

KNOW YOUR *Period* ACT

FACT SHEET

SUMMARY

AB 2229 would add the definition of “Menstrual Health.” It would alter the current sexual health curriculum by adding information regarding “menstrual cycle, premenstrual syndrome and pain management, menstrual disorders, menstrual irregularities, menopause, menstrual stigma, and any other relevant topics related to the menstrual cycle.

This aligns with federal policy, which alternatively requires buy-in and support from the state board of education and the Office of the State Superintendent of Education (OSSE) to create new menstrual health education standards to supplement their current health education curriculum.

Additionally, the curriculum yet to be established in California would address the stigma and taboos surrounding menstruation.

BACKGROUND

The California Healthy Youth Act (AB 329) requires middle and high school students to receive comprehensive sexual health education, emphasizing topics like HIV prevention, abstinence, and healthy relationships while encouraging communication with parents. Enacted in 2016, this law aims to provide students with accurate information and empower them to make informed choices about their sexual health.

Education Code 51931 does not explicitly state that menstruation health is part of comprehensive sexual health education.

Around 1.8 billion people across the globe menstruate monthly, yet no established curriculum teaches youth about the menstrual cycle (i.e. the phases, effects, impacts, etc.).

The lack of education can perpetuate societal stigmas and taboos surrounding menstruation, leading to shame and embarrassment, as well as poorer health outcomes.

PROBLEM

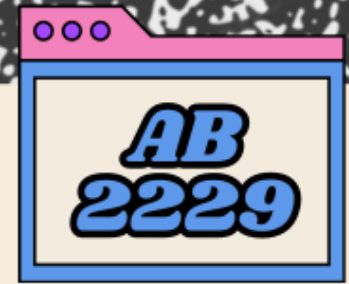
The existing California Healthy Youth Act requires school districts to provide comprehensive sexual health education and HIV prevention education to students in grades 7 to 12. However, the current definition of comprehensive sexual health education does not include education on menstrual health.

SOLUTION

Assembly Bill No. 2229, introduced by Assembly Member Wilson, aims to amend the Education Code to include menstrual health education as part of comprehensive sexual health education. The bill defines menstrual health as a state of complete physical, mental, and social well-being about the menstrual cycle. It specifies that



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instruction and materials should cover topics such as the menstrual cycle, premenstrual syndrome and pain management, menstrual hygiene, menstrual disorders, menstrual irregularities, menopause, menstrual stigma, and other relevant topics related to the menstrual cycle.

The bill also includes criteria for the instruction and materials, such as age-appropriate, medically accurate, and inclusive of all races, genders, sexual orientations, and ethnic and cultural backgrounds. It emphasizes the importance of communicating with parents and trusted adults about human sexuality and the value of maintaining committed relationships. The instruction and materials should also provide knowledge and skills for making healthy decisions about sexuality and forming healthy relationships.

If the Commission on State Mandates determines that the bill imposes costs mandated by the state, local agencies and school districts will be reimbursed for those costs.

SUPPORTERS

- [Advocates for Youth](#)
- [Alameda County Office of Education](#)
- [Alliance for Children's Rights](#)
- [American Academy of Pediatrics, California](#)
- [American College of Obstetricians and Gynecologists District IX](#)
- [California Federation of Teachers AFL-CIO](#)
- [IGNITE](#)
- [Junior Leagues of CA State Public Affairs Committee](#)
- [National Association of Pediatric Nurse Practitioners \(NAPNAP\)](#)
- [Period Sacramento](#)
- [Reproductive Freedom for All](#)
- [Students Against Period Poverty Cupertino](#)

FOR MORE INFORMATION

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