

Assembly Resolution No. 1433

BY: M. of A. Rules (Rosenthal)

Memorializing Governor Kathy Hochul to proclaim
May 28, 2026, as Menstrual Hygiene Day in the State
of New York

WHEREAS, Menstrual Hygiene Day is a global initiative that aims to bring together individuals from different cultures and professions to promote Menstrual Hygiene Management; and

WHEREAS, Menstrual Hygiene Day educates individuals around the world about the challenges that women, girls, and all menstruating individuals face as a result of this biological function; this day puts a spotlight on solutions to address these challenges and spread awareness of this international health movement; and

WHEREAS, The date of May 28 was chosen because of its symbolic meaning; May, the 5th month of the year, represents the average five days each month in a menstrual cycle and the 28 represents the length of the average menstrual cycle; and

WHEREAS, This movement was initiated in 2014 by WASH United, a Germany-based organization; since the beginning of the annual Menstrual Hygiene Day, the organization has forged an alliance of 910 partners, and in 2022 the largest Menstrual Hygiene Day reached a record-breaking 687 million people worldwide and inspired 225,000 social media contributions; and

WHEREAS, The spirit of Menstrual Hygiene Day encompasses breaking the silence, shame and stigma that surrounds menstruation; women, girls and all menstruating individuals have been taught to be ashamed or embarrassed of their periods rather than being educated on this natural bodily function; and

WHEREAS, Menstrual Hygiene Day also addresses the lack of access to menstrual hygiene products as an issue of human rights and dignity; many menstruating individuals around the world lack adequate and reliable access to menstrual hygiene products; and

WHEREAS, Far too many students have their access to education interrupted because they do not have access to these essential products and frequently must miss school; and

WHEREAS, Menstrual Hygiene Day focuses on the theme "Together for a Period Friendly World" which represents a world where everyone has access to products, education, and infrastructure related to menstruation without the stigma or taboo that surrounds it; and

WHEREAS, Menstrual Hygiene Day spreads awareness of the fundamental role that good menstrual hygiene management plays in helping women, girls and menstruating individuals reach their full potential in all aspects of their lives; and

WHEREAS, The citizens of the State of New York stand firmly committed to promoting good menstrual hygiene management as a catalyst for the success and health of our women, girls and all menstruating individuals; now, therefore, be it

RESOLVED, That this Legislative Body pause in its deliberations to memorialize Governor Kathy Hochul to proclaim May 28, 2026 as Menstrual Hygiene Day in the State of New York, in conjunction with the observance of the Annual International Menstrual Hygiene Day; and be it further

RESOLVED, That a copy of this Resolution, suitably engrossed, be transmitted to The Honorable Kathy Hochul, Governor of the State of New York.