

# spill it.



stories of menstruating on campus



about *spill it*.

**Welcome to *spill it*. - a zine inspired by stories of menstruating on campus!**

WHAT'S THIS ZINE ALL ABOUT?

***spill it*** features qualitative responses from an exploratory research study, involving a survey and campus audit. The study aimed to document access to menstrual products and student experiences with menstruation on campus. The research was reviewed and approved by the Douglas College Research Ethics Board and data was collected between October 2019 - July 2020.

To read the full research article, see Smith & Gacimi, forthcoming, *Bloody Burdens: Post-secondary students and menstruation on campus* or email [lsmith65@douglascollege.ca](mailto:lsmith65@douglascollege.ca) for a copy.

This research was supported with a Research Incentive Grant from the Douglas College Research and Innovation Office



# navigating *spill it.*

Each page features one or two stories of menstruating on

campus and an accompanying visual.

As you explore the zine, I invite you to

reflect on your own experiences, or other stories that you have

heard, witnessed, or can imagine.

If you would like to share, there is a space for you to write down your

story toward the end of the zine.

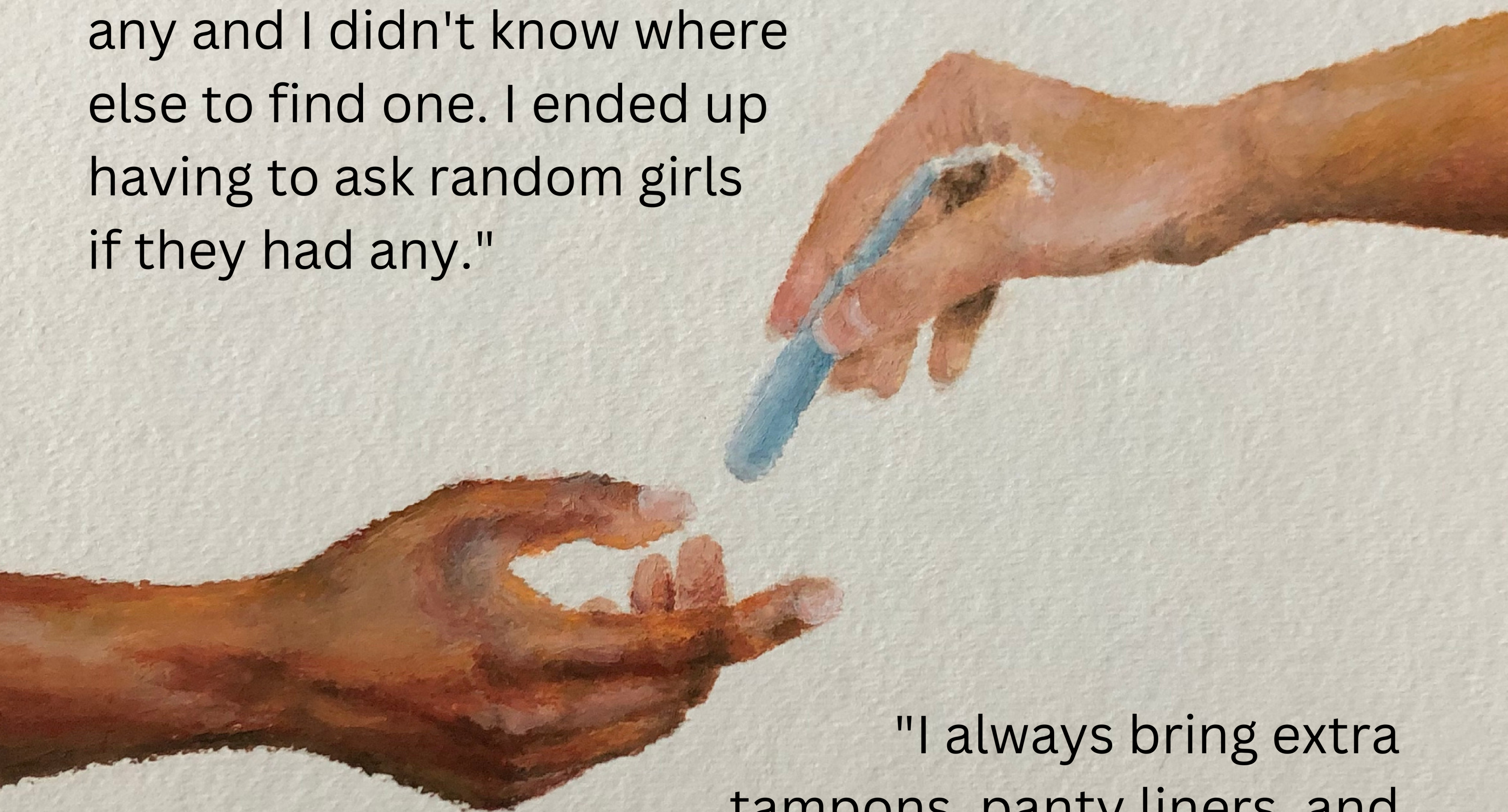
Let's get the talk about periods flowing.



