



Salisbury University's

PRESIDENTIAL CITIZEN SCHOLARS PROGRAM

PCS WHITEPAPER

PERIOD POWER PROJECT

MAGGIE ATHERTON, JUNIOR

LIAN PEACH, JUNIOR

ABIGAIL POTTER, SENIOR

MEET THE SCHOLARS



Maggie Atherton

Major: Conflict Analysis and Dispute Resolution
Minors: Philosophy and Law, Justice, and Advocacy

Grad Year: 2025

Leadership: Clarke Honors College Lead Bellavance Ambassador; Freedom, Learning, and Advocacy for Reproductive Equity, Founder and President; Student United Way, Vice President, Treasurer, and Volunteer Coordinator; Relay For Life, Co-Director of External Outreach; Orientation Leader



Lian Peach

Major: Political Science

Minor: Economics

Grad Year: 2025

Leadership: Student Government Association, Director of Academic Affairs; Laridae, Co-Editor-in-Chief; Clarke Honors College, Ambassador; Freedom, Learning, and Advocacy for Reproductive Equity, Treasurer



Abigail Potter

Major: Public Health

Grad Year: 2024

Leadership: Freedom, Learning, and Advocacy for Reproductive Equity, Event Coordinator; Project KISS Executive Assistant

PERIOD POWER PROJECT

BACKGROUND RESEARCH

According to the TidalHealth, Somerset County and Wicomico County Health Department's Community Health Needs Assessment (2022), 19% of children in Wicomico County live in poverty and 50% of children are eligible for the free school lunch program. In Maryland as a whole, 12% of children live in poverty. Wicomico County is 7% higher than the state average when it comes to child poverty. From this data, it is assumed that access to hygiene products may be sacrificed if families are living in poverty and are not able to prioritize monthly expenses for menstrual products.

On July 1, 2021, House Bill 0205 became effective, requiring the Provision of free Menstrual Hygiene Products in Maryland Public Schools. This legislation calls for menstrual products to be available to all students via dispensers in women's restrooms. Currently, little is done to enforce this legislation in public school restrooms, meaning that students do not have access to consistent and discrete menstrual products from their schools as mandated.

MISSION

We have created Period Power to address the inequalities we found in our research and through word of mouth. With a target audience of middle school students in Wicomico County, we will provide sustainable and discrete feminine hygiene products and resources. We are also working to address the stigma of menstruation in a community that tends to be a little more conservative when it comes to discussing reproductive health.



CYCLE BRACELETS

To address stigma within the community, we tabled at the October Third Friday to educate about menstrual cycles. The cycle bracelets are comprised of four different colored beads, with each color representing a different phase of the menstrual cycle - menstrual, follicular, ovulatory, and luteal. We made 52 cycle bracelets with the community and handed out informative pamphlets to community families.

PILOT PROGRAM

We partnered with Aetna Better Health and Wicomico County Public Schools (WCPS) to pilot our project.

On February 9th, we assembled 1,000-period packs with the help of WCPS English-Language Learning (ELL) high school students. Each pack contained 3 pads, 1 package of sanitary wipes, 1 hand sanitizer, and an Aetna information card.

These packs have been distributed to the Wicomico Middle and Salisbury Middle schools to provide a discreet hygiene resource for students who menstruate. Currently, roughly 50 of these packs have been handed out. We also created menstrual cycle bracelets with the ELL students to educate them on the phases of the menstrual cycle in a creative and interactive way.





FUTURE PLANS

Through our connections with Aetna Better Health and the Wicomico County Public School system, we hope to expand our pilot program to provide products for the remaining three middle schools in Wicomico County. Additionally, we would love to be able to expand the program to the rest of the Lower Eastern Shore in the future.

We also recognized a lack of product availability in our campus community. We continue to address the stigma of menstruation within our campus community by creating a program to expand menstrual product access at SU.

We would like to wrap up our project in this manner since we consider SU's campus a part of the Greater Salisbury community, and we think it brings our project back full circle, as we have done a lot of reflection and evaluation of the resources right around us as we've completed this project for the middle schools.

