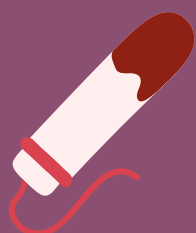


A Nerdy Girl Snapshot of Period Poverty

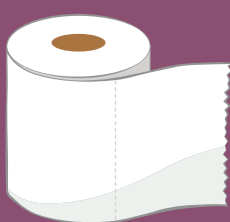


An annual study of U.S. teens - most recently conducted in 2023 - reveals that:



40% have worn period products for longer than recommended.

25% are unable to do schoolwork due to a lack of access to products.



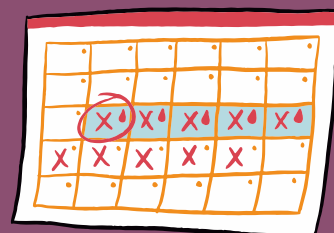
89% agree that if there is free toilet paper in bathrooms, then there should be free menstrual products.

75% say that there is a negative association that periods are gross and unsanitary.



78% say they are taught more about the biology of frogs than the human female body in school.

61% agree that too many people miss valuable school time because they do not have access to period products.



Data source: 2023 State of the Period Survey commissioned by Thinx and PERIOD

A few more (not-so-) fun facts about period poverty:

2,555

The total number of days the average person menstruates during their lifetime

40

The approximate number of period products the average menstruating person needs per cycle

\$6,360

The amount of money (in USD) the average menstruating person spends on period products in their lifetime

1 in 3

The proportion of people who describe their period as heavy, needing more products and spending more money than the average person described above