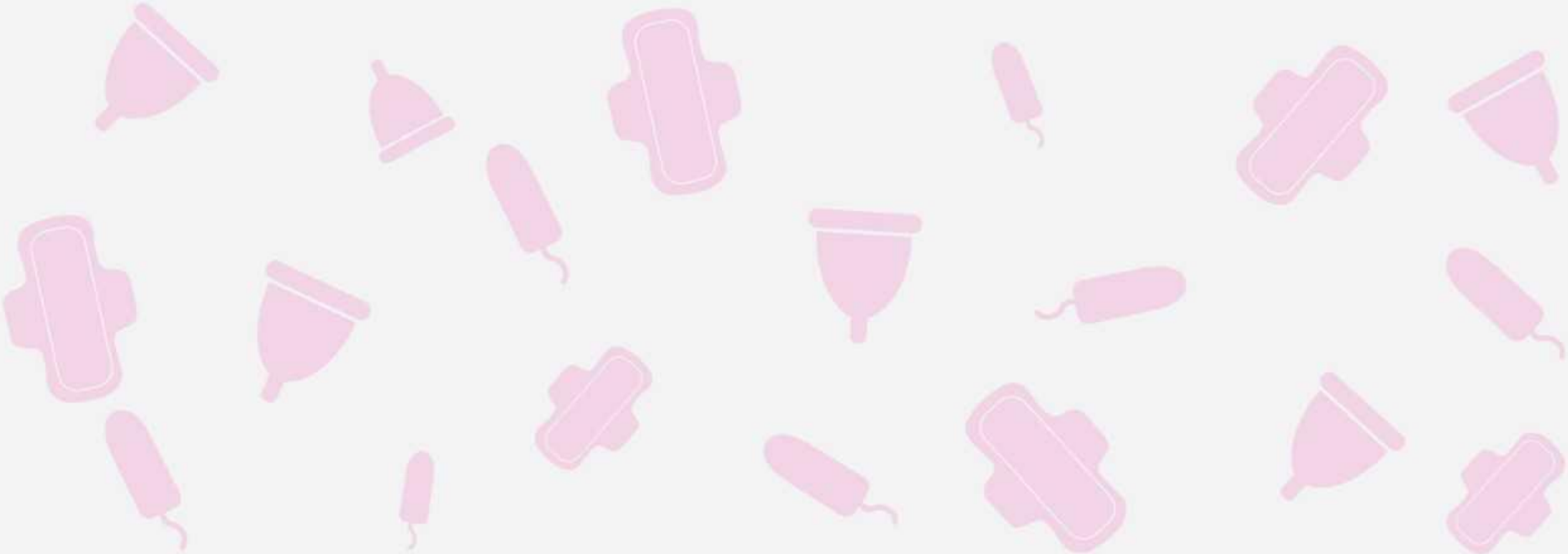


Female and male views on menstruation in Canada

Survey | Summary

Conducted by Nanos for Plan International Canada, May, 2019

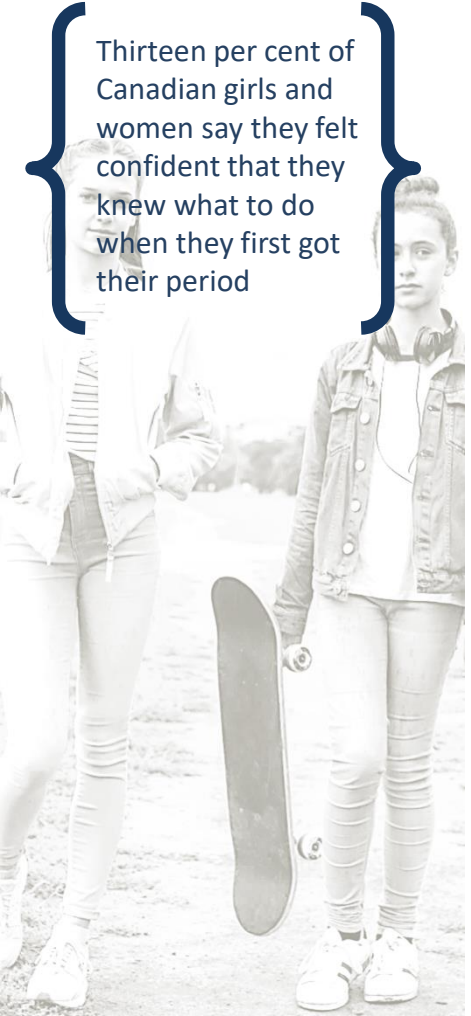
Submission 2019-1430/2



Views of Canadian girls and women on menstrual hygiene



Just over one in ten Canadian girls and women say they felt confident that they knew what to do when they first got their period, while half of Canadian girls and women say they felt prepared or somewhat prepared for their first period because of what they learned in school. Over one in two Canadian girls and women report they have occasionally had to miss out on an activity because of their period and concerns about a lack of access to menstrual hygiene products. A majority of Canadian women and girls support making menstrual hygiene products available for free in a variety of places including the workplace, schools, and homeless shelters. Canadian women and girls gave the highest intensity of helpfulness regarding information about menstruation to conversations with female members of their family, followed by information found on menstrual product packaging.



Thirteen per cent of Canadian girls and women say they felt confident that they knew what to do when they first got their period

Availability of free menstrual hygiene products

- **More than eight in ten Canadian girls and women support or somewhat support making menstrual hygiene products available for free in workplaces** – A majority of Canadian girls and women support (62%) or somewhat support (19%) making menstrual hygiene products available for free in workplaces, and just over one in ten somewhat oppose (seven per cent) or oppose (six per cent) this. Six per cent are unsure. Girls 14 to 17 years of age are more likely to support (74%) this than women 25 to 34 years of age (62% support) and 35 to 55 years of age (58% support).
- **More than nine in ten Canadian girls and women support or somewhat support making menstrual hygiene products available for free in schools** – The majority of Canadian girls and women support (78%) or somewhat support (15%) making menstrual hygiene products available for free in schools, and two per cent each somewhat oppose or oppose this. Four per cent are unsure.
- **A majority of Canadian girls and women support or somewhat support making menstrual hygiene products available for free in post-secondary institutions** – Nearly nine in ten Canadian girls and women support (69%) or somewhat support (19%) making menstrual hygiene products available for free in post-secondary institutions (universities/colleges), and just under one in ten somewhat oppose (four per cent) or oppose (four per cent) this. Five per cent are unsure. Girls 14 to 17 years of age are more likely to support (76%) this than women 35 to 55 years of age (66% support).



A majority of Canadian women and girls support making menstrual hygiene products available for free in a variety of places

- **Over eight in ten Canadian girls and women support or somewhat support making menstrual hygiene products available for free in public spaces** – A majority of Canadian girls and women support (61%) or somewhat support (20%) making menstrual hygiene products available for free in public spaces (including park facilities, libraries, community centres, etc.), and just over one in ten somewhat oppose (seven per cent) or oppose (six per cent) this. Seven per cent are unsure. Girls 14 to 17 years of age are more likely to support (68%) this than women 35 to 55 years of age (58% support).
- **More than nine in ten Canadian girls and women support or somewhat support making menstrual hygiene products available for free in homeless shelters** – The vast majority of Canadian girls and women support (79%) or somewhat support (13%) making menstrual hygiene products available for free in homeless shelters, and two per cent each somewhat oppose or oppose this. Five per cent are unsure. Girls 14 to 17 years of age are the most likely to support this (90%) than women 18 to 24 years of age (79% support), 25 to 34 years of age (77% support) and 35 to 55 years of age (79% support).
- **Over seven in ten Canadian girls and women support or somewhat support making menstrual hygiene products available for free in places of worship** – A majority of Canadian girls and women support (54%) or somewhat support (19%) making menstrual hygiene products available for free in places of worship, while under two in ten somewhat oppose (seven per cent) or oppose (nine per cent) this. Twelve per cent are unsure.
- **The majority of Canadian girls and women support or somewhat support making menstrual hygiene products available for free in penitentiaries or detention centres** – More than eight in ten Canadian girls and women support (69%) or somewhat support (16%) making menstrual hygiene products available for free in penitentiaries/detention centres, while just under one in ten somewhat oppose or oppose this (four per cent each). Seven per cent are unsure.

Getting information about menstruation and menstrual hygiene

- **Canadian girls and women are more likely to say a lesson at school from a teacher was helpful or somewhat helpful for information they received about menstruation** – One in two Canadian girls and women say a lesson at school from a teacher was helpful (19%) or somewhat helpful (31%) in terms of conversations or information they've received about menstruation. Under two in ten say this was somewhat not helpful (10%) or not helpful (nine per cent), and 28 per cent say they did not receive this. Four per cent are unsure. Girls 14 to 17 years of age are more likely to say this was helpful (29%) than women 25 to 34 years of age (14% helpful) or 35 to 55 years of age (18% helpful). Women 35 to 55 years of age were most likely to report they did not receive this (34%), while girls 14 to 17 were least likely to report this (11%).
- **Nearly six in ten Canadian girls and women say a conversation with a friend about menstruation was helpful or somewhat helpful** – More than half of Canadian girls and women say a conversation with a friend about what was going to happen and how to manage it was helpful (24%) or somewhat helpful (32%) in terms of conversations or information they've received about menstruation. Just over one in ten say this was somewhat not helpful (seven per cent) or not helpful (four per cent), and 29 per cent say they did not receive this. Four per cent are unsure.
- **More than seven in ten Canadian girls and women say a conversation with a family member about menstruation was helpful or somewhat helpful** – A majority of Canadian girls and women say a conversation with a family member about what was going to happen and how to manage it was helpful (42%) or somewhat helpful (31%) in terms of conversations or information they've received about menstruation. Just over one in ten say this was somewhat not helpful (seven per cent) or not helpful (four per cent), and 13 per cent say they did not receive this. Three per cent are unsure.
- **Canadian girls and women most often say menstrual hygiene product advertisements were helpful or somewhat helpful** – Over four in ten Canadian girls and women say menstrual hygiene product advertisements were helpful (12%) or somewhat helpful (30%) in terms of conversations or information they've received about menstruation, while over one in three say this was somewhat not helpful (15%) or not helpful (20%). Sixteen per cent say they did not receive this and six per cent are unsure. Women 35 to 55 years of age were most likely to report they did not receive this (20%), while girls 14 to 17 were least likely to report this (nine per cent).



More than seven in ten Canadian girls and women say a conversation with a family member about menstruation was helpful or somewhat helpful




Seven in ten Canadian girls and women say a information on product packaging on how to safely use menstruation products was helpful or somewhat helpful

- **Nearly six in ten Canadian girls and women report they did not receive conversations or information about menstruation from social media** – In terms of conversations or information they have received about menstruation from social media, a majority of Canadian girls and women (58%) report they did not receive this. Just over two in ten say this was helpful (eight per cent) or somewhat helpful (14%), while under two in ten say this was somewhat not helpful (seven per cent) or not helpful (nine per cent). Four per cent are unsure. Girls 14 to 17 years of age are more likely to say this was helpful (24%) or somewhat helpful (25%) for them than women 25 to 34 years of age (seven per cent helpful; 13% somewhat helpful) and 35 to 55 years of age (five per cent helpful; 10% somewhat helpful). More than seven in ten women 35 to 55 years of age (72%) report they did not receive this, compared to 17 per cent of girls 14 to 17 years of age.
- **Just over one in three Canadian girls and women say information or conversations they received about menstruation from the internet was helpful or somewhat helpful** – In terms of conversations or information they have received about menstruation from the internet, over half of Canadians (51%) report they did not receive this. Just over one in three say this was helpful (19%) or somewhat helpful (18%), while under one in ten say this was somewhat not helpful (five per cent) or not helpful (four per cent). Three per cent are unsure. More than seven in ten girls 14 to 17 felt this was helpful (45%) or somewhat helpful (26%), compared to women 35 to 55 years of age (10% helpful; 12% somewhat helpful). Women 35 to 55 years of age were more likely to report not having received this (68%) than girls 14 to 17 (11%).
- **Canadian girls and women most often say information from a healthcare professional was helpful or somewhat helpful** – Nearly one in two Canadian girls and women say information from a healthcare professional (e.g. doctor, school nurse, etc.) was helpful (21%) or somewhat helpful (25%) in terms of conversations or information they've received about menstruation, while over four in ten say they did not receive this (41%). One in ten say this was somewhat not helpful (six per cent) or not helpful (four per cent), and four per cent are unsure.
- **Seven in ten Canadian girls and women say a information on product packaging on how to safely use menstruation products was helpful or somewhat helpful** – A majority of Canadian girls and women say information on product packaging about how to safely use products (e.g. tampons, sanitary pads, cups, etc.) was helpful (29%) or somewhat helpful (41%) in terms of conversations or information they've received about menstruation. Just over one in ten say this was somewhat not helpful (eight per cent) or not helpful (six per cent), and 12 per cent say they did not receive this. Four per cent are unsure.

Comfort communicating about menstruation


- **Canadian girls and women most often say they are most comfortable speaking with female relatives, friends or healthcare professionals about their period** – Asked which groups of people they are comfortable speaking to about their period, just over three quarters of Canadian girls and women selected female family members (76%), followed closely by female friends and colleagues (71%), and a female healthcare professional (70%). Also selected was partner/spouse (53%), followed by male healthcare professional (39%), male family member (15%) and male friend or colleague (14%). Seven per cent say none of them.



Two in ten Canadian girls and women say unprepared for their first period because of what they learned in school

Preparedness for their first period

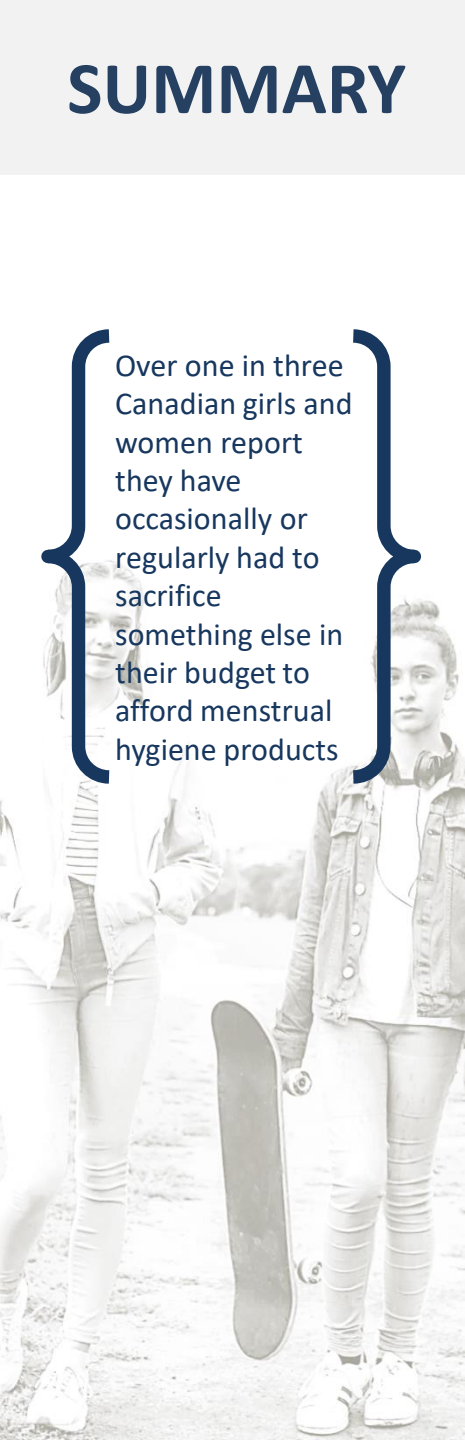
- **Just over one in ten Canadian girls and women say they felt confident that they knew what to do when they first got their period** – One in two Canadian girls and women say they felt somewhat not confident (19%) or not confident (31%) that they knew what to do when they first got their period, while over four in ten say they felt confident (13%) or somewhat confident (32%). Four per cent are unsure and one per cent report they have never gotten their period. Women 35 to 55 years of age are the most likely to say they felt not confident (35%), while girls 14 to 17 years of age are the least likely (20% not confident).
- **Two in ten Canadian girls and women say they felt unprepared for their first period because of what they learned in school** – One in two Canadian girls and women say they felt prepared (15%) or somewhat prepared (36%) because of what they learned in school about menstrual hygiene, while nearly four in ten felt somewhat not prepared (19%) or not prepared (19%). Eight per cent report they have not received any education about menstrual hygiene or periods in school, and four per cent are unsure. Girls 14 to 17 years of age are more likely to say they felt prepared (24%) for their first period because of what they learned in school than women 25 to 34 years of age (14% prepared) or 35 to 55 years of age (13% prepared).
- **Four in ten Canadian girls and women say that someone told them they were ‘now a woman’ when they first got their period** – Asked if when they first got their period if anyone told them they were “now a woman”, half of Canadian girls and women say no (50%), while just over four in ten say yes (41%). Nine per cent are unsure and one per cent report they have never gotten their period.



More than one in ten Canadian girls and women report they have regularly had to miss out on an activity because of their period and concerns about a lack of access to menstrual hygiene products

Negative impacts due to menstruation

- **Nearly six in ten Canadian girls and women report they have never had to sacrifice something else in their budget to afford menstrual hygiene products** – More than half of Canadian girls and women report they have never (57%) had to sacrifice something else within their budget to afford menstrual hygiene products, while over one in four (27%) report they have had to do so occasionally, and eight per cent report they have done so regularly. Five per cent report they do not buy their own products, one per cent report they have never gotten their period, and three per cent are unsure. Women 35 to 55 years of age are more likely to report never having had to sacrifice something else in their budget (63%) than women 18 to 24 years of age (47%), and girls 14 to 17 years of age (37%). Girls 14 to 17 are much more likely to report they do not buy their own products (37%).
- **More than one in ten Canadian girls and women report they have regularly had to miss out on an activity because of their period and concerns about a lack of access to menstrual hygiene products** – More than half of Canadian girls and women report they have occasionally (51%) had to miss out on an activity because of their period and concerns about not being able access to menstrual hygiene products or proper facilities, while over three in ten (32%) report they have never done so, and 12 per cent report they have done so regularly. One per cent report they do not buy their own products, one per cent report they have never gotten their period, and four per cent are unsure.
- **Canadian girls and women most often report they have never or occasionally felt the need to lie about being on their period or hide a menstrual product when using the washroom** – More than one in three Canadian girls and women each report they have occasionally (38%) or never (38%) felt the need to lie about being on their period or hide a menstrual product when using the washroom on their period, while 19 per cent report they have done so regularly. One per cent report they do not buy their own products, one per cent report they have never gotten their period, and three per cent are unsure. Girls 14 to 17 years of age are more likely report they have regularly felt the need to lie or hide a product (33%) than women 25 to 34 years of age (23%) and 35 to 55 years of age (14%). Women 35 to 55 years of age are most likely to report never having felt the need to do so (47%), while women 18 to 24 are the least likely (23% never).

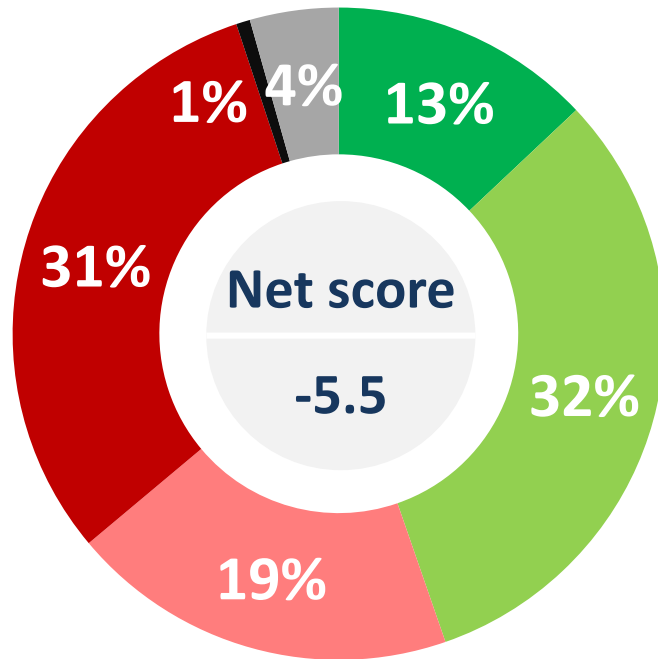


Over one in three Canadian girls and women report they have occasionally or regularly had to sacrifice something else in their budget to afford menstrual hygiene products

- **Over one in three Canadian girls and women report they have been teased occasionally by a male about being on their period** – More than half of Canadian girls and women report they have never (53%) been teased by a male (friend, peer/colleague, relative) about being on their period, while over one in three (35%) report they have been teased occasionally, and six per cent report they have been teased regularly. One per cent report they do not buy their own products, one per cent report they have never gotten their period, and five per cent are unsure. Women 35 to 55 years of age are more likely to report never having experienced this (58%) than women 18 to 24 years of age (45% never) or girls 14 to 17 years of age (43% never).

Nanos conducted an online panel survey of 2,028 female Canadians, 14 to 55 years of age, between May 6th and 12th, 2019. The results were weighted by age and gender using the latest Census information. The research was commissioned by Plan International Canada and was conducted by Nanos Research.

Confidence knowing what to do on your first period



Not confident/Somewhat not confident

Atlantic (n=147)	60.4%
Quebec (n=445)	45.6%
Ontario (n=791)	50.8%
Prairies (n=380)	55.5%
British Columbia (n=265)	43.4%
14 to 17 (n=154)	36.9%
18 to 24 (n=317)	41.9%
25 to 34 (n=485)	51.7%
35 to 55 (n=1072)	54.0%

- Confident
- Somewhat confident
- Somewhat not confident
- Not confident
- N/A - I have never gotten my period
- Unsure

*Weighted to the true population proportion.
*Charts may not add up to 100 due to rounding.

QUESTION – When you first got your period, did you feel confident, somewhat confident, somewhat not confident or not confident that you knew what to do?

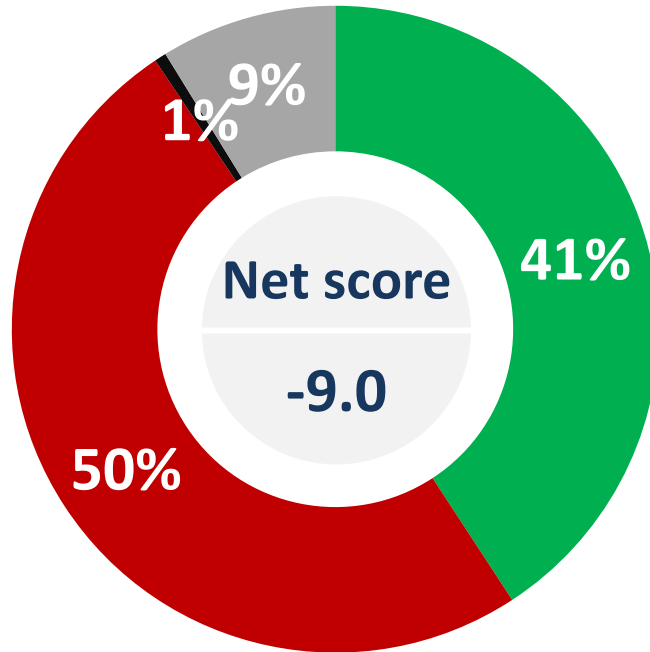
Confidence knowing what to do on your first period



	Confident	Somewhat confident	Somewhat not confident	Not confident	N/A- I have never gotten my period	Unsure
Atlantic (n=147)	13.7%	22.5%	26.5%	33.9%	0.7%	2.7%
Quebec (n=445)	14.8%	33.5%	21.1%	24.5%	0.7%	5.4%
Ontario (n=791)	11.6%	32.1%	17.8%	33.0%	0.6%	4.8%
Prairies (n=380)	13.4%	28.6%	17.4%	38.1%	0.0%	2.6%
British Columbia (n=265)	12.8%	37.0%	18.9%	24.5%	1.9%	4.9%
14 to 17 (n=154)	22.3%	31.9%	17.4%	19.5%	1.3%	7.7%
18 to 24 (n=317)	12.1%	40.3%	18.0%	23.9%	-	5.7%
25 to 34 (n=485)	10.5%	33.2%	20.0%	31.7%	1.0%	3.5%
35 to 55 (n=1072)	13.0%	28.5%	19.5%	34.5%	0.7%	3.9%

QUESTION – When you first got your period, did you feel confident, somewhat confident, somewhat not confident or not confident that you knew what to do?

Being told “now a woman” when getting first period



■ Yes ■ No ■ N/A - I have never gotten my period ■ Unsure

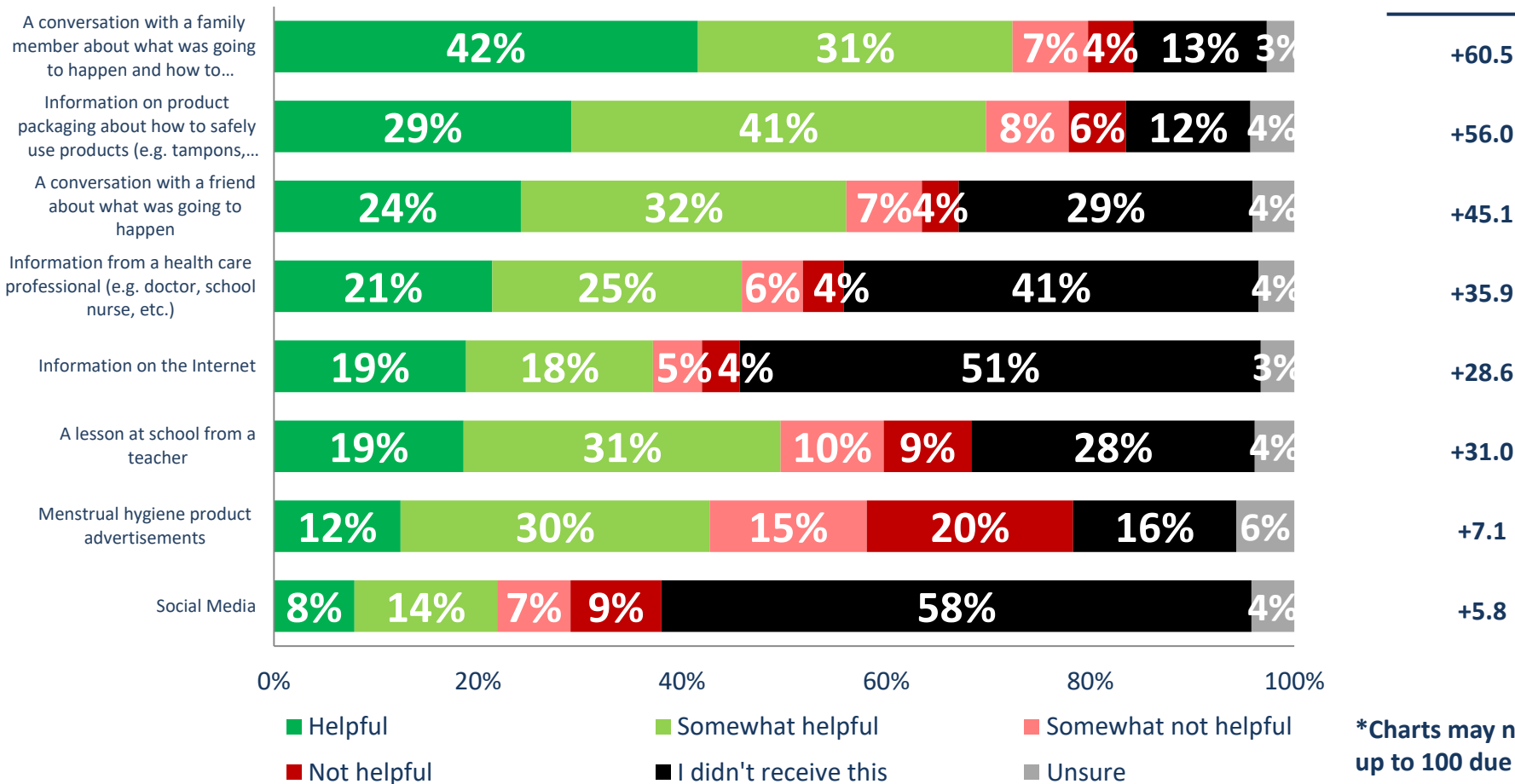
	No
Atlantic (n=147)	60.3%
Quebec (n=445)	33.7%
Ontario (n=791)	50.8%
Prairies (n=380)	57.5%
British Columbia (n=265)	57.7%
14 to 17 (n=154)	47.6%
18 to 24 (n=317)	50.4%
25 to 34 (n=485)	50.4%
35 to 55 (n=1072)	49.7%

*Weighted to the true population proportion.
*Charts may not add up to 100 due to rounding.

