



## PROJECT

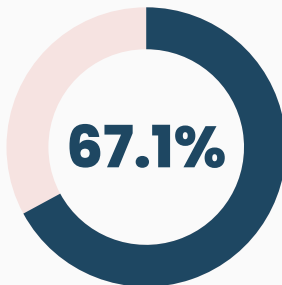
We implemented sanitary products in restrooms at Kyushu University Ito Campus for people to access freely to aim for the reduction of women's anxiety. We also created an instagram account (@qu.acc) and a website to educate all about "menstruation" from its mechanism to the issue of menstrual poverty. Additionally, we also made bilingual posters in restroom as a form of restroom advertising to raise awareness about the issue.



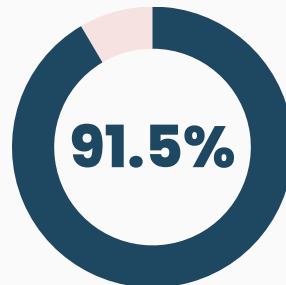
## RESEARCH

Before the project implementation, we conducted online research on the current situation in Japan. Nikkei BP Research Institute surveyed approximately 2,000 working women aged 20-40 regarding menstruation, revealing that the utilization rate of menstrual leave was less than 10%, and more than 50% of women felt that "the workplace does not understand menstruation." To understand public opinion about menstruation, we also conducted a survey (n= 83) at Kyushu University.

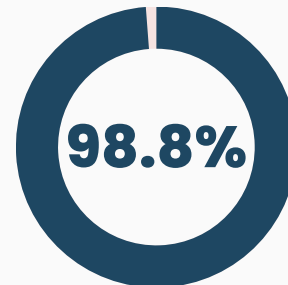
The results are shown below:



Struggled to buy/obtain sanitary products



Felt anxiety not being able to buy sanitary products



Convenient if there were pad dispensers

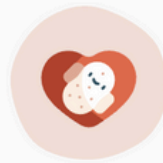
## ISSUE

Three main issues have been identified, in terms of when the respondents "struggled to buy/obtain sanitary products"



### 1. Didn't have pads when period suddenly started

Outside, during class, no time to buy, no stores nearby that sells, emergency



### 2. The sanitary products are too expensive

The income decreased/little to begin with



### 3. Embarrassed to buy it for myself

No female friends nearby, only male shopkeepers, hard to ask parents

# MENSTRUAL POVERTY

Lack of access to menstrual hygiene products, education, sanitary facilities, and disposal methods. Over 500 million women worldwide experience this issue due to low income and cultural taboos around menstruation. This leads to physical health issues and missed opportunities for women.

## POSTERS



 QU.ACC

**おひとつどうぞ**  
**FEEL FREE TO TAKE ONE**

私たちQUACCは、みなさんの日々の不安を少しでも解消することができればと思っています。また、「生理」についてオープンな環境を作ることを目指しています。そこで、無償で生理用品を提供しています。

WE (QUACC) SET SANITARY PRODUCTS FOR PEOPLE TO ACCESS FREELY TO AIM FOR THE REDUCTION OF WOMEN'S ANXIETY AND THE CREATION OF AN OPEN SPACE TO DISCUSS "MENSTRUATION."

**ナプキンが必要ですか?**  
**DO YOU NEED ANY PADS?**

※学生企画助成金(KAPPA)に採択されたプロジェクトの活動です。

Contact Us:  
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 SDG 5 - ACHIEVE GENDER EQUALITY AND EMPOWER ALL WOMEN AND GIRLS

**女性の5人に1人が「生理の貧困」**



**1 in 5 women and girls**

**Experienced "Menstrual Poverty" in Japan**

「生理の貧困」とは、生理のための衛生用品や教育、衛生施設、そして廃棄方法に対して十分にアクセスできない状態のことである。世界では、5億人以上の女性が陥っているとされる。生理の貧困が起こる原因・背景として、「収入が少ない」、「生理について話づらい社会・環境」などが挙げられる。生理の貧困は、「不適切な対処による身体的な症状」や「女性の機会損失」という問題を招いている。

"Menstrual poverty" refers to the state where there's insufficient access to menstrual hygiene products, education, sanitary facilities, and proper disposal methods. According to the World Bank, over 500 million women worldwide experience menstrual poverty. It occurs due to "low income" and "societal norms where it's difficult to talk about menstruation." Menstrual poverty leads to problems such as "physical symptoms due to inadequate handling" and "loss of opportunities for women."

### BY THE PAD DISPENSER

### INSIDE THE RESTROOM

Interviews with students from

# 30+

Countries  
about their country's  
perceptions of menstruation

For further  
information:

