

[Name of Senator or Representative]

[Address]

[Date]

Dear [Insert Name]

Each day, women and girls in the United States, stop short of achieving their full educational, economic and social potential because they lack access to the basic menstrual products that most women take for granted.

Many lower income women and girls miss days of school or work with their monthly menstruation, which detracts from their ability to succeed in school and at work. Lack of reliable access to adequate amounts of menstrual products also increases health risks, as women and girls are forced to improvise ways to control menstruation by using whatever potentially unsanitary material they may find in their environment, including used single-use tampons or pads, bedding, mattress stuffing and socks.

Please consider legislation to increase free access to menstrual products in public and charter schools, prisons and homeless shelters, allow individuals to use pretax dollars to purchase menstrual products, encourage employers and the government to begin providing menstrual products in their restrooms.

For more information, please visit thepolicyproject.org/theperiodproject/

As a constituent, I urge you to support this bill. [Optional: add why this is important to you.]

Sincerely,

[Your Name]

[Address]

[Email]

[Phone]