



# Understanding Period Poverty

Inspiring change in our rohe



**19% of Māori and Pacific students** (compared with 9% of European) reported ever experiencing period poverty

*The Youth19 survey*



**15% of Māori and 14% of Pacific students** (5% of European) have missed school because they did not have menstrual items.

*The Youth19 survey*

## Feedback from Rangatahi we surveyed:

“Sometimes you would need to go to the bathroom a lot to check, or are having a struggle mentally with everything, and the coaches or people don't know how to help or understand”

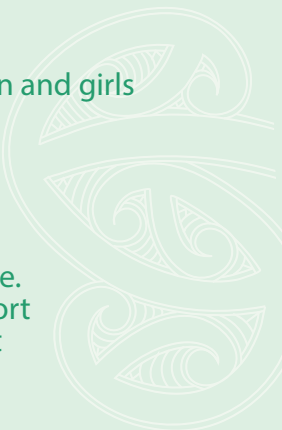
“People might look at me weirdly if it goes down my leg or through the uniform. even if it is a normal thing it's not really talked about as much as it should be, so the majority of the girls are embarrassed about it”.

Periods are still a taboo topic in many cultures and communities, and some young girls may feel ashamed or embarrassed about their periods. **1 in 5** New Zealand women and girls don't feel comfortable talking about periods

*The Period Place 2021 Survey Results*

Nearly **50%** of New Zealand girls start menstruating before secondary school, and **6.3%** (or one in 16 girls) start menstruating while of pre-intermediate primary school age. This implies that many girls may experience menstrual discomfort while playing sports at school, and may need adequate support and education from their teachers, parents, and peers.

*The Youth19 survey*

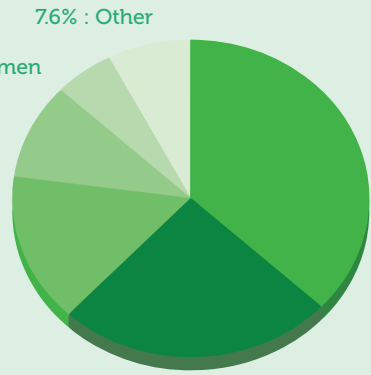


## What can Sport Manawatu do to support more girls & young women to participate in play, active recreation, and sport? (95 Responses)

5.4% : Provide same-sex environments for girls/women to participate in

9.8% : Make facilities and places where sport is played more inclusive for all types of people

15.2% : Provide workshops on topics such as mental health awareness etc.



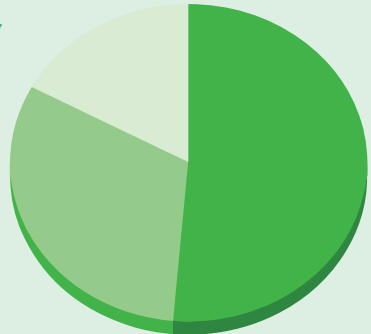
25% : Support sports to become more inclusive (eg inclusive uniforms, etc)

37% : Create social opportunities for girls/women to participate in that aren't about competition.

## What barriers do you think other Tamariki and Rangatahi are facing to participate in Play, Active Recreation, and Sport? (95 Responses)

17.1% : Their parents/family dont let them.

31.5% : They don't have time



51.4% : The cost is too high



**In Aotearoa, 3 in 5 New Zealanders see period poverty as a big issue impacting our most vulnerable**

*The Period Place 2021 Survey Results*

**54%**

**of New Zealanders agree that period education is lacking in schools**

*The Period Place 2021 Survey Results*