



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

Date: 04/08/2026

Time: 01:03 PM

Location: CR 229 & Videoconference

Committee: EDU

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.

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 abstention 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 7-10: "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 21-22: "Is age-appropriate and provides defined goals for students in grades spans 3-5, 6-8, and 9-12"
- Page 4, Lines 1-3: "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 19-20: "Build from elementary content and integrate middle school content designed teaching standards designated to help students understand:"
- Page 4, Lines 22-27: 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 32-34: Remove (D) from the middle school content, and add this item to the high school content.
- Page 5, Lines 10-12: "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: "Identify ~~v~~Various reasons..."
- Page 5, Line 19: Remove (B) from the high school content, and add this item to the middle school content. "How to manage..."

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



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TESTIMONY TO THE SENATE COMMITTEE ON EDUCATION

Item: **SCR 78 / SR 82 - URGING THE DEPARTMENT OF EDUCATION TO STRENGTHEN MENSTRUAL HEALTH EDUCATION INITIATIVES AND TO ADOPT A COMPREHENSIVE MENSTRUAL CYCLE CURRICULUM**

Position: **SUPPORT**

Hearing: **4/8/26, Conference Room 229, 1:03pm**

Submitter: **Osa Tui, Jr. – President, Hawai'i State Teachers Association**

Dear Chair Kim, Vice Chair Kidani, and Members of the Committee,

The Hawai'i State Teachers Association **supports SCR 78 / SR 82** which urges the Department of Education to strengthen menstrual health education initiatives and to adopt a comprehensive menstrual cycle curriculum.

In 2022, HSTA members and their students were pivotal in advocating for then SB 2821 that provided free menstrual products to students in all of our public schools. That historic piece of legislation was critical in moving gender equity forward in our schools.

Many of the student advocates, reflecting on their school experiences, have come together to make this resolution urging better menstrual education be provided in our schools. The HSTA is proud to support the next generation of advocates, and asks your committee to **support SCR 78 / SR 82**.

Mahalo.



April 7, 2026

Position: **SUPPORT** of **SCR78/SR82**, URGING THE DEPARTMENT OF EDUCATION TO STRENGTHEN MENSTRUAL HEALTH EDUCATION INITIATIVES AND TO ADOPT A COMPREHENSIVE MENSTRUAL CYCLE CURRICULUM.

To: Senator Donna Mercado Kim, Chair
Senator Michelle N. Kidani, Vice Chair
Members of the Senate Committee on Education

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

Re: Testimony in SUPPORT of SCR78/SR82, URGING THE DEPARTMENT OF EDUCATION TO STRENGTHEN MENSTRUAL HEALTH EDUCATION INITIATIVES AND TO ADOPT A COMPREHENSIVE MENSTRUAL CYCLE CURRICULUM.

Hearing: Wednesday, April 8, 2026, 1:03 p.m.
Conference Room 229, State Capitol

The Hawaii State Commission on the Status of Women **supports SCR78/SR82**, 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 health professionals and community organizations in 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/SR82**. Thank you for this opportunity to submit testimony.



The Thirty-Third Legislature, State of Hawaii
Senate Committee on Education
Honorable Chair Donna Mercado Kim
Honorable Vice Chair Michelle N. Kidani
Committee Members

Wednesday, April 8, 2026, 1:03 pm

RE: Support for SCR 78 & SR 82 - Urging the Department of Education to strengthen menstrual health education initiatives and to adopt a comprehensive menstrual cycle curriculum

Aloha Chair Kim, Vice Chair Kidani, and members of the Committee,

Ma'i Movement Hawai'i **strongly supports SCR 78 & SR 82** 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.

Our schools support the everyday lives of thousands of students with education acting as one of the strongest social determinants of health and well-being. We are particularly concerned by findings from studies we have conducted over the years. Firstly, 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 are reflected in the improved responses, demonstrating 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.