QUESTION – When you first got your period, did anyone tell you that you were “now a woman”?

Helpfulness of information received about menstruation

Net score

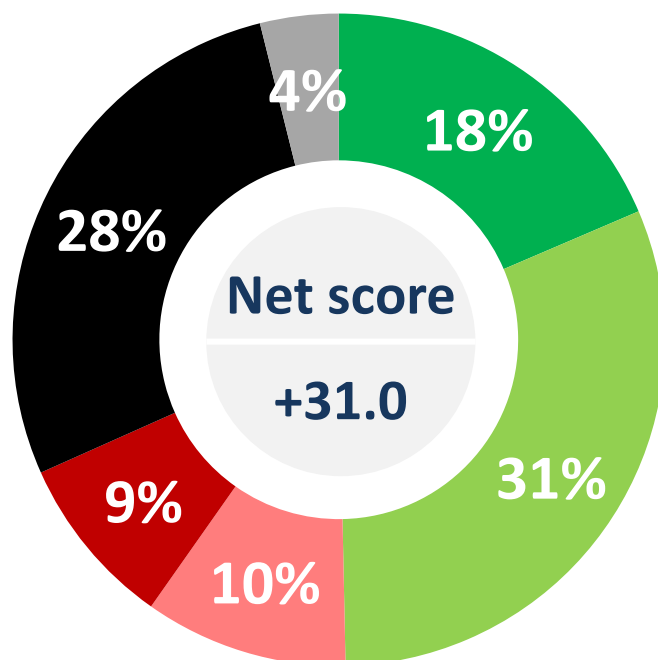


*Charts may not add up to 100 due to rounding

QUESTION – Thinking about conversations or information you’ve received about menstruation, were the following helpful, somewhat helpful, somewhat not helpful or not helpful? [RANDOMIZE]

Source: Nanos Research, online panel survey, May 6th to 12th, 2019, n=2028 female Canadians, aged 14 to 55.

Helpfulness of information received from a teacher



■ Helpful
 ■ Somewhat helpful
 ■ Somewhat not helpful
■ Not helpful
 ■ I didn't receive this
 ■ Unsure

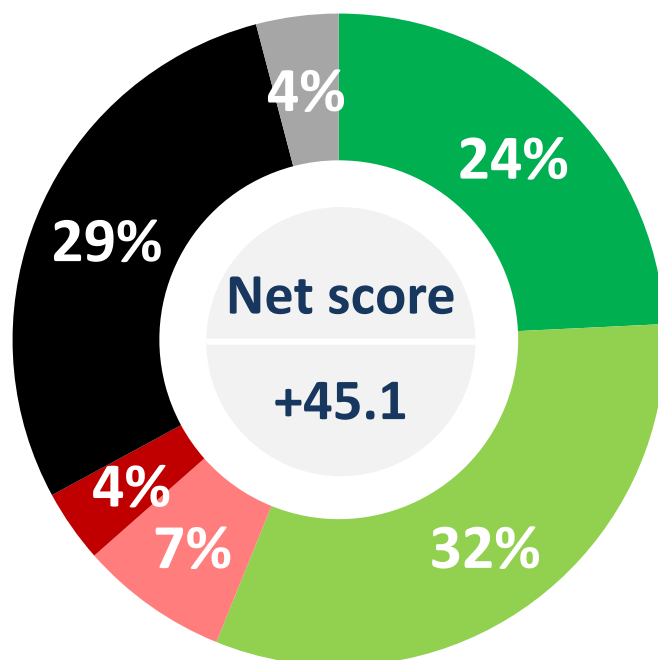
	Helpful/ Somewhat helpful
Atlantic (n=147)	53.9%
Quebec (n=445)	48.6%
Ontario (n=791)	51.7%
Prairies (n=380)	44.8%
British Columbia (n=265)	50.2%
14 to 17 (n=154)	59.0%
18 to 24 (n=317)	52.7%
25 to 34 (n=485)	47.6%
35 to 55 (n=1072)	48.3%

*Weighted to the true population proportion.
 *Charts may not add up to 100 due to rounding.

QUESTION – Thinking about conversations or information you’ve received about menstruation, were the following helpful, somewhat helpful, somewhat not helpful or not helpful? [RANDOMIZE]

A lesson at school from a teacher

Helpfulness of information received from a friend



■ Helpful
 ■ Somewhat helpful
 ■ Somewhat not helpful
■ Not helpful
 ■ I didn't receive this
 ■ Unsure

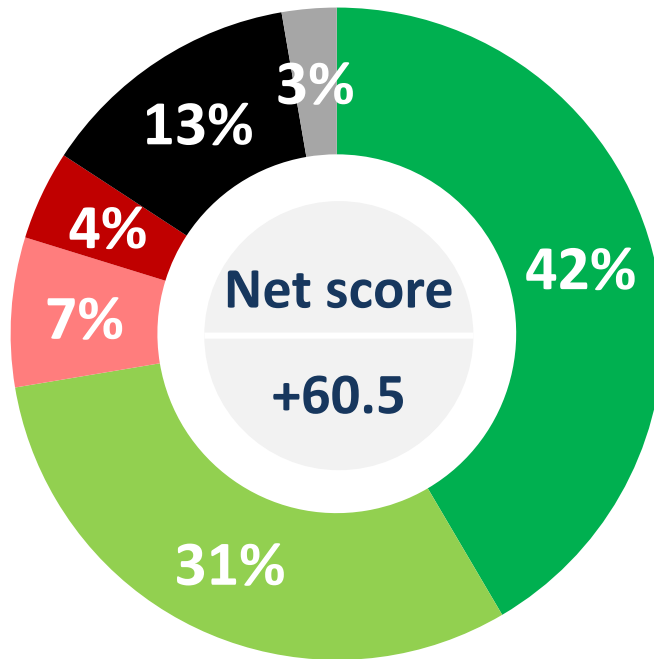
	Helpful/ Somewhat helpful
Atlantic (n=147)	54.5%
Quebec (n=445)	61.6%
Ontario (n=791)	54.1%
Prairies (n=380)	55.9%
British Columbia (n=265)	53.9%
14 to 17 (n=154)	59.5%
18 to 24 (n=317)	56.5%
25 to 34 (n=485)	61.0%
35 to 55 (n=1072)	53.3%

*Weighted to the true population proportion.
 *Charts may not add up to 100 due to rounding.

QUESTION – Thinking about conversations or information you’ve received about menstruation, were the following helpful, somewhat helpful, somewhat not helpful or not helpful? [RANDOMIZE]

A conversation with a friend about what was going to happen and how to manage it

Helpfulness of information received from a family member



Helpful/Somewhat helpful

Region/Group	Helpful/Somewhat helpful
Atlantic (n=147)	75.0%
Quebec (n=444)	77.3%
Ontario (n=791)	73.2%
Prairies (n=380)	67.6%
British Columbia (n=264)	67.0%
14 to 17 (n=154)	74.8%
18 to 24 (n=317)	77.8%
25 to 34 (n=484)	74.7%
35 to 55 (n=1071)	69.4%

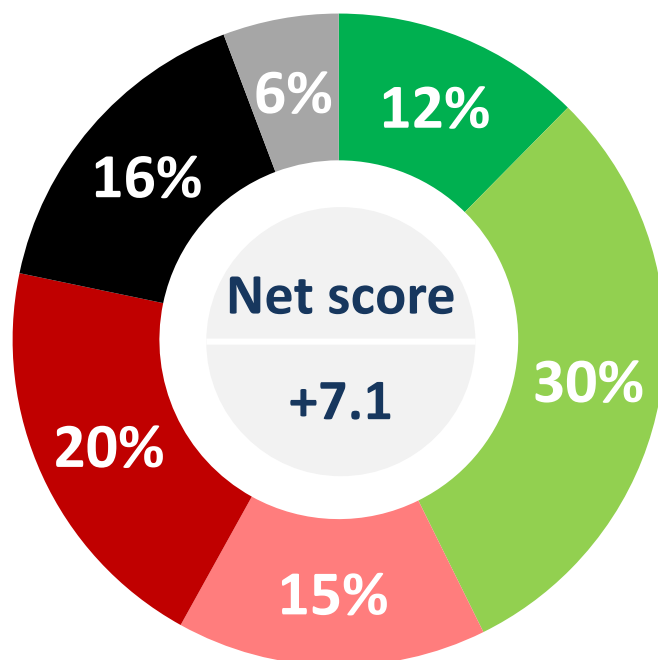
- Helpful
- Somewhat helpful
- Somewhat not helpful
- Not helpful
- I didn't receive this
- Unsure

*Weighted to the true population proportion.
*Charts may not add up to 100 due to rounding.

QUESTION – Thinking about conversations or information you’ve received about menstruation, were the following helpful, somewhat helpful, somewhat not helpful or not helpful? [RANDOMIZE]

A conversation with a family member about what was going to happen and how to manage it

Helpfulness of information received through menstrual hygiene product advertisements



- Helpful
- Somewhat helpful
- Somewhat not helpful
- Not helpful
- I didn't receive this
- Unsure

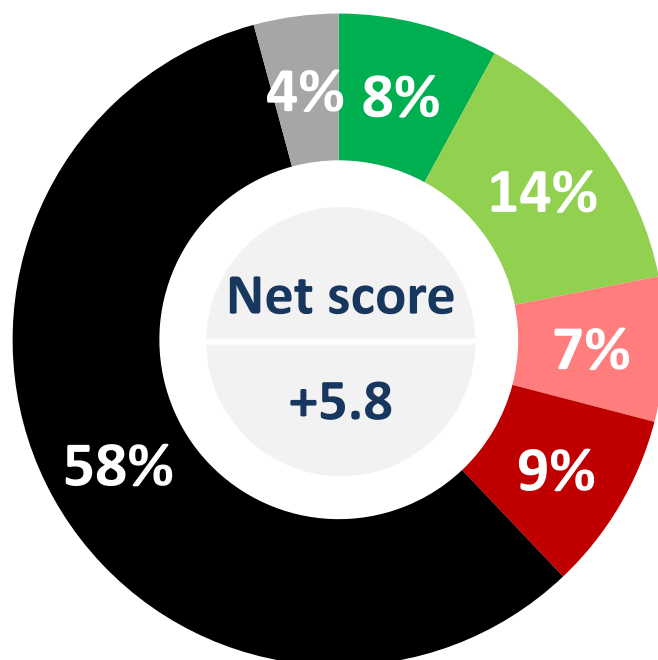
	Helpful/Somewhat helpful
Atlantic (n=146)	46.0%
Quebec (n=445)	44.7%
Ontario (n=790)	40.8%
Prairies (n=380)	43.0%
British Columbia (n=262)	42.7%
14 to 17 (n=154)	40.5%
18 to 24 (n=315)	38.2%
25 to 34 (n=485)	41.4%
35 to 55 (n=1069)	44.9%

*Weighted to the true population proportion.
*Charts may not add up to 100 due to rounding.

QUESTION – Thinking about conversations or information you’ve received about menstruation, were the following helpful, somewhat helpful, somewhat not helpful or not helpful? [RANDOMIZE]

Menstrual hygiene product advertisements

Helpfulness of information received from social media



- Helpful
- Somewhat helpful
- Somewhat not helpful
- Not helpful
- I didn't receive this
- Unsure

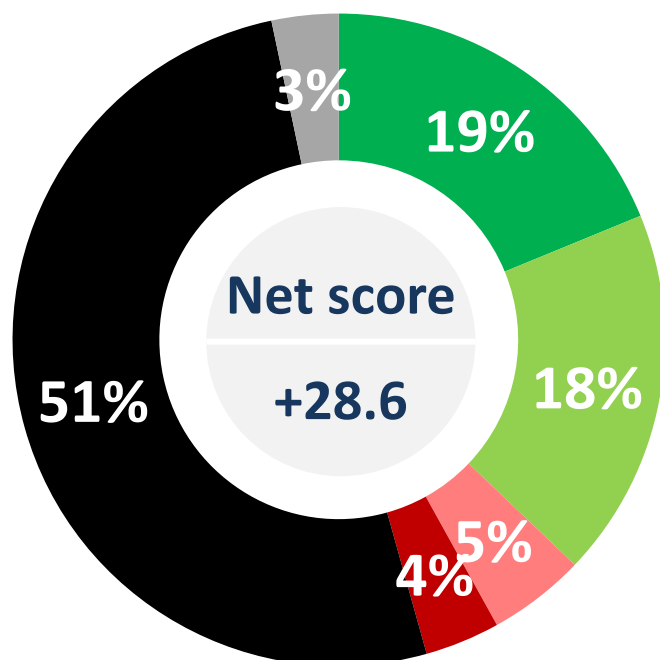
	Helpful/ Somewhat helpful	I did not receive this
Atlantic (n=146)	27.0%	52.3%
Quebec (n=444)	22.3%	54.9%
Ontario (n=789)	20.6%	59.4%
Prairies (n=378)	23.1%	59.5%
British Columbia (n=265)	20.7%	58.9%
14 to 17 (n=154)	49.1%	16.8%
18 to 24 (n=316)	35.1%	33.8%
25 to 34 (n=483)	20.1%	56.7%
35 to 55 (n=1069)	14.7%	71.6%

*Weighted to the true population proportion.
*Charts may not add up to 100 due to rounding.

QUESTION – Thinking about conversations or information you’ve received about menstruation, were the following helpful, somewhat helpful, somewhat not helpful or not helpful? [RANDOMIZE]

A conversation with a family member about what was going to happen and how to manage it

Helpfulness of information received on the Internet



- Helpful
- Somewhat helpful
- Somewhat not helpful
- Not helpful
- I didn't receive this
- Unsure

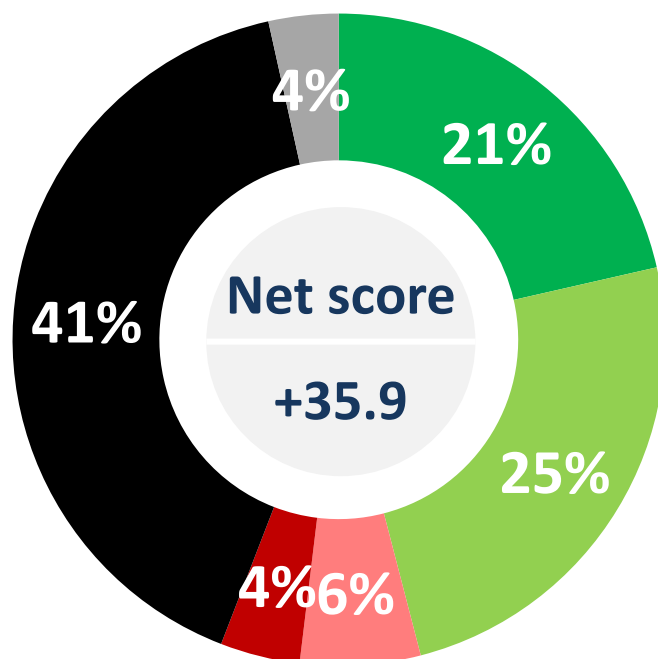
	Helpful/ Somewhat helpful	I did not receive this
Atlantic (n=146)	36.1%	51.5%
Quebec (n=444)	35.5%	49.7%
Ontario (n=788)	37.7%	51.0%
Prairies (n=379)	38.9%	52.1%
British Columbia (n=264)	36.3%	51.6%
14 to 17 (n=154)	70.9%	11.0%
18 to 24 (n=316)	65.1%	21.2%
25 to 34 (n=484)	41.7%	45.2%
35 to 55 (n=1067)	21.8%	68.4%

*Weighted to the true population proportion.
*Charts may not add up to 100 due to rounding.

QUESTION – Thinking about conversations or information you’ve received about menstruation, were the following helpful, somewhat helpful, somewhat not helpful or not helpful? [RANDOMIZE]

Information on the Internet

Helpfulness of information received from a health care professional



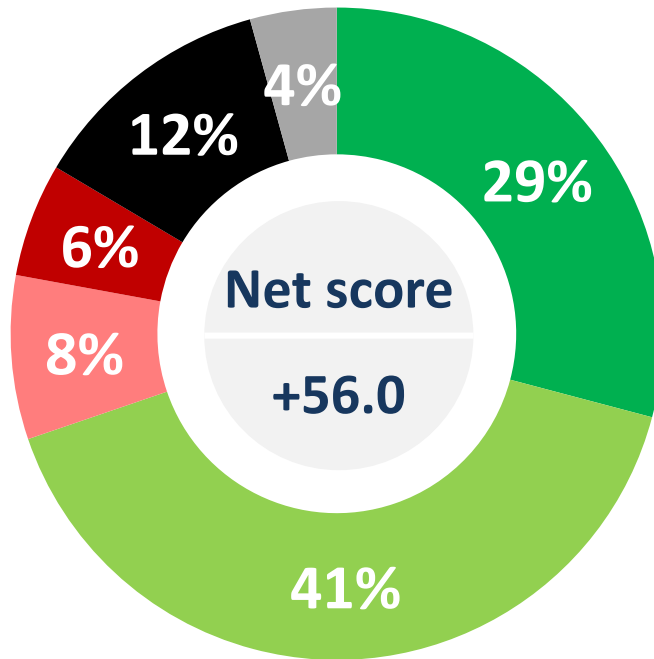
■ Helpful ■ Somewhat helpful ■ Somewhat not helpful
■ Not helpful ■ I didn't receive this ■ Unsure

	Helpful/Somewhat helpful
Atlantic (n=147)	44.5%
Quebec (n=445)	53.7%
Ontario (n=790)	42.7%
Prairies (n=380)	43.2%
British Columbia (n=264)	47.0%
14 to 17 (n=153)	49.8%
18 to 24 (n=317)	50.6%
25 to 34 (n=485)	45.4%
35 to 55 (n=1071)	44.4%

*Weighted to the true population proportion.
 *Charts may not add up to 100 due to rounding.

QUESTION – Thinking about conversations or information you've received about menstruation, were the following helpful, somewhat helpful, somewhat not helpful or not helpful? [RANDOMIZE]
Information from a health care professional (e.g. doctor, school nurse, etc.)

Helpfulness of information received on product packaging



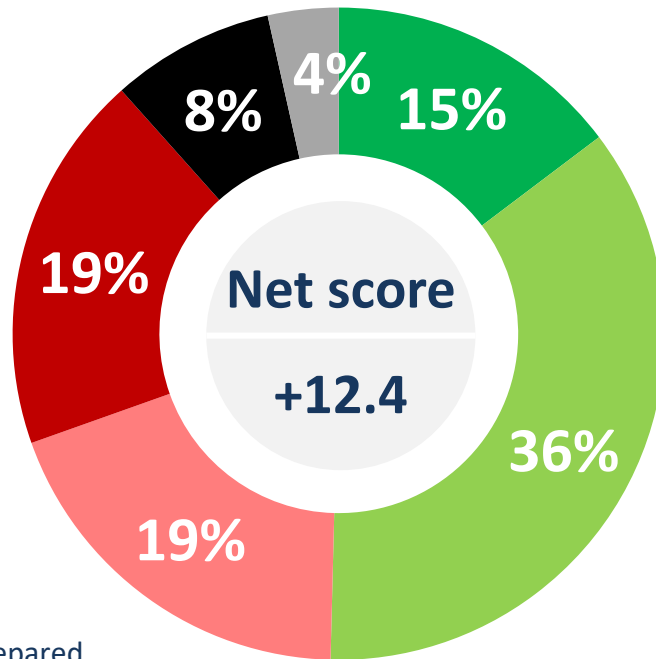
- Helpful
- Somewhat helpful
- Somewhat not helpful
- Not helpful
- I didn't receive this
- Unsure

	Helpful/Somewhat helpful
Atlantic (n=146)	78.8%
Quebec (n=445)	68.8%
Ontario (n=791)	66.5%
Prairies (n=379)	71.5%
British Columbia (n=265)	74.0%
14 to 17 (n=154)	70.7%
18 to 24 (n=317)	67.5%
25 to 34 (n=485)	72.2%
35 to 55 (n=1070)	69.2%

*Weighted to the true population proportion.
*Charts may not add up to 100 due to rounding.

QUESTION – Thinking about conversations or information you’ve received about menstruation, were the following helpful, somewhat helpful, somewhat not helpful or not helpful? [RANDOMIZE]
Information on product packaging about how to safely use products (e.g. tampons, sanitary pads, cups, period panties)

Preparedness for first period



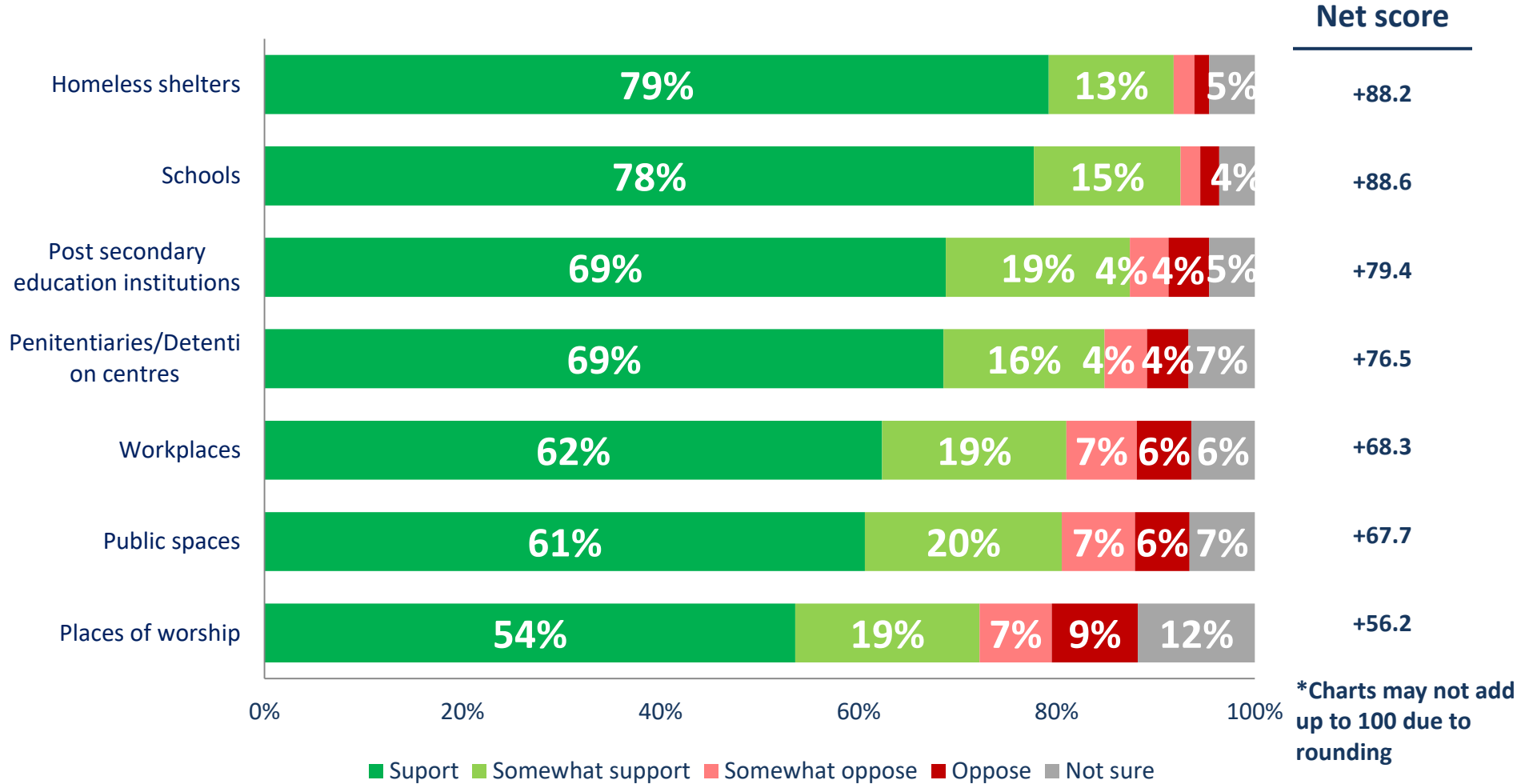
- Prepared
- Somewhat prepared
- Somewhat not prepared
- Not prepared
- I have not received any education about menstrual hygiene or periods in school
- Unsure

	Prepared/Somewhat prepared
Atlantic (n=147)	48.5%
Quebec (n=445)	51.7%
Ontario (n=791)	50.3%
Prairies (n=379)	47.5%
British Columbia (n=265)	53.6%
14 to 17 (n=154)	63.5%
18 to 24 (n=317)	58.0%
25 to 34 (n=484)	47.0%
35 to 55 (n=1072)	47.8%

*Weighted to the true population proportion.
*Charts may not add up to 100 due to rounding.

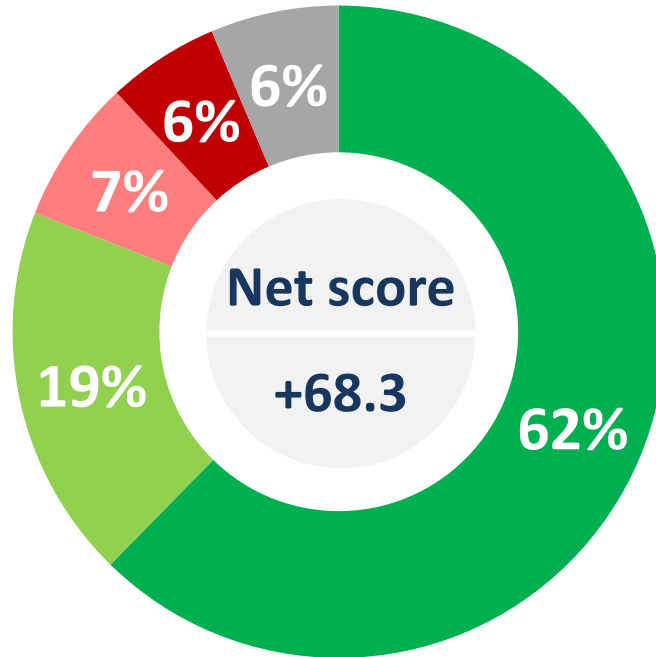
QUESTION - Thinking about what you've learned about, if anything, menstrual hygiene and periods in school, did you feel prepared, somewhat prepared, somewhat not prepared or not prepared for your first period?

Support for free hygiene products in various locations



QUESTION – Do you support, somewhat support, somewhat oppose or oppose making menstrual hygiene products available for free in the following locations? [RANDOMIZE]

Support for free hygiene products in workplaces



Support/
Somewhat
support

	Support/ Somewhat support
Atlantic (n=146)	81.0%
Quebec (n=443)	78.6%
Ontario (n=788)	82.9%
Prairies (n=380)	81.0%
British Columbia (n=265)	78.9%
14 to 17 (n=154)	92.8%
18 to 24 (n=316)	84.2%
25 to 34 (n=485)	82.5%
35 to 55 (n=1067)	77.5%

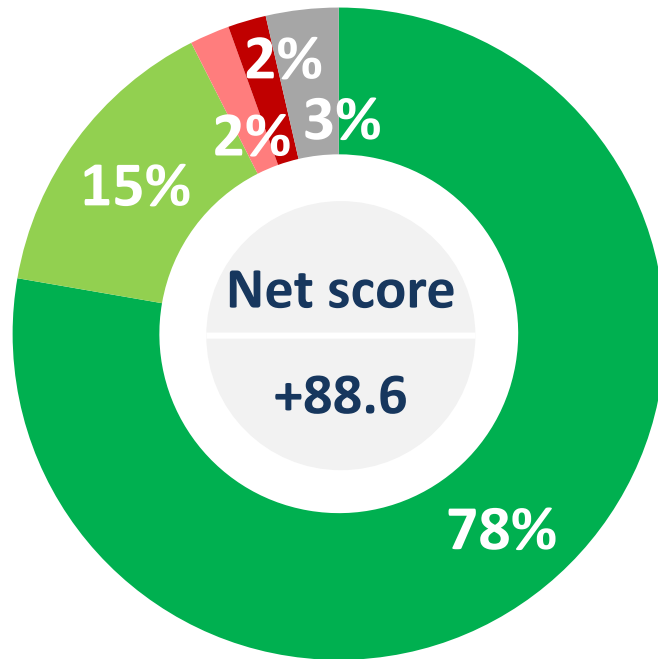
■ Support ■ Somewhat support ■ Somewhat oppose ■ Oppose ■ Not sure

*Weighted to the true population proportion.
*Charts may not add up to 100 due to rounding.

