrooms. I once went to the school nurse for a pad, and ask her could I have several and she very rudely told me no I can have one. I think that not having free period

products punishes women and other people who have periods, should they not have the funds/access for needed items. - Marissa , District 24 - Makiki, Tantalus, Papakolea, McCully, Pawaa, Manoa (96826)

As a teacher, I fully support access to free period products. I provide my students with period products when needed because it is a necessary health product that everyone deserves access too! - Katie , District 27 - Nuuanu, Liliha, Puunui, Alewa Heights (96817)

Having your period with no access to the right and necessary products can be traumatizing for a young girl/woman. Girls on average are able to get their first period at 9 years old. This is a critical time for a child to learn about her body and receive the proper education on healthy periods. Women should have access to these necessities and should not have to worry about where and how they will obtain these products. By allowing access to free products it will also keep and practice the importance of good hygiene and health. - Jewelle, District 34 - Pearl City, Waimalu, Pacific Palisades (96701)

I work as a health provider in high school. I have students who struggle with getting food, they have multiple generations of familiy members in what is designed as a one family home and feminine hygiene is low on the list for their families. They come to the clinic to get products regularly. Anything we can do to help these young ladies who have so many other obstacles in their lives can help them tremendousli. - Michelle , District 36 - Mililani Mauka, Mililani (96789)

Because no child should have to go out these products, school should be a safe haven. A lot of girls go without at home because they simply can't afford it. This would give the young girls/parents peace of mind. - Leesean, District 37 - Mililani, Waipio Gentry, Waikele (96789)

Children can't help who their parents are or the fact that they have mensis. School should be a place for all students to be able to focus on learning not hiding or worrying about a supply that is needed. Period products are a school supply and should be made readily available. - Pana , District 44 - Waianae, Makaha, Makua, Maili (96792)

As an educator, I have directly witnessed how not having free period products can be detrimental to student learning. There was an instance when a student was put on the restricted list from participating in a club because she owed 25 cents to the school for menstrual products. This is unacceptable and clearly sexist. I have also given menstrual products of my own to students to ensure they wouldn't have to miss class time to walk all the way to the office to buy their own. We can do better to support our menstruating students in our schools. - Catherine , District 47 - Waialua, Haleiwa, Pupukea, Kahuku, Laie, Hauula, Waiahole, Waikane, Sunset Beach, Punaluu, Kaaawa (96791)



TO:	House of Representatives
	Committee on Education (EDN)
	Honorable Justin H. Woodson, Chair
	Honorable Jeanne Kapela, Vice Chair
DATE:	Thursday, March 18, 2021, 2:00 pm
FROM:	Hawai'i Women's Coalition
RE:	Support for HR 147 - Requesting the Department of Education to provide free menstrual products to students on all Hawaii public school campuses

Aloha Chair Woodson, Vice Chair Kapela and members,

The Hawai'i Women's Coalition testifies today in support of HR 147. The provision of menstrual products is vital for ensuring the health, dignity, and full participation of students. Research shows that 86% of people who menstruate have started their periods unexpectedly in public, and 34% have needed to leave what they were doing to retrieve period products. Such disruptions cost considerable time and resources, which can be particularly burdensome on youth, 47% of which were already deemed economically disadvantaged by the DOE pre-COVID. In addition to resource costs, a lack of access to menstrual products can also cause serious health issues, including emotional duress, physical infection, and disease. Inadequate menstrual support is also associated with other health and psycho-social issues. In addressing these issues, HR 147 promotes gender equity for girls, women, and transgender and non-binary people and helps ensure the health, safety, and dignity of students in Hawai'i public schools.

By providing menstrual products in schools, Hawai'i helps ensure its students have equal access to education and are empowered to reach their full potential, irrespective of their gender or economic status. Research shows that students lacking access to menstrual products experience higher rates of absence and are less able to focus and engage in the classroom. Absenteeism can lead to significant performance gaps and is linked to social disengagement, feelings of alienation, and adverse outcomes even into adulthood.

HR 147 is an initiative that takes steps to end period poverty in Hawai'i and promotes common goals of public health, basic equity, gender equality and education equity.

For all of these reasons, the Hawai'i Women's Coalition is pleased to support HR 147.

Mahalo for the opportunity to testify,

Hawai'i Women's Coalition Contact: hawaiiwomenscoalition@gmail.com

HR-147 Submitted on: 3/16/2021 2:48:29 PM Testimony for EDN on 3/18/2021 2:00:00 PM

Submitted By	Organization	Testifier Position	Present at Hearing
taylee	Individual	Support	No

Comments:

I support the bill because it will help girls in school and it impacts me because it would personally help me as well. If there is ever a situation where I don't have the materials I need and I am at school, I will be able to know it will be there at school in case I forgot it or just do not have any.

