



STATE OF HAWAII
DEPARTMENT OF EDUCATION
KA 'OIHANA HO'ONA'AUAO
P.O. BOX 2360
HONOLULU, HAWAII 96804

Date: 04/16/2026

Time: 02:05 PM

Location: 309 VIA VIDEOCONFERENCE

Committee: EDN

Department: Education

Person Testifying: Keith T. Hayashi, Superintendent of Education

Title of Bill: SCR78, URGING THE DEPARTMENT OF EDUCATION TO STRENGTHEN MENSTRUAL HEALTH EDUCATION INITIATIVES AND TO ADOPT A COMPREHENSIVE MENSTRUAL CYCLE CURRICULUM.

Purpose of Bill: Urging The Department Of Education To Strengthen Menstrual Health Education Initiatives And To Adopt A Comprehensive Menstrual Cycle Curriculum.

Department's Position:

The Hawaii State Department of Education (Department) respectfully offers comments to the committee for its consideration on SCR 78 SD1.

The Department is committed to promoting students' health and well-being. As a public school system, the Department follows statutory requirements and Board policies, and references nationally recognized guidance to inform curriculum development and adoption. Schools provide a comprehensive sexual health education that aligns with the Hawaii Revised Statutes (HRS) §321-11.1. and follows the requirements set forth in the Hawaii State Board of Education (Board) Policy 103-5 Sexual Health Education, which states:

In order to help students make decisions that promote healthy behaviors, the Department of Education shall provide sexual health education to include age appropriate, medically accurate, health education that: (1) Includes education on abstinence, contraception, and methods of infection prevention to prevent unintended pregnancy and sexually transmitted infection, including human immunodeficiency virus; (2) Helps students develop relationships and communication skills to form healthy relationships that are based on mutual respect and affection and are free from violence, coercion and intimidation; (3) Helps students develop skills in critical thinking, problem solving, decision making and stress management to make healthy decisions about sexuality and relationships; (4) Encourages student to communicate with their parents, guardians and/or other trusted adults about sexuality; and (5) Informs students of available community resources. Instruction will emphasize that abstinence from sexual intercourse is the surest way to prevent unintended pregnancies, sexually transmitted infections such as HIV/AIDS, and consequent emotional distress.

A description of the curriculum utilized by the school shall be made available to parents and shall be posted on the school's website prior to the start of any instruction. A student shall be

excused from sexual health instruction only upon the prior written request of the student's parent or legal guardian. A student may not be subject to disciplinary action, academic penalty or other sanction if the student's parent or legal guardian makes such written request.

Substantively, the Department would like to share efforts that are currently underway to address sexual health education. The Department identified and made public a list of appropriate sexual health education instructional materials. These curricula typically also include information about menstruation and/or the menstrual cycle. Additional information is available on our Department website at <https://hawaiipublicschools.org/school-services/health-education>.

Should this resolution move forward, the Department recommends the following language changes to strengthen the alignment and scaffolding of elementary, middle, and high school content for menstrual health education:

- Page 3, Lines 9-12: Improves alignment to Health Education standards - "Includes skills-based instruction that supports comprehending concepts content on health promotion, analyzing influences, accessing resources information, communication, decision-making, goal setting, healthy behaviors, and advocacy"
- Page 3, Lines 23-24: Allows schools to integrate menstrual health education within the existing grade span structure and related Health courses - "Is age-appropriate and provides defined goals for students in grades spans 3-5, 6-8, and 9-12"
- Page 4, Lines 2-4: Improves inclusivity of various cultures - "Culturally relevant views and practices related to the menstrual cycle, including Native Hawaiian views and cultural practices related to the menstrual cycle, along with related Western views and practices"
- Page 4, Lines 20-21: Streamlines language of the resolution and communicates scaffolded content - "Build from elementary content and integrate middle school content designed teaching standards designated to help students understand."
- Page 4, Lines 23-28: Remove (A) and (B) because this is previously addressed in the elementary content on Page 3, Lines 39-40 and Page 4, Lines 1-3.
- Page 4, Lines 33-35: Remove (D) from the middle school content, and add this item to the high school content.
- Page 5, Lines 10-12: Streamlines language of the resolution and communicates scaffolded content - "Build from elementary and middle school content and integrate high school content designed to help students understand. Integrate the standards applicable to students in middle school, as well as the additional standards requiring students to be able to:"
- Page 5, Line 14: Aligns to suggested language for Page 5, Lines 10-12 - "Identify vVarious reasons..."
- Page 5, Line 19: Remove (B) from the high school content, and add this item to the middle school content to improve scaffolded learning. "How to manage..."