CONFERENCE PRESENTATIONS

In addition to the PACE Showcase, we have had the honor of presenting our project at several conferences, including SU's Posters on the Bay, the SU Women's Forum Conference, the National Conference of Undergraduate Research (NUCR), and the SU Student Research Conference (SUSRC).



REFERENCES

Public Schools - Provision of Menstrual Hygiene Products - Requirement.
<https://mgaleg.maryland.gov/mgawebsite/Legislation/Details/hb0205?ys=2021RS>

State of the Period, (2021). *Thinx and PERIOD*. <https://period.org/uploads/State-of-the-Period-2021.pdf>

State of the Period, (2023). *Thinx and PERIOD*. <https://period.org/uploads/SOTP-2023.pdf>

TidalHealth and Somerset County & Wicomico County Health Departments, 2022. *2022 Community Health Needs Assessment Report*.
https://TidalHealth_Community_Health_Needs_Assessment_2022/

THANK YOU!

Maggie, Lian, and Abigail would like to extend our appreciation to the following people who have given significant time and energy to support our Presidential Citizen Scholars Capstone Project over the past three semesters. Thank you for your support and guidance!

COMMUNITY LEADERS

Kathy Frisch (Health Services Supervisor/Wicomico County Public Schools)

Tara Wampler (Community Development Coordinator/Aetna Better Health)

Jen Davis (School Nurse Coordinator/Wicomico County Public Schools)

Kim Miles (Assistant Superintendent/Student and Family Services at Wicomico County Board of Education)

Alicia Miller (True You Maryland Coordinator/Wicomico County Health Department)

Chavonda Carr (Adolescent Health Program Supervisor/ Wicomico County Health Department)

Michele Garigliano (Vice Chair and Board Member/Salisbury University Foundation)

Tim Bozman (Director/Wicomico County Local Management Board)

Jaime Riley (Assistant Director/Wicomico County Department of Social Services)

SU CAMPUS LEADERS

Sandy Pope (PACE Director and ShoreCorps Program Director/Public Affairs and Civic Engagement)

Sara Heim (ShoreCorps Assistant Director/Public Affairs and Civic Engagement)

Ryan Weaver (Lecturer/Public Affairs and Civic Engagement)

Kim Fabbri-Greener (Director/Career Services)

Carolina Bown (Nonprofit Leadership Alliance Campus Director/Public Affairs and Civic Engagement)

Andrew Martino (Dean/Clarke Honors College)

Lauren Hill (Assistant Dean/Clarke Honors College)

Viktoria Basham (Lecturer/Clarke Honors College)

Vanice Antrum (Director of Multicultural Affairs/Multicultural Student Services)

Candance Henry (Director/Disability Resource Center)



The Institute for Public Affairs and Civic Engagement (PACE) is a resource center where the SU community, local government, nonprofit and public groups can access knowledge and information. PACE draws on the interdisciplinary expertise of SU faculty, students, staff, and community partners. As a nonpartisan contributor, the Institute organizes projects and programs that are customized to fit the particular needs of the Eastern Shore community. For more information about PACE, visit www.salisbury.edu/pace (or email PACE@salisbury.edu).



The PCS Program prepares students to be community leaders through civic scholarship and community action. Over three semesters, Scholars meet with members of the community to identify and research an issue that will culminate in a Capstone Project. Scholars are supported through Salisbury University's Institute for Public Affairs and Civic Engagement (PACE) and the Office of the President. SU's highest purpose is "to empower students with knowledge, skills, and core values that contribute to lifelong learning and active citizenship in a democratic society." This elite program builds on SU's highest purpose by offering students of all majors and disciplines the opportunity to engage in the life of the community, develop habits of democratic citizenship, and become experienced civic leaders. The PCS Program operates under the direction and guidance of Ryan Weaver, PACE/IDIS Lecturer (rvweaver@salisbury.edu).