"When I am changing my  
pad/tampon the gap in  
between the doors are quite  
big so I feel awkward  
when people are looking  
through to see if the  
stall is empty and if  
I am changing someone  
could probably see me  
changing."



"There have [] been many times where I've run around campus in search of a tampon or pad, as none of the bathrooms had any and I didn't know where else to find one. I ended up having to ask random girls if they had any."



"I always bring extra tampons, panty liners, and regular pads with me in case I or my fellow women have an emergency, due to the fact that I can't always gain access to pads/tampons at school."





“At times my flow can be heavy. So whenever I have to hand something in

or stand up I get scared that I have leaked, which can be quite

embarrassing. Whenever I feel this way I immediately find the

closest girl to ask if I leaked at all.”



"This one time, i got my period unexpectedly before class, and i leaked through my pants. As i was trying to clean up, i was 15 minutes late, and the prof got upset at me infront of the class. and when i explained it was a "girl" issue, he said it was still unacceptable. "



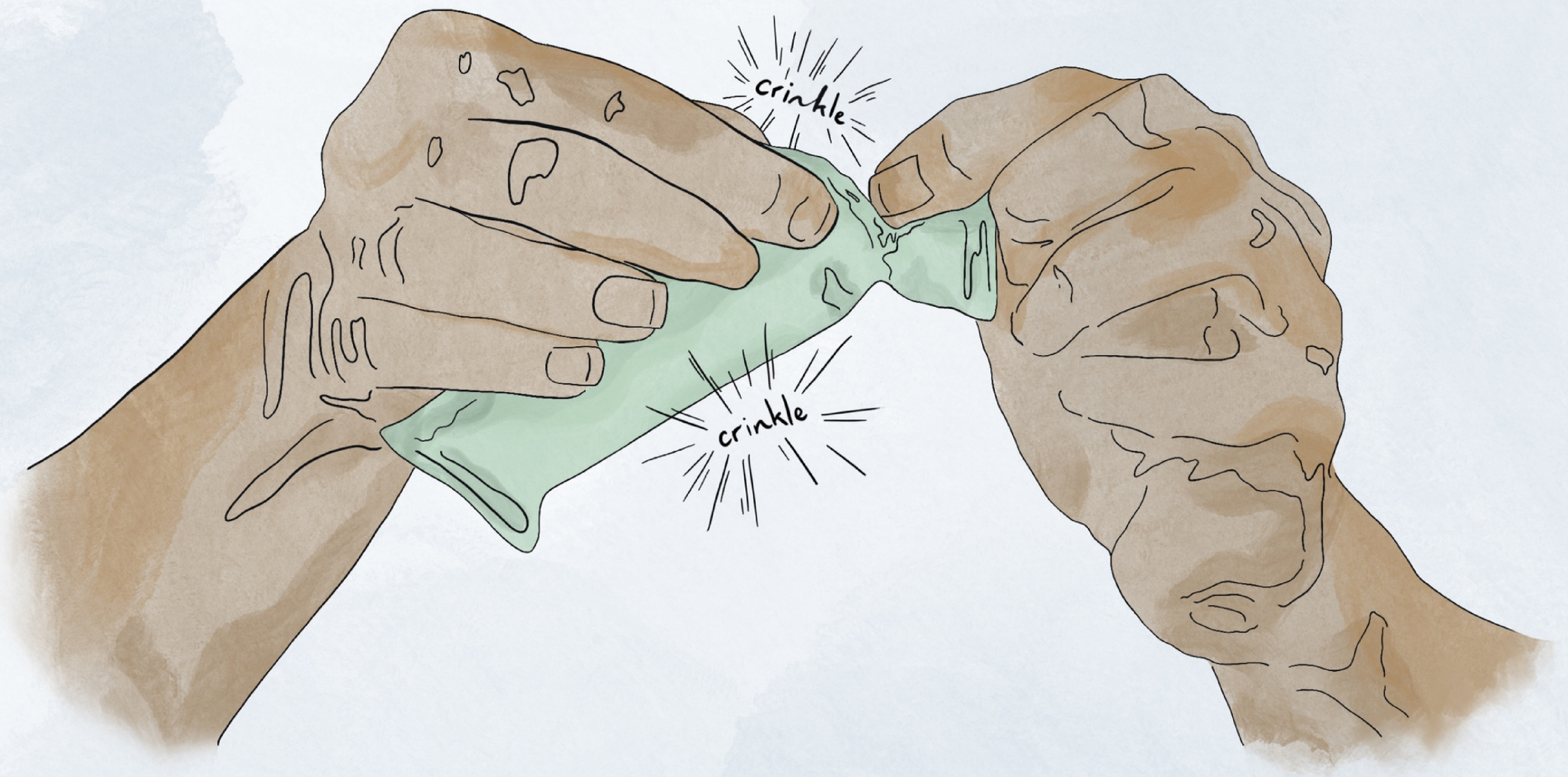


"I was in the middle of a test in class, and I felt my period start. In this class, we weren't allowed to leave until we completed the test, so I had to wait until I finished before I could deal with it"





“It is incredibly awkward to unwrap tampons in the men's room. I can't recall if the men's stalls on campus have garbage cans in them, but most public men's stalls don't.



