

GIRLS GET EQUAL 愛·女孩



MENSTRUATION FRIENDLY COMPANY PROGRAMME

月經友善企業計劃

PROGRAMME OBJECTIVES 計劃目的

Break taboo about talking menstruation in office and to eliminate period poverty and period shaming

打破在職場中討論月經的禁忌，消除月經貧困和月經羞辱

Engage corporates to promote the menstruation health and create a care-free working environment for employees

邀請企業參與推廣月經健康，為員工建立無憂的月經友善工作環境

Raise fund to support Plan International's menstruation projects in Bangladesh

籌集資金支持國際培幼會在孟加拉的月經項目

HOW TO BE THE MENSTRUATIONS FRIENDLY COMPANY ?

如何成為月經友善企業？

- 1** Commit 2 of the menstruation friendly promises
履行其中兩項月經友善承諾
- 2** Donate and support the menstruation project in Bangladesh
捐款支持培幼會孟加拉月經項目

MENSTRUATION FRIENDLY PROMISES 月經友善承諾

Provide free period products

提供免費衛生巾



Provide pain killers / warm pads

提供止痛藥 / 熱敷墊



Provide hot drinks / allowance to promote menstruation health

提供熱飲 / 補助，宣揚月經健康



Allow period leave / work from home for female employees when they are in periods

容許女性僱員每月享有月經假期或經期間在家工作



Additional policy initiated by company for promoting the menstruation friendly workplace

企業自行推動額外政策，以推廣月經友善工作間



OUR MENSTRUATION PROJECT IN BANGLADESH 孟加拉月經項目

Get access to Menstrual Hygiene Management facilities in school, and also use improved toilets with soap and water

提供衛生設備，優化學校的洗手間內使用肥皂和乾淨用水

Set up and provide hygiene management training for school management committees and student cabinet

支援學校委員會及學生內閣成員設立並提供衛生管理培訓



Set up hygiene corner in school for girls to take a break, learn about menstruation, and raise their awareness on girls' rights.
設立供女學童來經時休息、學習月經衛生知識的房間，教育她們衛生知識及女童權益



ABOUT #DRESSWHITE DAY (OPTIONAL)

To echo the Menstrual Hygiene Day, PlanHK initiates "# DressWhite Day" for encouraging corporates to organise a small afternoon party with staff dressing in white. By sharing the messages of menstruation is a natural process and should not be a source of shame, we hope to break the stigma around menstruation, and foster a menstruation friendly culture.

為響應世界月經日，國際培幼會率先發起「#DressWhite Day」。鼓勵企業舉辦小型下午派對，與員工穿上白色服飾一起對抗月經貧窮和羞辱，打破於工作間談論月經的尷尬，合力建立月經友善文化。



1

DRESS IN WHITE

2

AFTERNOON TEA PARTY



PLAN HK PROPOSES TO DRESS WHITE ON MENSTRUAL HYGIENE DAY (28TH MAY) TO COMBAT PERIOD POVERTY AND SHAMING TOGETHER!

響應國際培幼會於世界月經日 (5月28日) DRESS WHITE 一起慶祝月經，對抗月經貧窮和羞辱！

ENTITLEMENT 夥伴鳴謝

	Menstruation Friendly Company Partner HK\$1,000 donation	Menstruation Friendly Company Gold Partner HK\$3,000 donation	Menstruation Friendly Company Platinum Partner HK\$5,000 donation	Menstruation Friendly Company Diamond Partner HK\$10,000 donation
Menstruation Friendly Company Gift Box	✓	✓	✓	✓
Award Presentation Ceremony	N/A	✓	✓	✓
Social Media Featuring	✓	✓	✓	Stand Alone Post
Caring company nomination (Criteria 2-giving)	✓	✓	✓	✓
Newsletter	N/A	N/A	✓	✓
Event webpage	✓	✓	✓	✓
Annual report	N/A	Name mentioned	<ul style="list-style-type: none"> Name mentioned Logo presence 	<ul style="list-style-type: none"> Name mentioned Logo presence Feature story
Advertorial	N/A	<ul style="list-style-type: none"> Name mentioned Logo presence 	<ul style="list-style-type: none"> Name mentioned Logo presence Company photo showcase 	<ul style="list-style-type: none"> Name mentioned Logo presence Company photo showcase CEO quotes

BY SUPPORTING OUR PROGRAMME, YOUR COMPANY WILL...

參與此計劃，貴公司可以

Be welcomed by a **Menstruation Friendly Company Gift Box** that contains fabulous sponsored gifts to help in creating the menstruation friendly workplace

獲得精美的**贊助禮品**，以幫助建立月經友善的工作環境



Show **care and support** staff to have a carefree period
建立月經友善工作環境，向員工**展示關懷**

Enjoy **brand exposure** with a good cause and enhance **corporate image**

增加**品牌曝光**機會，提升**企業形象**



Help girls in developing countries to **fight against period poverty and shaming**

幫助發展中國家的女孩**對抗月經貧窮和羞辱**

ACT NOW! 立刻行動!

PLEASE EMAIL YOUR ENROLMENT FORM

請即填寫參加表格

For inquiries please contact:

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