



CURTIN CREATIVES

# Making Your Own Sustainable Menstrual Pads

Presented by Richard Sanchez

# Why should switch to reusable?

- Better for our body, no toxic chemicals in reusable pads.
- More connected to ourselves.
- Honoring Mother Nature with less waste.
- Can return our Sacred blood to the earth.

# Better for our Body...

Menstrual pads and tampons are known to contain chemicals that help absorb so much fluid. Those chemicals enter through our thin skin and into our body. They can cause hormone imbalance, worse cramps and even cancer.



# Better for the earth...



We estimate that over 100 billion menstrual products are thrown away every year. We don't throw our clothes away so why do we toss these products? Most women are disconnected to their body and see the blood as gross. Using reusable products allows us to get closer to our precious cycles and give our blood back to mother earth without garbage.

# Better for your wallet \$\$

Worldwide menstrual products are a 40 billion USD industry that takes from the pockets of women and families all over.

A lot of women need to make a choice to get period products or other very important things.





25%

ITS ESTIMATED 1 IN 4 WOMEN DON'T  
HAVE WHAT THEY NEED TO HAVE A  
SAFE HEALTHY PERIOD. WE CAN  
STOP THAT WITH PRODUCTS THAT  
LAST.



So lets be  
creative  
and get  
connected  
to our  
cycles

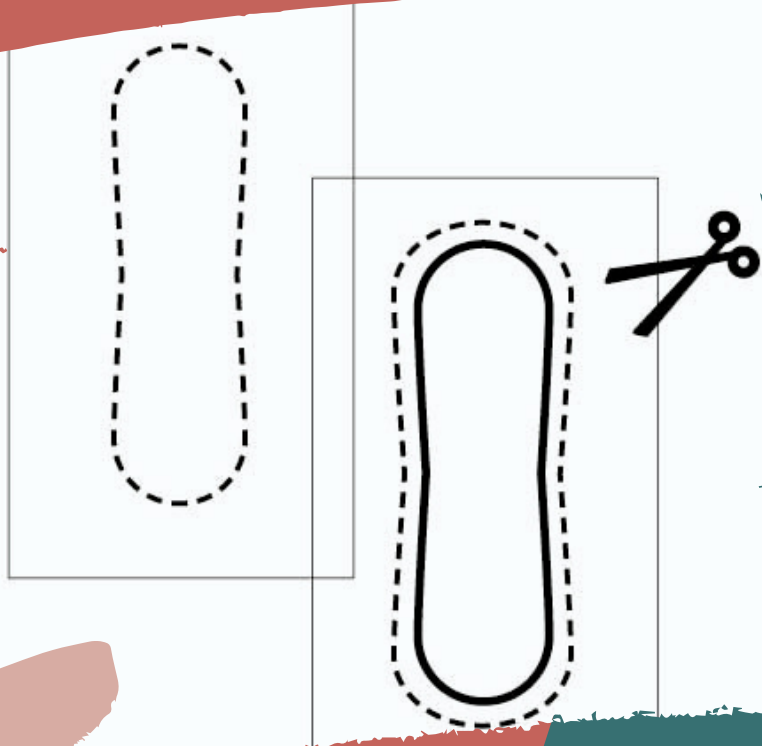
# WHAT MATERIALS YOU NEED?

- A piece of light, flexible plastic, like a plastic bag
- A piece of clean, absorbent material, like cotton
- A piece of fabric
- A needle and thread
- A button
- Scissors (preferably fabric or sharp enough to cut through fabric)