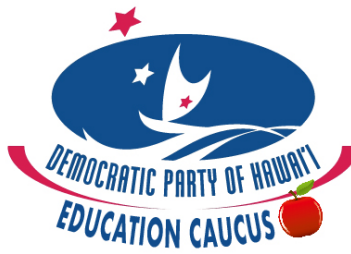
Schools provide safety nets for our most vulnerable populations, our keiki. Our studies across different population sets over the years consistently reveal opportunities to strengthen the curriculum around menstrual health. Providing comprehensive menstrual education throughout a student's career ensures 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. Educating students who don't menstruate is equally important, bridging the gender gap and fostering empathy amongst peers. We witnessed this firsthand during the school pilot, where both students and teachers observed the positive impact of the program on non-menstruating students, breaking down stigma and systemic barriers.

SCR 78 & SR 82 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 & SR 82** and welcome you to contact us with any additional questions. Mahalo for your leadership and service to Hawai'i!

Me ke aloha,



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



SCR 78/SR 82, URGING THE DEPARTMENT OF EDUCATION TO STRENGTHEN MENSTRUAL HEALTH EDUCATION INITIATIVES AND TO ADOPT A COMPREHENSIVE MENSTRUAL CYCLE CURRICULUM.

APRIL 8, 2026 · EDU HEARING

POSITION: Support.

RATIONALE: The Democratic Party of Hawai'i Education Caucus **supports** SCR 78/SR 82, 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



APRIL 8, 2026

SCR 78/SR 82

CURRENT REFERRAL: EDU

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Kris Coffield,
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Director

Corey Rosenlee,
Director

Amy Zhao,
*Policy and Partnerships
Strategist*

POSITION: SUPPORT

Imua Alliance supports SCR 78/SR 82, urging the Department of Education to strengthen menstrual health education initiatives and to adopt a comprehensive menstrual cycle curriculum.

Imua Alliance is a Hawai'i-based organization dedicated to ending sexual exploitation and gender violence, and combating all forms of systemic exploitation in our society. This resolution addresses a real and longstanding gap in student health education. Hawai'i has already taken an important step by requiring free menstrual products on public school campuses, but access to products alone is not enough.

Students also need accurate, age-appropriate, stigma-free education so they can understand the menstrual cycle, manage symptoms, recognize when something may be wrong, and support classmates with empathy rather than shame. The resolution correctly recognizes that both menstruating and non-menstruating students benefit from this education, and that period equity requires more than supplies alone.

A recent content analysis of U.S. state education standards found that only 25.5 percent include menstruation at all, and even among those states, coverage of menstrual hygiene, stigma, and abnormal menstruation is limited. In other words, menstrual health education remains inconsistent and often incomplete across the country.

That inconsistency has consequences. The 2023 *State of the Period* report found that many students still face significant barriers related to period knowledge, products, and stigma, and that there had been no visible improvement since 2021 in students' ability to afford menstrual products. The report also found that nearly 1 in 4 students had struggled to afford period products, and 44 percent of teens reported stress or embarrassment due to lack of access.

The 2021 *Understanding Period Poverty* report found that 48 percent of respondents received little or no information about their periods before their first period began, leaving many young people unprepared for a normal biological process. Similarly, a 2022 Ho‘ohanohano Initiative pilot showed that only 8 percent of faculty surveyed felt period education offered in schools was adequate, while 50 percent of students said it was not. Those findings help explain why a more comprehensive, intentional curriculum is needed here in Hawai‘i.

There are strong educational and public health reasons to act. UNICEF has emphasized that menstrual stigma remains widespread, that many adolescents feel shame or are unable to discuss the topic openly, and that this shame can affect both mental health and school attendance. UNICEF also notes that lack of menstrual knowledge and support can interfere with students’ comfort, participation, and educational experience.

A stronger curriculum is also important because menstrual health is not just about hygiene. It is also about recognizing symptoms, understanding what is typical, and knowing when to seek care. California’s 2024 Know Your Period Act amended the California Healthy Youth Act to include menstrual health within comprehensive sexual health education. Legislative analyses for that law emphasized that menstrual education helps students understand the role menstruation plays in a healthy body, reduces stigma, and helps young people seek medical advice when needed instead of internalizing shame.

Hawai‘i would not be alone in moving in this direction. Thirteen states have already included menstrual health education in school sexual health standards. California’s recent reform is one especially relevant example because it moved beyond simply providing products and required menstrual health content to be part of school health instruction. That is exactly the kind of next-step policy this resolution encourages: not only access, but understanding.