QUESTION – Do you support, somewhat support, somewhat oppose or oppose making menstrual hygiene products available for free in the following locations? [RANDOMIZE]

Workplaces

Support for free hygiene products in schools



Support/ Somewhat support

Atlantic (n=147)	94.7%
Quebec (n=444)	92.2%
Ontario (n=789)	92.7%
Prairies (n=380)	94.4%
British Columbia (n=265)	89.1%
14 to 17 (n=153)	95.3%
18 to 24 (n=317)	93.4%
25 to 34 (n=485)	92.1%
35 to 55 (n=1070)	92.0%

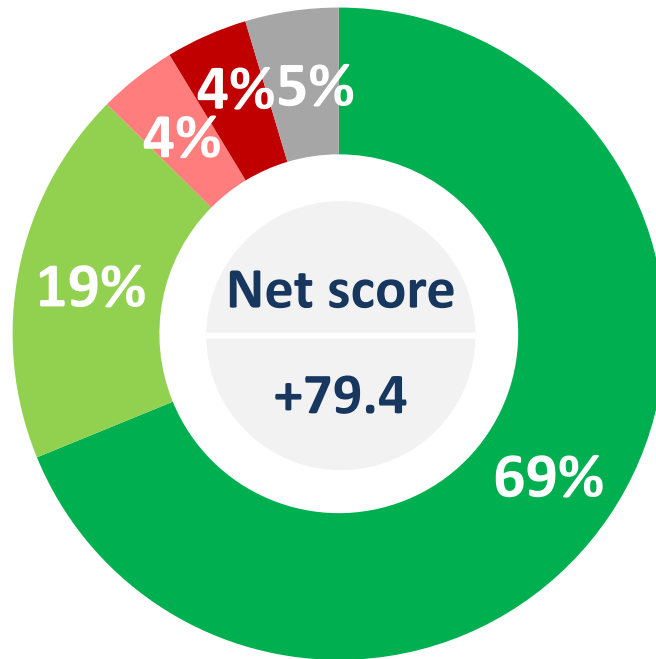
■ Support ■ Somewhat support ■ Somewhat oppose ■ Oppose ■ Not sure

*Weighted to the true population proportion.
*Charts may not add up to 100 due to rounding.

QUESTION – Do you support, somewhat support, somewhat oppose or oppose making menstrual hygiene products available for free in the following locations? [RANDOMIZE]

Schools

Support for free hygiene products in post secondary education institutions



Support/
Somewhat
support

	Support/ Somewhat support
Atlantic (n=147)	88.6%
Quebec (n=445)	86.1%
Ontario (n=789)	89.1%
Prairies (n=378)	86.3%
British Columbia (n=264)	85.6%
14 to 17 (n=154)	94.9%
18 to 24 (n=317)	88.3%
25 to 34 (n=485)	87.2%
35 to 55 (n=1067)	86.1%

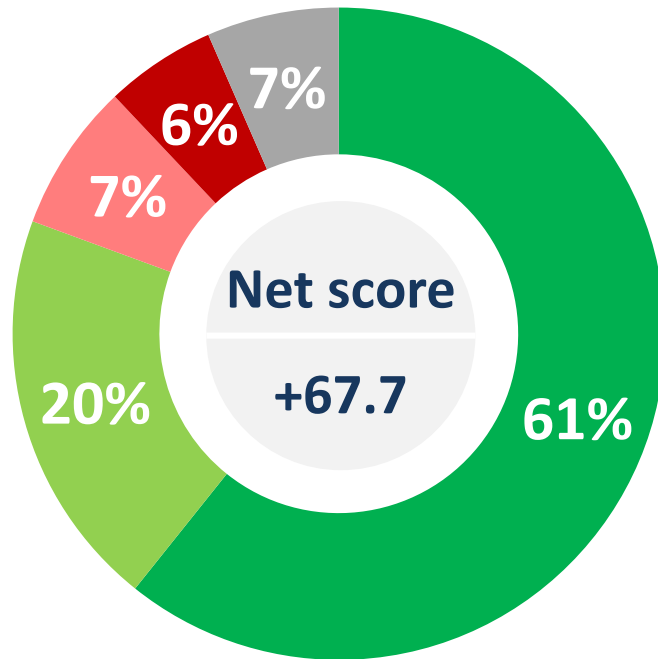
■ Support ■ Somewhat support ■ Somewhat oppose ■ Oppose ■ Not sure

*Weighted to the true population proportion.
*Charts may not add up to 100 due to rounding.

QUESTION – Do you support, somewhat support, somewhat oppose or oppose making menstrual hygiene products available for free in the following locations? [RANDOMIZE]

Post secondary education institutions (universities/colleges)

Support for free hygiene products in public spaces



■ Support
 ■ Somewhat support
 ■ Somewhat oppose
 ■ Oppose
 ■ Not sure

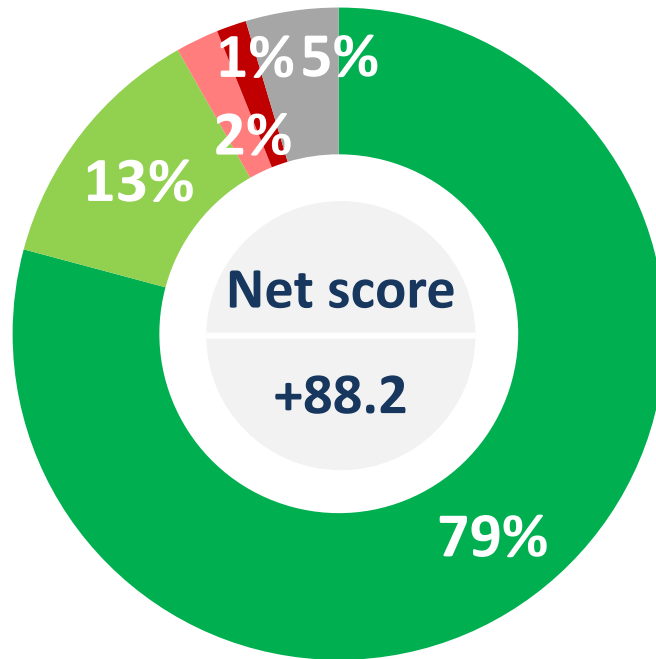
	Support/ Somewhat support
Atlantic (n=147)	83.8%
Quebec (n=445)	75.7%
Ontario (n=789)	83.0%
Prairies (n=378)	80.8%
British Columbia (n=265)	79.6%
14 to 17 (n=154)	88.4%
18 to 24 (n=317)	82.0%
25 to 34 (n=484)	82.4%
35 to 55 (n=1069)	78.1%

*Weighted to the true population proportion.
 *Charts may not add up to 100 due to rounding.

QUESTION – Do you support, somewhat support, somewhat oppose or oppose making menstrual hygiene products available for free in the following locations? [RANDOMIZE]

Public spaces (including park facilities, libraries, community centres)

Support for free hygiene products in homeless shelters



■ Support ■ Somewhat support ■ Somewhat oppose ■ Oppose ■ Not sure

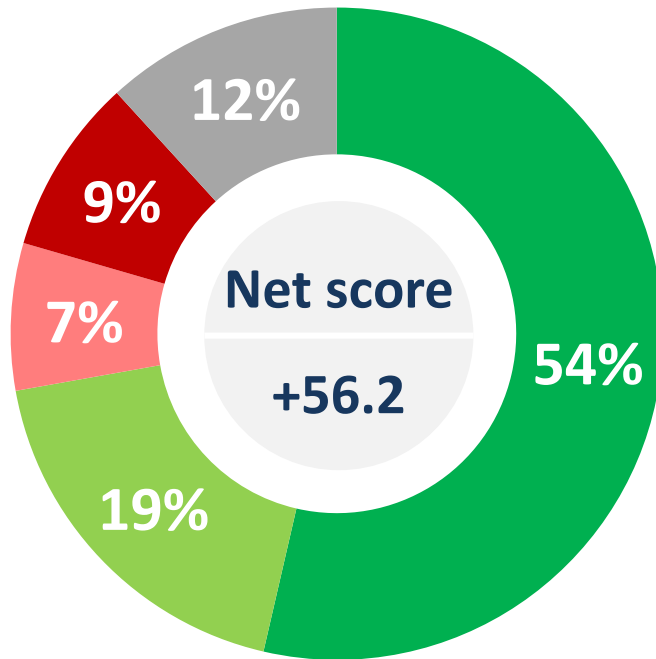
	Support/ Somewhat support
Atlantic (n=147)	95.9%
Quebec (n=444)	91.2%
Ontario (n=790)	91.5%
Prairies (n=378)	92.6%
British Columbia (n=265)	90.2%
14 to 17 (n=154)	95.3%
18 to 24 (n=316)	89.9%
25 to 34 (n=485)	89.9%
35 to 55 (n=1069)	92.7%

*Weighted to the true population proportion.
*Charts may not add up to 100 due to rounding.

QUESTION – Do you support, somewhat support, somewhat oppose or oppose making menstrual hygiene products available for free in the following locations? [RANDOMIZE]

Homeless shelters

Support for free hygiene products in places of worship



■ Support ■ Somewhat support ■ Somewhat oppose ■ Oppose ■ Not sure

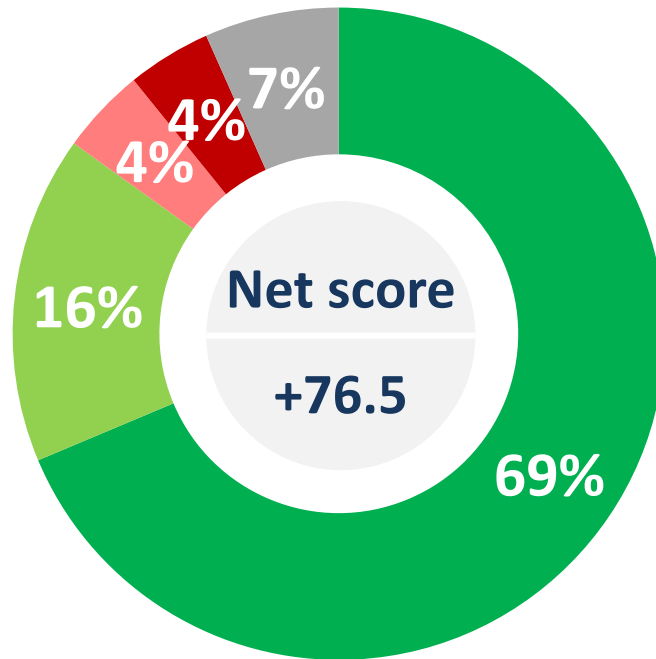
	Support/ Somewhat support
Atlantic (n=145)	75.2%
Quebec (n=444)	60.4%
Ontario (n=788)	76.9%
Prairies (n=379)	73.9%
British Columbia (n=265)	74.4%
14 to 17 (n=154)	73.4%
18 to 24 (n=316)	76.8%
25 to 34 (n=483)	74.9%
35 to 55 (n=1068)	69.4%

*Weighted to the true population proportion.
*Charts may not add up to 100 due to rounding.

QUESTION – Do you support, somewhat support, somewhat oppose or oppose making menstrual hygiene products available for free in the following locations? [RANDOMIZE]

Places of worship

Support for free hygiene products in penitentiaries/detention centres



Support/
Somewhat
support

	Support/ Somewhat support
Atlantic (n=146)	85.7%
Quebec (n=445)	81.4%
Ontario (n=785)	85.7%
Prairies (n=379)	88.1%
British Columbia (n=265)	83.7%
14 to 17 (n=154)	84.9%
18 to 24 (n=316)	87.3%
25 to 34 (n=483)	82.6%
35 to 55 (n=1067)	85.3%

■ Support ■ Somewhat support ■ Somewhat oppose ■ Oppose ■ Not sure

*Weighted to the true population proportion.
*Charts may not add up to 100 due to rounding.

QUESTION – Do you support, somewhat support, somewhat oppose or oppose making menstrual hygiene products available for free in the following locations? [RANDOMIZE]

Penitentiaries/detention centres

Comfort speaking to about period



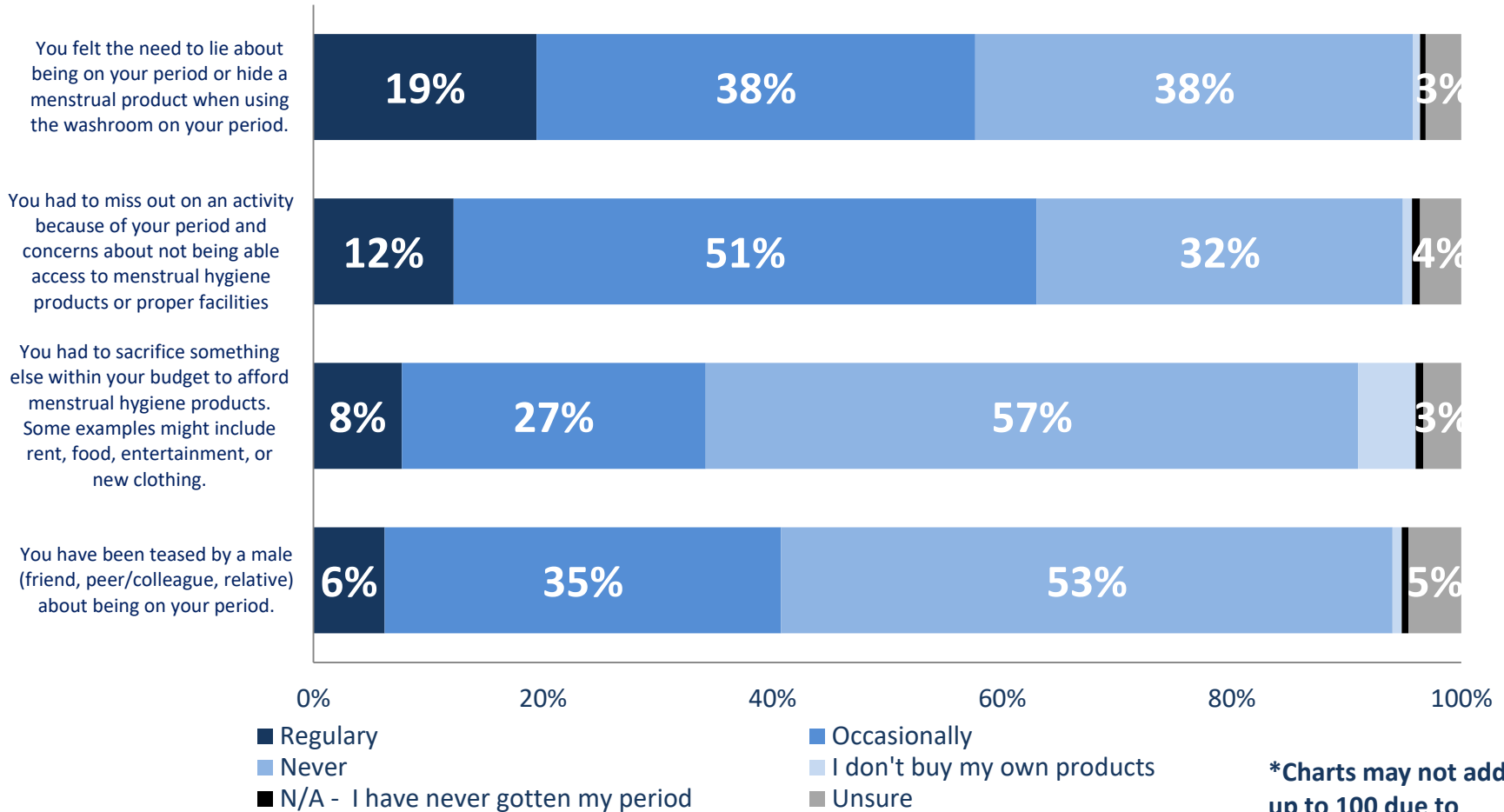
	Frequency (n=7003)*	Frequency (n=2028)**
Female family members (i.e. mother, sister, cousin, aunt)	22.0%	75.9%
Female friends/colleagues	20.6%	71.2%
Female healthcare professional	20.4%	70.4%
Partner/spouse	15.4%	53.3%
Male healthcare professional	11.2%	38.6%
Male family members (i.e. father, brother, cousin, uncle)	4.4%	15.1%
Male friends/colleagues	4.1%	14.0%
None	1.9%	6.6%

*Based on multiple mentions

**Based on number of respondents

QUESTION – Which of the following groups of people are you very comfortable speaking to about your period? [Select all that apply] [RANDOMIZE]

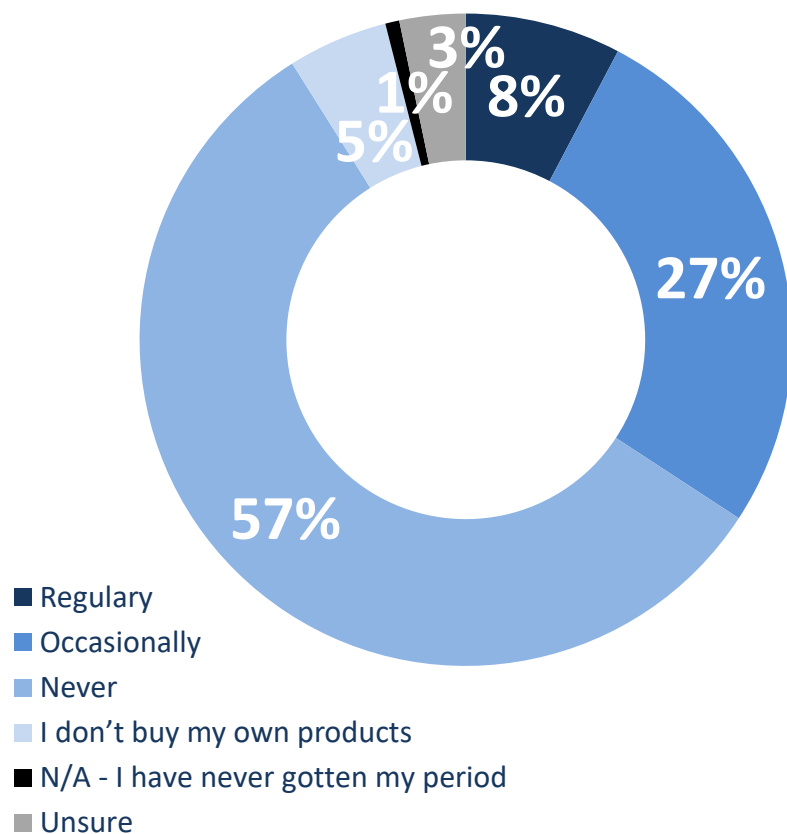
Frequency of issues due to period



*Charts may not add up to 100 due to rounding

QUESTION – Do the following regularly, occasionally or never happen?

Frequency of sacrificing something else



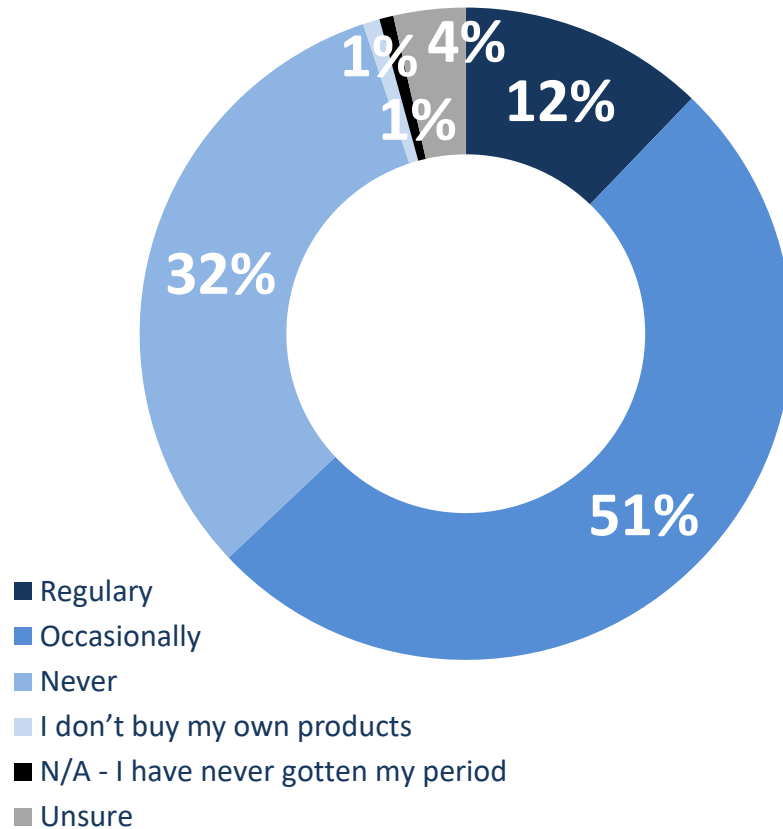
	Never
Atlantic (n=147)	54.3%
Quebec (n=445)	56.4%
Ontario (n=789)	56.0%
Prairies (n=380)	60.6%
British Columbia (n=264)	56.1%
14 to 17 (n=154)	36.6%
18 to 24 (n=317)	47.0%
25 to 34 (n=485)	56.9%
35 to 55 (n=1069)	62.8%

*Weighted to the true population proportion.
*Charts may not add up to 100 due to rounding.

QUESTION – Do the following regularly, occasionally or never happen?

You had to sacrifice something else within your budget to afford menstrual hygiene products. Some examples might include rent, food, entertainment, or new clothing.

Frequency of missing out on an activity



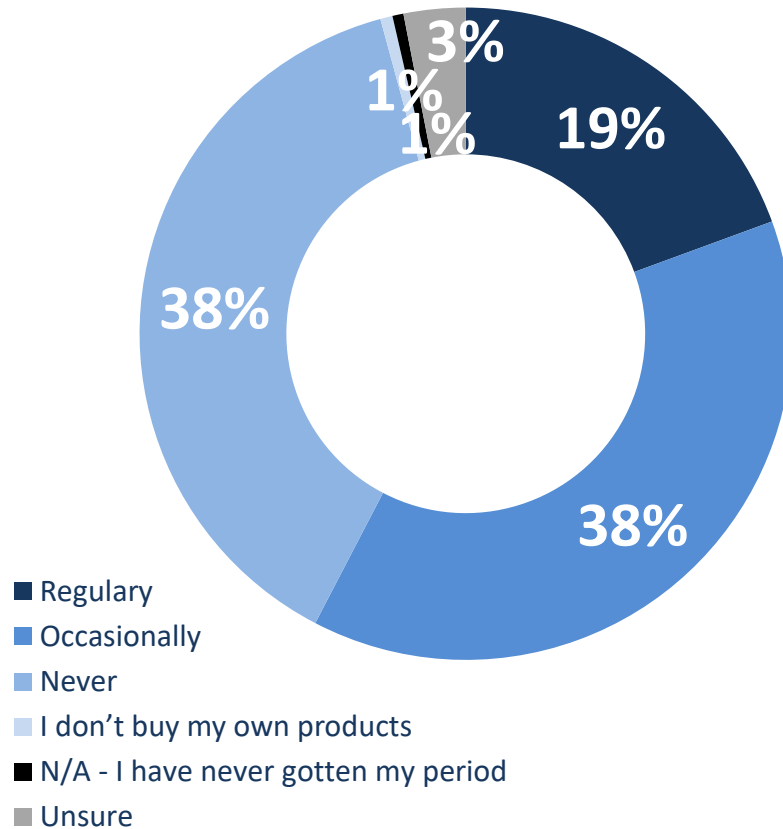
	Occasionally
Atlantic (n=146)	49.4%
Quebec (n=445)	46.9%
Ontario (n=789)	51.3%
Prairies (n=380)	52.5%
British Columbia (n=264)	53.8%
14 to 17 (n=154)	50.5%
18 to 24 (n=316)	52.5%
25 to 34 (n=485)	50.8%
35 to 55 (n=1069)	50.3%

*Weighted to the true population proportion.
*Charts may not add up to 100 due to rounding.

QUESTION – Do the following regularly, occasionally or never happen?

You had to miss out on an activity because of your period and concerns about not being able access to menstrual hygiene products or proper facilities

Frequency of feeling the need to lie



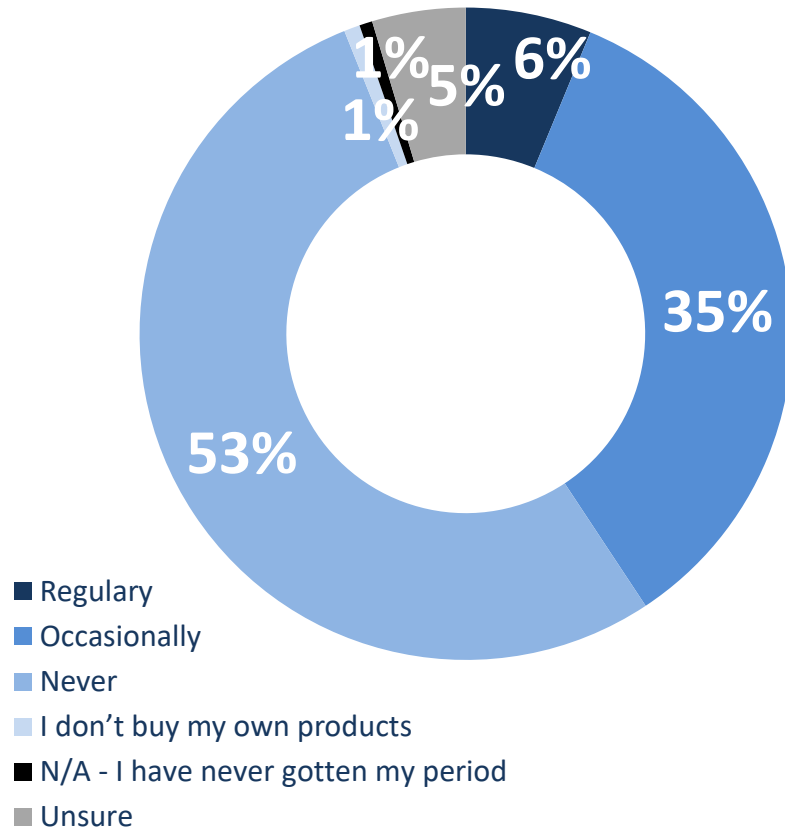
	Never	Occasionally
Atlantic (n=146)	43.2%	33.7%
Quebec (n=445)	35.0%	41.3%
Ontario (n=789)	37.0%	39.6%
Prairies (n=379)	34.6%	37.3%
British Columbia (n=265)	49.1%	32.4%
14 to 17 (n=154)	30.0%	31.8%
18 to 24 (n=316)	23.3%	46.0%
25 to 34 (n=485)	30.5%	43.1%
35 to 55 (n=1069)	47.2%	34.7%

*Weighted to the true population proportion.
*Charts may not add up to 100 due to rounding.

QUESTION – Do the following regularly, occasionally or never happen?

You felt the need to lie about being on your period or hide a menstrual product when using the washroom on your period.

