



HSA launches Tampon Tuesday

March 6, 2018

Periods are a fact of life and menstruation products are a necessity. Nobody should have to pick between feeding their family and being able to afford basic hygiene products. Yet far too many people – especially those living in poverty – simply can't afford them.

"We know it is a struggle for food banks and community groups to collect menstruation products. Despite the need, donations are low. We wanted to do something about this," says HSA President Val Avery.

Between March 6 and 20, HSA is participating in the [Tampon Tuesday](#) campaign in support of the United Way and local community organizations. In support of members, HSA also partnered directly with Dixon Transition Society in Burnaby and Comox Valley Transition Society in Courtenay.

Menstruation and the need for menstrual products is not a topic that many are willing to talk about. It's personal. For some it's a source of shame, and for too many young girls in particular, it's just embarrassing.

Through the leadership of the HSA Women's Committee, HSA launched an awareness campaign to Stomp Out Menstrual Stigma.

"The first step in this campaign was to look at our own union. The HSA Board of Directors, on recommendation from our Women's Committee, has passed a motion to ensure we supply menstrual products in the HSA Education Centre and HSA head office," says Avery.

"We want to ensure that HSA events and operations are accessible for members, visitors and staff. By providing menstrual products we are removing another barrier to participation. And we're challenging other unions and organizations to do the same."

In partnership with HSA's staff union HSASU, the union set a goal of collecting over 30,000 menstrual products. HSA members will be running Tampon Tuesday campaigns in communities across the province including Vancouver, New Westminster, Delta, Prince George, Courtenay, Smithers, Nelson and Terrace.

For more information or to get involved in the campaign visit www.hsabc.org/tamponuesday.



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Shillington of the United Way of the Lower Mainland attended HSA's Tampon Tuesday launch.

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