

Q1. Applicant Information

Name (first and last)	Binwant Kahlon
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Name of Department/ Unit/ Student Organization	PERIOD @ UC Davis
What is your role or position within the Department/ Unit/ Student Organization?	Finance Director

Q3. Event/ Program Information

Name of the Event/ Program	Free the Period
Date(s) of Event/ Program	2018 - 2020
Location	Roessler Hall, Science Lecture Hall, Shields Library, Student Community Center, Wellman Hall
Estimated Attendance (if applicable)	30,000
Funding request amount from COSAF (Student Programming Fund) (\$x,xxx)	\$11,842.77
TOTAL event/ program budget (\$x,xxx)	\$26,261.40

Q4. Please provide a detailed description and purpose of the event/ program.

The ultimate goal of the Free the Period initiative (freetheperiod.com) is to institutionalize provision of free and sustainable menstrual hygiene products, specifically pads and tampons, in all UC Davis campus restrooms. This is a program created by members of PERIOD @ UC Davis, a student organization and a chapter of the international non-profit, PERIOD, that works to destigmatize, celebrate, and improve access to menstrual hygiene to Education, Service, and Advocacy. Specifically at UC Davis, one of our main objectives is to advocate for free menstrual hygiene products to be provided in campus restrooms, along with raising awareness about menstrual equity. "Free the Period" is our pilot program, launched in May 2018, which stocks 9 campus bathrooms in 5 buildings with pads and tampons free of charge and hassle. We aim to make the products available as seamlessly and efficient as possible, while also keeping the goals of environmental sustainability in mind, which is why the products we provide are organic, and biodegradable. We note the amount of product used per week and collect feedback from the campus population in order to see how effective the program is and to demonstrate to administration why we should implement this program as a formal school policy. The restocking and product usage tracking is conducted by cohorts of community volunteers. More information is also available at our website: freetheperiod.com (The Estimated Attendance number is the number of periods we anticipate serving during 1 school year. It is the number of pads and tampons we will supply, based on usage-per-week data from Spring Quarter 2018, roughly divided by 2, assuming people who use the products will take around 2 products for each period while on campus).

Q24. Please enter estimated attendance numbers of who will benefit from this event/ program.

Students	2985
Staff	50
Faculty	50
UCD Community Members	50
Unknown	
Other (please specify and include number)	

Q6. Has your Department/ Unit/ Student Organization put on this event in the past?

- Yes
- No
- Uncertain

Q7. Please provide the following information on the previous event(s).

Event date(s) (Month(s)/ Date(s) / Year)	May 2018 to Present
Location	Kemper Hall, Science Lecture Hall, Shields Library, Student Community Center, Wellman Hall
Total attendance	5360

Q16. Who is the target audience of the event/ program? (e.g. students, program participants, users of a specific service)

Our target audience is the UC Davis campus community. Whether that be students, professors, administration, or staff. We hope to provide products to anyone who is in need.

Q17. What will be learned? (i.e. acquired knowledge, skills or abilities, a new awareness/ sensitivity/ perspective, an adopted practice)

Our goal is to assess how useful and successful our program has been in order to continue to serve the population and report back to the administration. We will learn how many people access and use our resources, how successful our outreach is, and how to better supply and serve the campus community.

Q18. What program, activity, or service will be provided? (e.g. six-week training program, instructional class or activity, structured community program that exposes students to new ideas and experiences)

We will stock free, organic cotton pads and non-applicator tampons in select bathrooms of Shields, the 24 Hour Room, Roessler Hall, Wellman Hall, and the SCC. By providing free products, that are accessible across campus, at all times, we can ameliorate some of the physical, emotional, and mental duress that accompanies menstrual emergencies. As costs of attending college continue to increase, we hope to aid students who are having a hard time affording quality menstrual products. We hope that when students see and use these products, they feel that their campus is a place of resources, support, and comfort. Since our program is powered by volunteers, we also provide an opportunity to students to directly serve their campus community.

