

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 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 the awareness on the menstruation issues faced by the Bangladesh girls and the works carried out by Plan International

認識孟加拉女孩面對的月經問題及國際培幼會於當地展開的工作

## HOW TO BE THE MENSTRUATIONS FRIENDLY COMPANY ? 如何成為月經友善企業？



### Commit 2 of the menstruation friendly promises

#### 履行其中兩項月經友善承諾



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 a 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，備有肥皂及乾淨用水

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

設立學校委員會及學生內閣，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



## 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 a mensuration 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**

商界展關懷  
caringcompany



Caring Company nomination (by request)  
商界展關懷提名

For inquiries please contact: 如有問題請聯繫：

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