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Planned Parenthood of Maryland

**Committee:** House Ways and Means Committee  
**Bill Number:** Senate Bill 427 – Public Schools – Provision of Menstrual Hygiene Products - Requirement  
**Hearing Date:** March 24, 2021  
**Position:** Favorable

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Planned Parenthood of Maryland supports *Senate Bill 427- Public Schools – Provision of Feminine Hygiene Products*. This bill would require county boards of education to ensure that each school serving students grades 6-12, including students who menstruate, to make available menstrual hygiene products in their restrooms at no cost to the student.

As an established and trusted community reproductive health care provider, serving Marylanders for more than 90 years and counting, we believe that cost and access should be no barrier to students who require menstrual hygiene products.

The average menstruation lasts two to seven days and happens every 21 to 35 days. In pubescent and adolescent students, irregular menstruation is much more common than in adults, meaning even students who are prepared and have access to menstrual hygiene products could find themselves in emergency need of the products. Mayo Clinic guidelines recommend changing pads or tampons every four to eight hours. Students following these guidelines would require at least one change during the school day. Those experiencing heavy menstruation would require more. While menstruation is a normal, healthy part of human development, stigma still exists around it, especially during adolescent years. Without access to menstrual products, students will worry more about cleanliness, comfort, or stigma than their academics. What's more, inadequate access menstrual products can create risk for serious infections like bacterial growth in the vagina or toxic shock syndrome.

For the foregoing reasons, I urge a favorable report on SB 427. Thank you for the opportunity to submit testimony. If you should have any questions, please contact Suhani



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