

March 8th
2025



International Day of
Feminist Struggle

Dare to fight -
dare to win!



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Menstrual products for all who need them!

Imagine: You're in **pain**, you're **bleeding**, but you **cannot leave work**.

That is the reality for thousands of workers at **garment factories** in South and Southeast Asia. Especially in **Myanmar**, the situation got even worse within the past four years, since the military forcibly took power, (re)installing a **dictatorship**. Even when the workers are on their period, they have to work **overtime, six days a week** and without proper sanitary facilities. In addition, the prices for menstrual pads have been rising so high, that most workers cannot afford them anymore. As a result, many of them use left over fabric from the garment factories as pads, which often leads to **infections**.

Not just in Myanmar - affected people all over the world have to pay for their own menstrual products and need to perform like anyone else on their

jobs while suffering from pain and bleeding. Some are worse off than others as pain is always individual. In some countries, like South Korea, Taiwan, Spain and Sambia, some form of a **right to menstrual leave** was introduced already. Looking at these examples, there is no excuse for other countries not to follow suit!

We demand:

1. **Free menstrual products at the workplace or the payment of a bonus equal to the cost of these products!**
2. **Paid leave for workers during their menstruation period!**
3. **Adjustment of workload for pregnant or menstruating workers and dropping of imposed production targets!**

Our demands are directed at **factory owners all over the world, as well as clothing brands, which profit from the exploitation**. They must ensure that the required conditions are met!

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For more info about the fundraiser and a list of the brands that the factories in Myanmar are producing for, go visit our homepage:



fgwm-solidarity.org



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