

The logo consists of the word "Wen." in a bold, white, sans-serif font, centered within a large, solid red circle. The background of the slide is a light red color.

Wen.

ENVIRONMENSTRUAL CAMPAIGN AND COALITION

Healthy eco-friendly menstrual products – what you should know and how you can be part of the campaign

Helen Lynn - Health Adviser at the Women's Environmental Network



@environmenstrual



@WEN_UK



WEN.UK1988



**WOMEN TAKING ACTION
FOR A HEALTHIER PLANET**

WEN acts to achieve equality, justice and joy at the point where gender and environmental issues meet. Our mission is to achieve environmental justice through providing women with equal access to knowledge, resources and opportunities to better their day-to-day experience.

#PLASTICFREEPERIODS

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The Sanitary Protection Scandal

Sanitary towels, tampons and babies' nappies – environmental and health hazards of production, use and disposal

**Alison Costello
Bernadette Valley
Josa Young**

Women's Environmental Network



**Care For Your World
Bag and Bin
Your Sanitary Protection**

Made From Recycled Paper

She knows what it's for...



...but not where it goes

Did you know that women in the UK use three billion towels, tampons and pants-liners every year? That we flush two-thirds of these down the toilet, sometimes sending them straight out to sea?

Sanitary protection pollutes our seas and litter beaches. Tampons and towels take up to 6 months to biodegrade. Plastic backing strips

and applicators can last indefinitely. Birds, fish and turtles die when they get entangled in plastic or swallow it. And this pollution is relentless.

Join the Women's Environmental Network in working to support women and the environment. Be part of the solution, not the problem. Don't flush sanitary protection. Bag it and bin it with household rubbish.

**Don't Send It To Sea
Bag And Bin
Your Sanitary Protection**

For more information contact: The Women's Environmental Network, Aberdeen, Scotland, 99 Highways Green, London NE 2RA. Tel: 071 354 8823.

The Women's Environmental Network

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The Women's Environmental Network is a non-profit organization, educating, informing and empowering women who care about the environment.

Directors, Trustees and Advisors: Felicity Aldridge, Mary Biles, Anabella Melville, Anne Devine, Charlotte Goodwin, Jess Truett, Susie Zelin, Emma Crag, Dorothy Walker.

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TSS Warnings For Tampons at Last!

"Tampons are associated with Toxic Shock Syndrome (TSS). TSS is a rare but serious disease that may cause death. Read and save the enclosed information."

After a 3 year campaign by WEN, the Association of Sanitary Protection Manufacturers (ASPM) recently announced that its member companies are introducing TSS health warnings as shown above for tampons from the beginning of 1993. This brings Britain into line with the USA, Canada, Australia and New Zealand who have had health warnings on tampon packets for years. This move followed major publicity about the health effects of tampons and TSS over the last 3 years. Support for WEN's Tampon Safety Bill in parliament was becoming overwhelming. The ASPM felt it necessary to send their announcement to every MP, as well as to the press, so everyone who has influenced the help of their MP can feel proud that the pressure has worked.

This is a major victory for the Tampon Safety Campaign. At least 12 British women have died from TSS since 1978, and more than 150 women have suffered long and serious illnesses from a disease most of them had never heard of. From next year, all tampon users will be aware of the dangers of TSS from the health warnings on the outside of the packaging, and updated leaflets inside. WEN hopes this move will also make health professionals more aware of the disease, and that sufferers will be able to receive a swift diagnosis and treatment.

Members of the ASPM include the manufacturers of Tampax, Li-Lost, Simplicity and Confident tampons. WEN understands that tampons made by these manufacturers for other retailers, such as supermarket own brands, will also carry the health warnings. Natures tampons have carried health warnings since last year, and the Co-op, in advance of the ASPM, announced that its own brand tampons will be labelled with TSS health warnings from September of this year.

Where is Now? The Tampon Safety Bill will not now be reintroduced to parliament in the immediate future, as its main demand - TSS health warnings - has been won by women's consumer pressure, but the Tampon Safety Campaign will continue to put pressure on the industry to standardise tampon absorbency ratings, as required in the USA, which is crucial to minimise the risk of TSS. WEN will also continue to campaign for independent research into the health effects of tampons, and independent health education about these problems in schools. We will also step up our campaign to see more widespread awareness of the dangers of dioxins and pesticide residues in tampons.

A full briefing pack on TSS is available from WEN

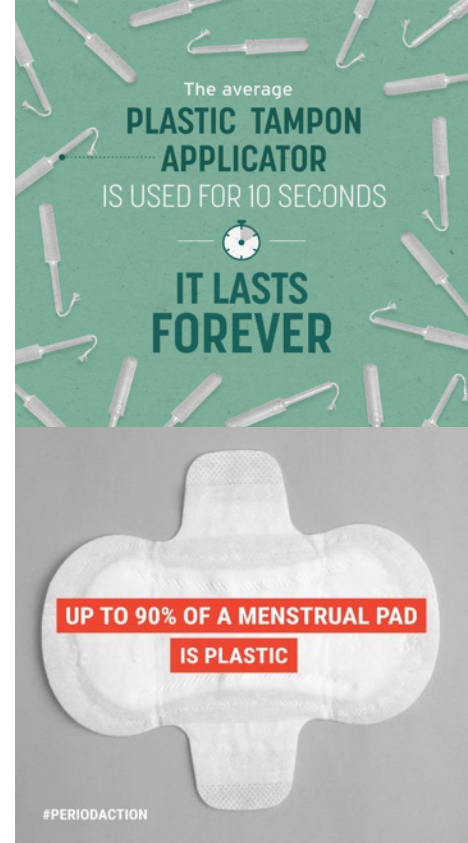
WEN's historic environmental menstrual campaigns - The Sanitary Protection Scandal, Bag it and Bin it campaign, and getting a toxic shock syndrome (TSS) warning on all tampon packets.