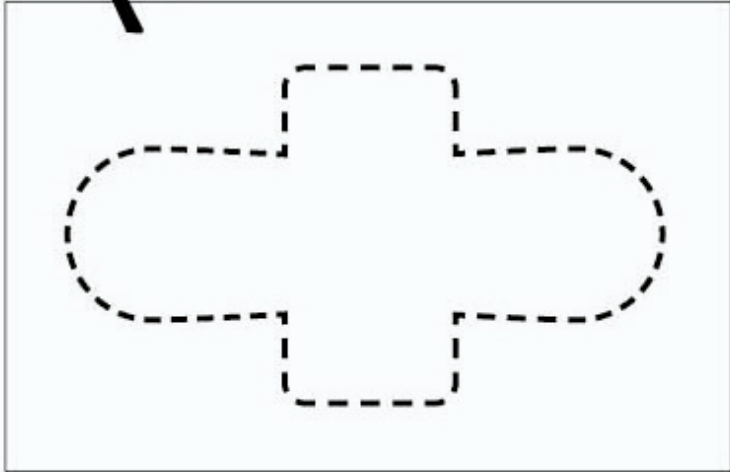




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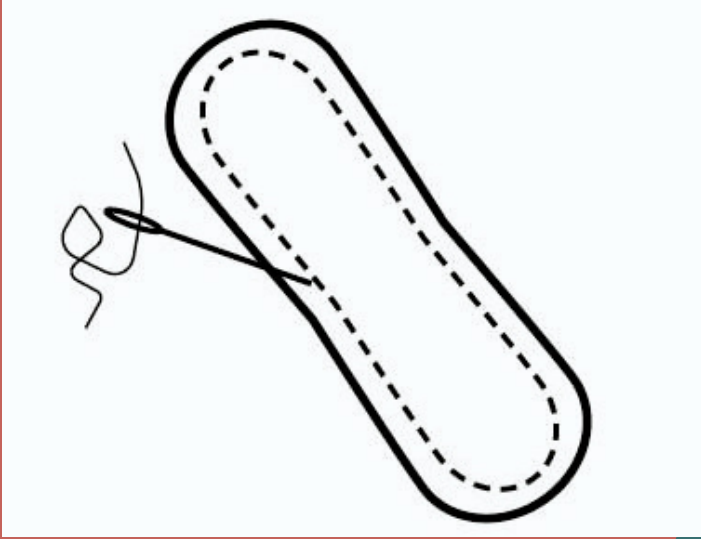


**Cut the piece of cotton into a long shape with rounded ends. Then cut the plastic piece slightly larger than the cotton piece.**



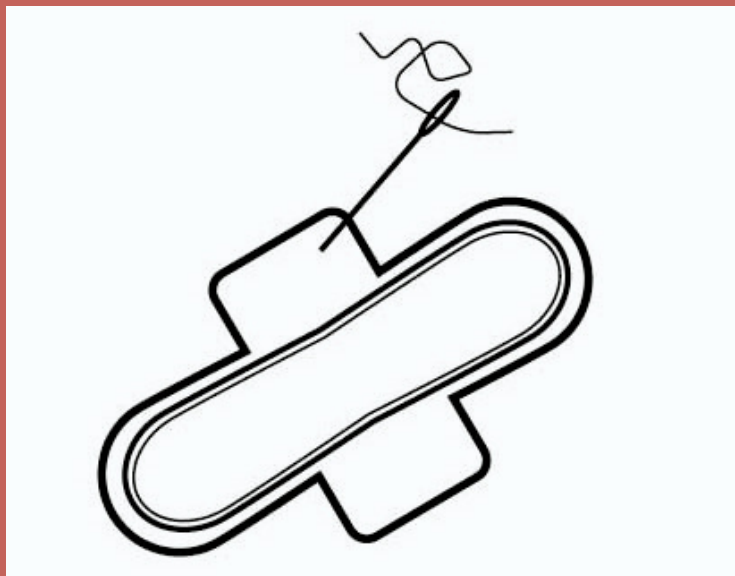
**Cut the fabric longer than the previously cut pieces and with wings on the edges of the long sides.**

**2**



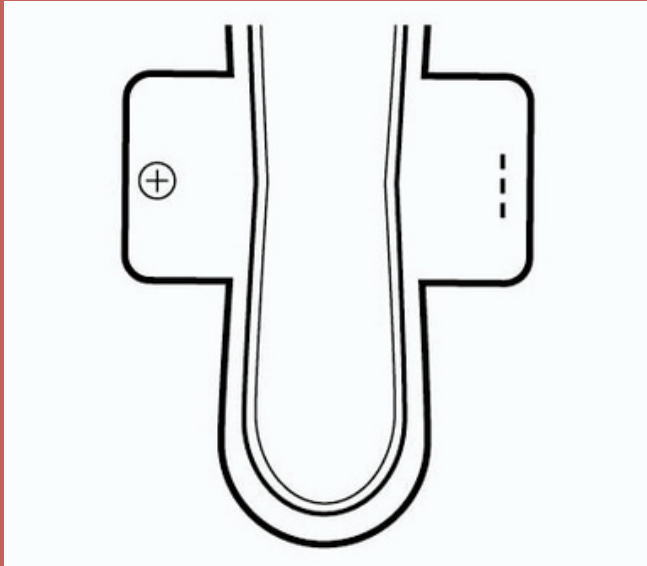
**Thread your  
needle and sew  
the cotton piece  
to the plastic  
piece.**

