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Opt for Action

How to Use this List

Menstruation is a very broad topic with many facets, issues, cultural implications, etc., so we've cultivated this list of different books and academic articles to help guide your own research into the world of periods.

The majority of the academic articles on this guide can be found within the Palgrave Handbook of Critical Menstrual Studies, a comprehensive textbook regarding periods from almost every possible angle.

However, this textbook is long (over 1000 pages!) and dense, so we've selected the articles we believe to be the most exhaustive and informative of menstrual-related issues. The full book can be accessed for free [here](#).

If you have any essays, art, books, podcasts, documentaries, etc. that are missing from this list, please [email us!](#)

Menstruation in General

- [Flow: The Cultural Story of Menstruation](#) by Elissa Stein and Susan Kim
- [Period Power: A Manifesto for the Menstrual Movement](#) by Nadya Okamoto
- [Under the Wraps: A History of Menstrual Hygiene Technology](#) by Sharra Vostral
- [Blood Magic: The Anthropology of Menstruation](#) by Thomas Buckley and Alma Gottlieb

Menstrual Stigma

- [If Men Could Menstruate](#) by Gloria Steinem
- [Menstruation and Religion: Developing a Critical Menstrual Studies Approach](#) by Ilana Cohen
- [Menstrual Taboos: Moving Beyond the Curse](#) by Alma Gottlieb
- [Transnational Engagements: Cultural and Religious Practices Related](#) by Menstruation Edited by Trisha Maharaj and Inga T. Winkler
- [The Menstrual Mark: Menstruation as Social Stigma](#) by Ingrid Johnston-Robledo and Joan C. Chrysler
- [\(In\)Visible Bleeding: The Menstrual Concealment Imperative](#) by Jill M. Wood
- ["You Will Find Out When the Time Is Right": Boys, Men, and Menstruation](#) by Mindy J. Erchull

Period Poverty

- [The Realities of Period Poverty: How Homeless Shapes Women’s Lived Experiences of Menstruation](#) by Shalini Vora
- [Opinion: Prisons that Withhold Menstrual Pans Humiliate Women and Violate Basic Rights](#) by Chandra Bozelko
- [Addressing Menstruation in the Workplace: The Menstrual Leave Debate](#) by Rachel B. Levitt and Jessica L. Barnack-Tavlaris

Policy

- [Policy and Practice Pathways to Addressing Menstrual Stigma and Discrimination](#) by Archana Patkar
- [U.S. Policymaking to Address Menstruation: Advancing an Equity Agenda](#) by Jennifer Weiss-Wolf
- [Periods Gone Public: Taking a Stand for Menstrual Equity](#) by Jennifer Weiss-Wolf

Menstrual Health

- [Premenstrual Syndrome and the Myth of the Irrational Female](#) by Sally King
- [Learning About What’s “Done There”: Body Image Below the Belt and Menstrual Education](#) by Margaret L. Stubbs and Evelina W. Sterling
- [Mapping the Knowledge and Understanding of Menarche, Menstrual Hygiene and Menstrual Health Among Adolescent Girls in Low- and Middle-Income Countries](#) by Venkatraman Chandra-Mouli and Sheila Vipul Patel
- [Toxic Shock Syndrome and Tampons: the Birth of a Movement and a Research ‘Vagenda’](#) by Nancy King Reame

Human Rights

- [The Human Rights of Women and Girls with Disabilities: Sterilization and Other Coercive Responses to Menstruation](#) by Linda Steel and Beth Goldblatt
- [Why We Started Talking About Menstruation—Looking Back \(and Looking Forward\) with the UN Special Rapporteur on the Human Rights to Water and Sanitation](#) by Virginia Roaf and Catarina de Albuquerque

Periods, Gender, and Sexuality

- [Navigating the Binary: A Visual Narrative of Trans and Genderqueer Menstruation](#) by S. E. Frank and Jac Dellaria
- [The Sexualization of Menstruation: On R*pe, Tampons, and ‘Prostitutes’](#) by Lacey Bobier
- [Challenging Menstrual Normativity: Nonessentialist Body Politics and Feminist Epistemologies of Health](#) by Miren Guilló-Arakistain
- [Degendering Menstruation: Making Trans Menstruators Matter](#) by Klara Rydstrom
- [Sex During Menstruation: Race, Sexual Identity, and Women’s Accounts of Pleasure and Disgust](#) by Breanne Fahs

Activism

- [Painting Blood: Visualizing Menstrual Blood in Art](#) by Ruth Green-Cole
- [To Widen the Cycle: Artists Engage the Menstrual Cycle and Reproductive Justice](#) Curated and Edited by Jen Lewis
 - [Widening the Cycle: A Menstrual Cycle and Reproductive Justice Art Show](#)
- [Bloody Precarious Activism in Uganda](#) by Stella Nyanzi
- [The Messy Politics of Menstrual Activism](#) by Chris Bobel and Breanne Fahs

Narratives

- [Caste Is My Period](#) by Deepthi Sukumar
 - [JUST THREE Podcast Episode](#)
- [Out of the Mikvah, into the World](#) by Tova Mirvis
- [Transnational Engagements: From Debasement, Disability, and Disaster to Dignity—Stories of Menstruation Under Challenging Conditions](#) Edited by Milena Bacalja Perianes and Tomi-Ann Roberts
- [Rituals, Taboos, and Seclusion: Life Stories of Women Navigating Culture and Pushing for Change in Nepal](#) by Jennifer Rothchild and Priti Shrestha Piya

Documentaries

- [Period. End of Sentence.](#) by The Pad Project
- [Pandora's Box](#) by Diva, makers of the DivaCup