
TESTIMONY IN SUPPORT OF SB 307
Public Schools - Restocking Menstrual Hygiene Products - Requirement
Education, Energy, and the Environment Committee
February 27, 2026

Social Work Advocates for Social Change strongly supports SB 307, which will require that county boards of education regularly restock menstrual hygiene product dispensers within public school bathrooms. Passed in 2021, SB 427 instructed all counties to provide menstrual hygiene dispensers and products in public school bathrooms free of cost to all public school students. SB 307's restocking language would **ensure consistent, equitable access to menstrual hygiene products for all students, the original intent of the 2021 legislation that's yet to be fully realized.**

There is an increasing need for schools to provide additional support to low-income students. Nearly 60% of Maryland students participated in free or reduced lunch programs during the 2024-2025 school year.¹ At the same time that families are struggling to make ends meet, menstrual hygiene products are a heavy financial burden for Maryland students. On average, the families of middle-school and high-school aged students report spending \$40 per month on menstrual products -- nearly \$500 per year.²

Lack of access to menstrual products leads to long term academic consequences.

Menstruation is unpredictable, with variability in cycle length and number of product changes needed. Without consistent restocks of menstrual product dispensers, students may spend valuable class time seeking products from a nurse, friend, or, in some cases at home. Four in ten teens say they have felt unable to do their best on schoolwork due to limited access to period product.³ Research shows when students are absent from school, they experience grade decreases and overall poor academic outcomes.⁴

As a social work coalition working in schools and with youth, we have seen firsthand the effects of period stigma on youth. Outside of bathroom dispensers and their peers, the nurse's office frequently serves as the only place students have access to menstrual hygiene products. This association with being sick or something being wrong with the student who needs the nurse for a basic hygiene product further stigmatizes periods. Additionally, we understand age-appropriate expectations on communication skills for this age group. The average middle-school aged youth is too self-conscious or ashamed to ask an adult or peer for support if their period starts unexpectedly or if they leak through their period product and stain their pants or the school chair.

As a coalition, we advocate for continuous efforts to bolster the dignity, worth, and equity for youth within the school system. SB 307 is an opportunity to provide youth with accessible period products in every bathroom dispenser, and more importantly, an opportunity to empower youth to take care of their health and focus on the most



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important thing they are in school for - learning.

Social Work Advocates for Social Change urges a favorable report on SB 307.

Social Work Advocates for Social Change is a coalition of MSW students at the University of Maryland School of Social Work that seeks to promote equity and justice through public policy, and to engage the communities impacted by public policy in the policymaking process.

¹Maryland State Department of Education (2025). Free and Reduced-Price Meals Data SY 2024-2025 Statewide Detail by Agency

² ³Think, Inc., PERIOD (2025). *State Of Period 2025*. [Period.org](https://period.org)

⁴Jing Liu et al., "The Short- and Long-Run Impacts of Secondary School Absences," *Journal of Public Economics* 199 (July 2021):. *The Short and Long-run impacts of secondary school absences.*

<https://www.sciencedirect.com/science/article/abs/pii/S0047272721000773>.