

MAR 16 2026

SENATE 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
9

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,
13

14 BE IT RESOLVED by the Senate of the Thirty-third
15 Legislature of the State of Hawaii, Regular Session of 2026,
16 that the Department of Education is urged to take immediate
17 action to strengthen menstrual health education initiatives in
18 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:
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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
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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:
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24 (1) Include instruction on menstrual dignity;
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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;
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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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- (5) Help students feel comfortable with the use of menstrual products, as age-appropriate; and

BE IT FURTHER RESOLVED that, for middle school students, the menstrual health education program should:

- (1) Include instruction on increasing menstrual dignity by having guest speakers from local public health organizations discuss resources on menstrual health;
- (2) Incorporate established standards and use appropriate educational materials, including worksheets, diagrams, and articles;
- (3) Integrate teaching standards designated to help students understand:
 - (A) The menstrual cycle's purpose as a biological process within a menstruating body;
 - (B) Native Hawaiian views and cultural practices related to the menstrual cycle, along with related Western views and practices;
 - (C) Common myths regarding menstrual cycle's role in the reproductive system; and
 - (D) The existence and impacts of period poverty, including its effects on physical and mental health;
- (4) Help students feel comfortable with the use of menstrual products, as age-appropriate; and
- (5) Emphasize that students must not stigmatize the menstrual cycle; and

BE IT FURTHER RESOLVED that, for high school students, the menstrual health education program should:

- (1) Further increase menstrual dignity and use well-established coursework;



- (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: Ma D. M.