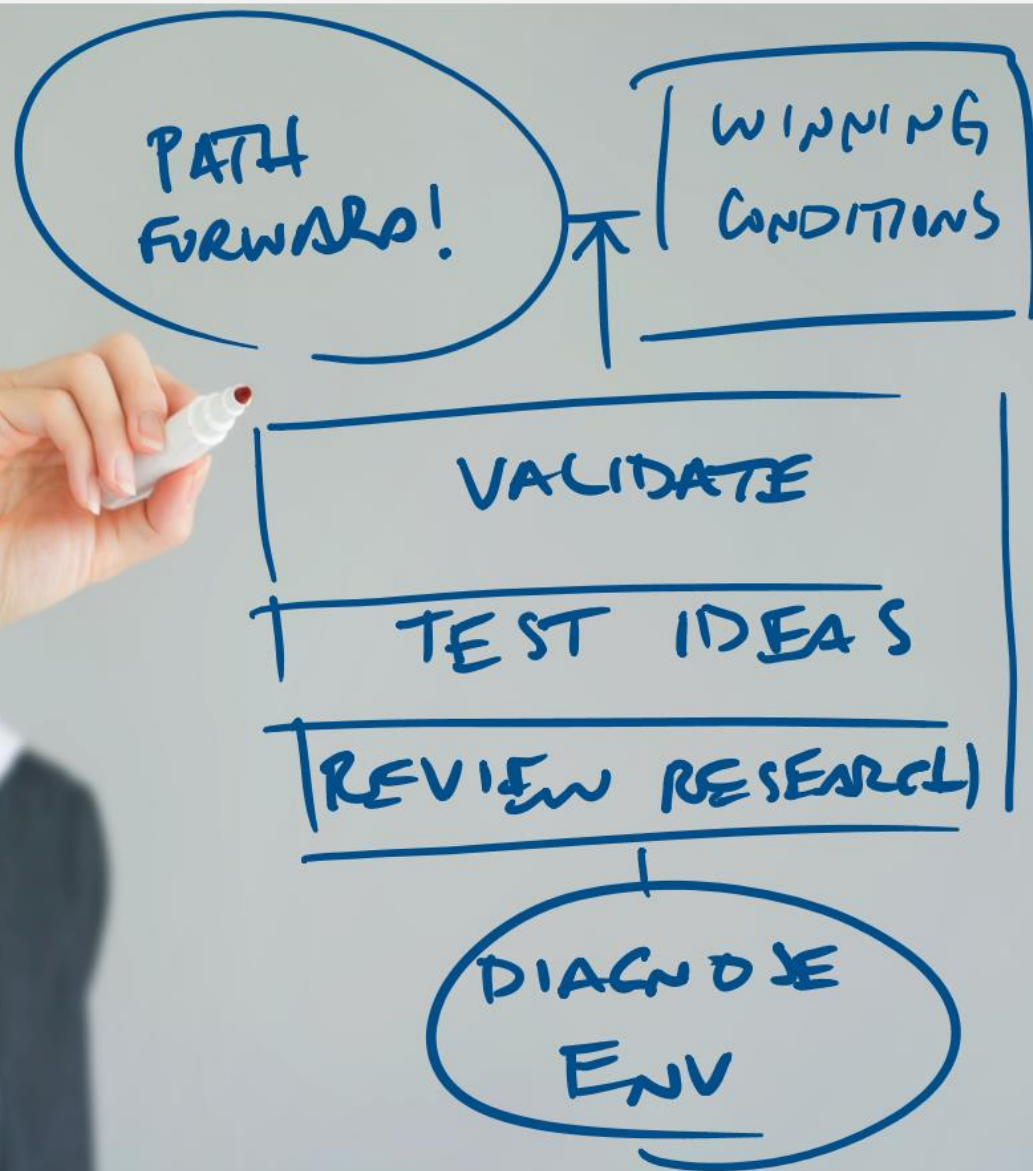
Frequency of being teased by a male



	Never
Atlantic (n=147)	52.3%
Quebec (n=445)	52.3%
Ontario (n=789)	53.4%
Prairies (n=380)	53.8%
British Columbia (n=265)	54.0%
14 to 17 (n=154)	43.3%
18 to 24 (n=317)	45.1%
25 to 34 (n=485)	51.8%
35 to 55 (n=1070)	57.8%

*Weighted to the true population proportion.
*Charts may not add up to 100 due to rounding.

**QUESTION – Do the following regularly, occasionally or never happen?
You have been teased by a male (friend, peer/colleague, relative) about being on your period.**



Nanos conducted an RDD dual frame online survey of 2,028 Canadian women, 14 to 55 years of age, between May 6th and 12th, 2019. The results were weighted by age and gender using the latest Census information (2016) and the sample is geographically stratified to ensure a distribution across all regions of Canada. See tables for full weighting disclosure.

The research was commissioned by Plan International Canada and was conducted by Nanos Research.

Note: Charts may not add up to 100 due to rounding.

TECHNICAL NOTE – FEMALE



Element	Description
Organization who commissioned the research	Plan International Canada
Final Sample Size	2,028 Canadian women and girls.
Margin of Error	No margin of error applies to this research.
Mode of Survey	Online survey.
Sampling Method Base	Not applicable.
Demographics (Captured)	Women; 14 to 55 years old. Six digit postal code was used to validate geography. .
Demographics (Other)	Age, gender, education, income.
Fieldwork/Validation	Online survey.
Number of Calls	Not applicable.
Time of Calls	Participants were not called.
Field Dates	May 6 th to 12 th , 2019.
Language of Survey	The survey was conducted in both English and French.

Standards This report exceeds the standards set forth by CRIC, ESOMAR and AAPOR.

Element	Description
Weighting of Data	The results were weighted by age and gender using the latest Census information (2016) and the sample is geographically stratified to ensure a distribution across all regions of Canada. See tables for full weighting disclosure.
Screening	Screening ensured potential respondents did not work in the market research industry, in the advertising industry, in the media or a political party prior to administering the survey to ensure the integrity of the data.
Excluded Demographics	Only women could complete this survey, Canadian men and women without access to the internet could not participate.
Stratification	By age and gender using the latest Census information (2016) and the sample is geographically stratified to be representative of Canada.
Estimated Response Rate	Not applicable
Question Order	Question order in the preceding report reflects the order in which they appeared in the original questionnaire.
Question Content	All questions asked are contained in the report.
Question Wording	The questions in the preceding report are written exactly as they were asked to individuals.
Survey Company	Nanos Research

Contact Contact Nanos Research for more information or with any concerns or questions.
<http://www.nanos.co>
 Telephone:(613) 234-4666 ext. 237
 Email: info@nanosresearch.com.

Views of Canadian men and boys on menstrual hygiene



Just over two thirds of Canadian men and boys say they are prepared or somewhat prepared to have conversations about menstruation

Seven in ten Canadian men and boys report being comfortable or somewhat comfortable when women and other people who menstruate have conversations about their periods in public, while around two thirds feel prepared or somewhat prepared to have conversations about menstruation. While a majority of Canadian men and boys either support or somewhat support making menstrual hygiene products available in various locations, with the highest support for making products available in schools and homeless shelters. Intensity of support is higher among males 18 or older compared to younger males. More than half of Canadian men and boys report having purchased menstrual products for a partner or friends.

Talking about menstruation

- **Seven in ten Canadian men and boys say they are comfortable or somewhat comfortable overhearing conversations about menstruation in public spaces** – Asked how comfortable they are when women and other people who menstruate have conversations about their periods in spaces where they can be overheard by others, seven in ten Canadian men and boys say they are comfortable (41%) or somewhat comfortable (30%), while nearly a quarter say they are somewhat not comfortable (15%) or not comfortable (eight per cent). Six per cent are unsure. Under a quarter (23%) of males aged 14 to 17 say they are comfortable compared to those 18 to 24 (41%), 25 to 34 (44%) and 35 to 55 (42%).
- **Just over two thirds of Canadian men and boys say they feel prepared or somewhat prepared to have conversations about menstruation** – More than two in three Canadian men and boys report that they feel prepared (29%) or somewhat prepared (38%) to have conversations with women and other people who menstruate about this subject, while nearly one in four say they are somewhat not prepared (15%) or not prepared (10%). Nine per cent are unsure.

Males 18 and over report higher intensity of support for free menstrual hygiene products than younger males

Availability of free menstrual products


- **Over three in four Canadian men and boys support or somewhat support free menstrual hygiene products in workplaces** – More than three quarters of Canadian men and boys support (56%) or somewhat support (21%) making menstrual hygiene products available for free in workplaces, while nine per cent somewhat oppose and eight per cent oppose this. Eight per cent are unsure. Forty-three per cent of boys ages 14 to 17 support this, compared to 57 per cent of men 35 to 55 and 61 per cent of men 25 to 34 years of age.
- **Almost nine in ten Canadian men and boys support or somewhat support free menstrual hygiene products in schools** – Just under nine in ten Canadian men and boys support (65%) or somewhat support (23%) making menstrual hygiene products available for free in schools, while three per cent somewhat oppose and four per cent oppose this. Five per cent are unsure. Intensity of support is higher among those aged 18 and older (ranging from 64% to 68% support) than among those 14 to 17 years of age (56% support).
- **Just over four in five Canadian men and boys support or somewhat support free menstrual hygiene products in post-secondary education institutions** – More than eight in ten Canadian men and boys support (61%) or somewhat support (21%) making menstrual hygiene products available for free in post-secondary education institutions, while six per cent somewhat oppose and five per cent oppose this. Six per cent are unsure. Intensity of support is higher among those aged 18 and older (ranging from 59% to 65% support) than among those 14 to 17 years of age (49% support).
- **Three quarters of Canadian men and boys support or somewhat support free menstrual hygiene products in public spaces** – Three in four Canadian men and boys support (50%) or somewhat support (25%) making menstrual hygiene products available for free in public spaces, while 10 per cent somewhat oppose and eight per cent oppose this. Eight per cent are unsure. Intensity of support is higher among those aged 18 and older (ranging from 48% to 53% support) than among those 14 to 17 years of age (36% support).

Canadian men and boys most frequently report being comfortable purchasing menstrual hygiene products

- **Close to nine in ten Canadian men and boys support or somewhat support free menstrual hygiene products in homeless shelters** – More than four fifths of Canadian men and boys support (70%) or somewhat support (18%) making menstrual hygiene products available for free in homeless shelters, while four per cent somewhat oppose and two per cent oppose this. Five per cent are unsure.
- **Nearly four fifths of Canadian men and boys support or somewhat support free menstrual hygiene products in places of worship** – Just under four in five Canadian men and boys support (48%) or somewhat support (19%) making menstrual hygiene products available for free in places of worship, while 10 per cent somewhat oppose or oppose this, respectively. Thirteen per cent are unsure. Intensity of support is higher among those aged 18 and older (ranging from 42% to 52% support) than among those 14 to 17 years of age (33% support).
- **Over eight in ten Canadian men and boys support or somewhat support free menstrual hygiene products in penitentiaries/detention centres** – More than four fifths of Canadian men and boys support (62%) or somewhat support (22%) making menstrual hygiene products available for free in penitentiaries/detention centres, while five per cent somewhat oppose and four per cent oppose this. Seven per cent are unsure. Intensity of support is higher among those aged 18 and older (ranging from 59% to 70% support) than among those 14 to 17 years of age (40% support).

Purchasing menstrual products

- **Canadian men and boys more frequently report being comfortable purchasing menstrual hygiene products** – Asked what scenarios they would be comfortable with, Canadian men and boys most frequent report being comfortable with purchasing menstrual hygiene products for a partner/spouse or family member (67%), followed by purchasing them for a friend (58%), hearing someone talk about menstruation in public (52%), talking to a male or female about women's bodies and health (47%, respectively), informing a peer or coworker about a period leak on their clothing (42%) or informing a stranger about a period leak (28%). Fourteen per cent say they are comfortable in none of these situations.



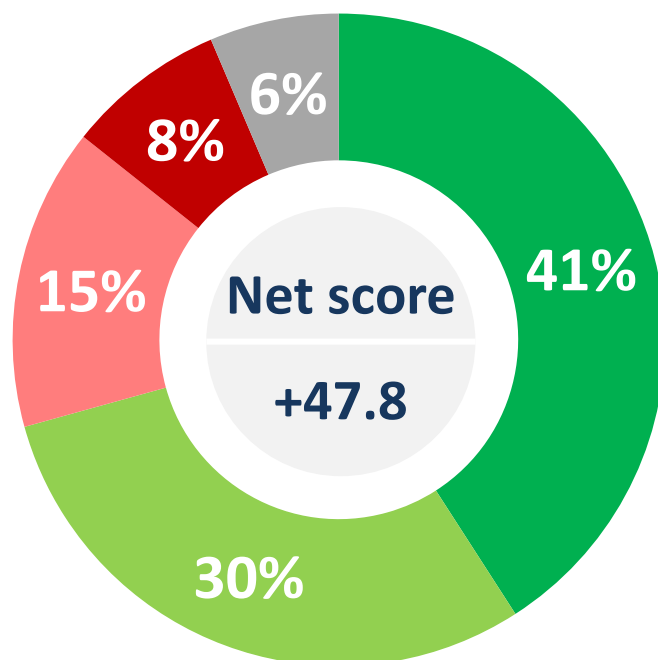
More than one in two Canadian men and boys report having purchased menstrual hygiene products

- **More than half of Canadian men and boys report having purchased menstrual hygiene products** – Over one in two Canadian men and boys report having purchased menstrual hygiene products for a family member or friend (55%), while just over four in ten say they have not (42%). Four per cent are unsure. Older men are more likely to report having purchased menstrual products (66% of those aged 35 to 55, 61% of those 25 to 34, 31% of those 18 to 24 and 11% of those 14 to 17).

These observations are based on an RDD dual frame online survey of 1,007 Canadian men and boys, 14 to 55 years of age, between May 6th and May 12th, 2019. The results were weighted by age and gender using the latest Census information (2016) and the sample is geographically stratified to ensure a distribution across all regions of Canada.

This study was commissioned by Plan International Canada and the research was conducted by Nanos Research.

Comfort level overhearing conversations about menstruation



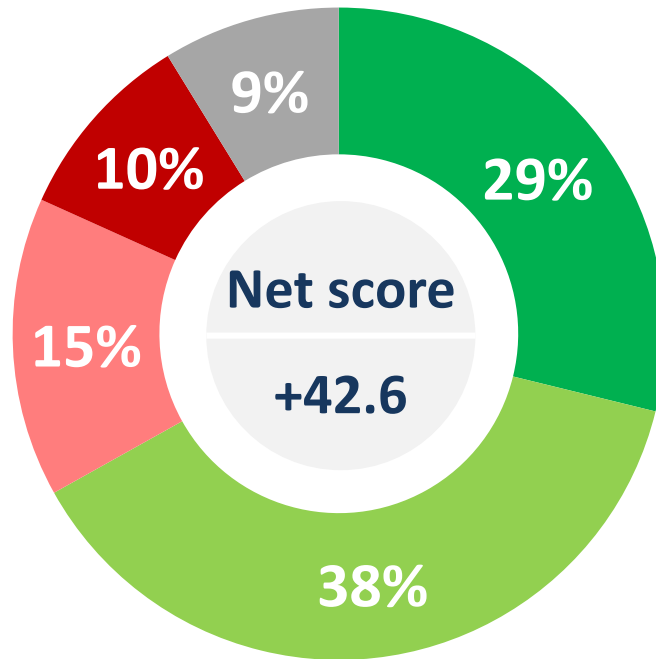
- Comfortable
- Somewhat comfortable
- Somewhat uncomfortable
- Uncomfortable
- Not sure

	Comfortable/Somewhat comfortable
Atlantic (n=65)	77.1%
Quebec (n=229)	70.3%
Ontario (n=385)	69.4%
Prairies (n=194)	67.8%
British Columbia (n=134)	76.4%
14 to 18 (n=86)	52.6%
18 to 24 (n=163)	70.0%
24 to 34 (n=244)	73.0%
34 to 55 (n=514)	72.8%

*Weighted to the true population proportion.
*Charts may not add up to 100 due to rounding.

QUESTION – Are you comfortable, somewhat comfortable, somewhat not comfortable or not comfortable when women and other people who menstruate have conversations about their periods in spaces where they can be overheard by others?

Preparedness to discuss menstruation



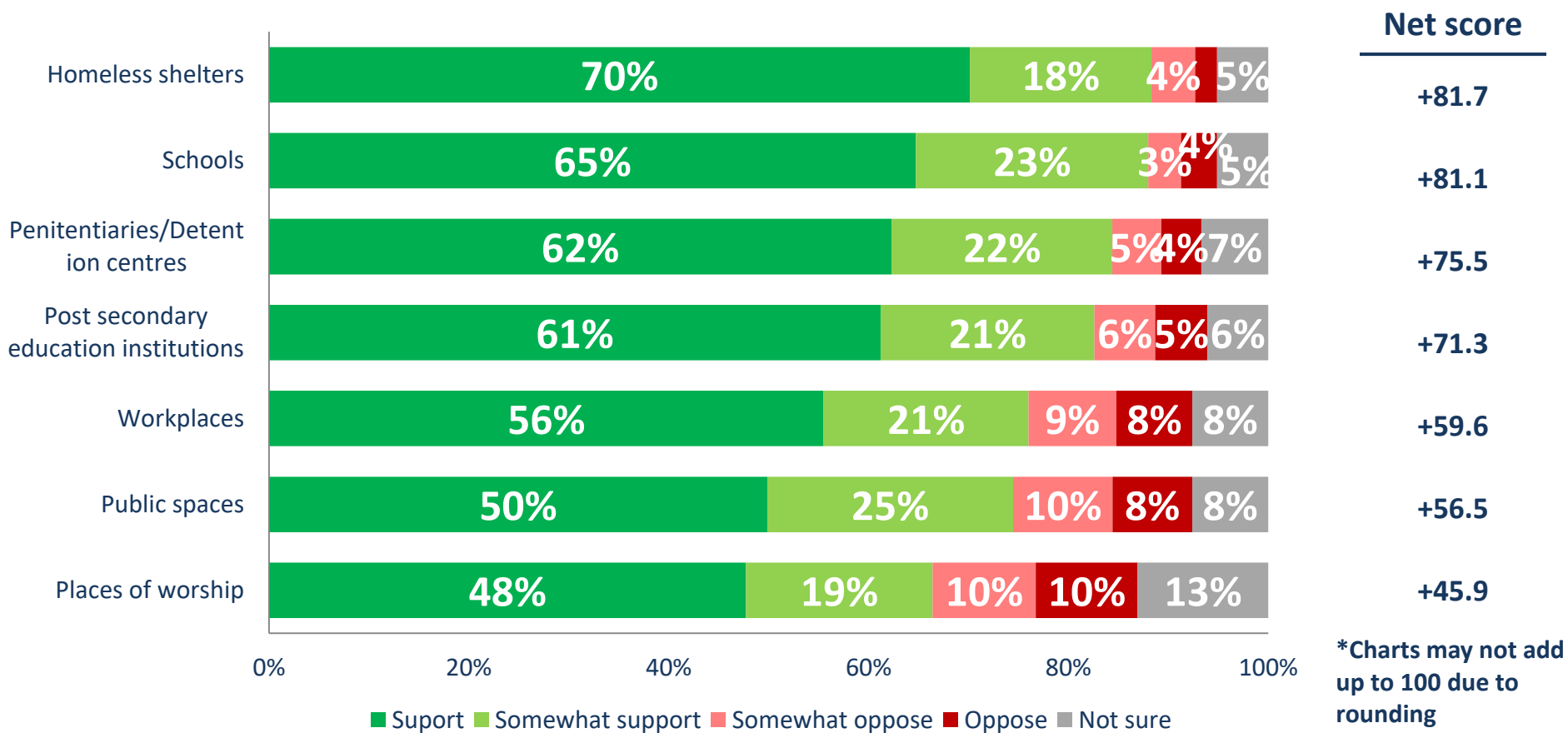
- Prepared
- Somewhat prepared
- Somewhat not prepared
- Not prepared
- Not sure

	Prepared/Somewhat prepared
Atlantic (n=65)	74.1%
Quebec (n=229)	72.9%
Ontario (n=384)	64.8%
Prairies (n=194)	63.9%
British Columbia (n=134)	63.1%
14 to 18 (n=86)	58.6%
18 to 24 (n=163)	66.4%
24 to 34 (n=243)	68.7%
34 to 55 (n=514)	67.6%

*Weighted to the true population proportion.
*Charts may not add up to 100 due to rounding.

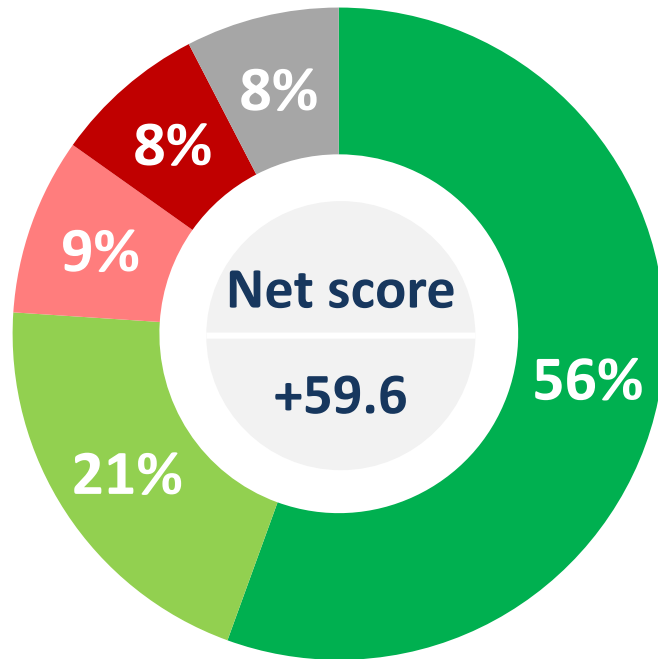
QUESTION – Thinking about what you’ve learned, if anything, about menstrual hygiene and periods in school, do you feel prepared, somewhat prepared, somewhat not prepared or not prepared to have conversations with women and other people who menstruate about this subject?

Support for free hygiene products in various locations



QUESTION – Do you support, somewhat support, somewhat oppose or oppose making menstrual hygiene products available for free in the following locations? [RANDOMIZE]

Support for free hygiene products in workplaces



■ Support ■ Somewhat support ■ Somewhat oppose ■ Oppose ■ Not sure

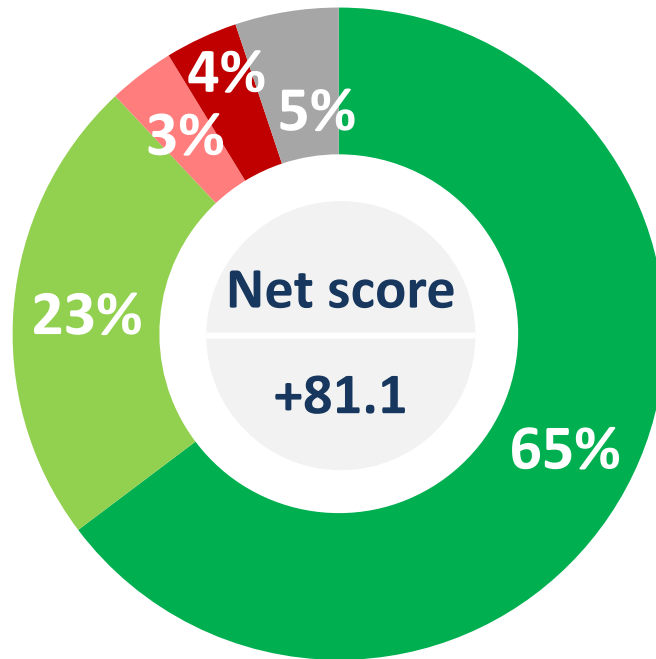
*Weighted to the true population proportion.
*Charts may not add up to 100 due to rounding.

	Support/Somewhat support
Atlantic (n=63)	84.4%
Quebec (n=229)	73.0%
Ontario (n=382)	76.7%
Prairies (n=194)	74.2%
British Columbia (n=134)	77.7%
14 to 18 (n=85)	64.8%
18 to 24 (n=163)	81.8%
24 to 34 (n=243)	78.3%
34 to 55 (n=511)	75.0%

QUESTION – Do you support, somewhat support, somewhat oppose or oppose making menstrual hygiene products available for free in the following locations? [RANDOMIZE]

Workplaces

Support for free hygiene products in schools



■ Support ■ Somewhat support ■ Somewhat oppose ■ Oppose ■ Not sure

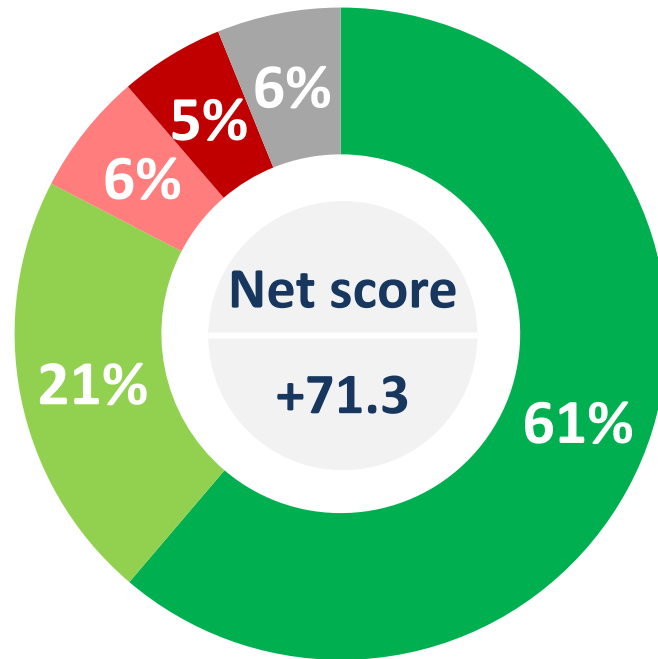
*Weighted to the true population proportion.
*Charts may not add up to 100 due to rounding.

	Support/Somewhat support
Atlantic (n=64)	94.0%
Quebec (n=227)	89.9%
Ontario (n=383)	88.0%
Prairies (n=194)	83.4%
British Columbia (n=134)	88.2%
14 to 18 (n=85)	74.0%
18 to 24 (n=163)	90.3%
24 to 34 (n=244)	89.0%
34 to 55 (n=510)	89.1%

QUESTION – Do you support, somewhat support, somewhat oppose or oppose making menstrual hygiene products available for free in the following locations? [RANDOMIZE]

Schools

Support for free hygiene products in post secondary education institutions



	Support/Somewhat support
Atlantic (n=64)	89.2%
Quebec (n=228)	82.9%
Ontario (n=383)	81.8%
Prairies (n=194)	80.3%
British Columbia (n=134)	84.5%
14 to 18 (n=85)	69.5%
18 to 24 (n=162)	83.4%
24 to 34 (n=244)	84.5%
34 to 55 (n=512)	83.6%

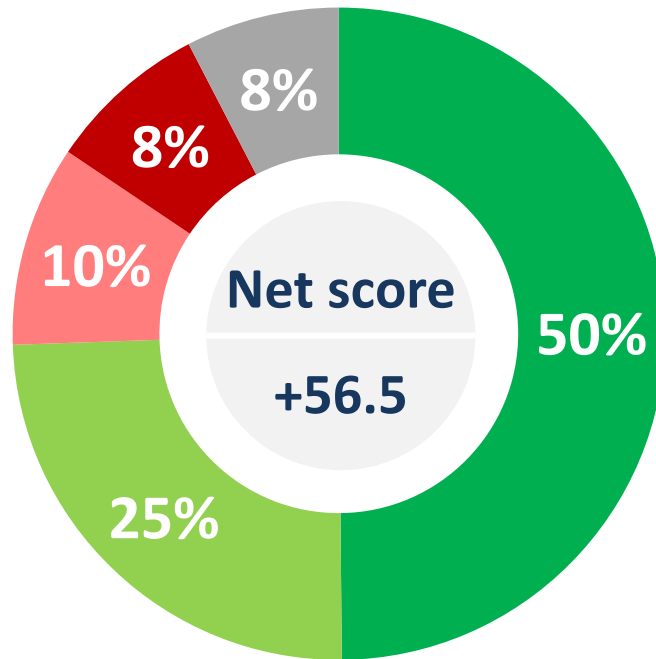
■ Support ■ Somewhat support ■ Somewhat oppose ■ Oppose ■ Not sure

*Weighted to the true population proportion.
*Charts may not add up to 100 due to rounding.

QUESTION – Do you support, somewhat support, somewhat oppose or oppose making menstrual hygiene products available for free in the following locations? [RANDOMIZE]

Post secondary education institutions

Support for free hygiene products in public spaces



■ Support ■ Somewhat support ■ Somewhat oppose ■ Oppose ■ Not sure

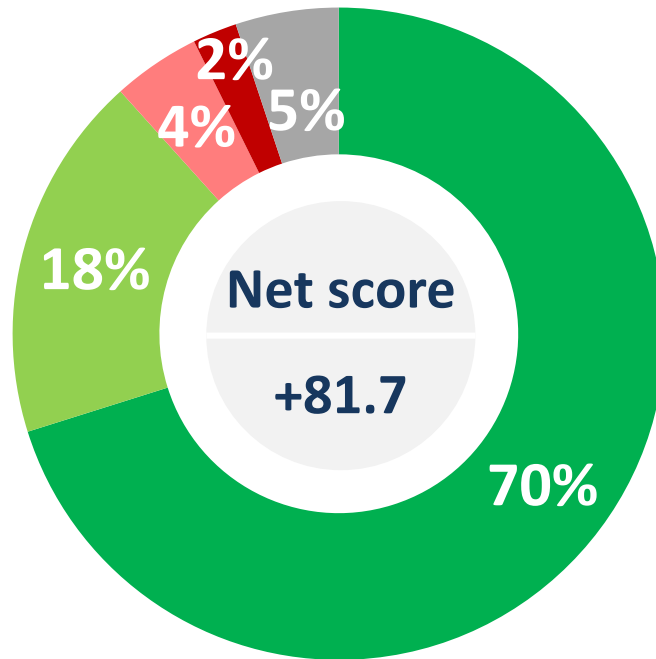
*Weighted to the true population proportion.
*Charts may not add up to 100 due to rounding.

