

Breaking Barriers: Achieving Menstrual Equity Across Europe

The Congress of the Alliance of Liberals and Democrats for Europe (ALDE) Party, convening in Estoril, Portugal on October 4-6, 2024:

Acknowledges that:

- Many individuals across Europe face significant challenges related to menstrual health, including but not limited to, access to menstrual products, education, and support;
- The inconsistency in the pricing of menstrual products across Member States, despite being produced by the same manufacturers, can lead to financial and health concerns for menstruating people;
- Directive 2022/542/EC allows EU Member States to eliminate VAT on menstrual products. However, none have reduced it to nil since the directive came into force;
- Attempts to roll back fundamental human rights in some Member States exhibit just cause for concern regarding bodily autonomy, health and security around menstrual equity.

Believes that:

- Menstrual equity and hygiene are fundamental rights of gender equity and menstruating people's well-being;
- By addressing menstrual poverty, we contribute to the empowerment and dignity of menstruating people;
- Public education and awareness surrounding menstrual health offers a path of dignity, respect and compassion for each menstruating person.

Calls for:

- Measures to promote affordable accessibility and safety of menstrual products, including the full removal of VAT;
- Measures to provide free access to menstrual products for menstruating people in precarious financial situations, including but not limited to those living below the poverty line. Access to such products should be facilitated through a network of distribution points, such as pharmacies and hospitals;
- Improvements of public education on menstrual health to break stigmas, as well as inclusive and welcoming sanitary facilities through encouragement of campaigns and educational resource development in EU Member States;
- Support for structural funding and backing for initiatives aimed at addressing period poverty, including but not limited to; research, awareness campaigns, and sustainable solutions;
- All politicians of ALDE member parties to work towards menstrual equity on both the national and European levels;
- An ALDE Party campaign accompanied by lobbying efforts that prioritise menstrual equity measures;