When schools normalize menstrual health education, students are better prepared, stigma is reduced, and school environments become more respectful and supportive. Students should not have to learn more about frog anatomy than about their own bodies. Hawai‘i has already shown leadership on menstrual product access. This measure is a logical next step toward true menstrual dignity and period equity in our schools.

With aloha,

Kris Coffield

President, Imua Alliance



April 7, 2026

Senate Education Committee
Hawai'i State Capitol
415 South Beretania St.
Honolulu, HI 96813

Re: SCR 78 / SR 82 – SUPPORT

Members of the Senate Committee on Education,

On behalf of the Alliance for Period Supplies, I am writing to express our strong support for SCR 78 and SR 82 which urges the Department of Education to strengthen menstrual health education initiatives and to adopt a comprehensive menstrual cycle curriculum.

The Alliance for Period Supplies is comprised of over 140 independent nonprofit organizations that collect, warehouse, and distribute period products to those in need. In Hawaii, our allied program, Ma'i Movement Hawai'i is hard at work to end period poverty - a growing public health issue impacting 2 in 5 people that is characterized by an inability to afford enough menstrual products due to lack of income.

Adopting a comprehensive menstrual cycle and health curriculum is vital to ensuring the health, dignity, and full participation of all Hawaii students in daily life. Nearly [one in four students](#) missed class due to a lack of access to menstrual products, and [two in five reported](#) not being able to afford the menstrual products they needed. Research shows menstrual education strengthens relationships and communication patterns. When partners, family members, colleagues, and peers understand menstrual health, they can provide better support, recognize health concerns, and contribute to reducing stigma.

By providing menstrual education in schools, Hawaii can help to ensure its students have equal access to education and are empowered to reach their full potential. Research shows that education promotes early detection of serious conditions like endometriosis, polycystic ovary syndrome (PCOS), and reproductive cancers. Passing SCR 78/ SR82 would mark a critical step toward removing barriers to equity for all Hawaii students

Thank you for your attention to this crucial matter. The Alliance for Period Supplies stands ready to support and collaborate with you in any way possible to ensure the successful passage and

implementation of this critical legislation.

Sincerely,

Ariana Smith
Manager of Legislative Policy
Alliance for Period Supplies

SCR-78

Submitted on: 4/7/2026 8:28:11 AM

Testimony for EDU on 4/8/2026 1:03:00 PM

Submitted By	Organization	Testifier Position	Testify
Monica Marrow	Testifying for What Makes You Feel Beautiful	Support	Written Testimony Only

Comments:

Aloha Chair and Committee Members,

My name is Monica Marrow, and I am the Executive Director of What Makes You Feel Beautiful, a Maui-based nonprofit supporting girls, young women, and families through programs focused on self-worth, emotional well-being, and community care.

I am writing in strong support of SCR 78 / SR 82.

Through our work with youth across Maui County, we see firsthand the gaps in menstrual health education and the impact this has on confidence, school participation, and overall well-being. Many young people are navigating these experiences with limited information, stigma, or lack of access to resources.

Access to comprehensive and culturally responsive menstrual health education is essential. It not only supports physical health, but also helps young people feel informed, respected, and more confident in themselves and their bodies.

Creating space for open, accurate, and supportive education can reduce shame, strengthen self-awareness, and contribute to healthier outcomes for youth across our communities.

We respectfully urge your support for this resolution.

Mahalo for your time and consideration.

Monica Marrow

SCR-78

Submitted on: 4/7/2026 10:13:38 AM

Testimony for EDU on 4/8/2026 1:03:00 PM

Submitted By	Organization	Testifier Position	Testify
Nataly De La Cruz	Testifying for University of Hawaii- Hilo Hale Lako	Support	Written Testimony Only

Comments:

I am honored to share my deep appreciation for Ma‘i Movement Hawai‘i and the meaningful impact they have had on Basic Needs Centers across the University of Hawai‘i system, particularly at Hawai‘i Community College and the University of Hawai‘i at Hilo.

At our Basic Needs Centers, we work every day to ensure that students have access to essential resources so they can focus on their education and overall well-being. One of the most consistent and critical needs we see is access to menstrual products—an often overlooked necessity that directly affects a student’s ability to attend class, participate fully, and feel a sense of dignity on campus.