I would go out of my way to go to empty bathrooms or gender-neutral bathrooms.”





“One day, I had an unexpected visit from the Scarlet Lady and I was with my male classmates. It was very embarrassing to head to the washroom and come right back to where they are and head off again holding a small pouch.”



"One time I got my period unexpectedly and noticed a faint leak on my chair. I discreetly wiped it and went to the washroom. I then put toilet paper as a makeshift pad.

However, the cramping got intolerable so I left campus and went home."



"Too embarrassing"



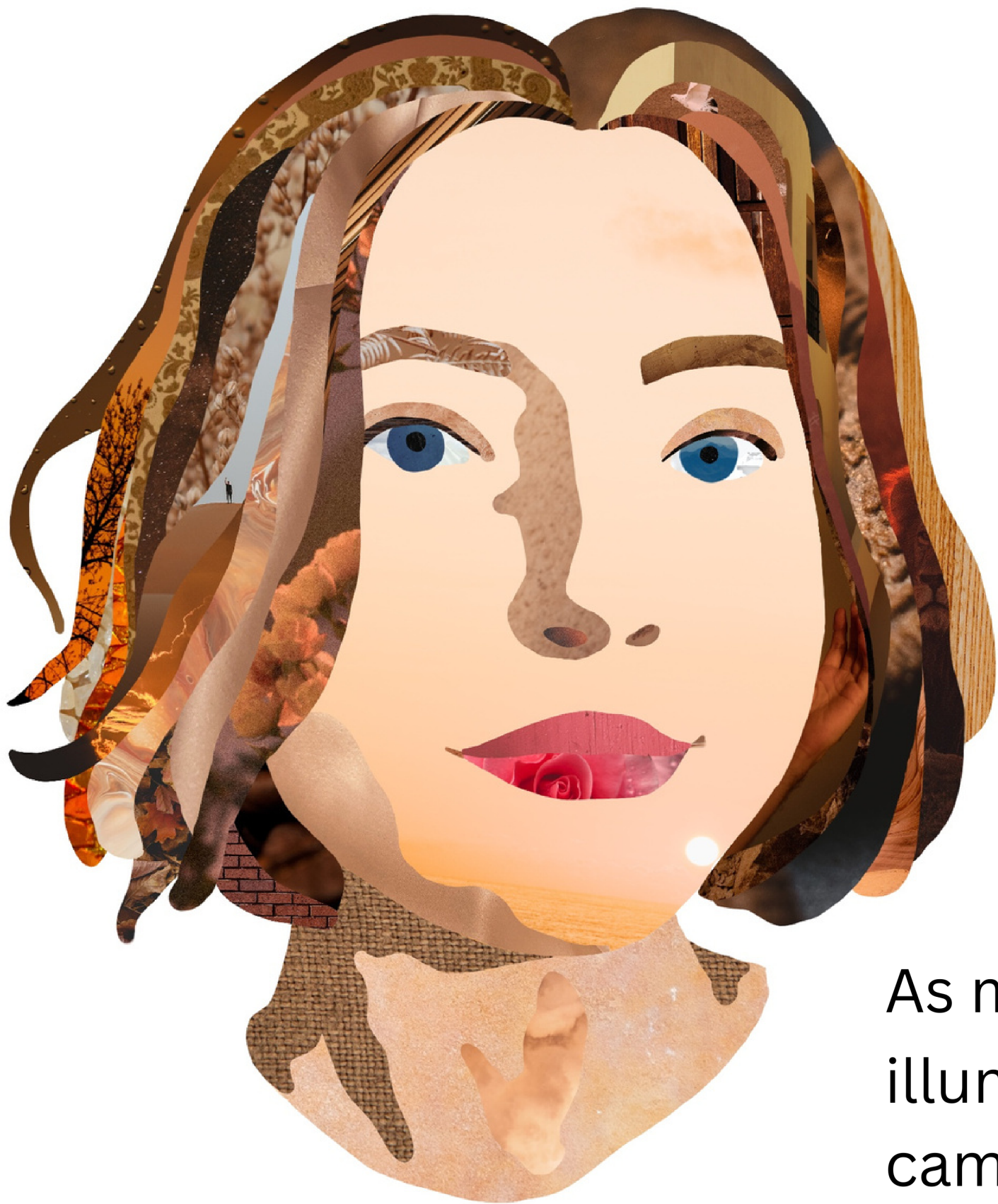


share your story



# about the creator

hello, my name is Rebecca Johnson!



I am a fourth year student at Douglas College, completing my BA (HONS) in Applied Psychology.

I love to do research, make art, and fight the patriarchy - but you can also find me roller skating, taking care of too many houseplants, and strumming away on my ukulele.

As my first zine, I hope that ***spill it.*** will illuminate what it's like to menstruate on campus, and inspire you to share your story.

**Let's Talk.**

Reach me at [johnsonr10@student.douglascollege.ca](mailto:johnsonr10@student.douglascollege.ca)