

今期專題 FEATURE ARTICLE

講月「經」 - 令月事更性別共融 「唔係所有女人都會嚟M、唔係會嚟M嘅就係女人」

Go with the flow - Making menstruation more gender inclusive "Not all women have period - not who have period are all women"

活動回顧 Events recap



職涯工作坊: DEI & LGBTQ+ Career workshop: DEI & LGBTQ+



今次的職涯工作坊邀請了DLA Piper 歐華律師事務所的Flo Chan及ENCOMPASS HK的創辦人Benita Chick為大家分享DEI & LGBTQ+的資訊...

Thank you again Florence Chan and Benita Chick for sharing with us your valuable experience in #DEI, #ESG and #SDGs, opening the doors for our community to tap into the global network...



悉尼WorldPride人權大會@澳洲駐香港總領事館 Sydney WorldPride Human Rights Conference @ Australian Consulate-General Hong Kong

性別空間受邀出席悉尼WorldPride人權大會，除了有機會參與其中一節國際論壇，探討澳洲原住民、跨性別社群、和不同界別的關注...

Gender Empowerment was invited to attend the Sydney WorldPride Human Rights Conference, not only did we participated at an international panel on aboriginal, trans and other intersectionality issues...



悉尼 WorldPride 人權大會於 2023 年 3 月舉行了為期三天的論壇。來自世界各地的演講者和嘉賓出席就性/別小眾在國際上的進展和挑戰分享見解。

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月事與性別認同 Mensuration & Gender Identities

來經會令你感到...? What does "Period" make you feel?



種種感受，究竟是生理因素、還是社會影響? Are these feelings manifested because of biological reaction or societal impact?

不少人都會覺得只有女人先會「嚟M」，「月經」一字與「女性身份」緊緊相扣。當大部分有關月經的討論都只圍繞著(生理)女性...

Menstruation has been historically and commonly known as a function of the female anatomy that affects women, that "menstruation" is a word highly correlated to "womanhood".

對於跨仔及性別酷兒來說，嚟M可能是引致性別/身體不安的因素之一。社會慣常將月經和(生理)女性劃上等號...

Navigating periods for trans men and nonbinary individuals can be difficult on many layers - Periods can be a source of gender/ body dysphoria for those who do not identify as women or girls.



有時某些廁格(尤其在男性洗手間)沒有棄置衛生用品的垃圾桶，有些跨仔/非二元性別者會用大量廁紙包裹用過的衛生用品...



有些跨性別者/非二元性別者會擔心用廁格時，如廁的聲音與其他廁格使用者不同，或被人發現但只是去小便...

一般女性青春開始來經平均為12歲左右，有些女性較早發育、有些較遲，因此初經其實沒有特定的生理時間表...

The average age for puberty to start and girls to experience period is 12 - some will start earlier and some later - everyone is different.

有些男女校的女同學可能會因為尷尬，而用盡方法隱藏月事用品；但在全女校的女同學可能會相對大方...



國際新聞 International news: 因為擔心「漏M」，愛爾蘭女子橄欖球隊將傳統的白色運動褲改為深藍色



跨女無法經歷一般順女青春期的「第一次來經」、「M痛」等等的體驗及生活經驗...

Experiencing teenage periods is a process that trans women do not, but some may wish to have. Whilst many cis women despise having period cramps...



有些跨女由於想感受來經，會每個月定期使用月事用品或甚至製造假血。



月經屋是基於某些文化對月經的禁忌，例如覺得來經者來經時不潔，甚至不祥，以用作隔離來經者的場所。
A menstruation hut is a place of seclusion or isolation used by certain cultures with strong menstrual taboos.

月事貧窮



▲ 尼泊爾的「月經屋」
Menstrual huts (Chhaupadi) in Nepal



在大部分發展國家，「月經貧窮」多數指購買月事產品的金錢負擔。然而，在某些發展中國家如尼泊爾等，「月事貧窮」指的是更嚴重地影響著來經者 -- 尤其是女性 -- 的生存狀態。但面對的可能是會對健康造成影響、甚至導致死亡的情況。自2005年，尼泊爾政府已立法禁止「月經屋」(Menstrual huts, 尼泊爾語: Chhaupadi)²，但境內的偏遠地區仍然有不少「月經屋」的存在。女性來經時不但被困在與世隔絕的木屋裡、要面臨毒蛇襲擊和因吸入燃燒的煤取暖而死亡的可能性，有報導更揭發被隔離在月經屋的女性被虐待和強姦的情況，但由於擔心社會污名，不少人都不敢挺身指證。可惜的是，在不少國家如肯尼亞、烏干達等，月經仍被視為社會禁忌。初經來潮的女性可能會因為月經而受到羞辱或批評，並寧願選擇輟學、童婚和透過早孕來避免月經相關的污名與歧視。

In many developed countries, period poverty is mostly equivalent to tampon tax or living cost. However, in some developing countries such as Nepal, it could mean health impacts or even death. Although Nepal has criminalised the use of menstrual huts (Chhaupadi) since 2005, the situation remains rampant in remote areas of the country. People with periods are confined to isolated huts, facing the possibility of poisonous snake attacks and death by breathing in burning coal for warmth. There are also reported cases of abuse and rape; however, most people are too scared to speak up due to social stigma. "Period shaming" is unfortunately a common phenomenon in Kenya, Uganda and many more countries. Some girls might be humiliated or criticised for having periods, and choose to drop out of school, get into child marriage and early pregnancy to avoid humiliation.