Ma‘i Movement Hawai‘i has been an invaluable partner in addressing this need. Through their consistent support and donations of menstrual products, they have helped both Hawai‘i Community College and UH Hilo maintain accessible, reliable supplies for students who depend on our centers. Their contributions have allowed us to serve students without interruption, ensuring that no student has to go without basic hygiene products due to financial hardship.

Beyond the tangible resources, their work has also helped normalize conversations around menstrual health within our campus communities. By breaking stigma and advocating for equity, Ma‘i Movement empowers students to seek support without shame and helps create a more inclusive and compassionate environment.

Their impact is not just logistical—it is deeply human. Every product provided represents one less barrier for a student who may already be navigating food insecurity, housing instability, or financial stress. Their partnership strengthens our ability to meet students where they are and support them holistically.

Ma‘i Movement Hawai‘i exemplifies what it means to care for community. Their dedication to menstrual equity directly enhances the work of Basic Needs Centers and contributes to student success, retention, and well-being across our campuses.

I wholeheartedly support their continued efforts and am incredibly grateful for their partnership in serving our students.

SCR-78

Submitted on: 4/6/2026 5:24:53 PM

Testimony for EDU on 4/8/2026 1:03:00 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 SR82 and SCR78 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

Submitted on: 4/7/2026 10:17:02 AM

Testimony for EDU on 4/8/2026 1:03:00 PM

Submitted By	Organization	Testifier Position	Testify
Lahela Kamehanaokala Mattos	Individual	Support	Remotely Via Zoom

Comments:

Aloha Mai,

my name is Lahela Mattos and I am writing to support SCR 78/SR 82. For most of my adolescent years, I was raised by a single father. Coupled with the fact that the other members of my family were very conservative and the topic of a ma'i was kapu, my knowledge about menstruation was very limited. Because of this, I often relied on the internet to provide me with my knowledge, which was definitely helpful but also often led me astray. Since I was young, I suffered with painful, heavy, and irregular menstruation, and rarely did I ever receive guidance on how to manage my menstrual cycle, and when to seek help.

Because of my lack of education surrounding menstrual health, I relied on doctors who prescribed me medication after medication, and underwent multiple surgical procedures which eventually impacted my fertility at the age of 22.

At the age of 22, I was diagnosed with endometriosis, a lifelong reproductive disease that causes debilitating pain that responds to your cycle. As I navigated my new diagnosis, I began learning that many of my Pasifika and Kanaka friends and family also suffered with menstrual issues such as cysts, PCOS, fibroids, and more. While this seemed to be a common occurrence in our community, I found that many folks were uneducated on how to manage their symptoms and also when to seek help. Many times, my friends looked towards me to advise them on managing their symptoms, and answering their menstrual questions. Questions that often had an undertone of "is this normal?"

I support this bill because I truly believe that if I had better guidance and thorough education about menstruation, then I would've been able to make informed decisions that could have preserved my fertility. Not only that, but as I became more educated around the topic of menstruation, I was able to more accurately advocate for myself during my medical appointments, and I could confidently make decisions on what was best for me even when I was being told something different from doctors and family. Implementing menstruation education into DOE curriculum is very important, as it assists in filling the gaps that many menstruators experience due to conservative or religious home views or even just the pure lack of education of the adults that are raising them. Learning about menstruation and menstrual cycles is beneficial to everyone, as it helps those who menstruate to better understand their bodies, and it helps those who do not menstruate to understand how to best support those who need it. Implementing menstrual education in the DOE would help the topic become less taboo and more normalized,

which in turn results in improved care and understanding for those who menstruate. I support SCR 78/SR 82.

me ke aloha,

Lahela Mattos

LATE

SCR-78

Submitted on: 4/7/2026 1:01:46 PM
Testimony for EDU on 4/8/2026 1:03:00 PM

Submitted By	Organization	Testifier Position	Testify
Leila Mae Gonzales	Individual	Support	Remotely Via Zoom

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 SR82 and SCR78.

Menstrual health and its complexities should be clearly defined and taught in the curriculum of K-12 schools. Stressing the need for what needs to be achieved in terms of what students should be aware of when they graduate elementary school, then middle school, and then high school. Because the curriculum shouldn't generalize menstrual health, but come to terms to accept that more needs to be done towards a bodily process that continues even much longer than the time we finish school by.