Thank you for this opportunity to provide testimony on SCR 78 SD1.



April 15, 2026

Position: **SUPPORT** of **SCR78 SD1**, URGING THE DEPARTMENT OF EDUCATION TO STRENGTHEN MENSTRUAL HEALTH EDUCATION INITIATIVES AND TO ADOPT A COMPREHENSIVE MENSTRUAL CYCLE CURRICULUM.

To: Representative Justin H. Woodson, Chair
Representative Trish La Chica, Vice Chair
Members of the House Committee on Education

From: Llasmin Chaine, LSW, Executive Director, Hawaii State Commission on the Status of Women

Re: Testimony in SUPPORT of SCR78 SD1, URGING THE DEPARTMENT OF EDUCATION TO STRENGTHEN MENSTRUAL HEALTH EDUCATION INITIATIVES AND TO ADOPT A COMPREHENSIVE MENSTRUAL CYCLE CURRICULUM.

Hearing: Thursday, April 16, 2026, 2:05 p.m.
Conference Room 309, State Capitol

The Hawaii State Commission on the Status of Women **supports SCR78 SD1**, advancing menstrual education within the Department of Education.

As a statewide feminist government body dedicated to promoting equality and well-being for women and girls, we recognize that comprehensive menstrual education is essential for **fostering health, dignity, and equity in schools**. Ensuring that students have accurate, age-appropriate information about the menstrual cycle is a critical step toward breaking down stigma and supporting the physical and emotional health of all students, particularly girls.

Research and best practices indicate that **inclusive menstrual education can reduce misinformation, promote self-confidence, and help students better manage their health**. This measure aligns with our commitment to equity, inclusion, and access to care by addressing a topic that has historically been overlooked or stigmatized, often resulting in negative academic and social outcomes for girls.

We respectfully encourage the Department of Education to collaborate with stakeholders, health professionals and community organizations in identifying, developing and implementing curriculum materials, ensuring that content is culturally responsive and medically accurate. We also recommend that implementation include training for educators to foster supportive classroom environments.

We respectfully urge this Committee to **pass SCR78 SD1**. Thank you for this opportunity to submit testimony.

SCR-78-SD-1

Submitted on: 4/15/2026 7:54:02 AM

Testimony for EDN on 4/16/2026 2:05:00 PM

Submitted By	Organization	Testifier Position	Testify
Leila Mae Gonzales	Menstrual Equity Initiative	Support	In Person

Comments:

Aloha Chair and Committee Members,

My name is Leila Mae Gonzales. I am a 2024 graduate of McKinley High School and I currently attend the University of Hawai'i at Mānoa.

I am testifying in support of SCR78 SD1.

Menstrual health and its complexities should be clearly defined and taught in the curriculum of K-12 schools. The existing curriculum generalizes menstrual health, but more needs to be done in order for students to thoroughly have knowledge to navigate their health well. Adequate education promotes early detection of serious conditions like endometriosis, polycystic ovary syndrome (PCOS), and reproductive cancers.

Noting that some students get the complete picture while the rest are left with insufficient information. Strengthening the existing curriculum is crucial for students to communicate effectively with loved ones and their providers. Emphasizing that adequate menstrual health education can strengthen relationships and communication patterns. If more students are aware of menstrual health and its complexities, health concerns could be recognized better, support would be better, and stigma would be reduced.

