What is “period poverty”? 
Period poverty is when an individual is unable to access or obtain menstrual hygiene products such as tampons and pads.

**WHY DOES IT MATTER?**
Period poverty affects under-resourced individuals who may be in school, prison, homeless or displaced due to poverty or natural disasters. Limited or no access to period products can have negative ripple effects on those individuals’ health, dignity, and self-worth.

**SECURED.**
secured. is Power Pump Girls Inc’s initiative to combat period poverty and the stigma associated with menstruation. We collect products and donations to service individuals in need. We advocate for women’s health and feelings of security during their period. We provide education and awareness on issues related to menstruation, poverty, & health.

**What do they use?**

- diapers
- shirts
- toilet paper
- socks
- newspaper
- paper towels
- cotton balls
- newspapers
- tissues
- free bleed
- receipts

**Poverty + Periods By the Numbers**

- **19 M** women in low-income / poverty in the US
- **$225** Cost spent / year on period products
- **165.9 M** women in the US
- **456** Avg # period / lifetime
- **10,000** Tampons / lifetime
- **1 Person to make a difference**

**HOW TO GET INVOLVED:**
Donate at: powerpumpgirls.org/donate
For updates, follow us on IG + FB: @powerpumpgirlsinc