
HOUSE RESOLUTION

URGING THE DEPARTMENT OF EDUCATION TO STRENGTHEN MENSTRUAL
HEALTH EDUCATION INITIATIVES AND TO ADOPT A COMPREHENSIVE
MENSTRUAL CYCLE CURRICULUM.

1 WHEREAS, section 302A-452, Hawaii Revised Statutes,
2 requires the Department of Education to provide free menstrual
3 products on all public school campuses, including the campuses
4 of public charter schools; and

5
6 WHEREAS, both menstruating and non-menstruating students
7 should be aware of, and educated about, the natural bodily
8 processes of the menstrual cycle; and

9
10 WHEREAS, menstrual health education provides an opportunity
11 to eradicate stigmas; empower informed health decisions; and
12 ensure equal access to, and understanding of, menstrual
13 products; and

14
15 WHEREAS, inconsistent menstrual health education continues
16 to stifle progress toward achieving period equity, and some
17 students lack confidence in managing their menstrual cycle and
18 its symptoms, even with free products; and

19
20 WHEREAS, menstrual health education is largely absent from
21 or offered inconsistently in United States schools, with only
22 about 25.5 percent of state standards mentioning it; and

23
24 WHEREAS, thirteen states have taken the important step of
25 including menstrual health education in their schools' sexual
26 health education standards, recognizing that these courses
27 encourage students to be more inclusive of their menstruating
28 classmates; and

29
30 WHEREAS, data from the pre-survey results of the 2022
31 Hoohanohano Initiative pilot program indicated that eight
32 percent of school faculty surveyed felt that the period



1 education offered in schools was adequate, while fifty percent
2 of students said it was not; and

3
4 WHEREAS, the 2021 Understanding Period Poverty report
5 indicated that nearly half, specifically forty-eight percent, of
6 respondents received little or no information about their
7 periods before their first period started; and

8
9 WHEREAS, in 2024, California passed the Know Your Period
10 Act (Assembly Bill No. 2229), requiring menstrual health
11 education to be included within sexual health standards; and

12
13 WHEREAS, before the adoption of Assembly Bill No. 2229,
14 California students were "learning more about the anatomy of
15 frogs" than their own menstrual cycles; now, therefore,

16
17 BE IT RESOLVED by the House of Representatives of the
18 Thirty-third Legislature of the State of Hawaii, Regular Session
19 of 2026, that the Department of Education is urged to take
20 immediate action to strengthen menstrual health education
21 initiatives in the State's schools; and

22
23 BE IT FURTHER RESOLVED that the Department of Education is
24 urged to adopt a comprehensible menstrual health education
25 curriculum that:

26
27 (1) Includes the four pillars of menstrual dignity:

28
29 (A) Privacy: Menstruating students should be offered
30 space and autonomy, and guaranteed personal
31 safety;

32
33 (B) Inclusivity: Menstrual health education programs
34 should be culturally responsive and
35 gender-affirming;

36
37 (C) Access: Menstrual health education programs
38 should be multilingual and accessible for
39 students of all abilities, and should offer
40 options and choices for accessing the materials;
41 and



1 (D) Education: The program should be positive, and
2 not fear- or shame-based and should include
3 education on menstrual health and the use of
4 menstrual products;
5

6 (2) Includes skills-based content on comprehending
7 concepts related to health promotion, analyzing
8 influences, accessing information, communication,
9 decision-making, goal setting, healthy behaviors, and
10 advocacy;
11

12 (3) Is respectful toward people of all races, genders,
13 sexual orientations, ethnic backgrounds, and cultural
14 backgrounds;
15

16 (4) Includes the topics of hygiene, stigmas, and health
17 challenges; and incorporates materials beyond those on
18 the general biological processes of the menstrual
19 cycle; and
20

21 (5) Is age-appropriate and provides defined goals for
22 students in grades that spans from the third grade to
23 fifth grade, sixth grade to eighth grade, and ninth
24 grade to twelfth grade; and
25

26 BE IT FURTHER RESOLVED that, for elementary school
27 students, the menstrual health education curriculum should:
28

29 (1) Include instruction on menstrual dignity;
30

31 (2) Require teachers to show hygiene products and to use
32 anatomically correct diagrams;
33

34 (3) Require schools to have menstruation-positive,
35 age-appropriate children's books available in the
36 school's library;
37

38 (4) Integrate teaching the standards designed to help
39 students understand:
40

41 (A) The menstrual cycle's purpose as a biological
42 process within the menstruating body; and



1
2 (B) Culturally relevant views and practices related
3 to the menstrual cycle, including Native Hawaiian
4 views and cultural practices related to the
5 menstrual cycle, along with related Western views
6 and practices; and
7

8 (5) Help students feel comfortable with the use of
9 menstrual products, as age-appropriate; and
10

11 BE IT FURTHER RESOLVED that, for middle and intermediate
12 school students, the menstrual health education program should:
13

14 (1) Include instruction on increasing menstrual dignity by
15 having guest speakers from local public health
16 organizations discuss resources on menstrual health;
17

18 (2) Incorporate established standards and use appropriate
19 educational materials, including worksheets, diagrams,
20 and articles;
21

22 (3) Integrate teaching standards designated to help
23 students understand:
24

25 (A) The menstrual cycle's purpose as a biological
26 process within a menstruating body;
27

28 (B) Culturally relevant views and practices related
29 to the menstrual cycle, including Native Hawaiian
30 views and cultural practices related to the
31 menstrual cycle, along with related Western views
32 and practices;
33

34 (C) Common myths regarding menstrual cycle's role in
35 the reproductive system;
36

37 (D) The existence and impacts of period poverty,
38 including its effects on physical and mental
39 health; and
40

41 (E) How to manage menstruation-related pain;
42



1 (4) Help students feel comfortable with the use of
2 menstrual products, as age-appropriate; and
3

4 (5) Emphasize that students must not stigmatize the
5 menstrual cycle; and
6

7 BE IT FURTHER RESOLVED that, for high school students, the
8 menstrual health education program should:
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10 (1) Further increase menstrual dignity and use
11 well-established coursework;
12

13 (2) Feature appropriate educational materials and guest
14 speakers;
15

16 (3) Integrate the standards applicable to students in
17 middle and intermediate school, as well as the
18 additional standards requiring students to be able to:
19

20 (A) Identify various reasons and health conditions
21 that may make a menstrual cycle "abnormal," and
22 to take the steps necessary to address those
23 health conditions when encountered; and
24

25 (B) Manage menstruation-related pain; and
26

27 (4) Include comprehensible and in-depth translations of
28 all menstrual education materials for use by
29 non-English speakers of English as a second language
30 speakers; and
31

32 BE IT FURTHER RESOLVED that the Department of Education is
33 requested to submit a report on its progress in implementing
34 this resolution, including any findings, recommendations, and
35 proposed legislation, to the Legislature no later than twenty
36 days prior to the convening of the Regular Session of 2027; and
37

38 BE IT FURTHER RESOLVED that certified copies of this
39 Resolution be transmitted to the Governor, Chairperson of the
40 Board of Education, and Superintendent of Education.