Mahalo,

Leila Mae Gonzales



The Thirty-Third Legislature, State of Hawaii
House Committee on Education
Honorable Chair Justin H. Woodson
Honorable Vice Chair Trish La Chica
Committee Members

Thursday, April 16, 2026, 2:05 pm

RE: Support for SCR 78, SD1 - Urging the Department of Education to strengthen menstrual health education initiatives and to adopt a comprehensive menstrual cycle curriculum

Aloha Chair Woodson, Vice Chair La Chica, and members of the Committee,

Ma'i Movement Hawai'i **strongly supports SCR 78, SD1**, which urges the Department of Education to strengthen menstrual health education initiatives and to adopt a comprehensive menstrual cycle curriculum.

Ma'i Movement Hawai'i is a locally grown organization committed to addressing menstrual inequity and ending period poverty, defined as the inability to buy and access menstrual products, due to factors including but not limited to financial constraints, lack of menstrual health education, feelings of societal shame or stigma surrounding menstruation, and inadequate access to clean facilities to maintain proper hygiene. Research suggests that this issue disproportionately affects students, low-income and houseless girls and women, trans, and gender non-conforming individuals, and those who are incarcerated.

As the only Native Hawaiian and women-led grassroots organization dedicated to this issue in Hawai'i, we take a comprehensive, multi-pronged approach through direct service, education, and advocacy to address the economic inequality, gender inequity, and socio-cultural stigma surrounding menstruation. Since our founding in 2020, we have distributed nearly 1.3 million period products, participated in outreach and education fairs across the state, and advocated in the legislature for free period products in public and charter schools, the University of Hawai'i system, and public buildings.

Health and education are inextricably linked. The passage of Act 113, which requires all public and charter schools to provide free menstrual products, marked a major milestone in advancing menstrual equity. Strengthening menstrual health education builds upon this foundation, further promoting health equity and addressing a critical public health need within our school system.

We are particularly encouraged by the findings of the Committee, which recognizes that menstrual health education is often inconsistent, incomplete, or introduced too late, leaving many students unprepared for a normal biological process and contributing to stigma, embarrassment, and misinformation. We agree that schools play a critical role in ensuring that all students receive standardized, accurate, age-appropriate,

and preemptive health education, and that menstrual health should be included as a standard component of a comprehensive health education curriculum.

Our own research over the years supports these findings. The [2021 survey conducted by Hawai'i State Commission on the Status of Women and Ma'i Movement Hawai'i](#) revealed that 48% of respondents received little or no information about their periods before their first period started. Furthermore, the statewide pilot, [The Ho'ohanohano Initiative](#), in six schools during the 2021-22 academic school year found that only 8% of school faculty surveyed at the start of the pilot felt that the menstrual education in schools was adequate, while 50% of students said it was not. By the conclusion of the pilot, the percentage of faculty who felt that menstrual education was adequate increased to 50%, and the percentage of students who reported it was not decreased to 27%. Although no formal education curriculum was implemented during the pilot, increased access to free period products prompted more conversations within schools about access, menstrual health education, and product use. These shifts demonstrate that education coupled with product distribution can have a positive impact on menstrual health outcomes and attitudes.

Finally, in 2023, Ma'i Movement Hawai'i, in collaboration with George Mason University, published a [study](#) in the *International Journal of Gynecology & Obstetrics* examining University of Hawai'i students' lived experiences regarding accessibility of menstrual products and its impacts across the system. Notably, respondents were also asked about their knowledge of menstrual health and K-12 educational experience regarding menstrual health. While the findings suggest that students generally have a baseline awareness of menstrual health, their K-12 experience was widely perceived as inadequate, with 51% indicating that their school did not sufficiently inform them and their peers about menstrual health.

We strongly support the Committee's request that the Department of Education consider standardizing an appropriate timeline for menstrual health curriculum introduction to empower students and help promote consistent attendance, participation, and academic success as they progress through their educational careers. Because many students receive little or no information about menstruation before their first period, early and consistent education is essential.

