

## **Equal access to sanitary products at NMBU**

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According to the long-term strategy of NMBU for 2021-2023, it is important to ensure a good learning environment and a good daily student life. This means students must have access to everything they need in everyday life in their immediate environment(1)

As students, we spend many hours at university and most of us are likely to eat lunch and use the toilet at university. However, it is observed that restrooms are not equal for all students, because hygiene products are not provided and distributed to the same extent for the biological needs of people who menstruate.

Toiletries such as toilet paper and soap are supplied for free, and students of all genders use them. For people who do not menstruate, their biological needs are met. However, for people who do, it is impossible to find free menstrual products (tampons and pads) at NMBU. The university takes care of the sexual health of students by providing free condoms and chlamydia tests in different locations, but when it comes to products that are a real necessity for students who menstruate, we do not see the same level of assistance.

Menstruation is a biological function which is impossible to control. Some students get their period unexpectedly during the day while being on campus. Not having the supplies we need to have a good environment can create discomfort, stress and disruption of the academic activities. Some students who menstruate need to go back home to get the necessary supplies. Others need to improvise a pad or tampon with a lot of toilet paper to 'solve' the need. Others cannot focus on classes because of the fear of leaking. Therefore, we consider menstrual products a necessity in the school environment.

This initiative is already being undertaken at universities across the globe, such as Purdue University, USA, and SRM University, India. We think NMBU should join in this effort towards gender equality at the university.

Facilitating those supplies in restrooms will improve the daily student life and contribute to gender equality.

Therefore, we propose that the Student Parliament adopt the following resolution:  
Tampons and pads must be provided in restrooms free of cost in every building at NMBU.