<u>HR-147</u> Submitted on: 3/16/2021 2:54:59 PM Testimony for EDN on 3/18/2021 2:00:00 PM

Submitted By	Organization	Testifier Position	Present at Hearing
Gabrielle Lamug Marpel	Individual	Support	No

Comments:

I am a female high school student. I myself have my menstrual period. I have had my menstrual period since I was 11 years old. When I first got it, I was at summer school and I did not have any products. None of my friends had any menstrual products because they didn't have theirs yet. The panic that set in my body was unreal. I quickly shoved toilet paper into my underwear and had to deal with the awkward stares that I received from people as I looked like I was wearing a lumpy diaper. Another time in middle school, I ran out of pads throughout the day because of how heavy my flow was. I went to the school nurse and asked for a pad but I received a condescending look that made me feel embarrassed, unsafe, and like a burden. All for something that is completely natural and is apart of being female. I have come across girls that can not afford menstrual products because of the financial situation that their family is in. By the state providing menstrual products to girls in all public schools, can help save money, create an accepting environment towards females, and help contribute to eliminating that "taboo" stereotype that periods have.

<u>HR-147</u> Submitted on: 3/16/2021 2:55:20 PM Testimony for EDN on 3/18/2021 2:00:00 PM

Submitted By	Organization	Testifier Position	Present at Hearing
Alohi Tangalin	Individual	Support	No

Comments:

I support this bill because many young women do not have the luxury of having menstrual items especially because of the lack of money. Girls shouldn't need to pay for something that helps to control this uncontrollable bodily function. There have been many times where I have leaked blood through my clothes. This bill affects many young girls out there who need these products in order to be hygienic, clean, and slightly more uncomfortable.

HR-147 Submitted on: 3/16/2021 2:55:31 PM Testimony for EDN on 3/18/2021 2:00:00 PM

Submitted By	Organization	Testifier Position	Present at Hearing
Ali Ramsey	Individual	Support	No

Comments:

As a young teenage girl, one of the scariest things is the fear of bleeding through your clothes and not being prepared. Luckily for me, I have always been able to afford menstrual products therefore I have always been prepared. Although I realize not every girl is as fortunate as I have been. I never want a girl to feel ashamed of the nature of her body because she doesn't have the money to buy all those supplies. Our schools should be supporting our young women to feel comfortable with who they and are protected. It is essential for our youth to feel protected in the environment of our schools. That means providing the products necessary to provide help for the ones who can't help themselves. We need to start here, for our young women.

HR-147 Submitted on: 3/16/2021 2:55:34 PM Testimony for EDN on 3/18/2021 2:00:00 PM

Submitted By	Organization	Testifier Position	Present at Hearing
Leanna Paik	Individual	Support	No

Comments:

This bill is important for young girls to have materials available to them at all times while menstruating. A lot of times girls get their period when they aren't expecting it and don't have the feminine products to use while at school. I have experienced this many times and if I had supplies available like this bill implies, it would have been a much better experience.

<u>HR-147</u> Submitted on: 3/16/2021 3:03:13 PM Testimony for EDN on 3/18/2021 2:00:00 PM

Submitted By	Organization	Testifier Position	Present at Hearing
Christian Nakihei	Individual	Support	No

Comments:

I support this bill because in my life I am surrounded by many people who go through a menstrual cycle. This impacts me because I know that those people have to spend money in order to get menstrual products for themselves. But what about those who can't or don't have the resources to get menstrual products? With this bill, I hope to give young girls free access to menstrual products. Menstrual products should be treated like what they are, a necessity, not a luxury.

<u>HR-147</u> Submitted on: 3/16/2021 3:03:30 PM Testimony for EDN on 3/18/2021 2:00:00 PM

_	Submitted By	Organization	Testifier Position	Present at Hearing
	Kailani McLain	Individual	Support	No

Comments:

I support this bill because it will directly impact and enriches the lives of those who might be left in an unfortunate situation with their menstruation at school, and are unable to have the means to fix the problem. I am a sophomore in high school, and I can recall numerous experiences where having free menstrual products available in the bathroom at school, would have been beneficial and saved me from a lot of embarrassment. Last year, I was put into a situation where my menstrual cycle had started abruptly, and no friend had a spare pad or tampon to lend me. I remember the panic I started to feel. Immediately rushing to the bathroom which was a little bit away, rushing into the restroom only to be met with horror. Looking into the tiny box in the bathroom, where menstrual products should be, there was nothing. I had to make do by folding up wads of toilet paper and covering up with my jacket for the rest of the day. I wish that no one will have the same experience as myself. Having access to menstrual products in school will relieve the stress of those who do not have it for their needs. It will be another resource that will be greatly appreciated and maintained by those in the school (both faculty and students). Thank you for listening to my testimony.