	Support/Somewhat support
Atlantic (n=63)	86.1%
Quebec (n=229)	74.2%
Ontario (n=384)	74.2%
Prairies (n=194)	68.0%
British Columbia (n=134)	79.3%
14 to 18 (n=85)	64.8%
18 to 24 (n=163)	74.3%
24 to 34 (n=244)	77.5%
34 to 55 (n=512)	74.7%

QUESTION – Do you support, somewhat support, somewhat oppose or oppose making menstrual hygiene products available for free in the following locations? [RANDOMIZE]

Public spaces

Support for free hygiene products in homeless shelters



	Support/Somewhat support
Atlantic (n=65)	97.0%
Quebec (n=228)	89.1%
Ontario (n=383)	89.3%
Prairies (n=194)	82.5%
British Columbia (n=134)	88.2%
14 to 18 (n=85)	76.7%
18 to 24 (n=163)	90.2%
24 to 34 (n=243)	89.8%
34 to 55 (n=513)	88.9%

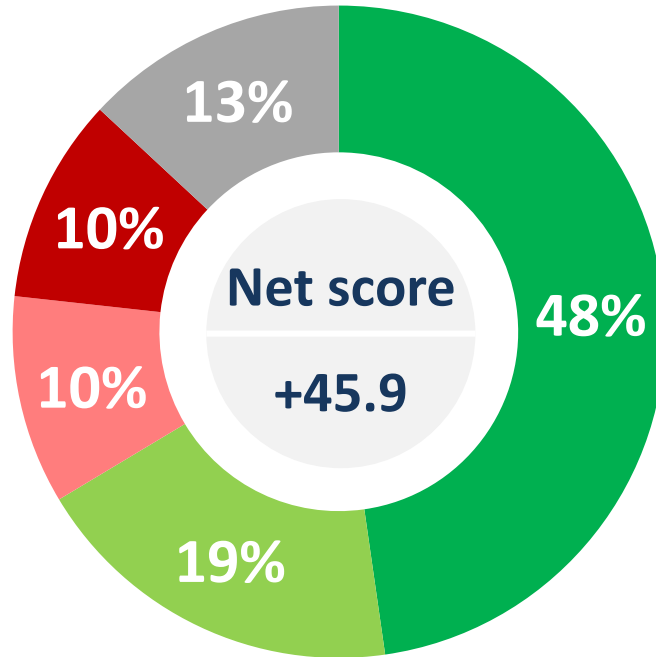
■ Support ■ Somewhat support ■ Somewhat oppose ■ Oppose ■ Not sure

*Weighted to the true population proportion.
*Charts may not add up to 100 due to rounding.

QUESTION – Do you support, somewhat support, somewhat oppose or oppose making menstrual hygiene products available for free in the following locations? [RANDOMIZE]

Homeless shelters

Support for free hygiene products in places of worship



■ Support ■ Somewhat support ■ Somewhat oppose ■ Oppose ■ Not sure

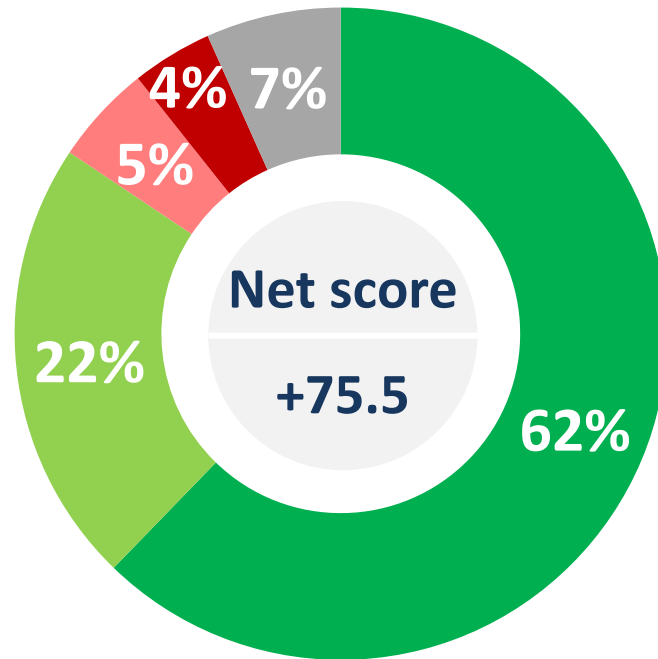
	Support/Somewhat support
Atlantic (n=64)	70.6%
Quebec (n=229)	61.1%
Ontario (n=384)	68.8%
Prairies (n=193)	65.3%
British Columbia (n=134)	68.0%
14 to 18 (n=85)	46.9%
18 to 24 (n=163)	62.7%
24 to 34 (n=243)	68.8%
34 to 55 (n=513)	69.6%

*Weighted to the true population proportion.
*Charts may not add up to 100 due to rounding.

QUESTION – Do you support, somewhat support, somewhat oppose or oppose making menstrual hygiene products available for free in the following locations? [RANDOMIZE]

Places of worship

Support for free hygiene products in penitentiaries/detention centres



	Support/Somewhat support
Atlantic (n=65)	93.9%
Quebec (n=227)	80.2%
Ontario (n=384)	86.4%
Prairies (n=194)	80.0%
British Columbia (n=134)	86.9%
14 to 18 (n=85)	66.4%
18 to 24 (n=163)	82.8%
24 to 34 (n=244)	87.8%
34 to 55 (n=512)	86.2%

■ Support ■ Somewhat support ■ Somewhat oppose ■ Oppose ■ Not sure

*Weighted to the true population proportion.
*Charts may not add up to 100 due to rounding.

QUESTION – Do you support, somewhat support, somewhat oppose or oppose making menstrual hygiene products available for free in the following locations? [RANDOMIZE]

Penitentiaries/Detention centres

Comfort level with situations involving menstruation



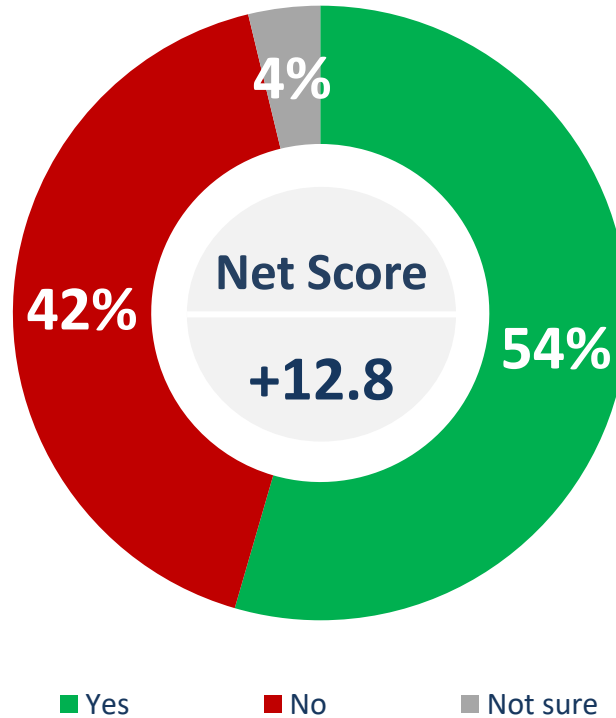
	Frequency (n=3560)*	Frequency (n=1005)**
Purchasing menstrual hygiene products for a partner/spouse or family member	18.9%	66.9%
Purchasing menstrual hygiene products for a friend	16.2%	57.5%
Hearing someone talk about their period or menstruation in public	14.6%	51.8%
Talking to a female (child, peer/colleague, friend) about women's bodies and health (including periods)	13.3%	47.1%
Talking to a male (child, peer/colleague, friend) about women's bodies and health (including periods)	13.2%	46.6%
Informing a peer or coworker about a period leak on their clothing	12.0%	42.3%
Informing a stranger about a period leak on their clothing	7.9%	27.8%
None	4.0%	14.1%

*Based on multiple responses

** Based on number of respondents

QUESTION – Which of the following scenarios would you be comfortable with? [RANDOMIZE] [select all that apply]

Purchasing hygiene products



	Yes
Atlantic (n=65)	60.4%
Quebec (n=228)	54.3%
Ontario (n=384)	53.6%
Prairies (n=194)	51.1%
British Columbia (n=134)	59.5%
14 to 18 (n=85)	10.5%
18 to 24 (n=163)	30.8%
24 to 34 (n=244)	60.6%
34 to 55 (n=513)	66.3%

*Weighted to the true population proportion.
*Charts may not add up to 100 due to rounding.

QUESTION – Have you ever purchased menstrual hygiene products for a family member or friend?



Nanos conducted an RDD dual frame online survey of 1,007 Canadian men and boys, 14 to 55 years of age, between May 6th and May 12th, 2019. The results were weighted by age and gender using the latest Census information (2016) and the sample is geographically stratified to ensure a distribution across all regions of Canada. See tables for full weighting disclosure.

The research was commissioned by Plan International Canada and was conducted by Nanos Research.

Note: Charts may not add up to 100 due to rounding.

TECHNICAL NOTE – MALE



Element	Description
Organization who commissioned the research	Plan International Canada
Final Sample Size	1,007 Canadian men and boys.
Margin of Error	No margin of error applies to this research.
Mode of Survey	Online survey
Sampling Method Base	Not applicable.
Demographics (Captured)	Men; 14 to 55 years old. Six digit postal code was used to validate geography.
Demographics (Other)	Age, gender, education, income
Fieldwork/Validation	Online survey
Number of Calls	Not applicable
Time of Calls	Participants were not called.
Field Dates	May 6 th to May 12 th , 2019.
Language of Survey	The survey was conducted in both English and French.

This report exceeds the standards set forth by CRIC, ESOMAR and AAPOR.

Element	Description
Weighting of Data	The results were weighted by age and gender using the latest Census information (2016) and the sample is geographically stratified to ensure a distribution across all regions of Canada. See tables for full weighting disclosure.
Screening	Screening ensured potential respondents did not work in the market research industry, in the advertising industry, in the media or a political party prior to administering the survey to ensure the integrity of the data.
Excluded Demographics	Only men could complete this survey, Canadian women and men without access to the internet could not participate.
Stratification	By age and gender using the latest Census information (2016) and the sample is geographically stratified to be representative of Canada.
Estimated Response Rate	Not applicable.
Question Order	Question order in the preceding report reflects the order in which they appeared in the original questionnaire.
Question Content	All questions asked are contained in the report.
Question Wording	The questions in the preceding report are written exactly as they were asked to individuals.
Survey Company	Nanos Research
Contact	Contact Nanos Research for more information or with any concerns or questions. http://www.nanos.co Telephone:(613) 234-4666 ext. 237 Email: info@nanosresearch.com.



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TABULATIONS - FEMALE





2019-1432 – Plan International/Nanos Survey – Plan Hygiene Female - STAT SHEET

			Region					Age				
			Canada Females 2019-05	Atlantic	Quebec	Ontario	Prairies	British Columbia	14 to 17	18 to 24	25 to 34	35 to 55
Question 1 - When you first got your period, did you feel confident, somewhat confident, somewhat not confident or not confident that you knew what to do?	Total	Unwgt N	2028	147	445	791	380	265	154	317	485	1072
		Wgt N	2000	139	444	780	374	263	157	310	477	1055
	Confident	%	13.0	13.7	14.8	11.6	13.4	12.8	22.3	12.1	10.5	13.0
	Somewhat confident	%	31.7	22.5	33.5	32.1	28.6	37.0	31.9	40.3	33.2	28.5
	Somewhat not confident	%	19.2	26.5	21.1	17.8	17.4	18.9	17.4	18.0	20.0	19.5
	Not confident	%	31.0	33.9	24.5	33.0	38.1	24.5	19.5	23.9	31.7	34.5
	N/A - I have never gotten my period	%	0.7	0.7	0.7	0.6	0.0	1.9	1.3	0.0	1.0	0.7
	Unsure	%	4.4	2.7	5.4	4.8	2.6	4.9	7.7	5.7	3.5	3.9

			Region					Age				
			Canada Females 2019-05	Atlantic	Quebec	Ontario	Prairies	British Columbia	14 to 17	18 to 24	25 to 34	35 to 55
Question 2 - When you first got your period, did anyone tell you that you were "now a woman"?	Total	Unwgt N	2028	147	445	791	380	265	154	317	485	1072
		Wgt N	2000	139	444	780	374	263	157	310	477	1055
	Yes	%	40.8	33.6	57.3	39.0	34.3	31.3	41.3	45.5	40.0	39.7
	No	%	49.8	60.3	33.7	50.8	57.5	57.7	47.6	50.4	50.4	49.7
	N/A - I have never gotten my period	%	0.6	0.0	0.4	0.5	0.3	1.9	1.3	0.3	0.6	0.6
	Unsure	%	8.8	6.1	8.5	9.8	8.0	9.1	9.8	3.8	9.1	10.0



2019-1432 – Plan International/Nanos Survey – Plan Hygiene Female - STAT SHEET

Thinking about conversations or information you've received about menstruation, were the following helpful, somewhat helpful, somewhat not helpful or not helpful? [RANDOMIZE]

			Region						Age			
			Canada Females 2019-05	Atlantic	Quebec	Ontario	Prairies	British Columbia	14 to 17	18 to 24	25 to 34	35 to 55
Question 3 - A lesson at school from a teacher	Total	Unwgt N	2028	147	445	791	380	265	154	317	485	1072
		Wgt N	2000	139	444	780	374	263	157	310	477	1055
	Helpful	%	18.6	21.2	18.9	20.0	15.3	17.0	28.5	21.1	14.4	18.2
	Somewhat helpful	%	31.1	32.7	29.7	31.7	29.5	33.2	30.5	31.6	33.2	30.1
	Somewhat not helpful	%	10.1	10.9	7.4	9.5	12.3	12.8	15.3	12.0	13.4	7.3
	Not helpful	%	8.6	4.1	7.9	9.1	11.7	6.0	11.4	13.8	9.7	6.1
	I didn't receive this	%	27.8	27.7	31.4	25.4	28.4	27.9	11.0	17.7	26.0	34.1
	Unsure	%	3.9	3.4	4.7	4.3	2.9	3.0	3.2	3.8	3.3	4.3

Thinking about conversations or information you've received about menstruation, were the following helpful, somewhat helpful, somewhat not helpful or not helpful? [RANDOMIZE]

			Region						Age			
			Canada Females 2019-05	Atlantic	Quebec	Ontario	Prairies	British Columbia	14 to 17	18 to 24	25 to 34	35 to 55
Question 4 - A conversation with a friend about what was going to happen and how to manage it	Total	Unwgt N	2028	147	445	791	380	265	154	317	485	1072
		Wgt N	2000	139	444	780	374	263	157	310	477	1055
	Helpful	%	24.2	25.3	29.7	22.6	23.2	20.7	29.1	27.5	26.6	21.5
	Somewhat helpful	%	31.9	29.2	31.9	31.5	32.7	33.2	30.4	29.0	34.4	31.8
	Somewhat not helpful	%	7.4	6.7	4.7	8.6	7.8	7.9	5.1	10.0	9.9	5.8
	Not helpful	%	3.6	6.2	3.4	3.7	4.0	1.9	4.7	3.8	3.3	3.5
	I didn't receive this	%	28.8	26.4	25.2	28.5	31.8	32.9	28.3	26.4	22.1	32.7
	Unsure	%	4.1	6.1	5.2	5.1	0.5	3.4	2.5	3.2	3.7	4.8



2019-1432 – Plan International/Nanos Survey – Plan Hygiene Female - STAT SHEET

Thinking about conversations or information you've received about menstruation, were the following helpful, somewhat helpful, somewhat not helpful or not helpful? [RANDOMIZE]

			Region						Age			
			Canada Females 2019-05	Atlantic	Quebec	Ontario	Prairies	British Columbia	14 to 17	18 to 24	25 to 34	35 to 55
Question 5 - A conversation with a family member about what was going to happen and how to manage it	Total	Unwgt N	2026	147	444	791	380	264	154	317	484	1071
		Wgt N	1998	139	443	780	374	262	157	310	476	1054
	Helpful	%	41.5	41.7	47.8	42.1	37.6	34.8	51.9	48.8	43.0	37.2
	Somewhat helpful	%	30.8	33.3	29.5	31.1	30.0	32.2	22.9	29.0	31.7	32.2
	Somewhat not helpful	%	7.4	7.5	5.6	6.8	7.9	11.4	7.8	8.6	7.2	7.1
	Not helpful	%	4.4	1.3	2.9	5.1	6.0	4.5	3.8	3.8	6.0	4.0
	I didn't receive this	%	13.1	13.5	10.4	12.3	16.9	14.4	12.3	7.6	9.3	16.5
	Unsure	%	2.7	2.7	3.8	2.6	1.6	2.7	1.3	2.2	2.9	3.0

Thinking about conversations or information you've received about menstruation, were the following helpful, somewhat helpful, somewhat not helpful or not helpful? [RANDOMIZE]

			Region						Age			
			Canada Females 2019-05	Atlantic	Quebec	Ontario	Prairies	British Columbia	14 to 17	18 to 24	25 to 34	35 to 55
Question 6 - Menstrual hygiene product advertisements	Total	Unwgt N	2023	146	445	790	380	262	154	315	485	1069
		Wgt N	1995	138	444	779	374	260	157	308	477	1052
	Helpful	%	12.4	15.8	13.0	12.2	12.3	10.3	15.3	9.6	13.4	12.3
	Somewhat helpful	%	30.3	30.2	31.7	28.6	30.7	32.4	25.2	28.6	28.0	32.6
	Somewhat not helpful	%	15.4	15.8	14.6	15.1	14.7	18.3	20.6	16.5	19.4	12.4
	Not helpful	%	20.2	18.7	18.7	20.9	20.2	21.7	23.8	28.0	21.7	16.7
	I didn't receive this	%	16.0	14.2	13.5	18.5	16.3	13.4	9.1	12.3	12.0	19.9
	Unsure	%	5.7	5.4	8.5	4.8	5.8	3.8	6.0	5.0	5.5	6.0



2019-1432 – Plan International/Nanos Survey – Plan Hygiene Female - STAT SHEET

Thinking about conversations or information you've received about menstruation, were the following helpful, somewhat helpful, somewhat not helpful or not helpful? [RANDOMIZE]

			Region						Age			
			Canada Females 2019-05	Atlantic	Quebec	Ontario	Prairies	British Columbia	14 to 17	18 to 24	25 to 34	35 to 55
Question 7 - Social media	Total	Unwgt N	2022	146	444	789	378	265	154	316	483	1069
		Wgt N	1994	138	443	778	372	263	157	309	475	1052
	Helpful	%	7.9	11.8	8.1	7.8	8.3	5.6	23.8	12.1	6.8	4.8
	Somewhat helpful	%	14.0	15.2	14.2	12.8	14.8	15.1	25.3	23.0	13.3	9.9
	Somewhat not helpful	%	7.2	6.3	7.2	7.5	7.0	6.8	15.7	11.8	8.1	4.1
	Not helpful	%	8.9	9.0	10.8	8.2	8.3	8.3	14.6	15.8	11.0	5.0
	I didn't receive this	%	57.9	52.3	54.9	59.4	59.5	58.9	16.8	33.8	56.7	71.6
	Unsure	%	4.2	5.5	4.7	4.3	2.1	5.3	3.8	3.5	4.1	4.5

Thinking about conversations or information you've received about menstruation, were the following helpful, somewhat helpful, somewhat not helpful or not helpful? [RANDOMIZE]

			Region						Age			
			Canada Females 2019-05	Atlantic	Quebec	Ontario	Prairies	British Columbia	14 to 17	18 to 24	25 to 34	35 to 55
Question 8 - Information on the Internet	Total	Unwgt N	2021	146	444	788	379	264	154	316	484	1067
		Wgt N	1993	138	443	777	373	262	157	309	476	1050
	Helpful	%	18.8	18.1	20.8	19.0	18.3	15.9	44.6	35.8	19.6	9.6
	Somewhat helpful	%	18.3	18.0	14.7	18.7	20.6	20.4	26.3	29.3	22.1	12.2
	Somewhat not helpful	%	4.8	4.9	5.0	4.4	4.8	5.7	10.4	7.0	5.8	2.9
	Not helpful	%	3.7	2.7	5.0	4.1	2.9	2.3	5.8	3.5	3.5	3.6
	I didn't receive this	%	51.0	51.5	49.7	51.0	52.1	51.6	11.0	21.2	45.2	68.4
	Unsure	%	3.3	4.8	5.0	2.8	1.3	4.2	1.9	3.2	3.7	3.4



2019-1432 – Plan International/Nanos Survey – Plan Hygiene Female - STAT SHEET

Thinking about conversations or information you’ve received about menstruation, were the following helpful, somewhat helpful, somewhat not helpful or not helpful? [RANDOMIZE]

			Region						Age			
			Canada Females 2019-05	Atlantic	Quebec	Ontario	Prairies	British Columbia	14 to 17	18 to 24	25 to 34	35 to 55
Question 9 - Information from a health care professional (e.g. doctor, school nurse, etc.)	Total	Unwgt N	2026	147	445	790	380	264	153	317	485	1071
		Wgt N	1998	139	444	779	374	262	156	310	477	1054
	Helpful	%	21.4	22.1	27.4	18.7	20.9	19.7	27.1	25.0	21.7	19.5
	Somewhat helpful	%	24.5	22.4	26.3	24.0	22.3	27.3	22.7	25.6	23.7	24.9
	Somewhat not helpful	%	6.0	6.0	5.0	5.7	7.4	6.4	7.3	7.2	7.9	4.6
	Not helpful	%	4.0	2.1	3.4	5.2	4.2	1.9	4.5	5.7	4.6	3.1
	I didn't receive this	%	40.7	43.9	34.1	42.6	42.8	40.9	34.4	34.3	39.4	44.0
	Unsure	%	3.5	3.4	3.8	3.7	2.4	3.8	4.0	2.2	2.9	4.0

Thinking about conversations or information you’ve received about menstruation, were the following helpful, somewhat helpful, somewhat not helpful or not helpful? [RANDOMIZE]

			Region						Age			
			Canada Females 2019-05	Atlantic	Quebec	Ontario	Prairies	British Columbia	14 to 17	18 to 24	25 to 34	35 to 55
Question 10 - Information on product packaging about how to safely use products (e.g. tampons, sanitary pads, cups, period panties)	Total	Unwgt N	2026	146	445	791	379	265	154	317	485	1070
		Wgt N	1998	138	444	780	373	263	157	310	477	1053
	Helpful	%	29.1	34.4	31.5	25.9	31.4	28.7	35.0	30.6	31.3	26.8
	Somewhat helpful	%	40.6	44.4	37.3	40.6	40.1	45.3	35.7	36.9	40.9	42.4
	Somewhat not helpful	%	8.1	7.6	7.9	8.0	9.1	7.9	8.7	8.2	11.2	6.6
	Not helpful	%	5.6	1.3	6.8	6.1	5.8	4.5	6.4	7.3	6.0	4.9
	I didn't receive this	%	12.2	8.9	10.6	15.3	11.1	9.1	11.1	12.6	7.2	14.5
	Unsure	%	4.3	3.4	6.1	4.2	2.6	4.5	3.2	4.4	3.5	4.8



2019-1432 – Plan International/Nanos Survey – Plan Hygiene Female - STAT SHEET

			Region					Age				
			Canada Females 2019-05	Atlantic	Quebec	Ontario	Prairies	British Columbia	14 to 17	18 to 24	25 to 34	35 to 55
Question 11 -Thinking about what you've learned about, if anything, menstrual hygiene and periods in school, did you feel prepared, somewhat prepared, somewhat not prepared or not prepared for your first period? I have not received any education about menstrual hygiene or periods in school	Total	Unwgt N	2027	147	445	791	379	265	154	317	484	1072
		Wgt N	1999	139	444	780	373	263	157	310	476	1055
	Prepared	%	14.7	15.1	18.7	13.5	13.1	13.6	24.2	16.7	13.5	13.3
	Somewhat prepared	%	35.7	33.4	33.0	36.8	34.4	40.0	39.3	41.3	33.5	34.5
	Somewhat not prepared	%	19.2	19.0	17.5	18.7	23.9	16.6	16.8	16.4	25.4	17.5
	Not prepared	%	18.8	19.7	16.6	19.9	18.7	19.2	13.6	14.5	18.4	21.1
	I have not received any education about menstrual hygiene or periods in school	%	8.1	10.7	9.9	7.6	8.1	5.3	4.2	6.0	6.4	10.0
	Unsure	%	3.5	2.1	4.3	3.5	1.8	5.3	1.9	5.0	2.9	3.6

Do you support, somewhat support, somewhat oppose or oppose making menstrual hygiene products available for free in the following locations? [RANDOMIZE]

			Region					Age				
			Canada Females 2019-05	Atlantic	Quebec	Ontario	Prairies	British Columbia	14 to 17	18 to 24	25 to 34	35 to 55
Question 12 - Workplaces	Total	Unwgt N	2022	146	443	788	380	265	154	316	485	1067
		Wgt N	1994	138	442	777	374	263	157	309	477	1050
	Support	%	62.3	63.2	60.5	65.4	63.2	54.7	74.1	71.2	62.1	58.1
	Somewhat support	%	18.6	17.8	18.1	17.5	17.8	24.2	18.7	13.0	20.4	19.4
	Somewhat oppose	%	7.1	8.1	7.4	5.7	9.7	6.8	3.8	5.4	6.6	8.4
	Oppose	%	5.5	3.4	7.7	4.3	4.5	8.3	1.3	1.3	4.6	7.9
	Not sure	%	6.4	7.5	6.3	7.1	4.8	6.0	2.1	9.2	6.4	6.2



2019-1432 – Plan International/Nanos Survey – Plan Hygiene Female - STAT SHEET

Do you support, somewhat support, somewhat oppose or oppose making menstrual hygiene products available for free in the following locations? [RANDOMIZE]

			Region						Age			
			Canada Females 2019-05	Atlantic	Quebec	Ontario	Prairies	British Columbia	14 to 17	18 to 24	25 to 34	35 to 55
Question 13 - Schools	Total	Unwgt N	2025	147	444	789	380	265	153	317	485	1070
		Wgt N	1997	139	443	778	374	263	156	310	477	1053
	Support	%	77.7	83.8	73.7	79.5	79.8	73.2	84.4	79.5	78.1	76.0
	Somewhat support	%	14.8	10.9	18.5	13.2	14.6	15.9	10.9	13.9	14.0	16.0
	Somewhat oppose	%	2.0	1.3	1.4	2.0	1.8	3.4	1.9	0.6	2.7	2.1
	Oppose	%	1.9	1.3	1.3	1.3	2.5	4.2	0.8	0.3	1.5	2.7
	Not sure	%	3.6	2.7	5.2	4.0	1.3	3.4	1.9	5.7	3.7	3.2

Do you support, somewhat support, somewhat oppose or oppose making menstrual hygiene products available for free in the following locations? [RANDOMIZE]

			Region						Age			
			Canada Females 2019-05	Atlantic	Quebec	Ontario	Prairies	British Columbia	14 to 17	18 to 24	25 to 34	35 to 55
Question 14 - Post-secondary education institutions (universities/colleges)	Total	Unwgt N	2023	147	445	789	378	264	154	317	485	1067
		Wgt N	1995	139	444	778	372	262	157	310	477	1050
	Support	%	68.8	70.3	66.8	71.7	69.3	62.1	76.4	73.5	68.7	66.3
	Somewhat support	%	18.6	18.3	19.3	17.4	17.0	23.5	18.5	14.8	18.5	19.8
	Somewhat oppose	%	3.9	3.4	4.5	3.2	5.0	3.8	2.5	4.1	3.5	4.2
	Oppose	%	4.1	2.0	4.7	2.8	5.3	6.1	0.6	1.0	3.9	5.5
	Not sure	%	4.6	6.0	4.7	4.9	3.4	4.5	1.9	6.6	5.3	4.1



