Men and boys have roles to play in supporting their wives, female relatives, friends and colleagues in their menstrual hygiene:

- Challenging negative attitudes and perceptions.
- Sharing information on good menstrual hygiene practices.
- Participating in local production of menstrual products.
- Ensuring women and girls can afford sanitary materials.
- Addressing barriers to water and sanitation for the hygienic management of menstruation with privacy and dignity.
WOMEN AND GIRLS

- Managing their own menstruation hygienically, to maintain their health and that of others – includes making, washing, drying and disposing of sanitary materials safely.
- Supporting other women and girls with information on good menstrual hygiene practices – especially important for preparing younger pre-adolescent girls for menstruation.
- Addressing barriers to water and sanitation for the hygienic management of menstruation with privacy and dignity.
- Challenging negative attitudes and perceptions.

COMMUNITY

- Breaking the silence; confronting dangerous myths, taboos, and practices; and challenging negative perceptions.
- Sharing information on good menstrual hygiene practices.
- Ensuring equitable and sustainable access to community water and sanitation facilities.
- Involving women and girls in decision-making about water and sanitation facilities.
- Encouraging all households to have a private and secure latrine and methods or facilities for the safe disposal of sanitary products.
- Ensuring girls and women in vulnerable situations are able to manage menstruation hygienically and with privacy and dignity.
- Ensuring public places provide private and secure facilities for managing menstruation.
- Encouraging the establishment of local small businesses that make sanitary products, or ensuring shop keepers sell affordable and accessible alternatives.

LOCAL AND STATE GOVERNMENT

- Developing local legislation, policies and strategies supporting good menstrual hygiene practices in the workplace, public places, schools, the home and the community.
- Supporting education and awareness-raising. Training teachers, other professionals and community leaders in good menstrual hygiene practices.
- Allocating resources for programmes related to improving menstrual hygiene practices and facilities.
- Ensuring social protection activities exist to support those living in the most vulnerable or marginalised situations.
- Including monitoring and performance indicators on menstrual hygiene.
- Breaking the silence; confronting dangerous myths, taboos, and practices; and challenging negative perceptions.