

# Manage Menstruation with Dignity

MHDAY 2019

**IT'S TIME FOR ACTION!**



## Celebrating Menstrual Hygiene Day

- Break taboo and gender stereotyping surrounding menstruation
- Promote menstrual hygiene by ensuring women and girls' access to clean water, sanitation and health services
- Empower women and girls in realising their potential with dignity

 **Human Rights and  
Anti-Discrimination Commission**

*Neither Greater nor Lesser but EQUAL: Dignity, Equality and Freedom for all in Fiji*