Noting that In recent years, there has been strong public support for a basic need that has long been overlooked: getting menstrual products into schools. This initiative is undoubtedly a step in the right direction towards fighting period poverty. However, having pads and tampons in school bathrooms does not guarantee that students are learning how to manage their bodily functions. In many places, students might have the supplies but still lack the knowledge to navigate their health well.

Mahalo,

Leila Mae Gonzales

SCR-78

Submitted on: 4/6/2026 11:36:20 PM

Testimony for EDU on 4/8/2026 1:03:00 PM

Submitted By	Organization	Testifier Position	Testify
Meriba	Testifying for Ma'i Movement	Support	Written Testimony Only

Comments:

My testimony will b on the free Ma'i Movement woman use ! On behalf of myself, that was a great idea because I be running out of pads and be broke! so this movement and things that these people are doing is way beyond life saving wells for me especially !

SCR-78

Submitted on: 4/6/2026 8:45:49 PM

Testimony for EDU on 4/8/2026 1:03:00 PM

Submitted By	Organization	Testifier Position	Testify
Marissa	Individual	Support	Written Testimony Only

Comments:

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

My name is Marissa Endo, and I am writing in strong support of SCR 78/SR 82, which urges the Department of Education to strengthen menstrual health education initiatives and adopt a comprehensive menstrual cycle curriculum.

Menstrual health is a fundamental part of overall health, yet it remains widely misunderstood, stigmatized, and under-taught in our schools. Many students are left to navigate puberty and their menstrual cycles with incomplete or inaccurate information, which can lead to confusion, shame, and negative health outcomes. By implementing a comprehensive and medically accurate curriculum, we can ensure that all students—regardless of gender—receive the education they need to understand their bodies, support one another, and develop lifelong health literacy.

This measure is especially important in advancing equity. Access to accurate menstrual education helps reduce stigma, promotes dignity, and empowers students to advocate for their own health needs. It also supports academic success, as students who better understand and can manage their menstrual health are less likely to miss school or feel disengaged.

I deeply appreciate the work of youth advocates like those involved in the Menstrual Equity Initiative, who are leading the way in creating meaningful, community-informed change. Their leadership highlights the urgent need for policies like SCR 78/SR 82.

I respectfully urge you to pass this measure and take an important step toward a more informed, equitable, and compassionate education system for all students in Hawai‘i.

Mahalo for the opportunity to testify in support.

Sincerely,

Marissa Endo

SCR-78

Submitted on: 4/6/2026 8:58:38 PM

Testimony for EDU on 4/8/2026 1:03:00 PM

Submitted By	Organization	Testifier Position	Testify
Remi Robertson	Individual	Support	Written Testimony Only

Comments:

As a women in the United States currently, I feel strongly about menstrual cycle health. Especially when the cost and prices of everything essential are rising. The nessecities SHOULDN'T cost an arm and a leg to obtain. Basic human needs shouldn't have to be one or the other. People should have the freedom to have all the basic nessecities they need to live. This includes and not limited to period products for those who have menstrual cycles.

SCR-78

Submitted on: 4/6/2026 10:10:25 PM

Testimony for EDU on 4/8/2026 1:03:00 PM

Submitted By	Organization	Testifier Position	Testify
Stacia McDonald	Individual	Support	Written Testimony Only

Comments:

Aloha Chair and Members of the Committee,

My name is Stacia McDonald, and I am writing in strong support of SCR78 and SR82 to strengthen menstrual health education in Hawai‘i’s public schools. (Name withheld from public testimony for privacy.)

Access to menstrual products is not a luxury, it is a basic necessity. As a former student at the University of Hawai‘i at Mānoa, I personally relied on the availability of free pads and tampons in campus restrooms. Having access to these resources made a real difference in my ability to comfortably and confidently go about my day without interruption or added stress.

Beyond my personal experience, I have also seen the power of community support firsthand. In my previous role managing a Starbucks location, we proudly served as a donation site for menstrual product drives. It was truly inspiring to witness the level of kōkua from our community. People showed up consistently to give, support, and uplift wahine across Hawai‘i. That kind of collective care speaks volumes about how important this issue is to our communities.

