

# PERIOD PLANNERS

DRIVE • TOOLKIT



PLAN



COLLECT



GIVE



# PERIOD PLANNERS

D R I V E • T O O L K I T

## Dear Partner,

Thank You for joining the Begin Again Foundation in their mission to provide safe feminine menstrual products to women facing housing insecurity and spreading awareness on the risk of Toxic Shock Syndrome (TSS) when access to safe hygiene products is absent.

This drive has real and far-reaching impacts on both the physical and mental health of the women in your community. Inadequate care of a menstrual cycle increases both the risk of infections including life threatening TSS, and feelings of anxiety, depression, shame and self-consciousness. Currently government assistance programs like WIC & SNAP do not include coverage of period products, leaving women on their own to find solutions.

Your generosity in hosting a drive provides that solution. Your effort to help end the need is very much appreciated. We are here to help your drive be a success. Use this Period Planner Toolkit to help plan, collect and give!

Your partner in ending Period Poverty,

*Audrey*

**Audrey Leishman**  
Founder  
Begin Again Foundation



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## Partner with Community Organization(s)

- **Identify partnering organization(s)**

Reach out to area non-profit organizations, introduce yourself, your plan to host a Period Planner Supply Drive and if their facility would like to receive a donation of menstrual supplies to include, cleansing wipes, menstrual pads, liners and underwear.

**\*Due to increased risk of infections and related toxic shock syndrome we do not promote the collections of tampons. Should organizations ask for tampons, collect only 100% cotton chlorine free.**

- **Ask which products are their most pressing need**

- Cleansing wipes     Menstrual pads     Menstrual liners  
 Underwear     Other

- **Set a goal for the drive**

Based on information from partnering organization(s), set a goal and track your drive's progress using the Period Planner Drive Collection Form.

- **Use this list to begin your search for recipients**

**National Homeless**

[nationalhomeless.org/references/directory](http://nationalhomeless.org/references/directory)

**Government HUD Search Map**

[resources.hud.gov](http://resources.hud.gov)

**Homeless Shelters Directory**

[homelessshelterdirectory.org](http://homelessshelterdirectory.org)

**Domestic Shelters**

[domesticshelters.org](http://domesticshelters.org)

**Women Shelters**

[womenshelters.org](http://womenshelters.org)

**Women's Law**

[womenslaw.org/find-help/advocates-and-shelters](http://womenslaw.org/find-help/advocates-and-shelters)

You can also reach out to your local school district community relations office.

## 2

### Plan your drive

- **Choose your location(s)**

Local business, banks, libraries, community centers are all great options.

- **Determine timeframe for drive**

Single Day

Weekend

Week Long

Month Long

- **Create Virtual/on-line shopping list if wanted**

You will need to set a location to accept shipments of donated drive supplies.

- **Recruit volunteers to help promote, collect and deliver donations**

Ask family, friends, work colleagues and neighbors!

## 3

### Promote and share results at conclusion

- **Announce your drive via social media, email lists, press releases**

Ask your partnering organizations to share too.

- **Be sure to provide all necessary information in promotion**

Time frame, where to drop off supplies, what supplies you are collecting, which local partner(s) will receive donations and toolkit Menstrual Fact Sheet

## 4

Deliver menstrual supplies and ask provider to post menstrual fact flyers in their facility

- Download and print Menstrual Facts Flyer from toolkit
- Email a copy of your completed Period Planner Drive Collection Form to: [info@beginagainfoundation.com](mailto:info@beginagainfoundation.com)

## 5

Be sure to tag **Begin Again Foundation**

 @BeginAgainFoundation

 @beginagainfoundation

 @BeginAgainFdn

 begin-again-foundation



# Don't be toxic...

## **GOOD MENSTRUAL HYGIENE CAN HELP PREVENT TOXIC SHOCK SYNDROME (TSS)**



Choose organic,  
100% cotton



Never use super  
absorbency tampons



Change tampon  
every 4 hours



Don't wear  
tampons overnight



Wash hands  
before removing  
or inserting  
your tampon



Don't use tampons  
to absorb anything  
other than your  
menstrual flow

### **SEPSIS & TOXIC SHOCK SURVIVOR**

In 2015, I was given a 5% chance of survival when diagnosed with toxic shock syndrome, sepsis and acute respiratory distress syndrome after using a tampon following my IUD removal. As women we must stick together and I believe in you. I believe in your right to feel clean and safe during your period. That's why our Period Planners are packed with everything you'll need during your menstrual cycle this month; new underwear, wipes and pads. I know firsthand how horrific it can be if tampons aren't used correctly, so please consider using these products in exchange for toxic tampons.

[www.beginagainfoundation.com](http://www.beginagainfoundation.com)



**AUDREY LEISHMAN**

Founder, Begin Again Foundation



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## KNOW THE SYMPTOMS

- Fever
- Low blood pressure
- Kidney problems or failure
- Rash
- Confusion
- Respiratory problems or failure

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D R I V E · C O L L E C T I O N F O R M

Please use one collection form per partner.

## Cleansing Wipes

# of Packages	Total # of Wipes

## Panty Liners

# of Packages	Total # of Liners

## Menstrual Pads

Size	# of Packages	Total # of Pads
SUPER		
REG		
LIGHT		

## Underwear

Size	# of Packages	Total # of Undies
XS		
S		
M		
L		
XL		
2XL		
3XL		
4XL		

### Host Organization

Contact Name

Address

City

State

Postal Code

Email

Phone

### Partnering Organization

Contact Name

Address

City

State

Postal Code

Email

Phone

Dates of Drive

Date of Delivery