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# 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

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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

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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

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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

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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

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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

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

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

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

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

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

19  
20 BE IT FURTHER RESOLVED that the Department of Education is  
21 urged to adopt a comprehensible menstrual health education  
22 curriculum that:

- 23  
24 (1) Includes the four pillars of menstrual dignity:
- 25  
26 (A) Privacy: Menstruating students should be offered  
27 space and autonomy, and guaranteed personal  
28 safety;
  - 29  
30 (B) Inclusivity: Menstrual health education programs  
31 should be culturally responsive and  
32 gender-affirming;
  - 33  
34 (C) Access: Menstrual health education programs  
35 should be multilingual and accessible for  
36 students of all abilities, and should offer  
37 options and choices for accessing the materials;  
38 and
  - 39  
40 (D) Education: The program should be positive, and  
41 not fear- or shame-based and should include



1 education on menstrual health and the use of  
2 menstrual products;

- 3  
4 (2) Includes content on health promotion, analyzing  
5 influences, accessing information, communication,  
6 decision-making, goal setting, healthy behaviors, and  
7 advocacy;  
8  
9 (3) Is respectful toward people of all races, genders,  
10 sexual orientations, ethnic backgrounds, and cultural  
11 backgrounds;  
12  
13 (4) Includes the topics of hygiene, stigmas, and health  
14 challenges; and incorporates materials beyond those on  
15 the general biological processes of the menstrual  
16 cycle; and  
17  
18 (5) Is age-appropriate and provides defined goals for  
19 students in grades 5, 8, and 12; and  
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21 BE IT FURTHER RESOLVED that, for elementary school  
22 students, the menstrual health education curriculum should:

- 23  
24 (1) Include instruction on menstrual dignity;  
25  
26 (2) Require teachers to show hygiene products and to use  
27 anatomically correct diagrams;  
28  
29 (3) Require schools to have menstruation-positive,  
30 age-appropriate children's books available in the  
31 school's library;  
32  
33 (4) Integrate teaching the standards designed to help  
34 students understand:  
35  
36 (A) The menstrual cycle's purpose as a biological  
37 process within the menstruating body;  
38  
39 (B) Native Hawaiian views and cultural practices  
40 related to the menstrual cycle, along with  
41 related Western views and practices; and  
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1 (5) Help students feel comfortable with the use of  
2 menstrual products, as age-appropriate; and  
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4 BE IT FURTHER RESOLVED that, for middle school students,  
5 the menstrual health education program should:  
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7 (1) Include instruction on increasing menstrual dignity by  
8 having guest speakers from local public health  
9 organizations discuss resources on menstrual health;  
10

11 (2) Incorporate established standards and use appropriate  
12 educational materials, including worksheets, diagrams,  
13 and articles;  
14

15 (3) Integrate teaching standards designated to help  
16 students understand:  
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18 (A) The menstrual cycle's purpose as a biological  
19 process within a menstruating body;  
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21 (B) Native Hawaiian views and cultural practices  
22 related to the menstrual cycle, along with  
23 related Western views and practices;  
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25 (C) Common myths regarding menstrual cycle's role in  
26 the reproductive system; and  
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28 (D) The existence and impacts of period poverty,  
29 including its effects on physical and mental  
30 health;  
31

32 (4) Help students feel comfortable with the use of  
33 menstrual products, as age-appropriate; and  
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35 (5) Emphasize that students must not stigmatize the  
36 menstrual cycle; and  
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38 BE IT FURTHER RESOLVED that, for high school students, the  
39 menstrual health education program should:  
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41 (1) Further increase menstrual dignity and use  
42 well-established coursework;



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(2) Feature appropriate educational materials and guest speakers;

(3) Integrate the standards applicable to students in middle school, as well as the additional standards requiring students to be able to:

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

(B) Manage menstruation-related pain; and

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

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

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

OFFERED BY:   
MAR 16 2026