

VOICE: Menstruation - Empowerment and sustainability (MENSY) **(<https://www.activelink.ie/node/115246>)**



Menstruation: Empowerment and sustainability (MENSY)

VOICE invites all Youth & Community Workers & People who work with young people to learn more on supporting menstrual literacy in young people in our one-day Train the Trainer Course

Background:

Menstruation: Empowerment and Sustainability is an Erasmus funded programme of eight partner countries (Ireland, UK, Portugal, Spain, Netherlands, Croatia, Hungary and Ukraine) with the aim of developing training resources for use by youth and community workers across Europe on menstruation, menstrual health, period poverty and sustainable menstrual protection options.

The training day will equip youth leaders to:

- Confidently improve menstrual literacy in young people
- Support menstrual health education, so young people know what is normal and when to seek medical advice
- Tackle stigma associated with menstruation
- Support menstrual equity and tackle period poverty
- Inform young people on the period products available to them, including the financial, environmental and health impacts of the different products
- Train other youth leaders within their organisation on menstrual literacy

Date: Wednesday the 4th of June 2025

Venue: The Macro Community Resource Centre, 1 Green Street, Dublin 7 (D07 X6NR)

Time: 11am to 3pm

Lunch and light refreshments will be provided

Cost: This training is free of charge

To find out more and register, please visit our website

<https://www.voiceireland.org/sustainable-menstruation>

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To find out more and register (<https://www.voiceireland.org/sustainable-menstruation>)

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24th Apr, 2025

Expiry Date

4th Jun, 2025

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