<u>HR-147</u> Submitted on: 3/16/2021 3:08:05 PM Testimony for EDN on 3/18/2021 2:00:00 PM

Submitted By	Organization	Testifier Position	Present at Hearing
Chasity Rodrigues	Individual	Support	No

Comments:

I strongly support this bill because as a girl, my period occurs monthly, and often times that means it comes while I'm in school. Sometimes I am not prepared for it because I can't always predict when it is going to arrive so it pretty much is just a guessing game. When days like that happen I may not have the materials needed such as pads, tampons, etc. to take care of what I need to take care of. Usually, I ask my friends if they have anything I could use but they don't always have them either. With schools providing free menstrual products I know that it will a big help for everyone from students to teachers to parents. It'd also benefit the people who are embarrassed to ask others if they have a pad or people who are ashamed of having to take a pad out of their bag and try to shove it in their pocket without anyone seeing it. It'd assist parents or students who either forgot to buy or can't afford to buy them. And surely come in handy for those who don't identify or limit their gender to a "girl" but still have to deal with menstrual cycles. Overall, with this bill being approved, it will have us feeling safer, more comfortable, understood, and cared for.

<u>HR-147</u> Submitted on: 3/16/2021 3:16:06 PM Testimony for EDN on 3/18/2021 2:00:00 PM

Submitted By	Organization	Testifier Position	Present at Hearing
Jordyn-Alexis P Mossman	Individual	Support	No

Comments:

The menstrual cycle that arrives every month for maturing females is no joke. We are introduced to painful experiences such as constant back pain, stomach cramps, bloating, mood swings, sore breasts, lack of energy, and so on. Given that we have no control of the symptoms, when it arrives, or the flow of our cycle, some of us do have control over our sanitary needs for our cycle. Pads and tampons aren't in reach for some girls, due to personal problems such as not being able to afford it, forgetting it at home, or the cycle just comes unexpectedly. As a maturing woman, I can claim that I have struggled with being sanitary and comfortable during my period. In the freshmen year of high school, there was a day where I started my day off by leaking in my uniform pants. Not only did this cause embarrassment, it caused me to walk to the office with a jacket over my waist. I had to explain to the front office what had happened and asked for an alternative. They didn't have any pants available to wear and didn't have access to pads or tampons. This led them to talk to the (male) vice principal, and he allowed me to wear my pe pants, and my friend had a pad in handy. This humiliating experience allowed me to realize that other females may be going through the same thing, but may have no access to pads or the money to buy them. Not having the money to buy pads and tampons may lead women to take birth control, which adds more symptoms to their young bodies. Think about if you had a daughter. Wouldn't you hate it if she had to shift all her attention and energy towards worrying about sanitary needs? There is already so much to take care of while we're on our period. It would be great to be at ease with not having to worry about our sanitary needs and focus on our health instead. I say, If napkins are free, tampons and pads should be accessible to everyone as well. Future daughters and mothers shouldn't have to worry about their sanitary needs of something that happens naturally.

HR-147 Submitted on: 3/16/2021 3:16:22 PM Testimony for EDN on 3/18/2021 2:00:00 PM

Submitted By	Organization	Testifier Position	Present at Hearing
Taetum Inofinada	Individual	Support	No

Comments:

As a sixteen-year-old girl, I'm the one who's affected by having menstrual products like pads or tampons readily available to me especially somewhere that I spend 7 hours a day 5 days a week. I can't remember the number of times a friend or even a stranger came up to me and had asked me if I had a pad, when I didn't have one for them it's the worst feeling in the world. I would know because I've been in that position so many times but when I can't find someone with a pad of tampon, what happens then? Usually, I wrap my jacket around my waist to hide any visible stain but if I didn't have a jacket I just had to make sure nobody knew I was on THAT week of the month. It's even harder to compensate for stains and leakages if you have an irregular menstrual cycle. When you couple having a bloodstain on your shorts with gut-wrenching cramps and normal teen anxiety you feel like you're at your all-time low, but you need to go through this process again next month. I feel like having available menstrual products in school bathrooms would make girls feel more comfortable with something as natural as periods and it would also alleviate the stress of bleeding straight for 7 days. For the people without menstrual cycles, it may be hard to envision how difficult it actually is to handle your literal nature but hopefully, this gives you a glimpse into everyday life for anyone dealing with periods.

<u>HR-147</u> Submitted on: 3/16/2021 3:23:44 PM Testimony for EDN on 3/18/2021 2:00:00 PM

Submitted By	Organization	Testifier Position	Present at Hearing
Kaleokupa?a H Yamamoto	Individual	Support	No

Comments:

I support this bill because being raised in a family of mainly females I know how much of a necessity it is to have such products at hand at all times. I also have heard many times about how uncomfortable it can be when you don't have these products to use. When girls go to school they are not choosing to have these menstrual cycles, it is just something that they are born with, so I don't believe that it is right for them to have to pay for products to help them with something that they don't have a choice over. Therefore, it would be a great step in our society for schools to offer these products to young women all across Hawai'i.