We also share the Committee's view that menstrual health education provides a vital opportunity to eradicate stigmas, empower informed health decisions, and ensure equal access to and understanding of menstrual products. This measure aligns with the State's commitment to equity, inclusion, and access to care by addressing a topic that has historically been overlooked or stigmatized, often resulting in negative academic and social outcomes for students. We also echo your Committee's recognition that educating students who don't menstruate is equally important, bridging the gender gap and fostering empathy amongst peers. We witnessed this firsthand during our school pilot, where both students and teachers observed the positive impact of the program on non-menstruating students, breaking down stigma and systemic barriers.

As your Committee finds, inconsistent menstrual health education continues to stifle progress toward achieving period equity, and some students lack confidence in managing their menstrual cycle and its symptoms, even with free products. Research and best practices indicate that inclusive menstrual education can reduce misinformation, promote self-confidence, and help students better manage their health. Providing comprehensive menstrual education throughout a student's career ensures not only that

they are equipped with knowledge and skills to manage their menstrual health confidently throughout their lifetime, but also that they can fully participate in school and life with dignity.

SCR 78, SD1 is an initiative that takes steps to address one of the root causes of period poverty and menstrual inequity in Hawai'i. It promotes common goals of public health, education equity, social-emotional well-being, and access to essential menstrual health resources, ensuring that all students can thrive. We urge you to support **SCR 78, SD1** and welcome you to contact us with any additional questions. Mahalo for your leadership and service to Hawai'i!

Me ke aloha,

A handwritten signature in black ink that reads "Nikki-Ann Yee". The signature is written in a cursive, flowing style.

Nikki-Ann Yee
Co-Founder
Ma'i Movement Hawai'i



SCR 78 SD1, URGING THE DEPARTMENT OF EDUCATION TO STRENGTHEN MENSTRUAL HEALTH EDUCATION INITIATIVES AND TO ADOPT A COMPREHENSIVE MENSTRUAL CYCLE CURRICULUM.

APRIL 16, 2026 · EDN HEARING

POSITION: Support.

RATIONALE: The Democratic Party of Hawai'i Education Caucus **supports** SCR 78 SD1, urging the Department of Education to strengthen menstrual health education initiatives and to adopt a comprehensive menstrual cycle curriculum.

Menstrual health education is often inconsistent, incomplete, or introduced too late, leaving many students unprepared for a normal biological process and contributing to stigma, embarrassment, and misinformation. Schools play a critical role in ensuring that all students receive accurate, age-appropriate health education, and menstrual health should be treated as a standard component of comprehensive health education.

Many students receive little or no information about menstruation before their first period, which can lead to fear, confusion, and shame. When schools provide accurate and inclusive education about the menstrual cycle, students are better prepared, stigma is reduced, and school environments become more supportive and respectful. This benefits not only menstruating students, but all students by promoting health literacy, empathy, and understanding.

Menstrual health education is also connected to student attendance, participation, and academic success. Students who are unprepared for menstruation or who experience stigma or embarrassment may miss school, avoid physical activity, or struggle to focus in class. Providing both menstrual products and education helps ensure that students can fully participate in school and maintain their dignity and well-being.

Across the country, states are increasingly recognizing menstrual health education as part of comprehensive health and sex education. Several states have updated their health education standards to include menstrual health and reproductive health literacy, and others have adopted “period equity” policies that combine access to menstrual products with education and stigma reduction efforts. These policies reflect a growing recognition that menstrual health is not only a health issue but also an education equity issue.

This resolution is particularly thoughtful because it calls for a comprehensive approach that includes privacy, inclusivity, multilingual resources, cultural responsiveness, and age-appropriate instruction at multiple grade levels. The measure also recognizes the importance of including both Western and Native Hawaiian understandings and practices, ensuring that curriculum development reflects Hawai‘i’s cultural context and values.

