

Menstrual Products in Public Bathrooms Testimony – Maya Watson

[HB0208 PUBLIC SCHOOLS – PROVISION OF MENSTRUAL HYGIENE PRODUCTS](#)

Presented to the Honorable Anne Kaiser and Members of the House Ways and Means
Committee

January 30, 2020 1:00pm

POSITION: SUPPORT

My name is Maya and I'm a first year undergraduate student at Johns Hopkins University testifying in support of HB0208. I am a part of Wings which is a nonprofit service organization to improve menstrual health, hygiene and equity in Baltimore. From my own experience in middle and high school I can attest to how important it is to have menstrual health products in public school bathrooms. Menstruating for the first time is often an embarrassing experience surrounded by a lot of shame. The last thing a new menstruator wants to do is have to reveal themselves to a nurse or friend in order to receive the hygiene products they need to continue with their school day. I remember in the first few years of menstruating, being far too embarrassed to tell anyone I was on my period, I resorted to stuffing my underwear with toilet paper because in my mind this was the only option. Not only was this incredibly uncomfortable, but it also made me extremely paranoid that I might be leaking which made it hard to concentrate in class. While I have since learned that I had nothing to be ashamed about, the fact is that most menstruators, especially at younger ages, do feel a lot of shame about their periods. Providing free menstrual health products to students in bathrooms is a necessary step to help destigmatize menstruation and give students the means to succeed in school. Please consider supporting this bill to make sure all the young menstruators do not have to go through the situation I had to go through.

Thank you for your time.

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