Organizations like the Ma‘i Movement have done incredible, thoughtful work to expand access and awareness across all platforms, making resources more visible, accessible, and normalized. Their efforts highlight both the need and the solution.

Ensuring access to menstrual products and education supports not only students, but the well-being of our entire state. When individuals have what they need, they can show up to school, work, and daily life with dignity and confidence. This is a public health and equity issue that impacts families, workplaces, and communities across Hawai‘i.

I strongly urge you to support SCR78 and SR82 and continue advancing this essential work for the health and well-being of our students and our state as a whole.

Mahalo for your time and consideration

SCR-78

Submitted on: 4/7/2026 8:10:33 AM

Testimony for EDU on 4/8/2026 1:03:00 PM

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

Comments:

Aloha,

I grew up attending public schools on O'ahu and am a male public health student. I strongly support SCR78/SR82 to promote more women's products. Even though I am male, I worry about the females in my life who worry about not having women's products at school. The only stress they should have is on studying, not on not being able to access the products.

Please support SCR78/SR82.

Mahalo,

An Vo

Honolulu, HI

SCR-78

Submitted on: 4/7/2026 8:28:27 AM

Testimony for EDU on 4/8/2026 1:03:00 PM

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

Comments:

April 7, 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 SR 82 and 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 these important measures.

Mahalo,

Sarah Kern

Teacher, Chiefess Kamakahahei Middle School

SCR-78

Submitted on: 4/7/2026 8:33:44 AM

Testimony for EDU on 4/8/2026 1:03:00 PM

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

Comments:

Aloha Chair Mercado Kim, Vice Chair Kidani, and EDU Committee Members,

As a public health professional involved with school-based health, I write in strong support of SR 82/SCR 78.

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

Submitted on: 4/7/2026 8:55:25 AM

Testimony for EDU on 4/8/2026 1:03:00 PM

Submitted By	Organization	Testifier Position	Testify
Chaya Ilikea Arakaki	Individual	Support	Written Testimony Only

Comments:

Aloha Chair and Committee Members,

My name is Ilikea Tohara, and I am a teacher for the HKKK District. I previously worked at a middle school and high school on Hawaii Island.

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

I support this bill because having comprehensive menstrual health education is essential for better public health outcomes, which is important to me and my community. In middle and high school, many students need the products and education that sometimes families are unable to provide. We need to support our students who menstruate by having more informative lessons and discussions about this process that stays with many people throughout their entire life. I also work with special education students, and they need to have a more comprehensive education about menstruation. I do believe that we need to partner with families and parents, but sometimes they do not even know all of the health reasons we need to teach about menstration in detail. We need to work together to help our students become more aware of this normal cycle that will happen in their lives.

Thank you for your consideration.

**Mahalo,
C. Ilikea Arakaki-Tohara
HKKK District**

SCR-78

Submitted on: 4/7/2026 10:16:27 AM

Testimony for EDU on 4/8/2026 1:03:00 PM

Submitted By	Organization	Testifier Position	Testify
Laurén Tañagras	Individual	Support	Written Testimony Only

Comments:

Aloha Chair and Committee Members,

My name is Laurén Tañagras.

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

I support this bill because because having comprehensive menstrual health education is essential for better public health outcomes, which is important to me and my community.

Thank you for your consideration.

Mahalo,

Laurén Tañagras

SCR-78

Submitted on: 4/7/2026 10:17:39 AM

Testimony for EDU on 4/8/2026 1:03:00 PM

Submitted By	Organization	Testifier Position	Testify
Kalae 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.

LATE

SCR-78

Submitted on: 4/7/2026 1:26:50 PM

Testimony for EDU on 4/8/2026 1:03:00 PM

Submitted By	Organization	Testifier Position	Testify
Fuli Soa	Individual	Support	Written Testimony Only

Comments:

As a DOE employee who serves students and their families directly through our Family Resource Center I have seen how many struggle with basic needs to survive. Feminine products are another basic need for our female students and their families. They are expensive and not necessarily accessible for many who are on the poverty line or considered low income. For the sake of these students and their health and well being it is important to make sanitary products readily available for all who need them for free at educational campuses. Please support this valuable cause.