



“Learn. Change. Period.” Patch Program

Learn the importance of period poverty and share this information with others to make an impact in our local communities and beyond.

GUIDELINES: Based on the grid, complete the number of activities for your grade level.

To receive this free patch (while supplies last) submit this [survey](#) after completing all requirements for your grade level and bring the last page of the survey to the GSCCC shop.

	DISCOVER	CONNECT	TAKE ACTION	ANY ACTIVITY UNDER ANY KEY	TOTAL NUMBER OF ACTIVITIES
Girl Scout Daisy	1	1	1	0	3
Girl Scout Brownie	1	1	1	1	4
Girl Scout Junior	1	1	1	2	5
Girl Scout Cadette	1	1	1	3	6
Girl Scout Senior	1	1	1	4	7
Girl Scout Ambassador	1	1	1	5	8

DISCOVER

- What is period poverty? Research and make a list of 5+ reasons why period poverty exists. You can use the provided links or find a more recent source to use.
 - [Ballard Brief](#)
 - [Radcliffe Harvard](#)
- Which groups of girls and women are most impacted by period poverty, and why? Are any other groups, not girls and women, impacted by period poverty? Who? Using the previous sources, or others you’ve found, answer these questions and discuss with your troop, your peers, or a trusted adult.
- Identify some common period stigmas or myths. How do these stigmas hold back people in everyday life? How might we, as a society, go about eliminating some of these stigmas? Using the previous sources, or others you’ve found, answer these questions and discuss with your troop, your peers, or a trusted adult.
- Girls often miss school due to their periods. Research and make a list of 3+ reasons why. What do you think can be done about these issues?
- Define the terms “pink tax” and “luxury tax” as they relate to period products. Does your state and/or municipality have taxes like these? If so, how are these taxes collected, and what menstruation items fall under these taxes? Do you think that a luxury tax is a fair way to raise funds? Why or why not?

- Research the history of menstruation products. What did women use in ancient times? What items did they use in the 1700s, 1800s, 1900s, and 2000s? What are women using now? Where do you see the greatest advancements of period product technology?
- Many cultures have varying views about periods. Research a different culture from yours and compare/contrast beliefs. For example, research the beliefs a Native American tribe has about periods. What beliefs are the same as your culture? What beliefs are different from your culture? How might learning a different culture's beliefs help eliminate period poverty?
- Name 3 ways to address period poverty. Out of these ways, which do you think is most feasible to put into action and why?

CONNECT

Answer the questions below and discuss with your troop friends or a trusted adult.

- Connect with a group in your area working to address period poverty and/or stigmas. Dig into their website and media platforms to find how they are addressing period poverty and stigmas. How are they addressing period poverty? How are they fighting stigmas? Would you use their methods? Why or why not? Do you think that their media platforms and websites help spread awareness? In what ways?
- Ask a trusted adult if they learned about periods in school. What did they learn about? Did they learn any stigmas or stereotypes? If they did not learn about periods in school, ask their opinion of providing a school curriculum on this topic. What do they think young people should know?
- Do you think that you learn the information you need about periods at school? What is left out? What benefits do you think there are to having all genders learn about period health? Compare your answers with other girls in your troop.
- Why is period poverty an important topic to learn about? Why do period stigmas exist? Talk to a family member or troop friend about period poverty and stigmas. What do they know? What can you teach them?

TAKE ACTION

Complete the following activities:

- Create a Period Kit for your Girl Scout Troop. What supplies will you need to include to ensure all girls feel confident? Include a restocking list so that replacements can be made when needed. Make a plan to ensure the kit is at all meetings and Troop outings.
- Write a letter to your School Board Council representative asking for period products to be made available for all students free of charge. Give examples of school systems that have implemented this type of program. Share your letter and any responses with your troop.
- Partner with a group you researched in the previous step to provide period kits for distribution. Work with your Troop to prepare 25 kits for donation.

The “Learn. Change. Period.” patch was developed as a Silver Award project by Girl Scout Cadette Martha-Ann W. from Troop #1539 of Service Unit 120 in Hampton, Virginia.