



February 23rd, 2026

Maryland Senate
Education, Energy, & The Environment Committee
2 West Miller Senate Office Building
Annapolis, Maryland 21401

Dear Honorable Chair, Vice-Chair, and Members of the Committee:

On behalf of the pediatric nurse practitioners (PNPs) and fellow pediatric-focused advanced practice registered nurses (APRNs) of the National Association of Pediatric Nurse Practitioners (NAPNAP) Maryland Chesapeake Chapter, we are writing to express our **support with amendment of Senate Bill 307 Public Schools - Restocking Menstrual Hygiene Products – Requirement.**

This important legislation will ensure that menstrual hygiene products are readily available in public schools, contributing to the health and dignity of all students who menstruate. We commend the intent of this bill, as it recognizes the necessity for accessible menstrual hygiene products in schools, which is vital for students' health, comfort, and ability to participate fully in their education. However, we would like to propose an important amendment to the language of the bill to better reflect inclusivity and the diversity of students who require these products. Specifically, we urge that the terminology be changed from "women's restrooms" to "girls" or remove gender selection completely, such as the line for elementary schools, to ensure a more inclusive approach.

Menstruation is a natural process that can occur at an early age, and ensuring access to menstrual hygiene products in elementary schools will help foster a supportive environment for all students, regardless of their age or gender identity. The average age of menarche, or the onset of menstruation, is approximately 12 years; however, research indicates that many girls may begin menstruating as early as 9 or 10 years old, particularly among certain ethnic groups. For instance, studies have shown that African American girls often experience menarche earlier than their Caucasian counterparts, with some starting as early as 8 years of age. Additionally, most of these students are under 18 therefore are girls, not women, and it is important to avoid the adultification of children. Ensuring access to menstrual hygiene products in all schools will help address the needs of younger students who may already be experiencing this natural biological process.

For these reasons, the Maryland Chesapeake Chapter of NAPNAP extends their support with amendment of SB307 Public Schools - Restocking Menstrual Hygiene Products - Requirement and requests a favorable report.

The pediatric advanced practice nurses of your state are grateful to you for your attention to these crucial issues. The Maryland Chapter of NAPNAP membership includes over 200 primary and acute care pediatric nurse practitioners who are committed to improving the health and advocating for our state's pediatric patients. If we can be of any further assistance, or if you have any questions, please do not hesitate to contact the Maryland Chapter legislative chair, Dr. JD Murphy, at mdchesnapnapleg@outlook.com.

Sincerely,

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Maryland Chapter Legislative Chair

Dr. Evgenia Ogorodova DNP, CPNP-PC
Chapter Legislative Co-Chair

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