對於跨性別者和非二元性別者來說，月經貧窮可被理解為缺乏合適的產品選擇和社會包容的討論。每一次選擇購買哪一包粉紅色的月事用品、或是看見巴士上的輕盈月經廣告，都是無意地提醒著他們的「格格不入」。

For transgender and nonbinary folks, period poverty can be seen in the form of lacking appropriate products and inclusive discourse. Every time going down the aisle of the period products section, wondering which pink package of pads should they purchase, or watching the bus drive by with a fluffy period product commercial of a female celebrity lying on top of a cloud - it is a constant reminder that "I don't fit in".

月事運動 Period campaign



Cass Clemmer 創立了 [Toni the tampon](#)，透過網上社交平台 and 實體填色繪本，以開放的態度討論月經，讓家長有一個與孩子討論月經的渠道。一張月經染紅褲檔的照片令 CASS 走紅，分享佢作為跨性別者「嚟M」的個人經驗。

Cass Clemmer created [Toni the tampon](#), a colouring book and Instagram account designed to tackle period taboo and help parents teach children about menstruation. They went viral online with a [freebleeding photo and poem](#) to illustrate their personal experiences and realities of menstruating while trans.



freda 在2021年推出了 [Cycle](#)，致力推動環保、可靠、包容各個性別的月事產品系列。品牌邀請了三位跨性別/非二元代言人 - [Jamie Raines](#), [Kenny Ethan Jones](#), 和 [小風 Siufung Law](#)。透過中性的包裝設計、網上訂購及保密運輸，品牌致力令跨性別者擁有更安心、包容的購物經驗。

按此觀看品牌的宣傳短片。

In 2021, [freda](#) launched [Cycle](#), an inclusive range designed to provide sustainable and reliable period care. They invited three trans/ nonbinary persons as the spokespersons for their campaign Cycle by Freda - [Jamie Raines](#), [Kenny Ethan Jones](#), and [Siufung Law](#). This campaign promotes trans-inclusive period through gender-neutral package design, and the availability for online ordering and discreet shipping.

Watch their campaign story [here](#).



在香港，Happeriod 致力推動月經教育和提升對月經貧窮的關注，讓來經者有尊嚴、自信地處理日常月事。透過工作坊和社群討論，[Happeriod](#)、[新婦女協進會](#)及[山城性／別關注組合](#)辦了在中大為期一個學期的「[經血來潮支援站](#)」，在校園多個地點放置月事產品予同學免費索取，從而提升大學校園對月經貧窮、月事健康的關注度。

In Hong Kong, Happeriod is dedicated to create a society where everyone feels supported and empowered to manage their menstrual health with dignity and confidence. They organised workshops and panel discussions on menstrual health and period poverty, as well as a school-term campaign [Drop Spot](#) co-organised among [Happeriod](#), [AAF](#) and [SGCC](#), offering free period products in the uni campus for all students.

儘管現時社會對月經仍有一定的偏見，我們仍可以透過不同的方式去拆解根深蒂固的污名和誤解。

● 使用包容所有性別的用詞如「來經者」、「有月經的人」，而避免只用「女人」一詞去談論月經話題，有助打破「只有女人才會嚟M」的觀念。這可以讓有月經、而性別認同非順女的人感到被包容為社群的一份子，鼓勵每個性別都加入講月「經」的討論。

● 延續「Drop Spot - 經血來潮支援站」，讓我們試試大膽想像：除了在女廁提供免費的月事用品，可否在男廁都提供呢？又或者在所有廁所都提供安全套？不少順性別男性都有為身邊女仕購買月事用品、或是女性幫忙購買安全套的經驗 - 那麼，倒不如在所有廁所都提供各款衛生用品？也許，在這個性別二元的社會中，月事運動的目的並不是要將社會偏見或污名「去性別化」，而是推動所有性別都可以關懷所有性別。

Whilst periods are still often stigmatised in our modern society, there are many ways to dismantle cultures of shame and misinformation surrounding menstruation that have been around for thousands of years.

● Using gender-inclusive language such as "people who menstruate", "people with periods" or "menstruators" instead of "women" or "girls" while discussing periods can help dismantle the narrative that menstruation is a women-exclusive function. Inclusive language can help those who do not identify as cis women feel more included in menstruation narratives. It encourages dialogues about the experience of periods from people with different gender identities.

● Continuing the Drop Spot campaign in CUHK, let's play with the idea of offering free period products in women's bathrooms - what about not only offering period products in women's bathrooms, but also men's bathrooms? What about offering condoms in all bathrooms? We have heard stories about how men buy period products for their female partners or siblings; we have also heard tales about women buying condoms for their male counterparts - so what about offering all products in all bathrooms? Will that be an inclusive act for all genders? Perhaps, in this gendered society, the ultimate goal is not to "de-gender" social norms and stigma, but to promote the notion that **"all genders can care for all genders"**.

如果月事可以包容所有性別

What does Period Inclusiveness look like?



▲ 如果提供更多選擇、更多元化的月事用品，如月經杯，或深色的月經褲，會否令「嚟M」更性別共融？

If there are more options, a wider variety of period products, such as menstrual cups or dark-coloured period pants, would it make period more gender inclusive?



▲ 英國威爾斯工黨議會男廁所提供衛生棉條
Tampons offered in men's toilets at Labour-controlled Welsh Parliament



▲ 美國聖地亞哥州立大學 - 帝國谷校區提供衛生棉條和避孕套
San Diego State University - Imperial Valley providing both tampons & condoms on campus