

THE WORLD AS IT COULD BE IS WITHIN REACH RITE OF PASSAGE PROGRAM
ARROYO HIGH SCHOOL 2017-18 CLASS COMMUNITY ACTION PROJECT

RADICAL RED

Natural Beauty is in our Blood

POSTER MESSAGES ABOUT MENSTRUAL HEALTH

- Universal Declaration of Human Rights (UDHR) Articles guide Radical Red actions:
 - Article 25: (1) Everyone has the right to a standard of living adequate for the health and wellbeing of oneself and one's family, including food, clothing, housing and medical care and necessary social services, and the right to security in the event of unemployment, sickness, disability, widowhood, old age or other lack of livelihood in circumstances beyond their control. (2) Motherhood and childhood are entitled to special care and assistance. All children, whether born in or out of wedlock, shall enjoy the same social protection.
 - Article 26: (1) Everyone has the right to education. Education shall be free, at least in the elementary and fundamental stages. Elementary education shall be compulsory. Technical and professional education shall be made generally available and higher education shall be equally accessible to all on the basis of merit. (2) Education shall be directed to the full development of the human personality and to the strengthening of respect for human rights and fundamental freedoms. It shall promote understanding, tolerance and friendship among all nations, racial or religious groups, and shall further the activities of the United Nations for the maintenance of peace. (3) Parents have a prior right to choose the kind of education that shall be given to their children.
- Periods are natural. They
 - Are not an excuse to get out of school work and activities;
 - Are part of healthy development;
 - Can cause severe pain and discomfort;
 - Are to be valued, not stigmatized or shamed.
- Feeling safe and understood eases anxiety and fear of asking for help.