2019-1432 – Plan International/Nanos Survey – Plan Hygiene Female - STAT SHEET

Do you support, somewhat support, somewhat oppose or oppose making menstrual hygiene products available for free in the following locations? [RANDOMIZE]

			Region						Age			
			Canada Females 2019-05	Atlantic	Quebec	Ontario	Prairies	British Columbia	14 to 17	18 to 24	25 to 34	35 to 55
Question 15 - Public spaces (including park facilities, libraries, community centres)	Total	Unwgt N	2024	147	445	789	378	265	154	317	484	1069
		Wgt N	1996	139	444	778	372	263	157	310	476	1052
	Support	%	60.7	66.8	55.7	63.1	62.6	56.2	67.9	65.8	60.7	58.1
	Somewhat support	%	19.9	17.0	20.0	19.9	18.2	23.4	20.5	16.2	21.7	20.0
	Somewhat oppose	%	7.4	5.4	8.3	6.0	8.7	9.1	5.1	6.6	7.2	8.0
	Oppose	%	5.5	2.7	7.2	4.2	6.0	7.2	0.6	1.9	3.9	8.0
	Not sure	%	6.6	8.1	8.8	6.8	4.5	4.1	5.8	9.5	6.4	5.9

Do you support, somewhat support, somewhat oppose or oppose making menstrual hygiene products available for free in the following locations? [RANDOMIZE]

			Region						Age			
			Canada Females 2019-05	Atlantic	Quebec	Ontario	Prairies	British Columbia	14 to 17	18 to 24	25 to 34	35 to 55
Question 16 - Homeless shelters	Total	Unwgt N	2024	147	444	790	378	265	154	316	485	1069
		Wgt N	1996	139	443	779	372	263	157	309	477	1052
	Support	%	79.2	84.5	78.8	79.9	80.0	73.6	90.2	79.1	76.7	78.7
	Somewhat support	%	12.6	11.4	12.4	11.6	12.6	16.6	5.1	10.8	13.2	14.0
	Somewhat oppose	%	2.1	0.0	1.6	2.5	2.6	2.3	2.5	1.6	2.9	1.9
	Oppose	%	1.5	0.7	2.0	1.0	1.3	2.6	1.3	0.9	1.9	1.5
	Not sure	%	4.6	3.4	5.2	4.9	3.5	4.9	0.8	7.6	5.4	3.9



2019-1432 – Plan International/Nanos Survey – Plan Hygiene Female - STAT SHEET

Do you support, somewhat support, somewhat oppose or oppose making menstrual hygiene products available for free in the following locations? [RANDOMIZE]

			Region						Age			
			Canada Females 2019-05	Atlantic	Quebec	Ontario	Prairies	British Columbia	14 to 17	18 to 24	25 to 34	35 to 55
Question 17 - Places of worship	Total	Unwgt N	2021	145	444	788	379	265	154	316	483	1068
		Wgt N	1993	137	443	777	373	263	157	309	475	1051
	Support	%	53.6	56.6	44.4	57.5	57.6	50.6	54.1	59.4	53.8	51.7
	Somewhat support	%	18.6	18.6	16.0	19.4	16.3	23.8	19.3	17.4	21.1	17.7
	Somewhat oppose	%	7.3	5.5	9.2	6.1	8.7	6.4	9.8	4.7	7.5	7.6
	Oppose	%	8.7	5.6	14.4	6.5	8.7	7.6	6.4	5.4	6.9	10.9
	Not sure	%	11.8	13.8	16.0	10.5	8.8	11.7	10.4	13.0	10.8	12.1

Do you support, somewhat support, somewhat oppose or oppose making menstrual hygiene products available for free in the following locations? [RANDOMIZE]

			Region						Age			
			Canada Females 2019-05	Atlantic	Quebec	Ontario	Prairies	British Columbia	14 to 17	18 to 24	25 to 34	35 to 55
Question 18 - Penitentiaries/detention centres	Total	Unwgt N	2020	146	445	785	379	265	154	316	483	1067
		Wgt N	1992	138	444	774	373	263	157	309	475	1050
	Support	%	68.7	68.7	61.6	72.0	70.7	67.9	74.5	70.5	65.8	68.5
	Somewhat support	%	16.3	17.0	19.8	13.7	17.4	15.8	10.4	16.8	16.8	16.8
	Somewhat oppose	%	4.3	4.1	4.0	4.3	3.1	6.0	5.1	3.2	5.8	3.7
	Oppose	%	4.2	5.5	7.4	2.6	3.1	4.2	2.6	1.9	4.6	4.9
	Not sure	%	6.7	4.8	7.2	7.4	5.7	6.0	7.4	7.6	7.0	6.1



2019-1432 – Plan International/Nanos Survey – Plan Hygiene Female - STAT SHEET

			Region					Age				
			Canada Females 2019-05	Atlantic	Quebec	Ontario	Prairies	British Columbia	14 to 17	18 to 24	25 to 34	35 to 55
Question 19 - Which of the following groups of people are you very comfortable speaking to about your period? [Select all that apply] [RANDOMIZE]	Total	Unwgt N	7003	520	1464	2766	1329	924	480	1084	1765	3674
		Wgt N	6902	492	1462	2727	1306	916	490	1060	1736	3617
	Female family members (i.e. mother, sister, cousin, aunt)	%	22.0	21.9	22.4	22.2	21.8	21.1	26.2	22.7	20.9	21.8
	Male family members (i.e. father, brother, cousin, uncle)	%	4.4	4.5	4.1	4.6	4.2	4.2	5.2	5.2	4.4	4.0
	Partner/spouse	%	15.4	16.9	15.2	15.3	15.4	15.6	9.3	15.0	16.7	15.8
	Male friends/colleagues	%	4.1	4.1	4.5	3.9	3.9	4.0	6.3	5.3	3.7	3.6
	Female friends/colleagues	%	20.6	20.0	20.9	20.3	20.6	21.6	23.6	21.4	20.7	20.0
	Male healthcare professional	%	11.2	9.8	10.7	11.2	11.9	11.7	7.6	10.0	11.5	11.9
	Female healthcare professional	%	20.4	20.4	19.7	20.8	20.4	20.4	20.2	19.0	20.7	20.7
	None	%	1.9	2.5	2.6	1.6	1.9	1.4	1.7	1.5	1.4	2.3



2019-1432 – Plan International/Nanos Survey – Plan Hygiene Female - STAT SHEET

			Region						Age			
			Canada Females 2019-05	Atlantic	Quebec	Ontario	Prairies	British Columbia	14 to 17	18 to 24	25 to 34	35 to 55
Question 19 - Which of the following groups of people are you very comfortable speaking to about your period? [Select all that apply] [RANDOMIZE]	Total	Unwgt N	2028	147	445	791	380	265	154	317	485	1072
		Wgt N	2000	139	444	780	374	263	157	310	477	1055
	Female family members (i.e. mother, sister, cousin, aunt)	%	75.9	77.7	73.7	77.6	75.9	73.6	81.5	77.5	75.8	74.6
	Male family members (i.e. father, brother, cousin, uncle)	%	15.1	15.9	13.5	16.2	14.7	14.7	16.1	17.7	16.1	13.7
	Partner/spouse	%	53.3	59.9	49.9	53.5	53.6	54.3	29.1	51.4	60.8	54.0
	Male friends/colleagues	%	14.0	14.5	14.9	13.8	13.4	14.0	19.6	18.0	13.6	12.2
	Female friends/colleagues	%	71.2	70.7	68.8	70.9	72.0	75.5	73.5	73.1	75.4	68.5
	Male healthcare professional	%	38.6	34.6	35.0	39.3	41.5	40.8	23.5	34.1	41.8	40.8
	Female healthcare professional	%	70.4	72.2	64.7	72.7	71.1	71.0	62.8	64.9	75.2	70.9
	None	%	6.6	8.7	8.5	5.7	6.7	4.9	5.3	5.1	5.0	8.0



2019-1432 – Plan International/Nanos Survey – Plan Hygiene Female - STAT SHEET

Do the following regularly, occasionally or never happen? [RANDOMIZE]

			Region						Age			
			Canada Females 2019-05	Atlantic	Quebec	Ontario	Prairies	British Columbia	14 to 17	18 to 24	25 to 34	35 to 55
Question 20 - You had to sacrifice something else within your budget to afford menstrual hygiene products. Some examples might include rent, food, entertainment, or new clothing	Total	Unwgt N	2025	147	445	789	380	264	154	317	485	1069
		Wgt N	1997	139	444	778	374	262	157	310	477	1052
	Regularly	%	7.7	9.5	6.7	8.2	8.6	5.7	5.1	10.7	7.2	7.5
	Occasionally	%	26.5	34.1	26.7	25.3	25.3	27.3	14.6	31.9	30.9	24.7
	Never	%	56.9	54.3	56.4	56.0	60.6	56.1	36.6	47.0	56.9	62.8
	I don't buy my own products	%	5.0	1.4	4.5	6.1	4.4	4.9	37.4	7.3	1.7	0.9
	N/A - I have never gotten my period	%	0.7	0.0	0.5	0.9	0.3	1.5	1.9	0.0	0.6	0.8
	Unsure	%	3.3	0.7	5.2	3.4	0.8	4.5	4.5	3.2	2.7	3.4

Do the following regularly, occasionally or never happen? [RANDOMIZE]

			Region						In which of the following age categories do you fit into?			
			Canada Females 2019-05	Atlantic	Quebec	Ontario	Prairies	British Columbia	14 to 17	18 to 24	25 to 34	35 to 55
Question 21 - You had to miss out on an activity because of your period and concerns about not being able access to menstrual hygiene products or proper facilities	Total	Unwgt N	2024	146	445	789	380	264	154	316	485	1069
		Wgt N	1996	138	444	778	374	262	157	309	477	1052
	Regularly	%	12.2	10.2	12.4	13.8	11.5	9.1	16.0	16.2	11.3	10.8
	Occasionally	%	50.8	49.4	46.9	51.3	52.5	53.8	50.5	52.5	50.8	50.3
	Never	%	31.9	39.7	32.6	30.4	31.3	32.2	24.8	27.8	33.5	33.5
	I don't buy my own products	%	0.8	0.0	1.1	0.8	1.5	0.0	5.5	0.0	0.4	0.6
	N/A - I have never gotten my period	%	0.7	0.0	0.7	1.0	0.0	1.1	1.9	0.3	0.4	0.8
	Unsure	%	3.6	0.7	6.3	2.7	3.1	3.8	1.3	3.2	3.5	4.0



2019-1432 – Plan International/Nanos Survey – Plan Hygiene Female - STAT SHEET

Do the following regularly, occasionally or never happen? [RANDOMIZE]

			Region						In which of the following age categories do you fit into?			
			Canada Females 2019-05	Atlantic	Quebec	Ontario	Prairies	British Columbia	14 to 17	18 to 24	25 to 34	35 to 55
Question 22 - You felt the need to lie about being on your period or hide a menstrual product when using the washroom on your period	Total	Unwgt N	2025	147	445	789	379	265	154	317	485	1069
		Wgt N	1997	139	444	778	373	263	157	310	477	1052
	Regularly	%	19.4	19.8	18.2	19.5	24.3	13.9	32.9	27.2	22.7	13.6
	Occasionally	%	38.2	33.7	41.3	39.6	37.3	32.4	31.8	46.0	43.1	34.7
	Never	%	38.1	43.2	35.0	37.0	34.6	49.1	30.0	23.3	30.5	47.2
	I don't buy my own products	%	0.6	0.7	0.7	0.5	1.1	0.0	1.5	0.6	0.8	0.4
	N/A - I have never gotten my period	%	0.5	0.0	0.4	0.8	0.3	0.8	1.9	0.0	0.2	0.7
	Unsure	%	3.1	2.7	4.3	2.5	2.4	3.8	1.9	2.9	2.7	3.5

Do the following regularly, occasionally or never happen? [RANDOMIZE]

			Region						In which of the following age categories do you fit into?			
			Canada Females 2019-05	Atlantic	Quebec	Ontario	Prairies	British Columbia	14 to 17	18 to 24	25 to 34	35 to 55
Question 23- You have been teased by a male (friend, peer/ colleague, relative) about being on your period	Total	Unwgt N	2026	147	445	789	380	265	154	317	485	1070
		Wgt N	1998	139	444	778	374	263	157	310	477	1053
	Regularly	%	6.2	8.1	5.6	6.6	7.3	3.8	9.6	6.6	7.8	4.9
	Occasionally	%	34.5	34.9	34.6	35.5	32.3	34.0	40.8	43.5	34.8	30.7
	Never	%	53.2	52.3	52.3	53.4	53.8	54.0	43.3	45.1	51.8	57.8
	I don't buy my own products	%	0.8	0.7	0.4	0.8	1.6	0.4	3.8	0.3	1.0	0.4
	N/A - I have never gotten my period	%	0.6	0.0	0.4	0.8	0.5	1.1	1.3	0.3	0.4	0.8
	Unsure	%	4.6	4.0	6.5	3.0	4.5	6.8	1.3	4.1	4.1	5.5



2019-1432 – Plan International/Nanos Survey – Plan Hygiene Female- Education and Ethnicity - STAT SHEET

			Which of the following is the highest level of education you have achieved?							
			Canada Females 2019- 05	Some high school	Completed high school	Some college or university	Completed college	Completed university	Completed graduate studies	Refuse/No Answer
Question 1 - When you first got your period, did you feel confident, somewhat confident, somewhat not confident or not confident that you knew what to do?	Total	Unwgt N	2023	206	342	310	421	564	157	23
		Wgt N	1995	208	336	305	414	554	155	23
	Confident	%	13.0	20.6	15.0	10.3	12.8	10.8	10.9	
	Somewhat confident	%	31.8	26.8	36.0	34.8	30.9	29.8	34.4	
	Somewhat not confident	%	19.2	18.8	17.8	17.7	18.5	21.1	20.4	
	Not confident	%	30.9	23.7	27.1	34.2	33.9	32.6	30.6	
	N/A - I have never gotten my period	%	0.7	1.9	0.9	0.3	0.7	0.2	0.6	
	Unsure	%	4.4	8.2	3.2	2.6	3.1	5.5	3.2	

Nanos conducted an online panel survey of 2,028 female Canadians, 14 to 55 years of age, between May 6th and 12th, 2019. Some responses have been shaded due to a small responding sample.



2019-1432 – Plan International/Nanos Survey – Plan Hygiene Female- Education and Ethnicity - STAT SHEET

		Which of the following best describes you?													
		Canada Females 2019-05	White	South Asian (e.g., East Indian, Pakistani, Sri Lankan, etc.)	Chinese	Black	Filipino	Latin American	Arab/West Asian (e.g., Iranian, Afghan, etc.)	Southeast Asian (e.g., Vietnamese, Cambodian, Laotian, Thai, etc.)/Korean/Japanese	First Nations/Indigenous/Metis/Inuit	Mixed	Refuse		
Question 1 - When you first got your period, did you feel confident, somewhat confident, somewhat not confident or not confident that you knew what to do?	Total	Unwgt N	2028	1486	76	124	76	39	32	34	50	50	15	46	
		Wgt N	2000	1465	75	122	75	39	31	34	49	49	15	46	
	Confident	%	13.0	12.6	11.8	8.1	26.3	15.3	6.3	14.8	22.0	10.6		13.1	
	Somewhat confident	%	31.7	31.5	32.8	33.2	26.3	30.5	52.9	23.6	34.0	29.8		34.5	
	Somewhat not confident	%	19.2	19.8	21.0	25.0	10.5	16.0	9.5	23.5	6.1	9.7		23.9	
	Not confident	%	31.0	31.8	29.0	30.6	28.9	20.5	31.4	35.2	25.8	38.0		24.1	
	N/A - I have never gotten my period	%	0.7	0.7	1.3	1.6	0.0	0.0	0.0	0.0	0.0	2.0		0.0	
	Unsure	%	4.4	3.7	4.0	1.6	8.0	17.6	0.0	2.9	12.1	9.9		4.4	

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2019-1432 – Plan International/Nanos Survey – Plan Hygiene Female- Education and Ethnicity - STAT SHEET

			Which of the following is the highest level of education you have achieved?							
			Canada Females 2019-05	Some high school	Completed high school	Some college or university	Completed college	Completed university	Completed graduate studies	Refuse/No Answer
Question 2 - When you first got your period, did anyone tell you that you were "now a woman"?	Total	Unwgt N	2023	206	342	310	421	564	157	23
		Wgt N	1995	208	336	305	414	554	155	23
	Yes	%	40.7	40.1	39.5	46.5	47.2	32.9	42.2	
	No	%	49.9	48.7	53.8	47.4	43.3	56.1	48.2	
	N/A - I have never gotten my period	%	0.5	1.4	0.9	0.0	1.0	0.2	0.0	
	Unsure	%	8.8	9.7	5.9	6.1	8.6	10.9	9.6	

			Which of the following best describes you?											
			Canada Females 2019-05	White	South Asian (e.g., East Indian, Pakistani, Sri Lankan, etc.)	Chinese	Black	Filipino	Latin American	Arab/West Asian (e.g., Iranian, Afghan, etc.)	Southeast Asian (e.g., Vietnamese, Cambodian, Laotian, Thai, etc.)/Korean/Japanese	First Nations/Indigenous/Metis/Inuit	Mixed	Refuse
Question 2 - When you first got your period, did anyone tell you that you were "now a woman"?	Total	Unwgt N	2028	1486	76	124	76	39	32	34	50	50	15	46
		Wgt N	2000	1465	75	122	75	39	31	34	49	49	15	46
	Yes	%	40.8	40.0	31.6	28.2	57.9	56.7	34.5	58.9	45.9	51.7		43.7
	No	%	49.8	50.6	57.8	58.9	38.1	43.3	40.4	35.3	40.0	46.3		47.6
	N/A - I have never gotten my period	%	0.6	0.4	1.3	1.6	0.0	0.0	3.2	0.0	2.0	2.0		0.0
	Unsure	%	8.8	9.0	9.2	11.3	3.9	0.0	21.9	5.8	12.1	0.0		8.7

Nanos conducted an online panel survey of 2,028 female Canadians, 14 to 55 years of age, between May 6th and 12th, 2019. Some responses have been shaded due to a small responding sample.



2019-1432 – Plan International/Nanos Survey – Plan Hygiene Female- Education and Ethnicity - STAT SHEET

Thinking about conversations or information you’ve received about menstruation, were the following helpful, somewhat helpful, somewhat not helpful or not helpful? [RANDOMIZE]

			Which of the following is the highest level of education you have achieved?							
			Canada Females 2019-05	Some high school	Completed high school	Some college or university	Completed college	Completed university	Completed graduate studies	Refuse/No Answer
Question 3 - A lesson at school from a teacher	Total	Unwgt N	2023	206	342	310	421	564	157	23
		Wgt N	1995	208	336	305	414	554	155	23
	Helpful	%	18.6	23.8	19.3	17.2	19.4	16.0	20.4	
	Somewhat helpful	%	31.1	25.4	29.2	30.4	30.9	34.9	33.7	
	Somewhat not helpful	%	10.1	14.4	9.3	10.9	8.6	9.0	12.1	
	Not helpful	%	8.6	11.9	7.9	9.6	7.3	8.2	9.0	
	I didn't receive this	%	27.8	17.8	31.3	29.4	31.2	28.0	20.4	
	Unsure	%	3.9	6.7	2.9	2.5	2.6	3.9	4.4	

Nanos conducted an online panel survey of 2,028 female Canadians, 14 to 55 years of age, between May 6th and 12th, 2019. Some responses have been shaded due to a small responding sample.



2019-1432 – Plan International/Nanos Survey – Plan Hygiene Female- Education and Ethnicity - STAT SHEET

Thinking about conversations or information you’ve received about menstruation, were the following helpful, somewhat helpful, somewhat not helpful or not helpful? [RANDOMIZE]

		Which of the following best describes you?												
			Canada Females 2019-05	White	South Asian (e.g., East Indian, Pakistani, Sri Lankan, etc.)	Chinese	Black	Filipino	Latin American	Arab/West Asian (e.g., Iranian, Afghan, etc.)	Southeast Asian (e.g., Vietnamese, Cambodian, Laotian, Thai, etc.)/Korean/Japanese	First Nations/Indigenous/Metis/Inuit	Mixed	Refuse
Question 3 - A lesson at school from a teacher	Total	Unwgt N	2028	1486	76	124	76	39	32	34	50	50	15	46
		Wgt N	2000	1465	75	122	75	39	31	34	49	49	15	46
	Helpful	%	18.6	15.6	36.7	17.8	36.9	43.4	18.8	20.8	20.0	16.1		37.1
	Somewhat helpful	%	31.1	30.3	35.6	42.7	30.1	26.2	40.4	35.1	24.2	38.2		12.7
	Somewhat not helpful	%	10.1	10.3	1.3	12.9	14.6	5.0	6.1	11.8	2.0	11.8		8.8
	Not helpful	%	8.6	8.7	11.9	8.1	4.0	5.1	0.0	14.7	9.8	11.9		6.5
	I didn't receive this	%	27.8	31.0	11.9	15.3	9.2	20.3	28.4	14.7	38.0	20.1		32.7
	Unsure	%	3.9	4.0	2.6	3.2	5.3	0.0	6.3	3.0	6.0	1.9		2.2

Nanos conducted an online panel survey of 2,028 female Canadians, 14 to 55 years of age, between May 6th and 12th, 2019. Some responses have been shaded due to a small responding sample.



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Thinking about conversations or information you’ve received about menstruation, were the following helpful, somewhat helpful, somewhat not helpful or not helpful? [RANDOMIZE]

			Which of the following is the highest level of education you have achieved?							
			Canada Females 2019-05	Some high school	Completed high school	Some college or university	Completed college	Completed university	Completed graduate studies	Refuse/No Answer
Question 4 - A conversation with a friend about what was going to happen and how to manage it	Total	Unwgt N	2023	206	342	310	421	564	157	23
		Wgt N	1995	208	336	305	414	554	155	23
	Helpful	%	24.2	26.7	26.3	24.6	24.9	20.0	25.6	
	Somewhat helpful	%	31.9	29.0	27.5	35.8	30.2	34.1	38.2	
	Somewhat not helpful	%	7.3	6.7	7.3	7.7	5.7	9.2	6.3	
	Not helpful	%	3.6	4.0	2.6	4.5	2.6	3.9	5.1	
	I didn’t receive this	%	28.8	27.4	31.8	25.8	32.6	29.1	20.4	
	Unsure	%	4.0	6.2	4.4	1.6	4.0	3.7	4.4	

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Thinking about conversations or information you’ve received about menstruation, were the following helpful, somewhat helpful, somewhat not helpful or not helpful? [RANDOMIZE]

		Which of the following best describes you?												
			Canada Females 2019-05	White	South Asian (e.g., East Indian, Pakistani, Sri Lankan, etc.)	Chinese	Black	Filipino	Latin American	Arab/West Asian (e.g., Iranian, Afghan, etc.)	Southeast Asian (e.g., Vietnamese, Cambodian, Laotian, Thai, etc.)/Korean/Japanese	First Nations/Indigenous/Metis/Inuit	Mixed	Refuse
Question 4 - A conversation with a friend about what was going to happen and how to manage it	Total	Unwgt N	2028	1486	76	124	76	39	32	34	50	50	15	46
		Wgt N	2000	1465	75	122	75	39	31	34	49	49	15	46
	Helpful	%	24.2	22.5	30.3	16.9	35.5	48.6	18.7	26.4	30.0	32.6		39.1
	Somewhat helpful	%	31.9	31.7	30.2	40.4	27.5	23.6	40.8	38.3	24.1	33.8		23.8
	Somewhat not helpful	%	7.4	7.6	6.5	9.6	3.9	0.0	9.4	11.8	9.9	5.8		2.2
	Not helpful	%	3.6	3.6	2.6	4.8	2.7	0.0	0.0	3.0	4.0	3.9		4.4
	I didn't receive this	%	28.8	30.5	22.3	25.1	25.1	27.8	31.0	20.5	21.9	24.0		26.1
	Unsure	%	4.1	4.1	8.0	3.2	5.3	0.0	0.0	0.0	10.0	0.0		4.3

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Thinking about conversations or information you’ve received about menstruation, were the following helpful, somewhat helpful, somewhat not helpful or not helpful? [RANDOMIZE]

			Which of the following is the highest level of education you have achieved?							
			Canada Females 2019-05	Some high school	Completed high school	Some college or university	Completed college	Completed university	Completed graduate studies	Refuse/No Answer
Question 5 - A conversation with a family member about what was going to happen and how to manage it	Total	Unwgt N	2021	205	342	309	421	564	157	23
		Wgt N	1993	207	336	304	414	554	155	23
	Helpful	%	41.6	46.4	42.1	44.7	38.9	40.9	39.0	
	Somewhat helpful	%	30.9	25.9	31.3	30.4	33.3	30.7	33.6	
	Somewhat not helpful	%	7.3	7.4	6.1	7.8	6.4	8.0	9.5	
	Not helpful	%	4.4	3.8	5.3	3.9	4.3	4.4	5.7	
	I didn’t receive this	%	13.0	12.7	12.6	12.0	15.2	12.9	10.9	
	Unsure	%	2.7	3.8	2.6	1.3	1.9	3.0	1.3	

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2019-1432 – Plan International/Nanos Survey – Plan Hygiene Female- Education and Ethnicity - STAT SHEET

Thinking about conversations or information you’ve received about menstruation, were the following helpful, somewhat helpful, somewhat not helpful or not helpful? [RANDOMIZE]

		Which of the following best describes you?													
			Canada Females 2019-05	White	South Asian (e.g., East Indian, Pakistani, Sri Lankan, etc.)	Chinese	Black	Filipino	Latin American	Arab/West Asian (e.g., Iranian, Afghan, etc.)	Southeast Asian (e.g., Vietnamese, Cambodian, Laotian, Thai, etc.)/Korean/Japanese	First Nations/Indigenous/Metis/Inuit	Mixed	Refuse	
Question 5 - A conversation with a family member about what was going to happen and how to manage it	Total	Unwgt N	2026	1484	76	124	76	39	32	34	50	50	15	46	
		Wgt N	1998	1463	75	122	75	39	31	34	49	49	15	46	
	Helpful	%	41.5	39.9	48.5	33.1	47.3	76.2	56.1	41.4	41.8	42.6		52.3	
	Somewhat helpful	%	30.8	31.8	23.7	40.3	22.3	13.7	34.5	26.4	28.2	27.6		19.3	
	Somewhat not helpful	%	7.4	7.4	10.5	8.0	10.6	2.5	9.4	5.9	7.8	4.0		4.4	
	Not helpful	%	4.4	4.2	6.6	4.9	6.7	5.1	0.0	11.6	4.0	3.9		2.2	
	I didn't receive this	%	13.1	14.1	8.0	11.3	9.2	2.6	0.0	8.9	12.1	17.9		17.5	
Unsure	%	2.7	2.5	2.6	2.4	3.9	0.0	0.0	5.8	6.0	4.0		4.3		

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Thinking about conversations or information you’ve received about menstruation, were the following helpful, somewhat helpful, somewhat not helpful or not helpful? [RANDOMIZE]

			Which of the following is the highest level of education you have achieved?							
			Canada Females 2019-05	Some high school	Completed high school	Some college or university	Completed college	Completed university	Completed graduate studies	Refuse/No Answer
Question 6 - Menstrual hygiene product advertisements	Total	Unwgt N	2018	206	341	310	419	563	157	22
		Wgt N	1990	208	336	305	412	553	155	22
	Helpful	%	12.4	13.4	14.7	12.6	12.2	10.6	12.7	
	Somewhat helpful	%	30.3	25.6	32.0	32.3	34.6	27.5	28.0	
	Somewhat not helpful	%	15.4	17.4	12.9	16.4	13.4	17.2	14.7	
	Not helpful	%	20.2	21.8	17.0	23.5	16.7	21.2	24.9	
	I didn't receive this	%	16.0	12.6	17.8	12.3	19.6	16.5	14.0	
	Unsure	%	5.7	9.3	5.6	2.9	3.6	6.9	5.7	