Menstrual health education should be treated like any other health education topic: factual, respectful, age-appropriate, and inclusive. When schools normalize these conversations, students are better informed, stigma decreases, and school environments become healthier and more supportive for everyone.

Contact: educationcaucusdph@gmail.com · 808-679-7454

SCR-78-SD-1

Submitted on: 4/15/2026 6:19:39 AM

Testimony for EDN on 4/16/2026 2:05:00 PM

Submitted By	Organization	Testifier Position	Testify
Emily S Oandasan	Individual	Support	Written Testimony Only

Comments:

Whole child help and support are the foundations of strong, safe and supportive classrooms. Access to health related products like sanitary supplies for our students is a critical part of our responsibility as educators. Some of our students have little to no access to these supplies and as a result can miss school or feel embarrassed. In the modern world we need to meet our students needs.

In addition, teaming this with relevant and supportive menstrual health education for our students tells them that we are here for them during the many physical changes they experience while in our care during their journey from early childhood to adulthood.

SCR-78-SD-1

Submitted on: 4/15/2026 7:08:24 AM

Testimony for EDN on 4/16/2026 2:05:00 PM

Submitted By	Organization	Testifier Position	Testify
Lindi Alvarez	Individual	Support	Written Testimony Only

Comments:

The Ma'i Movement program has been a very helpful experience for not only me but family, friends and others I was able to share this information and blessing with. Being on the lower end of the income bracket has been a struggle but with the opportunity that has been offered to us by Ma'i Movement, it has been a tremendous help. Im grateful for this program and support its effort in promoting a healthy and sanitary lifestyle. Mahalo and thank you for your time.

Lindi Alvarez

SCR-78-SD-1

Submitted on: 4/15/2026 7:34:19 AM

Testimony for EDN on 4/16/2026 2:05:00 PM

Submitted By	Organization	Testifier Position	Testify
An Vo	Individual	Support	Written Testimony Only

Comments:

Aloha,

My name is An and I'm a public health student on O'ahu. I support SCR78 SD1.

Many females in my life, starting from middle school classmates, struggled to find time and menstrual resources during school. Even in college, we have a club that asks for period product donations, but many students are unaware or do not want to donate. We need women to have these resources especially when they're in school and unable to afford products. People should focus on school, without worries of not being able to address a period at school due to lack of menstrual products.

Please support SCR78 SD1.

Mahalo,

An Vo

Honolulu, HI

SCR-78-SD-1

Submitted on: 4/15/2026 7:46:28 AM

Testimony for EDN on 4/16/2026 2:05:00 PM

Submitted By	Organization	Testifier Position	Testify
Sarah Kern	Individual	Support	Written Testimony Only

Comments:

April 15, 2026

Aloha Chair and Committee Members,

My name is Sarah Kern and I am a resident of Līhu‘e, Kaua‘i. I am a math and science teacher at Chiefess Kamakahahei Middle School. I am testifying in strong support of SCR 78.

I support this bill because as a graduate of a Hawai‘i public school, I felt extremely uneducated about my own body and the way it works. We had to take health class in middle and high school, but most of what I got out of those classes was about drug prevention. I can’t remember a single lesson about menstruation and working at a middle school now with a one semester health class for 6th grade students, I can’t say much has changed. I remember asking my mom questions that she herself (another Hawai‘i public school graduate) could not answer, forcing me to get much of my menstrual health education from friends and the internet, both of which are not always the most reliable sources.

When we understand the human body, we can make better decisions about our health. Families may argue that students should be learning about their bodies from their parents, but rarely do today’s adults have a thorough understanding of their own biology. Many students do not have access to parents who are willing or able to do the educating at home on such a critical topic. Having comprehensive menstrual health education for all students, whether they menstruate or not, is essential for better public health outcomes, which is important to our entire community and the future of Hawai‘i.

Thank you for your consideration of this important measure.

