

Palabras Poderosxs



Narrative:

Women and menstruant people living in Panama face several challenges related to sexual and reproductive rights. palabras poderosxs is committed to three main areas: menstrual rights advocacy, research, education and training.

1st Commitment. By 2025, palabras poderosxs is committed to presenting and obtaining approval for a Comprehensive Law on Menstrual Management that considers these bullet points:

- a. Elimination of taxes in menstrual products.
- b. Distribution of menstrual products in public institutions, schools, universities, women's correctional centers, and shelters. Also, in the case of emergencies such as pandemics or natural disasters.
- c. Integration of menstrual rights in the government's health plans.

2nd Commitment. By 2025, palabras poderosxs is committed to lead and coordinate research related to sexual and reproductive rights in Panama.

- a. To lead one research related to menstrual justice.
- b. To lead one research related to menstrual and reproductive rights.
- c. Promote sex education based on gender equity, violence prevention and end the teenage pregnancy.

Objectives:

Please provide at least two measurable outcomes the commitment aims to achieve by the end of the time period outlined above.

- In Panama, current policies do not recognize menstrual rights. By 2024-2025, we expect:
 - Building a coalition to support a Comprehensive Menstrual Management Bill proposal.
 - To propose a Comprehensive Menstrual Management Bill in the Senate, which includes:
 - Eliminating taxes on menstrual products.
 - Distribution of menstrual products in public institutions, schools, universities, women's correctional centers, and shelters. Also, in case of emergencies such as pandemics or natural disasters.
 - Integration of menstrual rights in the government's health plans.
- To gain public and political support
 - To make at least 20 publications and interviews in national media.
 - To have at least 30 meetings with decision-makers.
 - To gain at least 20 new national and international allied organizations.
 - To make at least 30 advocacy activities in communities and universities.
- In Panama, currently, there is a gap of research related to menstrual justice and sexual and reproductive rights.
 - To lead one research related to menstrual justice.
 - To lead one research related to menstrual and reproductive rights.