



# Period inequity and COVID-19

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# Period equity??????

- Affordability →
- Accessibility →
- Safety →

**Menstrual Products**

**BUT**

Period equity is not just defined by products — it is also about:

- Education
- Period health

# Period Inequity??????

➤ Affordability

➤ Accessibility

➤ Safety



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**BUT**

**Period  
Poverty**

Period equity is not just defined by products — it is also about:

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# Consequences of Period Poverty

- Girl's education gets effected
- Women and girl's health gets effected
- Women and girl's access to economic opportunities become limited
- Women and girl's face persistent fear and shame during period even sometimes sanctions which have serious negative mental effects

**In case of emergencies the situation even becomes worst as the decision has to be made between eating or buying a pad**



# Period Poverty and COVID-19

➡ In UK

**3 in 10**

Girls have struggled to afford or access sanitary wear during the lockdown.





# Inequities in Pakistan

- ▶ Pakistan is an unequal society with a rigidly structured socio-economic hierarchy that closely reflects an institutionalized caste system based on occupational hierarchies. (Shahdana and Ghazdar 2007)
- ▶ The number of out-of-school children in Pakistan is the 2nd highest in the world. According to [Alif Ailaan](#) there are 25 million boys and girls between the ages of 5 and 16, who are out of school. (55% are girls)
- ▶ "Women comprise 42pc of the total family labour" yet they remain unacknowledged (Oxfam report, March 2015)
- ▶ According to Gender Gap report 2020:
  - ▶ Only 32% of women have access to economic opportunities
  - ▶ Millions of women are not yet granted the same access to health as men
  - ▶ 46% of women are literate compared with 71% of men
  - ▶ Pakistan ranks third to last (151st) on the Gender Gap index



# Impact of COVID-19 on periods

## Primary impact

- ▶ No evidence of spread through faeces and blood including menstrual blood
- ▶ No impact on menstrual cycle except stress, anxiety, malnutrition


## Secondary impact


- ▶ Inability to meet health requirements
- ▶ Gender inequality, discriminatory social norms, cultural taboos, poverty and lack of basic services will exacerbate
- ▶ Increase in products prices
- ▶ Restricted access to products due to supply chain issues
- ▶ Limited access to products due to poor economic conditions
- ▶ Limited access to change and disposal facilities due to lack of basic services
- ▶ Lack of information
- ▶ Lack of access to clean water
- ▶ Increased stigma





# Current economic condition of Pakistan while fighting with COVID-19

- ▶ The Economic Survey 2018-19 shows an inflation rate of over 11 percent, one of the factors that has worst hit the people of Pakistan.
  - ▶ The global economic growth likely to slow down further with the COVID, so a questions arises that from where Pakistan is going to get investment to stabilize the economy.
  - ▶ Remittances are going to decrease a lot because of the Pakistanis returning home from the Middle East.
  - ▶ Two most important sectors agriculture and manufacturing is going to be hit by energy, exports, COVID, and locusts.
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# Post COVID-19 Challenges

- ▶ Three major challenges are
  - ▶ COVID-19 a common enemy
  - ▶ Political or geopolitical
  - ▶ Economic reconstruction
- ▶ After COVID-19 there is a risk that the world could be yet more divided, conflictual and nationalistic. (Ngaire Woods 2020)



# Opportunities



- ▶ COVID-19 highlights the vulnerable amongst us across the globe: Those who are most vulnerable because of the crowded conditions they live in; those who must continue working despite the threat of infection; and those who cannot absorb the shock of the economic impact of closed economies and quarantine. (Sommers et al 2020)
- ▶ The opportunities of engaging in collective learning, reducing inequality and contributing to a sustainable world are promising incentives for regional organizations. (Rolf Alter 2020)
- ▶ All of us need all of us: The COVID-19 pandemic is simultaneously a crisis worsening existing inequalities and an opportunity that makes those inequalities visible. (Winnie Byanyima 2020)







# Questions/Comments

Thank you



Be safe!



Be kind!



Be helpful!