**3**



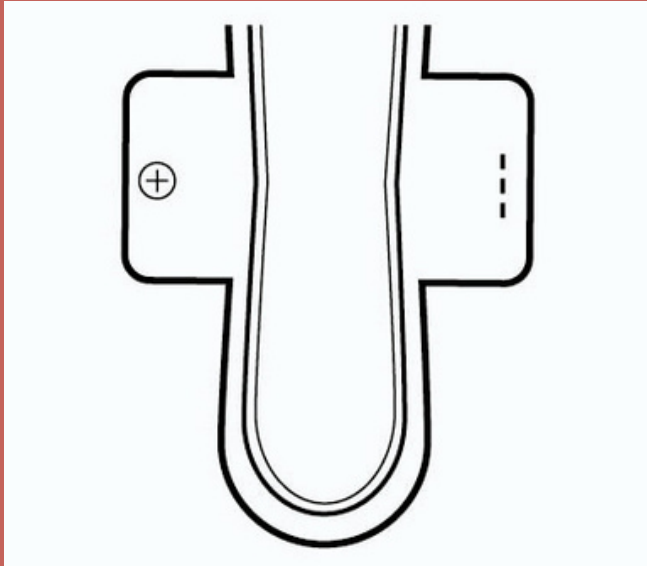
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**Sew that combined piece to the fabric piece, the cotton side facing outward and the plastic side between the fabric and cotton.**



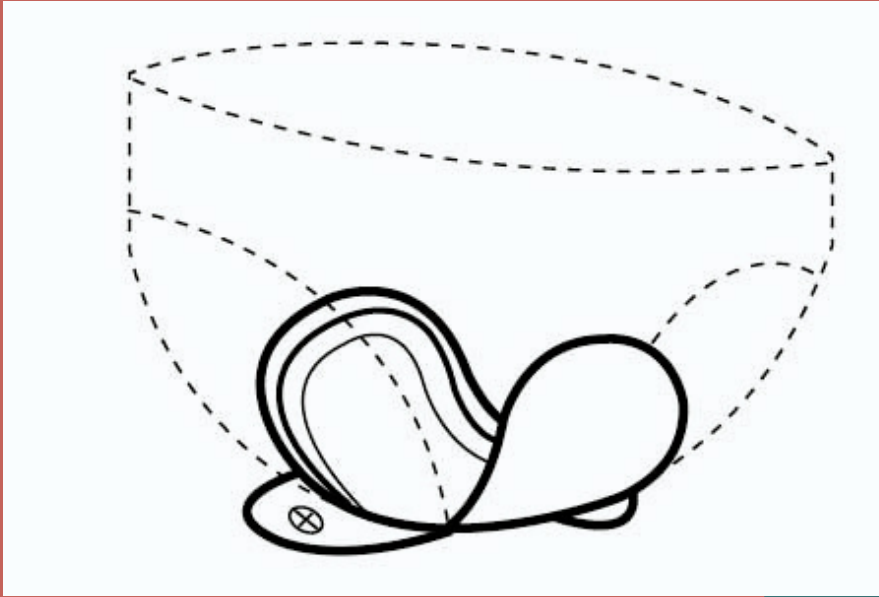
On the edge of one of the wings, sew the button on.

5



6

**On the opposite wing, also along the edge, cut a small, narrow hole for the button to fit through.**



To wear the reusable menstrual pad, place it in your underwear, wrap the wings under, and use the button to secure in place.

7

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# What else can I use?

- Towels (a thick material)
- A thin fabric (cotton absorbs best but other things work)
- A safety pin (if you dont have a button)



# USING YOUR PAD



## MAKE SURE YOU WASH AFTER EVERY USE

Presentations are tools.



## HANG TO DRY

Presentations are tools.



## SHARE YOUR BLOOD WITH MOTHER EARTH

This is one of the biggest offerings we can provide from our cycle and its a beautiful way to connect.

# HAVE FUN!!



**MAKE YOUR PADS WITH OTHER CYCLE SISTERS TO CREATE A BOND.**



**KNOW THAT YOU ARE MAKING A POSITIVE IMPACT, ON YOUR BODY AND THE EARTH.**



**SHOW OTHERS HOW TO MAKE SO THEY CAN EXPERIENCE PERIOD FREEDOM.**