Mahalo,

Sarah Kern

Teacher, Chiefess Kamakahahei Middle School

SCR-78-SD-1

Submitted on: 4/15/2026 8:22:44 AM

Testimony for EDN on 4/16/2026 2:05:00 PM

Submitted By	Organization	Testifier Position	Testify
Thaddeus Pham	Individual	Support	Written Testimony Only

Comments:

Aloha Chair Woodson, Vice Chair La Chica, and EDN Committee Members,

As a public health professional involved with school-based health, I write in strong support of SCR 78 SD1

I support this bill because having comprehensive menstrual health education can ensure that our local students are better prepared for essential health needs.

Mahalo,

Thaddeus Pham

SCR-78-SD-1

Submitted on: 4/15/2026 8:49:37 AM

Testimony for EDN on 4/16/2026 2:05:00 PM

Submitted By	Organization	Testifier Position	Testify
c.holbron	Individual	Support	Written Testimony Only

Comments:

Dear Chair and Members of the House Committee on Education,

I am writing in strong support of SCR78 SD1, which urges the Department of Education to strengthen menstrual health education initiatives and adopt a comprehensive menstrual cycle curriculum in our schools.

Access to accurate, age appropriate menstrual health education is essential for the wellbeing, confidence, and academic success of our students. Too often, young people, especially those who menstruate, face stigma, misinformation, or a lack of basic understanding about their own bodies. This can lead to embarrassment, missed school days, and long-term gaps in health knowledge.

A comprehensive menstrual cycle curriculum would:

- Promote body literacy and empower students with scientifically accurate information
- Reduce stigma and normalize conversations around menstrual health
- Support gender equity by ensuring all students understand and respect these natural biological processes
- Improve attendance and participation for students who might otherwise feel unprepared or unsupported

This measure represents a meaningful step toward creating a more inclusive, informed, and supportive educational environment for all students in Hawai‘i.

I respectfully urge you to pass SCR78 SD1 and continue advancing policies that prioritize student health, dignity, and educational equity.

Thank you for the opportunity to provide testimony.

Sincerely,

Chadde Holbron

SCR-78-SD-1

Submitted on: 4/15/2026 9:30:18 AM

Testimony for EDN on 4/16/2026 2:05:00 PM

Submitted By	Organization	Testifier Position	Testify
Kala'e Correa	Individual	Support	Written Testimony Only

Comments:

This resolution is a strong and necessary step toward supporting student well-being. Providing clear, age-appropriate menstrual health education is a normal and essential part of helping young people understand their bodies and reducing the stigma that too often surrounds this topic. A consistent curriculum creates a healthier learning environment by easing the social pressure many young women experience and by ensuring all students menstruating or not gain accurate knowledge and empathy. Strengthening this education is key to promoting acceptance, confidence, and overall student health.

SCR-78-SD-1

Submitted on: 4/15/2026 9:00:34 AM

Testimony for EDN on 4/16/2026 2:05:00 PM

Submitted By	Organization	Testifier Position	Testify
Jewelyn Kahele	Individual	Support	Written Testimony Only

Comments:

Aloha Chair and Committee Members,

My name is Jewelyn Kahele, and I serve as the McKinney-Vento Liaison for the Education for Homeless Children and Youth Program under the Department of Education.

I am writing in strong support of SR 82 / SCR 78 / HR 110 / HCR 118 (2026).

Through my work, I serve students and families experiencing homelessness across Maui, many of whom face significant barriers to basic necessities, including access to hygiene products and health education. These challenges directly impact students' ability to attend school consistently, engage in learning, and maintain their dignity and well-being.

I support this measure because ensuring access to comprehensive menstrual health education and essential hygiene resources is critical to promoting equity in our schools. When students lack these basic needs, it not only affects their physical health but also their confidence, attendance, and academic success. Supporting this bill helps remove barriers that disproportionately affect vulnerable youth, including those experiencing homelessness.

This measure is a step toward creating a more inclusive and supportive environment where all students have the opportunity to thrive, regardless of their circumstances.

Thank you for your time and consideration.