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Thinking about conversations or information you’ve received about menstruation, were the following helpful, somewhat helpful, somewhat not helpful or not helpful? [RANDOMIZE]

		Which of the following best describes you?												
			Canada Females 2019-05	White	South Asian (e.g., East Indian, Pakistani, Sri Lankan, etc.)	Chinese	Black	Filipino	Latin American	Arab/West Asian (e.g., Iranian, Afghan, etc.)	Southeast Asian (e.g., Vietnamese, Cambodian, Laotian, Thai, etc.)/Korean/Japanese	First Nations/Indigenous/Metis/Inuit	Mixed	Refuse
Question 6 - Menstrual hygiene product advertisements	Total	Unwgt N	2023	1483	76	123	76	39	32	34	50	50	15	45
		Wgt N	1995	1462	75	121	75	39	31	34	49	49	15	45
	Helpful	%	12.4	11.3	21.1	6.5	21.0	28.1	15.7	11.8	16.0	12.5		17.8
	Somewhat helpful	%	30.3	31.0	30.3	27.7	32.8	20.3	22.1	26.4	36.1	35.6		22.3
	Somewhat not helpful	%	15.4	14.8	13.2	23.6	13.1	20.3	15.5	26.6	10.0	7.9		13.3
	Not helpful	%	20.2	20.9	17.1	20.3	18.6	5.1	24.8	20.4	7.9	22.0		24.6
	I didn't receive this	%	16.0	16.2	13.1	17.1	7.9	26.2	15.6	14.8	17.8	16.0		17.6
Unsure	%	5.7	5.7	5.3	4.9	6.6	0.0	6.3	0.0	12.2	5.9		4.4	

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Thinking about conversations or information you’ve received about menstruation, were the following helpful, somewhat helpful, somewhat not helpful or not helpful? [RANDOMIZE]

			Which of the following is the highest level of education you have achieved?							
			Canada Females 2019-05	Some high school	Completed high school	Some college or university	Completed college	Completed university	Completed graduate studies	Refuse/No Answer
Question 7 - Social media	Total	Unwgt N	2017	206	341	309	419	563	156	23
		Wgt N	1989	208	336	304	412	553	154	23
	Helpful	%	8.0	16.5	8.5	7.4	6.0	5.3	11.5	
	Somewhat helpful	%	13.9	20.5	16.3	14.2	10.7	12.3	14.0	
	Somewhat not helpful	%	7.2	12.8	7.9	8.1	6.2	5.5	5.1	
	Not helpful	%	8.9	11.5	10.6	12.2	7.1	6.2	7.7	
	I didn’t receive this	%	57.9	30.1	54.3	55.4	66.9	66.4	57.1	
	Unsure	%	4.2	8.6	2.3	2.6	3.1	4.3	4.5	

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Thinking about conversations or information you’ve received about menstruation, were the following helpful, somewhat helpful, somewhat not helpful or not helpful? [RANDOMIZE]

		Which of the following best describes you?												
			Canada Females 2019-05	White	South Asian (e.g., East Indian, Pakistani, Sri Lankan, etc.)	Chinese	Black	Filipino	Latin American	Arab/West Asian (e.g., Iranian, Afghan, etc.)	Southeast Asian (e.g., Vietnamese, Cambodian, Laotian, Thai, etc.)/Korean/Japanese	First Nations/Indigenous/Metis/Inuit	Mixed	Refuse
Question 7 - Social media	Total	Unwgt N	2022	1481	76	124	75	39	32	34	50	50	15	46
		Wgt N	1994	1460	75	122	74	39	31	34	49	49	15	46
	Helpful	%	7.9	5.5	17.2	6.5	22.7	23.0	6.1	23.5	18.0	16.4		8.7
	Somewhat helpful	%	14.0	11.8	15.8	20.2	19.9	31.4	25.1	20.6	22.2	16.0		11.0
	Somewhat not helpful	%	7.2	7.3	6.6	12.9	2.7	10.2	0.0	3.0	0.0	4.0		13.2
	Not helpful	%	8.9	8.8	14.5	8.1	5.3	5.1	6.1	11.7	7.7	15.9		8.8
	I didn't receive this	%	57.9	62.8	40.7	46.8	44.0	30.4	62.7	38.3	39.9	47.8		49.7
	Unsure	%	4.2	3.8	5.3	5.6	5.4	0.0	0.0	2.9	12.2	0.0		8.6

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Thinking about conversations or information you’ve received about menstruation, were the following helpful, somewhat helpful, somewhat not helpful or not helpful? [RANDOMIZE]

			Which of the following is the highest level of education you have achieved?							
			Canada Females 2019-05	Some high school	Completed high school	Some college or university	Completed college	Completed university	Completed graduate studies	Refuse/No Answer
Question 8 - Information on the Internet	Total	Unwgt N	2016	206	340	308	420	562	157	23
		Wgt N	1988	208	335	303	413	552	155	23
	Helpful	%	18.8	36.0	18.2	22.1	13.5	14.9	17.9	
	Somewhat helpful	%	18.4	19.8	18.7	21.0	16.6	17.4	17.8	
	Somewhat not helpful	%	4.8	8.3	4.7	4.6	2.9	5.2	5.7	
	Not helpful	%	3.7	5.8	5.3	2.9	2.1	3.0	5.1	
	I didn’t receive this	%	51.0	24.9	51.0	46.8	62.9	55.8	49.8	
	Unsure	%	3.3	5.2	2.0	2.6	1.9	3.6	3.8	

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Thinking about conversations or information you’ve received about menstruation, were the following helpful, somewhat helpful, somewhat not helpful or not helpful? [RANDOMIZE]

		Which of the following best describes you?												
			Canada Females 2019-05	White	South Asian (e.g., East Indian, Pakistani, Sri Lankan, etc.)	Chinese	Black	Filipino	Latin American	Arab/West Asian (e.g., Iranian, Afghan, etc.)	Southeast Asian (e.g., Vietnamese, Cambodian, Laotian, Thai, etc.)/Korean/Japanese	First Nations/Indigenous/Metis/Inuit	Mixed	Refuse
Question 8 - Information on the Internet	Total	Unwgt N	2021	1482	75	123	76	39	31	34	50	50	15	46
		Wgt N	1993	1461	74	121	75	39	30	34	49	49	15	46
	Helpful	%	18.8	15.5	26.7	18.8	43.5	38.4	12.6	35.4	27.9	32.5		17.4
	Somewhat helpful	%	18.3	15.9	22.7	33.3	18.3	31.3	19.4	20.4	24.1	27.9		17.6
	Somewhat not helpful	%	4.8	5.0	8.0	8.1	0.0	2.4	6.5	2.9	1.9	2.0		4.3
	Not helpful	%	3.7	3.8	8.0	2.4	3.9	0.0	0.0	2.9	2.0	3.8		6.6
	I didn't receive this	%	51.0	56.9	31.9	31.8	27.6	27.9	58.2	38.4	36.0	33.8		49.7
	Unsure	%	3.3	3.0	2.7	5.6	6.6	0.0	3.3	0.0	8.1	0.0		4.3

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Thinking about conversations or information you’ve received about menstruation, were the following helpful, somewhat helpful, somewhat not helpful or not helpful? [RANDOMIZE]

			Which of the following is the highest level of education you have achieved?								
			Canada Females 2019-05	Some high school	Completed high school	Some college or university	Completed college	Completed university	Completed graduate studies	Refuse/No Answer	
Question 9 - Information from a health care professional (e.g. doctor, school nurse, etc.)	Total	Unwgt N	2021	206	340	310	421	564	157	23	
		Wgt N	1993	208	334	305	414	554	155	23	
		Helpful	%	21.5	22.2	24.1	20.1	21.4	19.9	23.7	
		Somewhat helpful	%	24.5	24.6	25.1	25.5	24.8	24.6	21.5	
		Somewhat not helpful	%	6.0	5.5	7.4	5.4	3.5	6.4	10.7	
		Not helpful	%	3.9	5.7	3.8	4.5	2.8	3.6	4.5	
		I didn’t receive this	%	40.7	36.6	37.0	42.6	44.9	41.8	37.7	
		Unsure	%	3.4	5.4	2.6	1.9	2.6	3.7	1.9	

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Thinking about conversations or information you’ve received about menstruation, were the following helpful, somewhat helpful, somewhat not helpful or not helpful? [RANDOMIZE]

		Which of the following best describes you?												
			Canada Females 2019-05	White	South Asian (e.g., East Indian, Pakistani, Sri Lankan, etc.)	Chinese	Black	Filipino	Latin American	Arab/West Asian (e.g., Iranian, Afghan, etc.)	Southeast Asian (e.g., Vietnamese, Cambodian, Laotian, Thai, etc.)/Korean/Japanese	First Nations/Indigenous/Metis/Inuit	Mixed	Refuse
Question 9 - Information from a health care professional (e.g. doctor, school nurse, etc.)	Total	Unwgt N	2026	1485	76	124	75	39	32	34	50	50	15	46
		Wgt N	1998	1464	75	122	74	39	31	34	49	49	15	46
	Helpful	%	21.4	20.4	25.0	17.7	35.9	43.1	24.7	14.8	22.1	14.0		28.3
	Somewhat helpful	%	24.5	24.3	19.7	33.9	21.3	18.8	22.0	26.6	26.1	25.8		17.3
	Somewhat not helpful	%	6.0	6.0	9.2	9.6	2.7	0.0	3.1	5.8	2.0	10.3		4.3
	Not helpful	%	4.0	4.0	4.0	6.5	5.3	0.0	3.2	8.8	0.0	2.0		2.2
	I didn't receive this	%	40.7	42.0	38.2	28.3	30.7	35.6	40.6	41.1	43.8	45.8		45.7
Unsure	%	3.5	3.3	4.0	4.0	4.0	2.6	6.3	3.0	6.0	2.0		2.2	

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Thinking about conversations or information you’ve received about menstruation, were the following helpful, somewhat helpful, somewhat not helpful or not helpful? [RANDOMIZE]

			Which of the following is the highest level of education you have achieved?							
			Canada Females 2019-05	Some high school	Completed high school	Some college or university	Completed college	Completed university	Completed graduate studies	Refuse/No Answer
Question 10 - Information on product packaging about how to safely use products (e.g. tampons, sanitary pads, cups, period panties)	Total	Unwgt N	2021	206	342	309	420	564	157	23
		Wgt N	1993	208	336	304	413	554	155	23
	Helpful	%	29.2	31.5	29.6	32.1	33.7	23.9	24.2	
	Somewhat helpful	%	40.6	36.3	36.5	42.1	38.3	47.0	38.2	
	Somewhat not helpful	%	8.1	9.0	8.5	8.4	6.2	8.2	10.8	
	Not helpful	%	5.6	5.8	6.5	3.9	3.8	6.2	10.2	
	I didn’t receive this	%	12.2	10.7	14.6	12.0	14.1	10.4	11.5	
	Unsure	%	4.3	6.7	4.4	1.6	3.8	4.3	5.1	

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Thinking about conversations or information you’ve received about menstruation, were the following helpful, somewhat helpful, somewhat not helpful or not helpful? [RANDOMIZE]

		Which of the following best describes you?												
			Canada Females 2019-05	White	South Asian (e.g., East Indian, Pakistani, Sri Lankan, etc.)	Chinese	Black	Filipino	Latin American	Arab/West Asian (e.g., Iranian, Afghan, etc.)	Southeast Asian (e.g., Vietnamese, Cambodian, Laotian, Thai, etc.)/Korean/Japanese	First Nations/Indigenous/Metis/Inuit	Mixed	Refuse
Question 10 - Information on product packaging about how to safely use products (e.g. tampons, sanitary pads, cups, period panties)	Total	Unwgt N	2026	1484	76	124	76	39	32	34	50	50	15	46
		Wgt N	1998	1463	75	122	75	39	31	34	49	49	15	46
	Helpful	%	29.1	28.9	30.3	22.6	40.7	48.5	31.1	14.9	22.0	27.8		39.2
	Somewhat helpful	%	40.6	42.0	27.7	47.6	32.9	20.2	37.5	41.0	48.0	42.5		19.3
	Somewhat not helpful	%	8.1	8.5	9.2	8.0	5.3	2.6	9.4	11.7	4.0	5.9		4.3
	Not helpful	%	5.6	5.1	9.2	7.3	5.2	5.1	6.3	14.7	4.0	3.8		11.0
	I didn't receive this	%	12.2	11.4	19.7	10.4	10.5	23.6	12.5	17.7	14.0	18.1		15.4
	Unsure	%	4.3	4.2	4.0	4.0	5.3	0.0	3.2	0.0	7.9	2.0		10.9

Nanos conducted an online panel survey of 2,028 female Canadians, 14 to 55 years of age, between May 6th and 12th, 2019. Some responses have been shaded due to a small responding sample.



2019-1432 – Plan International/Nanos Survey – Plan Hygiene Female- Education and Ethnicity - STAT SHEET

			Which of the following is the highest level of education you have achieved?							
			Canada Females 2019-05	Some high school	Completed high school	Some college or university	Completed college	Completed university	Completed graduate studies	Refuse/No Answer
Question 11 - Thinking about what you've learned about, if anything, menstrual hygiene and periods in school, did you feel prepared, somewhat prepared, somewhat not prepared or not prepared for your first period?	Total	Unwgt N	2022	206	342	310	421	563	157	23
		Wgt N	1994	208	336	305	414	553	155	23
	Prepared	%	14.7	20.1	20.2	11.6	15.0	11.7	11.5	
	Somewhat prepared	%	35.8	32.9	38.9	40.4	34.4	33.9	37.0	
	Somewhat not prepared	%	19.2	19.3	14.5	16.1	19.0	23.3	20.3	
	Not prepared	%	18.8	16.0	14.6	22.0	20.4	18.5	24.2	
	I have not received any education about menstrual hygiene or periods in school	%	8.0	7.0	9.7	8.6	8.6	7.2	7.0	
	Unsure	%	3.5	4.8	2.1	1.3	2.6	5.3	0.0	

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2019-1432 – Plan International/Nanos Survey – Plan Hygiene Female- Education and Ethnicity - STAT SHEET

		Which of the following best describes you?												
		Canada Females 2019-05	White	South Asian (e.g., East Indian, Pakistani, Sri Lankan, etc.)	Chinese	Black	Filipino	Latin American	Arab/West Asian (e.g., Iranian, Afghan, etc.)	Southeast Asian (e.g., Vietnamese, Cambodian, Laotian, Thai, etc.)/Korean/Japanese	First Nations/Indigenous/Metis/Inuit	Mixed	Refuse	
Question 11 - Thinking about what you've learned about, if anything, menstrual hygiene and periods in school, did you feel prepared, somewhat prepared, somewhat not prepared or not prepared for your first period?	Total	Unwgt N	2027	1485	76	124	76	39	32	34	50	50	15	46
		Wgt N	1999	1464	75	122	75	39	31	34	49	49	15	46
	Prepared	%	14.7	14.6	13.2	12.9	27.7	12.8	15.6	11.7	14.0	10.7		15.4
	Somewhat prepared	%	35.7	35.9	35.4	39.6	23.6	38.1	52.9	35.3	35.9	34.0		28.0
	Somewhat not prepared	%	19.2	18.3	23.7	27.4	17.2	21.2	12.6	23.7	16.0	23.5		21.9
	Not prepared	%	18.8	19.4	15.8	14.5	24.9	5.1	12.6	23.4	14.2	21.9		19.6
	I have not received any education about menstrual hygiene or periods in school	%	8.1	8.9	9.2	1.6	2.6	5.2	6.3	2.9	9.9	6.0		13.0
	Unsure	%	3.5	3.0	2.7	4.0	4.0	17.6	0.0	2.9	10.1	4.0		2.2

Nanos conducted an online panel survey of 2,028 female Canadians, 14 to 55 years of age, between May 6th and 12th, 2019. Some responses have been shaded due to a small responding sample.



2019-1432 – Plan International/Nanos Survey – Plan Hygiene Female- Education and Ethnicity - STAT SHEET

Do you support, somewhat support, somewhat oppose or oppose making menstrual hygiene products available for free in the following locations? [RANDOMIZE]

			Which of the following is the highest level of education you have achieved?							
			Canada Females 2019-05	Some high school	Completed high school	Some college or university	Completed college	Completed university	Completed graduate studies	Refuse/No Answer
Question 12 - Workplaces	Total	Unwgt N	2017	206	342	310	419	562	155	23
		Wgt N	1989	208	336	305	412	552	153	23
	Support	%	62.4	67.7	62.0	68.4	63.2	58.8	55.6	
	Somewhat support	%	18.6	16.9	17.5	18.1	16.7	20.0	27.0	
	Somewhat oppose	%	7.1	6.2	5.9	6.4	8.6	7.8	5.8	
	Oppose	%	5.6	2.4	4.7	4.5	6.5	7.7	3.9	
	Not sure	%	6.3	6.8	9.9	2.6	5.0	5.7	7.7	

Nanos conducted an online panel survey of 2,028 female Canadians, 14 to 55 years of age, between May 6th and 12th, 2019. Some responses have been shaded due to a small responding sample.



2019-1432 – Plan International/Nanos Survey – Plan Hygiene Female- Education and Ethnicity - STAT SHEET

Do you support, somewhat support, somewhat oppose or oppose making menstrual hygiene products available for free in the following locations? [RANDOMIZE]

		Which of the following best describes you?													
			Canada Females 2019-05	White	South Asian (e.g., East Indian, Pakistani, Sri Lankan, etc.)	Chinese	Black	Filipino	Latin American	Arab/West Asian (e.g., Iranian, Afghan, etc.)	Southeast Asian (e.g., Vietnamese, Cambodian, Laotian, Thai, etc.)/Korean/Japanese	First Nations/Indigenous/Metis/Inuit	Mixed	Refuse	
Question 12 - Workplaces	Total	Unwgt N	2022	1482	75	124	75	39	32	34	50	50	15	46	
		Wgt N	1994	1461	74	122	74	39	31	34	49	49	15	46	
	Support	%	62.3	62.0	56.0	48.4	80.2	62.0	81.2	67.7	52.0	71.6		72.0	
	Somewhat support	%	18.6	18.5	20.0	33.9	7.8	15.3	12.5	11.8	26.1	12.0		8.8	
	Somewhat oppose	%	7.1	7.3	7.9	7.3	5.3	0.0	3.2	8.8	9.8	7.8		10.6	
	Oppose	%	5.5	6.4	1.3	3.2	0.0	2.5	0.0	8.8	10.1	5.9		2.2	
	Not sure	%	6.4	5.9	14.7	7.3	6.6	20.1	3.1	2.9	2.0	2.7		6.5	

Nanos conducted an online panel survey of 2,028 female Canadians, 14 to 55 years of age, between May 6th and 12th, 2019. Some responses have been shaded due to a small responding sample.



2019-1432 – Plan International/Nanos Survey – Plan Hygiene Female- Education and Ethnicity - STAT SHEET

Do you support, somewhat support, somewhat oppose or oppose making menstrual hygiene products available for free in the following locations? [RANDOMIZE]

			Which of the following is the highest level of education you have achieved?							
			Canada Females 2019-05	Some high school	Completed high school	Some college or university	Completed college	Completed university	Completed graduate studies	Refuse/No Answer
Question 13 - Schools	Total	Unwgt N	2020	206	341	310	421	564	155	23
		Wgt N	1992	208	335	305	414	554	153	23
	Support	%	77.8	78.8	79.2	83.9	79.1	74.0	74.2	
	Somewhat support	%	14.8	12.9	14.0	13.6	15.0	15.3	20.0	
	Somewhat oppose	%	1.9	2.4	1.8	1.0	1.7	2.7	1.9	
	Oppose	%	1.9	0.6	1.5	0.6	1.4	4.1	0.0	
	Not sure	%	3.6	5.3	3.5	1.0	2.9	3.9	3.9	

Nanos conducted an online panel survey of 2,028 female Canadians, 14 to 55 years of age, between May 6th and 12th, 2019. Some responses have been shaded due to a small responding sample.



2019-1432 – Plan International/Nanos Survey – Plan Hygiene Female- Education and Ethnicity - STAT SHEET

Do you support, somewhat support, somewhat oppose or oppose making menstrual hygiene products available for free in the following locations? [RANDOMIZE]

		Which of the following best describes you?												
			Canada Females 2019-05	White	South Asian (e.g., East Indian, Pakistani, Sri Lankan, etc.)	Chinese	Black	Filipino	Latin American	Arab/West Asian (e.g., Iranian, Afghan, etc.)	Southeast Asian (e.g., Vietnamese, Cambodian, Laotian, Thai, etc.)/Korean/Japanese	First Nations/Indigenous/Metis/Inuit	Mixed	Refuse
Question 13 - Schools	Total	Unwgt N	2025	1484	75	124	76	39	32	34	50	50	15	46
		Wgt N	1997	1463	74	122	75	39	31	34	49	49	15	46
	Support	%	77.7	79.0	74.6	58.9	80.4	72.2	90.7	76.3	72.1	86.0		76.3
	Somewhat support	%	14.8	14.6	14.7	26.6	11.7	10.2	6.1	11.8	17.9	12.0		10.9
	Somewhat oppose	%	2.0	1.6	4.0	5.7	2.6	0.0	3.2	5.9	0.0	0.0		4.2
	Oppose	%	1.9	2.0	0.0	2.4	0.0	0.0	0.0	0.0	8.1	0.0		2.0
	Not sure	%	3.6	2.8	6.7	6.5	5.2	17.6	0.0	6.0	2.0	2.0		6.6

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2019-1432 – Plan International/Nanos Survey – Plan Hygiene Female- Education and Ethnicity - STAT SHEET

Do you support, somewhat support, somewhat oppose or oppose making menstrual hygiene products available for free in the following locations? [RANDOMIZE]

			Which of the following is the highest level of education you have achieved?							
			Canada Females 2019-05	Some high school	Completed high school	Some college or university	Completed college	Completed university	Completed graduate studies	Refuse/No Answer
Question 14 - Post-secondary education institutions (universities/colleges)	Total	Unwgt N	2018	206	342	309	420	562	156	23
		Wgt N	1990	208	336	304	413	552	154	23
	Support	%	68.9	67.6	69.3	77.3	70.5	65.8	62.9	
	Somewhat support	%	18.7	19.1	17.5	14.3	17.6	20.0	28.1	
	Somewhat oppose	%	3.9	5.2	2.6	4.5	3.6	4.1	3.8	
	Oppose	%	4.1	1.9	4.7	1.9	5.5	5.5	0.6	
	Not sure	%	4.5	6.1	5.8	1.9	2.8	4.6	4.5	

Nanos conducted an online panel survey of 2,028 female Canadians, 14 to 55 years of age, between May 6th and 12th, 2019. Some responses have been shaded due to a small responding sample.



2019-1432 – Plan International/Nanos Survey – Plan Hygiene Female- Education and Ethnicity - STAT SHEET

Do you support, somewhat support, somewhat oppose or oppose making menstrual hygiene products available for free in the following locations? [RANDOMIZE]

		Which of the following best describes you?												
			Canada Females 2019-05	White	South Asian (e.g., East Indian, Pakistani, Sri Lankan, etc.)	Chinese	Black	Filipino	Latin American	Arab/West Asian (e.g., Iranian, Afghan, etc.)	Southeast Asian (e.g., Vietnamese, Cambodian, Laotian, Thai, etc.)/Korean/Japanese	First Nations/Indigenous/Metis/Inuit	Mixed	Refuse
Question 14 - Post-secondary education institutions (universities/colleges)	Total	Unwgt N	2023	1482	75	124	76	39	32	34	50	50	15	46
		Wgt N	1995	1461	74	122	75	39	31	34	49	49	15	46
	Support	%	68.8	70.0	65.3	51.6	79.0	64.6	75.1	64.7	56.0	70.3		72.0
	Somewhat support	%	18.6	17.6	22.6	32.2	11.7	15.2	21.7	20.7	30.1	17.8		13.2
	Somewhat oppose	%	3.9	3.8	1.3	4.9	2.6	0.0	3.2	11.6	3.8	9.9		4.2
	Oppose	%	4.1	4.7	1.3	3.2	0.0	2.5	0.0	0.0	8.1	2.0		4.2
	Not sure	%	4.6	4.0	9.4	8.1	6.6	17.6	0.0	3.0	2.0	0.0		6.5

Nanos conducted an online panel survey of 2,028 female Canadians, 14 to 55 years of age, between May 6th and 12th, 2019. Some responses have been shaded due to a small responding sample.



2019-1432 – Plan International/Nanos Survey – Plan Hygiene Female- Education and Ethnicity - STAT SHEET

Do you support, somewhat support, somewhat oppose or oppose making menstrual hygiene products available for free in the following locations? [RANDOMIZE]

			Which of the following is the highest level of education you have achieved?							
			Canada Females 2019-05	Some high school	Completed high school	Some college or university	Completed college	Completed university	Completed graduate studies	Refuse/No Answer
Question 15 - Public spaces (including park facilities, libraries, community centres)	Total	Unwgt N	2019	206	342	310	421	563	154	23
		Wgt N	1991	208	336	305	414	553	152	23
	Support	%	60.8	61.1	61.7	67.3	60.5	57.3	60.4	
	Somewhat support	%	19.9	18.3	19.0	16.9	17.8	23.0	25.9	
	Somewhat oppose	%	7.3	8.1	7.0	8.1	7.1	7.3	5.9	
	Oppose	%	5.5	3.3	3.8	4.5	7.9	7.0	2.6	
	Not sure	%	6.5	9.1	8.4	3.2	6.7	5.5	5.2	

Nanos conducted an online panel survey of 2,028 female Canadians, 14 to 55 years of age, between May 6th and 12th, 2019. Some responses have been shaded due to a small responding sample.



2019-1432 – Plan International/Nanos Survey – Plan Hygiene Female- Education and Ethnicity - STAT SHEET

Do you support, somewhat support, somewhat oppose or oppose making menstrual hygiene products available for free in the following locations? [RANDOMIZE]

		Which of the following best describes you?												
			Canada Females 2019-05	White	South Asian (e.g., East Indian, Pakistani, Sri Lankan, etc.)	Chinese	Black	Filipino	Latin American	Arab/West Asian (e.g., Iranian, Afghan, etc.)	Southeast Asian (e.g., Vietnamese, Cambodian, Laotian, Thai, etc.)/Korean/Japanese	First Nations/Indigenous/Metis/Inuit	Mixed	Refuse
Question 15 - Public spaces (including park facilities, libraries, community centres)	Total	Unwgt N	2024	1483	75	124	76	39	32	34	50	50	15	46
		Wgt N	1996	1462	74	122	75	39	31	34	49	49	15	46
	Support	%	60.7	61.9	53.3	41.1	69.7	58.6	62.3	52.9	58.0	72.3		65.4
	Somewhat support	%	19.9	18.8	22.7	31.5	18.4	18.7	25.0	29.4	24.1	15.8		15.4
	Somewhat oppose	%	7.4	7.2	5.3	12.9	4.0	2.5	6.3	8.9	5.8	7.9		10.6
	Oppose	%	5.5	6.1	2.7	4.0	1.3	2.5	3.2	3.0	10.1	1.9		6.5
	Not sure	%	6.6	6.0	16.0	10.5	6.6	17.6	3.2	5.9	2.0	2.0		2.2

Nanos conducted an online panel survey of 2,028 female Canadians, 14 to 55 years of age, between May 6th and 12th, 2019. Some responses have been shaded due to a small responding sample.



