

People who menstruate do not have a choice to menstruate. It is a natural bodily process, not a choice. I remember bleeding through my pants in middle school and I did not have a pad or tampon. I was mortified. The boys began laughing and making fun of me. I am 29 years old and I can feel the embarrassment and shame like it was yesterday. Young girls should not have to experience the anxiety that comes with being unable to afford menstrual products.