FOR IMMEDIATE RELEASE  
03-01-17

Period Week Empowers Students and De-stigmatizes Menstruation

CHICO, California—The Associated Students Gender and Sexuality Equity Center (GSEC) of CSU, Chico are excited to announce their second annual “Period Week.” The GSEC will host a series of events from March 6-10 with the intent to debunk negative stereotypes and empower people on the topic of menstruation. The mainstream attitude about periods is associated with feelings of embarrassment and shame; as a result, there is a lack of accurate information and education regarding this important topic. GSEC aims to educate Chico State students and community members in order to celebrate and de-stigmatize the topic of menstruation.

Monday, March 6:
- **Info Flow Tabling Fair** in Trinity Commons, 10 a.m.-2 p.m.
  - Come get information, resources, and make a DIY heating pad for cramps!
- **Let’s Talk about Sex: On Periods!** in UHUB, 6-8 p.m.
  - Facilitated by GSEC, debunk negative stereotypes about sex while menstruating!

Tuesday, March 7:
- **Break the Cycle: Destigmatize Menstruation** in BMU 203, 6-8 p.m.
  - Women’s Program interns will be discussing periods across the world, how periods are experienced by marginalized communities, and how to break the stigma surrounding menstruation.

Wednesday, March 8:
- **Yoga for Cramps** in BMU 210, 7:30-9 p.m.
  - Facilitated by the WREC and instructor Laura Gross: restorative yoga poses intended to help with cramps and other PMS-related symptoms. Equipment will be provided but attendees are encouraged to bring their own equipment if possible.

Thursday, March 9:
- **Period Painting** in BMU 203, 6-8 p.m.
  - Attendees will get a chance to make art and chat about periods. Materials will be provided. Artists can choose to display and/or sell their work at Friday’s debriefing brunch. Proceeds can be kept or donated to the GSEC.

Friday, March 10:
- **Red Tent Debriefing Brunch** in Selvester’s Café, 10 a.m.-12 p.m.
  - Facilitated by Mimi Bommersbach, sponsored by the California Faculty Association: Attendees will get to debrief the week's events while enjoying coffee, tea, and crunchy finger-food. Art from Period Painting will be sold.

All week GSEC will be holding a raffle: get tickets for attending events or purchase tickets for $1 a piece. Prizes include merchandise from Diva Cup and Luna Pads, and others. You must be present at the Red tent event to claim your prize!

There will also be a Menstrual Hygiene Product Drive. Donations will go to 6th Street Center for Youth and H.E.A.R.T. (Homeless Emergency Action Response Team). The GSEC is looking for pads, tampons, and reusable menstrual hygiene products such as menstrual cups and reusable pads. Pantyliners will not be accepted. For more information, please contact asgsec.wom@csuchico.edu or call (530) 898-5724.

-###-

The Associated Students Gender and Sexuality Equity Center [GSEC] is a student-run activist organization that strives to empower all students through its four programs: the Women’s Program, LGBTQ+ Program, Outreach Program, and Trans Program. The GSEC challenges societal norms that have been used to oppress and marginalize by providing opportunities for leadership, personal development, and referral services. We offer a safe and inclusive space where the campus and community can effectively support the academic mission of the university.