Q19. How will the learning be shown or what does the learning look like? (e.g. demonstrated knowledge of course material, change in behavior, a practiced skill, a task achieved)

Our learning will actualize through necessary changes in the program based on feedback and analysis. One type of learning that will take place will be through our data collection of products use. Everyday, we have our volunteers who stock the bathroom collect data of how many products were used. We then take this data and assess if we are meeting the needs of the population adequately and if we need adjust the amount of products we supply, or add new locations. Another type of learning is through our surveys. The aim of the surveys is to receive get feedback on the program and know which parts of the program students find helpful and which aspects we need to improve on or fix. We also collect feedback in order to ensure that our program is as inclusive and accessible as possible and that we are reaching anyone who can benefit from our program. Finally, hearing back from the campus community lets us know how important menstrual equity is to students, how our program aids students in their day to day functioning, and if and how we can address any additional needs. Through our outreach and feedback, we have been able to better supply restrooms, recruit interested students and faculty, and collaborate with interested groups on campus. The community of Period club members, Free the Period volunteers, and supportive campus staff and centers also are able to learn from each other about what resources are available on campus and what can be improved.

Q25. How does the event/ program provide services that are of growing interest to students? (if applicable)

Free the Period advocates for a change that students, campus centers, and staff have already expressed support for. In the past 2017-2018 school year, we conducted two surveys. An initial January 2018 Google Form survey garnered 196 responses from students of all genders, majors graduating classes - including graduate students and a prospective senior! 100% of them supported providing free menstrual hygiene products in campus bathrooms. Our second Qualtrics survey received 151 responses as of June 2018 and also revealed a vast majority of respondents supporting free provision with 91% Definitely Yes, 7% Probably Yes, 1.3% Maybe, and 0.7% (1 Vote) Probably Not. In testimonials responding to both these surveys in which students recounted bloody emergencies and financial stress and noted that these are basic necessities, for example: "Knowing that there is a stock of hygiene products in the bathrooms would seriously help for surprise or unexpected situations" "Toilet paper is free. Menstrual products should be too. If they are offered, please place them in all bathrooms, not just "female" bathrooms. Menstruation is not just an issue for cis womxn." We are also addressing environmental sustainability, which is a topic that UC Davis is re-known for, and definitely of growing interest amongst students. The ubiquitous use of plastic-coated, non-biodegradable disposable pads and tampons generates a lot of landfill waste. That is why we are intentionally supplying pads and tampons that are 100% organic cotton, biodegradable, FDA-approved, and free of chlorine bleach, dyes, and fragrances that are found in many other menstrual hygiene products. The tampons are plastic-applicator-free which minimizes the negative environmental impact since a significant portion of the environmental footprint of menstrual hygiene products comes from the processing of low density polyethylene plastic which makes up traditional plastic tampon applicators and the backstrip of some pads. By introducing students to alternatives that are still familiar and easy to use, but better for the environment, our initiative also encourages students to consider other everyday products and how they might convert to reusable, biodegradable, or compostable alternatives. In addition to the survey responses, the program in these past few months have also garnered several unsolicited thank you notes. A notable one was left on the box in a bathroom of Shields Library on June 10th, 2018: "Thank you so much! I ran out of pads today and had no time to buy some at the store (class from 10:30AM to 7:30PM & work from 9PM to 12AM) so these came in so clutch!!! I really needed this act of kindness."

Q26. How does the event/ program foster diversity? (if applicable)

This program provides products that acknowledges the bodily needs of our diverse campus population, and makes it possible for menstruators to be more healthy, focused, and achieve their potential. We have also actively sought locations to place products in gender neutral bathrooms so that they are accessible to people of all gender identities. Because menstrual hygiene is tied to many other pertinent health topics, like mental health and sexual health, by destigmatizing this topic and maintaining a conversation about otherwise overlooked health matters, we contribute to a generally more open-minded and progress-minded university.

