

AN ACT concerning health and physical education instruction and supplementing chapter 35 of Title 18A of the New Jersey Statutes.

BE IT ENACTED by the Senate and General Assembly of the State of New Jersey:

1. a. As used in this section:

“Menstrual disorders” means a disorder that adversely affects an individual’s menstrual cycle, including but not limited to, dysmenorrhea, endometriosis, menorrhagia, and polycystic ovary syndrome.

“Menstrual hygiene products” means products that are used to catch menstrual flow, including pads, cloths, tampons, or cups, and supportive products needed for menstrual health and hygiene, including but not limited to, body and laundry soaps, underwear, and pain relief items.

“Period poverty” means the lack of access to sanitary products, menstrual hygiene education, toilets, hand-washing facilities, and waste management.

b. Each board of education of a school district shall incorporate instruction on menstrual health and hygiene for students in grades four through 12 as part of the school district’s implementation of the New Jersey Student Learning Standards in Comprehensive Health and Physical Education. The instruction shall be age appropriate and shall include, where appropriate, information regarding:

- (1) the proper use of menstrual hygiene products and possible complications of use, including Toxic Shock Syndrome;
- (2) the symptoms and long-term effects, including fertility, pregnancy and overall health, of menstrual disorders;
- (3) the short and long-term effects of period poverty; and
- (4) when to seek medical advice and how to locate menstruation-related medical resources.

Prior to the beginning of a unit of instruction on menstrual health and hygiene, information shall be distributed to parents and guardians of all students detailing the topics of instruction and the requirements of the New Jersey Student Learning Standards for Comprehensive Health and Physical Education.

2. This act shall take effect immediately and shall first apply to the first full school year following the date of enactment.

STATEMENT

This bill requires that schools include age appropriate instruction on menstrual health and hygiene for students in grades four through 12 as part of the school district’s implementation of the New Jersey Student Learning Standards in Comprehensive Health and Physical Education.

Under this bill, instruction on menstrual health and hygiene would include: the proper use of menstrual hygiene products; the symptoms

and effects of menstrual disorders; the effects of period poverty; and when and how to seek medical advice. Parents and guardians would be notified of the topics of instruction and requirements of the New Jersey Student Learning Standards in Comprehensive Health and Physical Education prior to the beginning of a unit of instruction in menstrual health and hygiene.

Requires school districts to provide instruction on menstrual health and hygiene as part of implementation of New Jersey Student Learning Standards in Comprehensive Health and Physical Education.