Mahalo,
Jewelyn Kahele

SCR-78-SD-1

Submitted on: 4/15/2026 1:10:10 PM

Testimony for EDN on 4/16/2026 2:05:00 PM

Submitted By	Organization	Testifier Position	Testify
Kanani Wond	Individual	Support	Written Testimony Only

Comments:

Aloha Chair, Vice Chair, and Members of the Committee,

My name is Kanani Wond, High School Educator at Kahuku High & Intermediate School and I am in strong support of SCR 78 SD1, urging the Hawaii State Department of Education to strengthen menstrual health education and adopt a comprehensive menstrual cycle curriculum.

Menstrual health education is essential for student health, dignity, and learning. Too often, students receive limited or incomplete instruction and resources, leaving gaps in understanding and contributing to stigma, confusion, and shame.

A comprehensive curriculum would provide medically accurate, age-appropriate education about the menstrual cycle, normal and abnormal symptoms, and menstrual wellness. This ensures all students have the knowledge to care for their health and support others with understanding and respect.

This is also an equity issue. Many students rely on schools as their primary source of health education. Providing clear, consistent instruction ensures every student has access to accurate information, regardless of background.

For these reasons, I respectfully urge the committee to pass SCR 78 SD1.

Mahalo for your consideration.

Respectfully,

Kanani Wond, MA

High School Educator

SCR-78-SD-1

Submitted on: 4/16/2026 12:55:35 AM

Testimony for EDN on 4/16/2026 2:05:00 PM

Submitted By	Organization	Testifier Position	Testify
Joelle Watanabe	Individual	Support	Remotely Via Zoom

Comments:

Aloha Chair and Committee Members,

I'm Joelle Watanabe, I am a 2024 graduate of Moanalua High School and I currently attend Boston University.

I am submitting testimony today, to support SCR78 SD1 in being passed. This is to ensure that Hawaii public school students are receiving adequate menstrual health education.

To begin with, I wish I had known more about what a period is at an earlier age, as I got my first period when I was nine years old in the third grade. I genuinely thought I was dying or sick when I saw that there was blood in my underwear, only to find out that it was actually a period. In order for me to not have to deal with the “upkeep” or maintenance of a period, as well as other factors, I had shots given to me not long after. They stopped my menstrual cycle until I was in sixth grade. Even then, I was clueless on what was actually going on in my body, how and when it would be appropriate to use a pad/tampon, and how to manage the bad cramping and mood swings I'd get.

I don't remember receiving any information about the menstrual cycle in my sexual education course in elementary school, nor my mandated health classes in middle or high school. Any information regarding the menstrual cycle I had received was from small sections of teen magazines such as Teen Vogue, which detailed basic period care such as when to change the product you're using in order to not get infections. I remember attempting to look up information about the menstrual cycle and what it entails myself, however I felt ashamed about even looking it up due to internalized stigma that I was never taught to work through.

I suggest that the Hawaii Department of Education take into consideration my personal experiences surrounding menstrual health education, and integrate comprehensive menstrual education into the existing sex education and health curriculum.

Thank you for your consideration.

Sincerely,

Joelle Watanabe

Moanalua High School Class of 2024

Boston University Class of 2028

SCR-78-SD-1

Submitted on: 4/16/2026 9:08:28 AM

Testimony for EDN on 4/16/2026 2:05:00 PM

Submitted By	Organization	Testifier Position	Testify
Andrew W Cordiale	Individual	Support	Written Testimony Only

Comments:

Although the testimony is late, I am just selecting to accept the bill please SCR – 78SDI These young women need to be taught the proper education in schools and should always have access to good pure healthcare on adult traded. I hope this made it in time but I seriously was ill and unable to do my emails to today so I apologize for that that's in hindsight just to make sure it's noticed and also I'm back on the mainland for American Red Cross but we also help provide women and you know school girls further needs and I believe that it should always be an atmosphere where there should be no shame no harm no mixed words just pure clean Healthcare for all young women with their beginning years of menstruation through the end of it. I hope this helps and I appreciate you so so much.