Q27. How does the event/ program provide crucial services to students? (if applicable)

We provide crucial services to students through increasing access to basic hygiene and improving education equity. We believe that healthcare is a human right and that access to menstrual products is an integral part of that. The cost of necessary menstrual products places a disproportionate financial burden on lower income and homeless women. With the rising costs of housing and textbooks, and with 23% of UC students facing Low Food Security, and another 19% of UC students (1) facing Very Low Food Security, a student should not have to choose between purchasing a pad or tampon and buying a meal. Providing these products alleviates some financial burden. Not only does our project address access to basic hygiene, but also to education equity. No student's academic or personal life should be hindered or affected because they cannot afford or get access to menstrual products while on campus. Providing menstrual hygiene products is a matter of educational equity because a lack of access reduces educational attainment and productivity. Results from our Qualtrics survey which accompanied the spring pilot program indicated that in 2017-18, 34% of students missed some or all of class or work due to lack of access to menstrual hygiene products at least once. Providing these necessities would allow many more students to better focus on academic and career goals while at UC Davis. (1) "Student Food Access and Security Student" University of California, Global Food Initiative <http://regents.universityofcalifornia.edu/regmeet/july16/e1attach.pdf>

ESTIMATED BUDGET

Title of Proposal: **Free the Period**
 Unit/Event/Program/Student Organization: **PERIOD@UC Davis**

Item	ESTIMATED COST	SUB-TOTAL
A. Lecture / Entertainment: Honoraria / Performers		
1. _____	\$ _____	
2. _____	\$ _____	
3. _____	\$ _____	
4. _____	\$ _____	
5. _____	\$ _____	
		\$0.00
B. Publicity: Flyers / Posters / Ads / Mailing / Printing		
1. Website Domain and Registration- "Freetheperiod.com"; Vendor: Weebly	\$ 58.00	
2. Facebook Advertisement Post Boost; Vendor: Facebook- 8 weeks, \$10 per Boost	\$ 80.00	
3. Posters (8.5 x 11) Vendor: Copyland (9 Bathrooms x \$.50)	\$ 4.50	
4. Posters- Quartersheets: Vendor: Copyland (355 posters x \$.0125)	\$ 44.50	
5. Reusable Plastic Page Protects (9 Bathrooms x \$.10)	\$ 0.90	
6 Masking Tape, Vendor: Amazon	\$ 4.85	
		\$192.75
C. Food: Refreshments, Breakfast, Lunch, Dinner (Include cost per person)		
1. _____	\$ _____	
2. _____	\$ _____	
3. _____	\$ _____	
4. _____	\$ _____	
5. _____	\$ _____	
		\$0.00
D. Decorations / Props		
1. _____	\$ _____	
2. _____	\$ _____	
3. _____	\$ _____	
4. _____	\$ _____	
5. _____	\$ _____	
		\$0.00
E. Facility: Room Rental / Room Setup Fees / Equipment Rental / AV		
1. _____	_____	
2. _____	_____	
3. _____	_____	
4. _____	_____	
5. _____	_____	

F. Travel: Transportation / Parking / Lodging		
1. _____	\$ _____	
2. _____	\$ _____	
3. _____	\$ _____	
4. _____	\$ _____	
5. _____	\$ _____	
		\$0.00
G. Other		
1. _____	_____	
2. _____	_____	
3. _____	_____	
4. [2019-2020] Applicator Free Tampons, Vendor: Aunt Flow, (\$.15/tampon x 23,522.72)	\$ 3,528.41	
5. [2019-2020] Applicator Free Tampons, Vendor: Aunt Flow, (\$.15/tampon x 23,522.72)	\$ 7,334.08	
3. UC Davis Sales Tax (7.25% of product purchase)	\$ 787.53	
		\$11,650.02
		\$11,842.77
Other Funding Sources: Income / ASUCD / Dept & Club Contribution		
Ticket Sales	_____	
Registration Fees	_____	
Program Advertising Sales	_____	
Merchandise Sales (T-shirts, etc.)	_____	
Club Contribution	_____	
ASUCD Contribution	_____	
Other	_____	
		Total Expenses \$11,842.77 Less Total Income \$0.00 Amount Requested From COSAF: <u>\$11,842.77 *</u>
<p><i>* Must match the amount requested on the application.</i></p>		