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## Advocating for Menstrual Health Education in Elementary Schools in the US

Hey, did you know that less than a quarter of elementary schools offer sex education? This occurs even though sex ed is crucial for young individuals because it guides them through the physical, social, and mental changes associated with puberty.

My lab firmly believes that menstruation education in schools is not a luxury but a necessity. Sex ed destigmatizes a natural biological process, which can, in turn, aid young women in feeling prepared for the onset of puberty. Teaching menstrual health before puberty is vital as it provides objective information and has been shown to prevent issues like poor body image and early engagement in risky behaviors.

Health, especially menstrual health, is a fundamental human right. Those who menstruate deserve accurate information, which can empower them to practice menstrual hygiene, seek appropriate medical care, and engage in informed conversations about reproductive health. So, together, let's advocate for comprehensive menstrual education in schools, ensuring every young woman can empower herself through knowledge.