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Your synthetic period

- Up to 90% of a menstrual pad can be made of plastic.
- In lifetime of menstruating up to 200kg of menstrual products are thrown away.
- Mainstream pads and tampons can contain an array of potentially harmful chemicals including Endocrine Disrupting Chemicals (EDCs), pesticide residues, possible and known carcinogens, odour neutralisers and skin irritants.
- These chemicals can adversely affect our health even if present in small amounts.
- We can also be exposed via other unnecessary and wasteful menstrual products such as 'intimate' washes, douches, wipes and deodorisers.



Your synthetic period – chemicals found through tests or listed in products

Chemical	Function and where found	Potential health effect	Chemical	Function and where found	Potential health effect
Butylated Hydroxytoluene (BHT)	Possibly used in top sheet – menstrual pad	Irritant, potential endocrine disrupting chemical (EDC)	Styrene	Used to make plastic – menstrual pads	Endocrine disruptor, possible Carcinogen, can be absorbed through the skin
Chloroform	Not disclosed – menstrual pad	Carcinogen, toxic to liver and kidneys, endocrine disruptor, reproductive toxicant, & neurotoxin	Rayon	To absorb blood In tampons.	Linked to TSS, harmful effects on workers
			Unintentionally added chemicals		
Fragrance	To mask odour - Tampons and menstrual pads	Irritant, can contain harmful ingredients. Ingredients not disclosed	Chlorine	Used in bleaching process – menstrual pads and tampons	Toxic, irritant and can burn skin in high concentrations
Isopropyl Alcohol	Not disclosed – menstrual pads	Absorbed through skin, toxic to CNS, liver, kidney, health and brain	Dioxin	Generated through bleaching process – menstrual pads and tampons	Carcinogen and endocrine disruptor
Polyolefin	Top sheet – menstrual pads	Very persistent in the environment, does not biodegrade quickly	Glyphosate	Residues in cotton – menstrual pads and tampons	Probable carcinogen and endocrine disruptor
Petrolatum	Lotion in top sheet – menstrual pads	Can be contaminated with carcinogenic chemicals (PAHs)	Pyrethroids	Residues in cotton – menstrual pads and tampons	Neurotoxin

Why make the switch?

- Less wasteful
- Less plastic
- Healthier throughout life cycle
- Less disposal issues
- Breaks down taboos



Artwork by: @sprinkladesign

PLEASE SHARE



#PERIODSWITHOUTPLASTIC



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WEN working with City to Sea to target retailers to bring #plasticfreeperiods to the highstreet

- Lack of availability in supermarkets barrier to using alternatives.
- 86% of British public worried about the impact of plastic pollution.
- Period products 5th most common item found on Europe's beaches - more widespread than single-use coffee cups, cutlery or straws.



#PLASTICFREEPERIODS #BLOODYSHAME

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The Environmental Coalition welcomes all organisations, businesses, waste authorities, campaigners, universities, community-based groups and related organisations that share the vision of a world where healthy, eco-friendly menstrual products are the norm.

AS PARTNERS OF THE ENVIRONMENSTRUAL COALITION, WE COMMIT TO:

- Work towards a world free of plastic pollution from period products
- Agree to support, promote and amplify the annual Environmenstrual Week of Action (EWOA)
- Work towards eliminating the single-use plastic footprint and toxic chemicals generated from period products, at source and throughout the manufacturing supply chain
- Work towards increasing access to sustainable, environmentally friendly period products for everyone
- Work collaboratively to engage in the public debate on #PlasticFreePeriods and to develop, apply and promote best practice across the menstrual product industry

JOINING THE ENVIRONMENSTRUAL COALITION OFFERS:

- Access to shared knowledge, materials, networks and resources within the #PlasticFreePeriods movement
- Support action and improve period education on healthy, eco-friendly menstrual products
- The opportunity to collaborate on joint initiatives and activism
- Opportunities to communicate commitment to acting on healthy, eco-friendly menstrual products, to influence key stakeholders in the menstrual products industry and government legislation
- Benefit from expert advice and support on integrating best practice on #PlasticFreePeriods in your organisation's work.
- Stay up-to-date on the latest Environmenstrual news by receiving the monthly Coalition newsletter
- Share and develop ideas with other experts by joining the group e-mailing list (coming soon)

Visit our website for more information about membership criteria <https://www.wen.org.uk/coalition/> and submit a Coalition Membership Application Form.



Thank you

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