

Queeriods

How to include menstruators of all genders in public health messages about menstruation.

A flow chart

(Sorry. Avoiding puns is bloody difficult.)

Does the person menstruate?

Yes.

They are a menstruator.

No.

They are a non-menstruator.

Inclusive language

| Instead of | Replace it with |
|---------------------------|-------------------------|
| Becoming a woman | Starting puberty |
| Feminine hygiene products | Menstrual products |
| Femcare | Menstruation management |
| Women's health | Reproductive health |
| Mothers and daughters | Parents and children |
| Women | People |

Built environment bonus: Provide gender neutral toilets where possible, and where toilet facilities are gendered, place small bins in the cubicles in men's toilets as well.

"Calling attention to the uniquely female experience of monthly bleeding excludes young girls, post menopausal women, [trans, non-binary and intersex people], and women who, for myriad other reasons, cannot or will not bleed." -Chris Bobel

"Our Revolution Has Style": Contemporary Menstrual Product Activists "Doing Feminism" in the Third Wave, *Sex Roles* (2006) 54:331-345

"But the truth is, there's no reason bleeding makes me feminine. Gynomastia doesn't make men women, and my period doesn't make me one either. Most trans guys have to deal with their periods at some point or another. It's not something we talk about — a lot of us are ashamed, which is understandable." -Wiley Reading

"My Period and Me: A Trans Guy's Guide to Menstruation", *Everyday Feminism*, 2014. everydayfeminism.com/2014/11/trans-guys-guide-menstruation (accessed 10/1/16)

"Calling them menstruators is just like changing other biased language. It helps us tell the truth about our lives, and challenge both gender essentialism and biological determinism. It reminds us that our bodies do not determine our identities, and that we are so much more than merely bodies. Some of us are people who happen to menstruate, some of the time. Using menstruators instead of women also helps make vital health information available to everyone who needs it —not just women." -Elizabeth Kissling

"Of Menstruators and Manhole Covers", *Ms. Magazine*, 2013. msmagazine.com/blog/2013/02/11/of-menstruators-and-manhole-covers (accessed 10/1/16)

Period Positive Menstruation Outreach

Menstruation is still a taboo topic for many people, reinforced by advertising messages to keep it 'discreet' or 'whisper' about it, and these messages and their consequences on attitudes and actions intersect with the persistent invisibility of non-binary people and trans men who menstruate. Simple language shifts that have gone unqueried can now be queeried, and help include all genders in discussions about how they do and do not experience menstruation both physically and socially. This goes beyond etiquette however; negating or ignoring the experience of queer menstruators where there is already a history of exclusion compounds this oppression.

Throughout my menstruation research and in outreach, I have seen the benefits of this language shift, and sharing this good practice with those in healthcare, science, and education research could be vital in maintaining welcoming relationships with clients, colleagues, service users, patients and in supporting and including colleagues, friends and family.

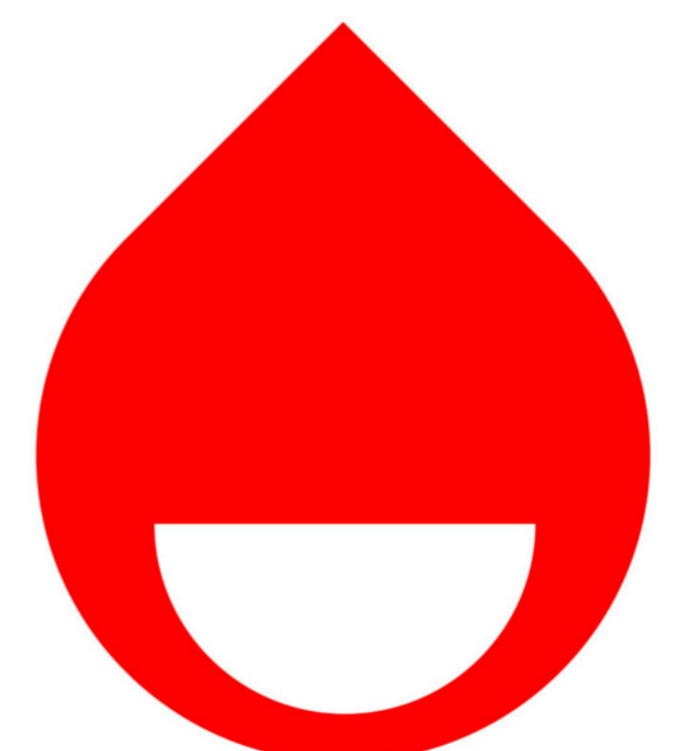
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