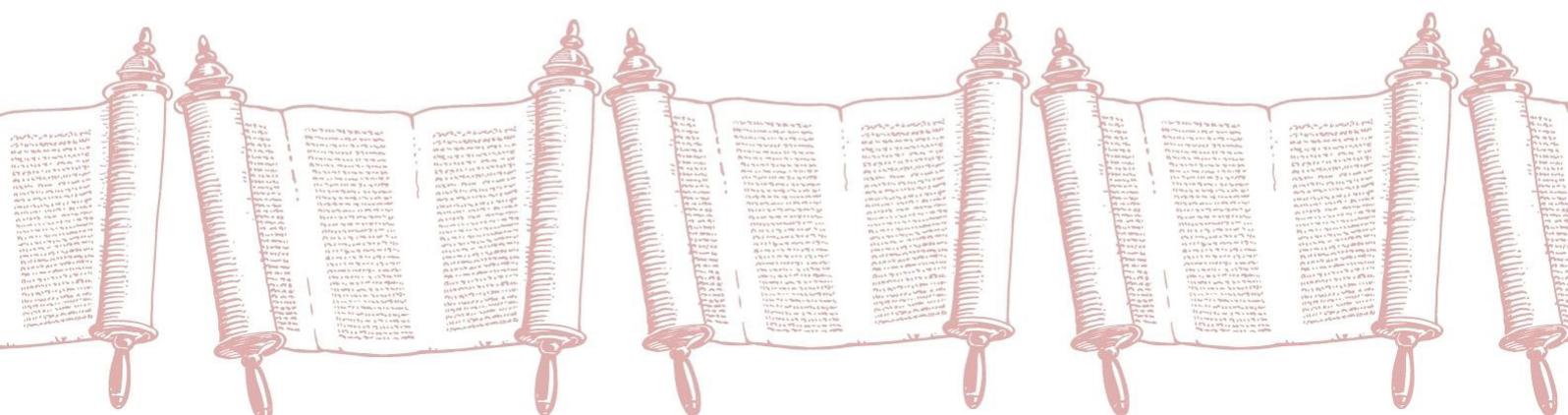




# A Checklist for Reportage and Discussions on Menstruation

**The following is a basic checklist to ensure responsible reportage on menstruation and serves only as a quick reference tool. This is to be read in conjunction with the myriad layers elucidated in the recommendations further on in the document.**



# Checklist for Inclusive and Sensitive Reportage on Menstruation

## Credibility : Ensure that -

- 1. Inputs and quotes in the write up are gathered from professionals like researchers, academicians and doctors.
- 2. Data mentioned in the write up is sourced back to the original record/ document hyperlinked, report/ record is named and dated.

## Inclusivity : Ensure that -

- 1. Menstruating person/menstruator/people who menstruate, women/girls, trans, womxn instead of just women/girl. Not all people who menstruate are women and not all women menstruate.
- 2. Negative phrases like 'suffers from' when referring to people living with experiences of Menstrual Discomforts, Conditions and Disorder are replaced with phrases like 'lives with/'survivor of'. Impetus to be on possible transformations than suffering.
- 3. If the story can hold space for LGBTQIA+, DBA and PwD experiences, that they have been represented .

## Subject/Person Centric Approach: Ensure that -

- 1. The story does not allow the product or technological solution (unless it is a story about a product) to take over the subject/ person /representative stakeholder of the story.

## Reproductive labour: Ensure that -

- 1. Recognize, acknowledge and critique narratives that reinforce menstruation as a biological function only. Menstruation is recognized as sixth vital sign of health. It is a tool/compass not only for reproduction but also for sleep cycles, dietary requirements, emotional, physical and mental well being. Expatiate the discourse to the labor a person expends before/while menstruating where they have limited/no choice every cycle. Give impetus to how menstrual labor (life cycle, menarche to menopause) along with pregnancy, child birth, caregiving and domestic labour are all unaccounted productive labor.
- 2. Explore the capitalist definition of productivity and its implications on menstruating bodies/communities (eg. menstrual leave being a matter of debate).



## Critical Lens: Ensure that -

- 1. The headline/content is informative and not clickbaity or sensational, and subverts/problematises the same.
- 2. Trending stories on menstruation are presented from an analytical/critical perspective.
- 3. The subject matter of the write up allows for linkages to existing government schemes and policies and they have been met.
- 4. In case the story has potential for follow ups, this is kept in mind and released as a series of articles that can show progress or paint a nuanced and long term picture of the topic.
- 5. The piece problematises and moves away from hallowed narratives that pit one solution or technology against the other, and rather encourages discourse on features and considerations of multiple solutions and focuses on informed choice.

## Intersectionality: Ensure that -

- 1. Place importance on the lived experiences of the concerned stakeholders.
- 2. Emphasise on consent, agency and informed choice in every detail of questioning/reportage/enquiry .
- 3. Challenge Medical/Expert Gaslighting that invisibilizes/invalidates menstruator experiences.
- 4. Refrain from describing menstruating bodies as one's with medical problems, rather focus on the effects a disorder/disease may have on the holistic health of the menstruator. Show refrain reporting singular or complex treatments/solutions with panacea effects. Recognize hormonal health related menstrual disorders often also benefit from multiple schools of thought, beyond biomedical allopathic approaches, but also indigenous ayurvedic and traditional medicinal ways.
- 5. Move beyond reporting menstruation as just a "women's issue". Menstruation is a human rights, health rights, gender rights and environmental justice issue.
- 6. Commit to diversifying the workforce by employing marginalised menstruating or non menstruating Women, Queer and Transgender person, Dalit Bahjun Adivasi folx.



## Intersectionality: Ensure that -

- 7. Attempt to build solidarity rather than sympathy through holistic stories.
- 8. Tie in and build narratives from the perspective of human rights and constitutional validity.
- 9. Mindful contextual exploration especially while showcasing stigma, taboo, intergenerational responses/coping.
- 10. Refrain from judgemental/moralizing reportage on practices followed surrounding menstruation.
- 11. Represent cis-het non-menstruating men's roles in destigmatizing menstruation those of as allies and not saviours.
- 12. Include Dalit Bahujan and Adivasi menstrual experiences in tangent with class and caste realities.

## Research and venture into stories that talk about:

- 1. The menstrual experiences of LGBTQIA+ community.
- 2. Disabled persons who menstruate.
- 3. Rural and other marginalized community representations.
- 4. Disaster zones/ humanitarian set ups and complexities in relief and rehabilitation scheme implementation and their short and long term impact from the perspective of various stakeholders.
- 5. Alternative products, medical advancements and research, emergent technologies, diagnostics, etc and critically analyse the fit between a community and a particular tech solution (eg. incinerator in a school and implementability).