<u>HR-147</u> Submitted on: 3/16/2021 5:33:39 PM Testimony for EDN on 3/18/2021 2:00:00 PM

Submitted By	Organization	Testifier Position	Present at Hearing
Emi Shigekane	Individual	Support	No

Comments:

I am in strong support of HR147 because as a female in Hawai'i schools I think that it should be a basic right for girls to be provided with menstrual products. Providing students with the products they need will take the weight off their shoulders of asking classmates or going to the school nurse if they unexpectedly start their period during school. The stress of finding products when they don't have any distract girls from their classes, and may even cause them to not come to school at all. I personally remember a time when I was focused so much on where I could find access to a pad that I wasn't paying attention in my math class and had to go in later that week to get a recap of the lesson. It is unfair to put such an obstructing burden on young girls when we can so easily provide a solution to this problem that half of our population faces.

HR-147 Submitted on: 3/16/2021 6:57:38 PM Testimony for EDN on 3/18/2021 2:00:00 PM

Submitted By	Organization	Testifier Position	Present at Hearing
Cynthia Reves	Individual	Support	No

Comments:

I am a high school teacher and support this bill.

HR-147 Submitted on: 3/16/2021 9:04:11 PM Testimony for EDN on 3/18/2021 2:00:00 PM

Submitted By	Organization	Testifier Position	Present at Hearing
Landee Resuello	Individual	Support	No

Comments:

As a teenage girl there have been many unexpected experiences where I would all of sudden get my period during the school day. As easy and accessible as menstrual products should be... they aren't. There were times where I forgot to bring such needed products to school and it would often get in the way of my education. I would have instances where I would have to bother and disrupt my friends from other classes to see if they had any menstrual products on hand or I'd feel too embarrassed to ask around for them so I'd have to go to the heath room and pay for one. These situations didn't just happen to me but my friends too, and I know this because it is one of the most often complaints I hear about from girls in the school. If this bill were to pass through I know many other teenage girls wouldn't have to feel uncomfortable or be put in an embarrassing situation to make such requests. Making these products more available would help so many young girls during their menstrual cycle.

<u>HR-147</u> Submitted on: 3/16/2021 11:31:11 PM Testimony for EDN on 3/18/2021 2:00:00 PM

Submitted By	Organization	Testifier Position	Present at Hearing
Christy MacPherson	Individual	Support	No

Comments:

I am a resident of `Alewa Heights and am in strong support of HR147. When I worked as a program manager of a homeless shelter, one of our regular expenses was for period products. As we are all too aware, some families are struggling and are simply unable to afford these products. No student should feel shame or be bullied because of their ma`i. Instead, they should be able to live in dignity when they are in school.

HR-147 Submitted on: 3/16/2021 11:57:41 PM Testimony for EDN on 3/18/2021 2:00:00 PM

Submitted By	Organization	Testifier Position	Present at Hearing
Kailee Tomas	Individual	Support	No

Comments:

As a teenage girl, who has had her fair share of period-related incidences, I firmly support the passage of this bill. Growing up with an irregular cycle certainly did not help with these troubles. I recall an experience in middle school that I am not too fond of, which involved me starting my period at school and not having any pads or extra clothes on me. If it were not for my friends, I would have had to go through the rest of the day using toilet paper as a makeshift pad. Looking at this from a larger context, menstrual products are very expensive, and if I were to give a rough estimate, I would say that my family spends almost \$30 per month on menstrual products. Not only would access to free menstrual products at school help me-and many others-to avoid embarrassing accidents, but it would also help to slightly lighten the financial load for those who need the money. Free menstrual products in all public schools on Hawaii would mean all students of those schools would never have to experience the fear of leaking through their clothes and the coupled anxiety of not knowing if they will be able to fully and properly clean themselves up. Although this bill will not directly affect me, as I attend a private school rather than a public school, I know that many students will largely benefit from having free and easy access to menstrual products the next time they need it.

<u>HR-147</u> Submitted on: 3/17/2021 9:52:31 AM Testimony for EDN on 3/18/2021 2:00:00 PM

Submitted By	Organization	Testifier Position	Present at Hearing
Pomai Kauahi-Daniels	Individual	Support	No

Comments:

I am writing in support of bill HR147. This bill provides menstrual products to all students attending public school. I believe that a school environment should be one that is safe, nurturing, and supportive so that we all may succeed. Speaking as someone who goes through this cycle I believe that it is important for a student who may come into a problem with this natural occurrence to handle it with care. Once they do this they can continue with their education for the day and succeed. I personally have not experienced a problem with this specifically but do know close friends who became flustered and embarrassed by the mishap. I do not wish to see someone experience that feeling and let it disrupt their ability to learn. That is why I think it is crucial for these products to be offered.