2019-1432 – Plan International/Nanos Survey – Plan Hygiene Female- Education and Ethnicity - STAT SHEET

Do you support, somewhat support, somewhat oppose or oppose making menstrual hygiene products available for free in the following locations? [RANDOMIZE]

			Which of the following is the highest level of education you have achieved?							
			Canada Females 2019-05	Some high school	Completed high school	Some college or university	Completed college	Completed university	Completed graduate studies	Refuse/No Answer
Question 16 - Homeless shelters	Total	Unwgt N	2019	206	341	309	421	563	156	23
		Wgt N	1991	208	335	304	414	553	154	23
	Support	%	79.3	81.8	78.9	85.4	80.7	76.2	75.7	
	Somewhat support	%	12.6	9.5	13.5	10.4	12.1	14.0	16.0	
	Somewhat oppose	%	2.1	2.9	0.9	1.9	2.4	2.5	1.9	
	Oppose	%	1.5	1.0	1.5	1.0	1.2	1.8	2.5	
	Not sure	%	4.5	4.9	5.3	1.3	3.6	5.5	3.8	

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2019-1432 – Plan International/Nanos Survey – Plan Hygiene Female- Education and Ethnicity - STAT SHEET

Do you support, somewhat support, somewhat oppose or oppose making menstrual hygiene products available for free in the following locations? [RANDOMIZE]

		Which of the following best describes you?													
			Canada Females 2019-05	White	South Asian (e.g., East Indian, Pakistani, Sri Lankan, etc.)	Chinese	Black	Filipino	Latin American	Arab/West Asian (e.g., Iranian, Afghan, etc.)	Southeast Asian (e.g., Vietnamese, Cambodian, Laotian, Thai, etc.)/Korean/Japanese	First Nations/Indigenous/Metis/Inuit	Mixed	Refuse	
Question 16 - Homeless shelters	Total	Unwgt N	2024	1483	75	124	76	39	32	34	50	50	15	46	
		Wgt N	1996	1462	74	122	75	39	31	34	49	49	15	46	
	Support	%	79.2	81.7	68.0	54.0	87.0	64.5	87.5	85.3	68.0	85.6		74.1	
	Somewhat support	%	12.6	11.7	18.7	26.6	6.5	15.4	6.1	8.8	19.9	7.8		12.7	
	Somewhat oppose	%	2.1	1.9	2.7	8.1	0.0	0.0	3.2	2.9	0.0	0.0		2.2	
	Oppose	%	1.5	1.1	1.3	3.2	1.3	2.5	0.0	0.0	8.1	1.9		4.4	
	Not sure	%	4.6	3.7	9.3	8.1	5.3	17.6	3.1	2.9	4.0	4.7		6.5	

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2019-1432 – Plan International/Nanos Survey – Plan Hygiene Female- Education and Ethnicity - STAT SHEET

Do you support, somewhat support, somewhat oppose or oppose making menstrual hygiene products available for free in the following locations? [RANDOMIZE]

			Which of the following is the highest level of education you have achieved?							
			Canada Females 2019-05	Some high school	Completed high school	Some college or university	Completed college	Completed university	Completed graduate studies	Refuse/No Answer
Question 17 - Places of worship	Total	Unwgt N	2016	205	342	310	420	560	156	23
		Wgt N	1988	207	336	305	413	550	154	23
	Support	%	53.6	47.6	57.6	60.0	54.5	50.3	50.0	
	Somewhat support	%	18.6	21.3	15.2	16.1	17.8	20.9	23.1	
	Somewhat oppose	%	7.3	10.3	6.7	7.8	6.7	6.8	7.7	
	Oppose	%	8.8	7.2	6.8	8.7	11.8	9.3	5.8	
	Not sure	%	11.7	13.6	13.7	7.4	9.3	12.7	13.4	

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2019-1432 – Plan International/Nanos Survey – Plan Hygiene Female- Education and Ethnicity - STAT SHEET

Do you support, somewhat support, somewhat oppose or oppose making menstrual hygiene products available for free in the following locations? [RANDOMIZE]

		Which of the following best describes you?													
			Canada Females 2019-05	White	South Asian (e.g., East Indian, Pakistani, Sri Lankan, etc.)	Chinese	Black	Filipino	Latin American	Arab/West Asian (e.g., Iranian, Afghan, etc.)	Southeast Asian (e.g., Vietnamese, Cambodian, Laotian, Thai, etc.)/Korean/Japanese	First Nations/Indigenous/Metis/Inuit	Mixed	Refuse	
Question 17 - Places of worship	Total	Unwgt N	2021	1483	75	123	76	39	31	34	49	50	15	46	
		Wgt N	1993	1462	74	121	75	39	30	34	48	49	15	46	
	Support	%	53.6	54.4	55.9	35.8	67.1	43.1	54.9	44.0	48.9	59.7		54.5	
	Somewhat support	%	18.6	17.4	25.4	29.2	17.2	26.4	32.3	14.7	20.5	9.9		17.5	
	Somewhat oppose	%	7.3	7.4	2.7	11.4	9.2	0.0	3.1	5.8	6.2	11.8		4.2	
	Oppose	%	8.7	9.3	1.4	8.2	2.6	7.7	0.0	23.7	12.2	9.9		8.6	
	Not sure	%	11.8	11.5	14.7	15.4	4.0	22.8	9.7	11.7	12.3	8.6		15.2	

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2019-1432 – Plan International/Nanos Survey – Plan Hygiene Female- Education and Ethnicity - STAT SHEET

Do you support, somewhat support, somewhat oppose or oppose making menstrual hygiene products available for free in the following locations? [RANDOMIZE]

			Which of the following is the highest level of education you have achieved?							
			Canada Females 2019-05	Some high school	Completed high school	Some college or university	Completed college	Completed university	Completed graduate studies	Refuse/No Answer
Question 18 - Penitentiaries/detention centres	Total	Unwgt N	2015	205	340	310	420	561	156	23
		Wgt N	1987	207	335	305	413	551	154	23
	Support	%	68.7	69.8	67.1	73.2	68.1	68.2	69.3	
	Somewhat support	%	16.3	13.1	17.9	17.2	16.9	16.6	13.5	
	Somewhat oppose	%	4.3	4.3	3.6	3.5	4.5	4.8	4.5	
	Oppose	%	4.2	2.9	5.0	3.5	5.0	3.7	3.8	
	Not sure	%	6.6	9.9	6.4	2.6	5.5	6.6	8.9	

Nanos conducted an online panel survey of 2,028 female Canadians, 14 to 55 years of age, between May 6th and 12th, 2019. Some responses have been shaded due to a small responding sample.



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Do you support, somewhat support, somewhat oppose or oppose making menstrual hygiene products available for free in the following locations? [RANDOMIZE]

		Which of the following best describes you?												
		Canada Females 2019-05	White	South Asian (e.g., East Indian, Pakistani, Sri Lankan, etc.)	Chinese	Black	Filipino	Latin American	Arab/West Asian (e.g., Iranian, Afghan, etc.)	Southeast Asian (e.g., Vietnamese, Cambodian, Laotian, Thai, etc.)/Korean/Japanese	First Nations/Indigenous/Metis/Inuit	Mixed	Refuse	
Question 18 - Penitentiaries/detention centres	Total	Unwgt N	2020	1482	75	123	76	39	31	33	50	50	15	46
		Wgt N	1992	1461	74	121	75	39	30	33	49	49	15	46
	Support	%	68.7	71.2	61.3	43.0	75.1	53.4	74.2	82.0	53.9	69.7		67.6
	Somewhat support	%	16.3	15.4	16.0	30.0	9.2	17.9	16.1	9.0	30.0	14.0		10.8
	Somewhat oppose	%	4.3	3.8	5.3	10.6	2.7	5.1	6.5	3.0	2.0	3.9		6.5
	Oppose	%	4.2	4.3	1.3	3.3	3.9	2.5	0.0	3.0	10.1	5.9		4.2
	Not sure	%	6.7	5.3	16.1	13.1	9.2	21.0	3.2	3.0	4.0	6.6		10.8

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			Which of the following is the highest level of education you have achieved?							
			Canada Females 2019-05	Some high school	Completed high school	Some college or university	Completed college	Completed university	Completed graduate studies	Refuse/No Answer
Question 19 - Which of the following groups of people are you very comfortable speaking to about your period? [Select all that apply] [RANDOMIZE]	Total	Unwgt N	6996	634	1128	1151	1520	1932	578	53
		Wgt N	6896	640	1109	1130	1495	1899	570	53
	Female family members (i.e. mother, sister, cousin, aunt)	%	22.0	24.1	22.4	21.6	21.3	22.1	20.9	22.6
	Male family members (i.e. father, brother, cousin, uncle)	%	4.4	5.0	5.2	5.4	4.2	3.2	4.3	3.8
	Partner/spouse	%	15.4	11.6	15.2	15.2	16.2	16.4	15.9	13.2
	Male friends/colleagues	%	4.1	5.6	4.3	4.9	3.9	3.1	3.6	9.5
	Female friends/colleagues	%	20.6	22.0	19.0	21.2	20.6	20.7	21.3	16.9
	Male healthcare professional	%	11.2	9.3	11.4	11.1	12.4	10.8	11.6	5.7
	Female healthcare professional	%	20.4	19.5	20.1	19.6	20.1	21.5	20.8	16.9
	None	%	1.9	2.8	2.4	1.0	1.2	2.2	1.5	11.3

Nanos conducted an online panel survey of 2,028 female Canadians, 14 to 55 years of age, between May 6th and 12th, 2019. Some responses have been shaded due to a small responding sample.



2019-1432 – Plan International/Nanos Survey – Plan Hygiene Female- Education and Ethnicity - STAT SHEET

		Which of the following best describes you?												
		Canada Females 2019-05	White	South Asian (e.g., East Indian, Pakistani, Sri Lankan, etc.)	Chinese	Black	Filipino	Latin American	Arab/West Asian (e.g., Iranian, Afghan, etc.)	Southeast Asian (e.g., Vietnamese, Cambodian, Laotian, Thai, etc.)/Korean/Japanese	First Nations/Indigenous/Metis/Inuit	Mixed	Refuse	
Question 19 - Which of the following groups of people are you very comfortable speaking to about your period? [Select all that apply] [RANDOMIZE]	Total	Unwgt N	7003	5224	251	366	269	114	117	94	159	185	65	159
		Wgt N	6902	5144	248	361	265	113	115	93	157	185	64	157
	Female family members (i.e. mother, sister, cousin, aunt)	%	22.0	21.5	23.1	25.7	22.7	27.1	21.4	26.6	21.4	21.0	21.5	22.6
	Male family members (i.e. father, brother, cousin, uncle)	%	4.4	4.5	3.6	4.7	3.3	4.4	3.4	0.0	3.1	6.1	3.1	6.9
	Partner/spouse	%	15.4	15.6	15.6	15.0	14.1	15.6	14.6	16.0	14.4	14.6	18.4	12.6
	Male friends/colleagues	%	4.1	4.1	4.4	2.2	4.1	4.4	5.1	4.3	3.1	6.1	4.6	5.1
	Female friends/colleagues	%	20.6	20.2	21.5	22.7	20.8	24.6	19.6	25.5	24.5	20.5	20.0	20.2
	Male healthcare professional	%	11.2	11.7	10.4	7.6	10.4	5.5	14.6	3.2	8.8	11.9	12.3	11.3
	Female healthcare professional	%	20.4	20.3	19.5	20.8	24.2	18.5	21.4	23.4	20.1	18.8	18.5	19.5
	None	%	1.9	2.1	2.0	1.4	0.4	0.0	0.0	1.1	4.4	1.0	1.6	1.9

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2019-1432 – Plan International/Nanos Survey – Plan Hygiene Female- Education and Ethnicity - STAT SHEET

Which of the following is the highest level of education you have achieved?										
			Canada Females 2019-05	Some high school	Completed high school	Some college or university	Completed college	Completed university	Completed graduate studies	Refuse/No Answer
Question 19 - Which of the following groups of people are you very comfortable speaking to about your period? [Select all that apply] [RANDOMIZE]	Total	Unwgt N	2023	206	342	310	421	564	157	23
		Wgt N	1995	208	336	305	414	554	155	23
	Female family members (i.e. mother, sister, cousin, aunt)	%	76.0	74.2	73.9	80.3	76.8	75.7	77.2	
	Male family members (i.e. father, brother, cousin, uncle)	%	15.1	15.5	17.3	19.9	15.2	11.0	15.9	
	Partner/spouse	%	53.4	35.6	50.0	56.5	58.6	56.0	58.7	
	Male friends/colleagues	%	14.1	17.2	14.3	18.0	14.1	10.5	13.3	
	Female friends/colleagues	%	71.3	67.8	62.5	78.6	74.5	70.9	78.4	
	Male healthcare professional	%	38.7	28.7	37.4	41.3	44.9	37.0	42.7	
	Female healthcare professional	%	70.5	60.2	66.4	72.8	72.4	73.7	76.5	
None	%	6.6	8.7	7.9	3.6	4.5	7.6	5.7		

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2019-1432 – Plan International/Nanos Survey – Plan Hygiene Female- Education and Ethnicity - STAT SHEET

Which of the following best describes you?

			Canada Females 2019-05	White	South Asian (e.g., East Indian, Pakistani, Sri Lankan, etc.)	Chinese	Black	Filipino	Latin American	Arab/West Asian (e.g., Iranian, Afghan, etc.)	Southeast Asian (e.g., Vietnamese, Cambodian, Laotian, Thai, etc.)/Korean/Japanese	First Nations/Indigenous/Metis/Inuit	Mixed	Refuse
Question 19 - Which of the following groups of people are you very comfortable speaking to about your period? [Select all that apply] [RANDOMIZE]	Total	Unwgt N	2028	1486	76	124	76	39	32	34	50	50	15	46
		Wgt N	2000	1465	75	122	75	39	31	34	49	49	15	46
	Female family members (i.e. mother, sister, cousin, aunt)	%	75.9	75.5	76.2	75.9	80.3	79.5	78.0	73.6	68.1	78.3		78.1
	Male family members (i.e. father, brother, cousin, uncle)	%	15.1	15.7	11.9	13.7	11.8	12.9	12.6	0.0	9.9	22.7		23.9
	Partner/spouse]	%	53.3	54.9	51.4	44.3	50.0	45.7	53.1	44.3	45.9	54.4		43.5
	Male friends/colleagues	%	14.0	14.3	14.5	6.4	14.4	12.8	18.7	12.0	9.9	22.8		17.5
	Female friends/colleagues	%	71.2	71.0	71.1	67.0	73.6	72.1	71.6	70.5	78.1	76.4		69.6
	Male healthcare professional	%	38.6	41.3	34.2	22.5	36.7	16.1	53.1	8.9	28.1	44.6		38.9
	Female healthcare professional	%	70.4	71.3	64.5	61.3	85.5	54.2	78.0	64.7	64.0	70.3		67.3
	None	%	6.6	7.3	6.6	4.0	1.3	0.0	0.0	2.9	14.1	3.9		6.5

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2019-1432 – Plan International/Nanos Survey – Plan Hygiene Female- Education and Ethnicity - STAT SHEET

Do the following regularly, occasionally or never happen? [RANDOMIZE]

			Which of the following is the highest level of education you have achieved?							
			Canada Females 2019-05	Some high school	Completed high school	Some college or university	Completed college	Completed university	Completed graduate studies	Refuse/No Answer
Question 20 - You had to sacrifice something else within your budget to afford menstrual hygiene products. Some examples might include rent, food, entertainment, or new clothing	Total	Unwgt N	2020	206	341	309	421	564	156	23
		Wgt N	1992	208	336	304	414	554	154	23
	Regularly	%	7.7	6.7	9.4	10.0	5.9	7.1	7.0	
	Occasionally	%	26.5	17.6	31.0	34.7	31.2	21.6	19.3	
	Never	%	56.9	41.3	49.9	49.5	58.3	67.9	69.3	
	I don't buy my own products	%	4.9	27.3	4.4	3.9	1.4	0.9	0.6	
	N/A - I have never gotten my period	%	0.7	1.4	0.9	0.0	0.7	0.5	1.3	
	Unsure	%	3.2	5.7	4.4	2.0	2.4	2.0	2.6	

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2019-1432 – Plan International/Nanos Survey – Plan Hygiene Female- Education and Ethnicity - STAT SHEET

Do the following regularly, occasionally or never happen? [RANDOMIZE]

		Which of the following best describes you?												
			Canada Females 2019-05	White	South Asian (e.g., East Indian, Pakistani, Sri Lankan, etc.)	Chinese	Black	Filipino	Latin American	Arab/West Asian (e.g., Iranian, Afghan, etc.)	Southeast Asian (e.g., Vietnamese, Cambodian, Laotian, Thai, etc.)/Korean/Japanese	First Nations/Indigenous/Metis/Inuit	Mixed	Refuse
Question 20 - You had to sacrifice something else within your budget to afford menstrual hygiene products. Some examples might include rent, food, entertainment, or new clothing	Total	Unwgt N	2025	1484	75	124	76	39	32	34	50	50	15	46
		Wgt N	1997	1463	74	122	75	39	31	34	49	49	15	46
	Regularly	%	7.7	7.2	8.0	4.8	9.2	15.3	9.4	14.5	2.0	15.6		13.2
	Occasionally	%	26.5	26.1	30.6	18.5	42.2	53.1	21.8	17.6	14.1	37.7		15.2
	Never	%	56.9	59.0	45.3	65.3	42.0	28.1	62.4	50.2	75.8	28.5		47.7
	I don't buy my own products	%	5.0	3.9	8.1	6.5	4.0	3.4	3.2	8.9	6.1	16.3		19.6
	N/A - I have never gotten my period	%	0.7	0.7	1.3	1.6	0.0	0.0	0.0	0.0	0.0	2.0		0.0
	Unsure	%	3.3	3.2	6.7	3.2	2.7	0.0	3.2	8.8	2.0	0.0		4.4

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2019-1432 – Plan International/Nanos Survey – Plan Hygiene Female- Education and Ethnicity - STAT SHEET

Do the following regularly, occasionally or never happen? [RANDOMIZE]

			Which of the following is the highest level of education you have achieved?							
			Canada Females 2019-05	Some high school	Completed high school	Some college or university	Completed college	Completed university	Completed graduate studies	Refuse/No Answer
Question 21 - You had to miss out on an activity because of your period and concerns about not being able access to menstrual hygiene products or proper facilities	Total	Unwgt N	2019	205	342	309	420	564	156	23
		Wgt N	1991	207	336	304	413	554	154	23
	Regularly	%	12.2	15.5	17.0	14.2	9.0	9.6	11.5	
	Occasionally	%	50.9	49.1	48.4	52.8	48.2	54.3	53.8	
	Never	%	31.9	24.5	29.6	30.8	37.3	33.3	30.2	
	I don't buy my own products	%	0.8	4.7	0.3	0.3	0.7	0.4	0.0	
	N/A - I have never gotten my period	%	0.6	1.0	0.9	0.0	0.5	0.5	1.3	
	Unsure	%	3.5	5.3	3.8	2.0	4.3	2.0	3.2	

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2019-1432 – Plan International/Nanos Survey – Plan Hygiene Female- Education and Ethnicity - STAT SHEET

Do the following regularly, occasionally or never happen? [RANDOMIZE]

		Which of the following best describes you?												
			Canada Females 2019-05	White	South Asian (e.g., East Indian, Pakistani, Sri Lankan, etc.)	Chinese	Black	Filipino	Latin American	Arab/West Asian (e.g., Iranian, Afghan, etc.)	Southeast Asian (e.g., Vietnamese, Cambodian, Laotian, Thai, etc.)/Korean/Japanese	First Nations/Indigenous/Metis/Inuit	Mixed	Refuse
Question 21 - You had to miss out on an activity because of your period and concerns about not being able access to menstrual hygiene products or proper facilities	Total	Unwgt N	2024	1483	75	124	76	39	32	34	50	50	15	46
		Wgt N	1996	1462	74	122	75	39	31	34	49	49	15	46
	Regularly	%	12.2	10.7	20.0	15.2	5.3	25.5	25.1	26.6	7.9	17.9		17.4
	Occasionally	%	50.8	48.9	50.7	55.6	66.0	69.4	31.3	47.0	58.1	44.2		63.0
	Never	%	31.9	35.1	24.0	25.1	24.8	5.1	40.4	23.5	32.0	27.8		13.1
	I don't buy my own products	%	0.8	0.8	0.0	0.0	1.3	0.0	0.0	0.0	0.0	6.1		2.2
	N/A - I have never gotten my period	%	0.7	0.6	2.7	0.8	0.0	0.0	3.2	0.0	0.0	2.0		0.0
	Unsure	%	3.6	3.9	2.7	3.2	2.6	0.0	0.0	2.9	2.0	2.0		4.4

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2019-1432 – Plan International/Nanos Survey – Plan Hygiene Female- Education and Ethnicity - STAT SHEET

Do the following regularly, occasionally or never happen? [RANDOMIZE]

			Which of the following is the highest level of education you have achieved?							
			Canada Females 2019-05	Some high school	Completed high school	Some college or university	Completed college	Completed university	Completed graduate studies	Refuse/No Answer
Question 22 - You felt the need to lie about being on your period or hide a menstrual product when using the washroom on your period	Total	Unwgt N	2020	206	342	309	421	563	156	23
		Wgt N	1992	208	336	304	414	553	154	23
	Regularly	%	19.4	25.3	17.6	25.5	15.4	18.3	17.9	
	Occasionally	%	38.2	34.0	39.4	39.2	40.2	38.6	37.9	
	Never	%	38.2	32.5	39.8	33.7	40.8	39.2	41.1	
	I don't buy my own products	%	0.6	3.0	0.0	0.0	0.7	0.5	0.0	
	N/A - I have never gotten my period	%	0.5	1.0	0.3	0.0	0.2	0.7	0.6	
	Unsure	%	3.0	4.3	2.9	1.6	2.6	2.7	2.6	

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2019-1432 – Plan International/Nanos Survey – Plan Hygiene Female- Education and Ethnicity - STAT SHEET

Do the following regularly, occasionally or never happen? [RANDOMIZE]

		Which of the following best describes you?												
			Canada Females 2019-05	White	South Asian (e.g., East Indian, Pakistani, Sri Lankan, etc.)	Chinese	Black	Filipino	Latin American	Arab/West Asian (e.g., Iranian, Afghan, etc.)	Southeast Asian (e.g., Vietnamese, Cambodian, Laotian, Thai, etc.)/Korean/Japanese	First Nations/Indigenous/Metis/Inuit	Mixed	Refuse
Question 22 - You felt the need to lie about being on your period or hide a menstrual product when using the washroom on your period	Total	Unwgt N	2025	1484	75	124	76	39	32	34	50	50	15	46
		Wgt N	1997	1463	74	122	75	39	31	34	49	49	15	46
	Regularly	%	19.4	18.6	21.4	12.9	17.0	17.9	28.2	26.6	12.1	35.7		39.2
	Occasionally	%	38.2	39.2	27.9	43.5	39.5	41.4	28.1	29.2	29.9	31.8		28.2
	Never	%	38.1	38.0	48.0	37.1	40.8	40.7	43.7	38.4	52.1	30.5		21.8
	I don't buy my own products	%	0.6	0.6	0.0	0.8	0.0	0.0	0.0	0.0	1.9	0.0		2.2
	N/A - I have never gotten my period	%	0.5	0.7	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.0		0.0
Unsure	%	3.1	2.8	2.7	5.6	2.7	0.0	0.0	5.9	4.0	0.0		8.6	

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2019-1432 – Plan International/Nanos Survey – Plan Hygiene Female- Education and Ethnicity - STAT SHEET

Do the following regularly, occasionally or never happen? [RANDOMIZE]

			Which of the following is the highest level of education you have achieved?							
			Canada Females 2019-05	Some high school	Completed high school	Some college or university	Completed college	Completed university	Completed graduate studies	Refuse/No Answer
Question 23 - You have been teased by a male (friend, peer/colleague, relative) about being on your period	Total	Unwgt N	2021	206	342	309	421	564	156	23
		Wgt N	1993	208	336	304	414	554	154	23
	Regularly	%	6.3	6.7	7.3	5.8	6.4	5.1	7.0	
	Occasionally	%	34.4	36.5	30.0	39.8	34.0	35.1	30.1	
	Never	%	53.3	47.3	57.7	49.2	53.2	55.3	56.5	
	I don't buy my own products	%	0.8	2.9	0.3	0.0	0.5	1.1	0.6	
	N/A - I have never gotten my period	%	0.6	1.0	0.6	0.0	1.0	0.5	1.3	
	Unsure	%	4.6	5.7	4.1	5.2	5.0	2.8	4.5	

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2019-1432 – Plan International/Nanos Survey – Plan Hygiene Female- Education and Ethnicity - STAT SHEET

Do the following regularly, occasionally or never happen? [RANDOMIZE]

		Which of the following best describes you?													
			Canada Females 2019-05	White	South Asian (e.g., East Indian, Pakistani, Sri Lankan, etc.)	Chinese	Black	Filipino	Latin American	Arab/West Asian (e.g., Iranian, Afghan, etc.)	Southeast Asian (e.g., Vietnamese, Cambodian, Laotian, Thai, etc.)/Korean/Japanese	First Nations/Indigenous/Metis/Inuit	Mixed	Refuse	
Question 23 - You have been teased by a male (friend, peer/colleague, relative) about being on your period	Total	Unwgt N	2026	1485	75	124	76	39	32	34	50	50	15	46	
		Wgt N	1998	1464	74	122	75	39	31	34	49	49	15	46	
	Regularly	%	6.2	5.9	6.6	0.8	2.5	15.3	18.7	5.8	1.9	13.9		10.9	
	Occasionally	%	34.5	35.9	18.6	28.2	31.4	44.0	40.6	32.5	15.9	42.3		37.1	
	Never	%	53.2	52.1	66.7	64.6	60.7	40.7	37.5	50.0	80.2	39.8		41.5	
	I don't buy my own products	%	0.8	0.7	1.3	0.0	1.3	0.0	0.0	5.8	0.0	2.0		2.2	
	N/A - I have never gotten my period	%	0.6	0.7	1.3	0.0	0.0	0.0	0.0	2.9	0.0	2.0		0.0	
Unsure	%	4.6	4.8	5.3	6.5	4.0	0.0	3.2	2.9	2.0	0.0		8.4		

Nanos conducted an online panel survey of 2,028 female Canadians, 14 to 55 years of age, between May 6th and 12th, 2019. Some responses have been shaded due to a small responding sample.

TABULATIONS - MALE





2019-1430 – Plan International/Nanos Survey – Plan Hygiene Male - STAT SHEET

			Region						Age			
			Canada Males 2019-05	Atlantic	Quebec	Ontario	Prairies	British Columbia	14 to 17	18 to 24	25 to 34	35 to 55
Question 1 - Are you comfortable, somewhat comfortable, somewhat not comfortable or not comfortable when women and other people who menstruate have conversations about their periods in spaces where they can be overheard by others?	Total	Unwgt N	1007	65	229	385	194	134	86	163	244	514
		Wgt N	1000	68	226	384	193	130	84	164	238	514
	Comfortable	%	40.9	45.0	40.2	40.5	39.3	43.6	23.4	40.8	43.9	42.4
	Somewhat comfortable	%	29.8	32.1	30.1	28.9	28.5	32.8	29.2	29.2	29.1	30.4
	Somewhat not comfortable	%	15.0	18.4	14.0	14.8	16.9	12.7	17.3	17.1	13.6	14.6
	Not comfortable	%	7.9	0.0	6.6	8.8	10.3	8.1	11.7	5.5	7.7	8.1
	Not sure	%	6.4	4.5	9.1	7.0	5.1	2.8	18.4	7.4	5.7	4.5

			Region						Age			
			Canada Males 2019-05	Atlantic	Quebec	Ontario	Prairies	British Columbia	14 to 17	18 to 24	25 to 34	35 to 55
Question 2 – Thinking about what you’ve learned, if anything, about menstrual hygiene and periods in school do you feel prepared, somewhat prepared, somewhat not prepared or not prepared to have conversations with women and other people who menstruate about this subject?	Total	Unwgt N	1006	65	229	384	194	134	86	163	243	514
		Wgt N	999	68	226	383	193	130	84	164	237	514
	Prepared	%	28.8	34.1	31.0	28.4	27.0	26.3	24.7	26.1	30.9	29.4
	Somewhat prepared	%	38.1	40.0	41.9	36.4	36.9	36.8	33.9	40.3	37.8	38.2
	Somewhat not prepared	%	14.8	9.0	11.7	16.1	14.5	20.0	15.0	14.0	15.1	15.0
	Not prepared	%	9.5	10.8	3.9	9.6	17.0	6.7	7.0	9.9	9.5	9.7
	Not sure	%	8.8	6.1	11.4	9.4	4.6	10.2	19.4	9.8	6.6	7.8



2019-1430 – Plan International/Nanos Survey – Plan Hygiene Male - STAT SHEET

Do you support, somewhat support, somewhat oppose or oppose making menstrual hygiene products available for free in the following locations? [RANDOMIZE]

			Region					Age				
			Canada Males 2019-05	Atlantic	Quebec	Ontario	Prairies	British Columbia	14 to 17	18 to 24	25 to 34	35 to 55
Question 3- Workplaces	Total	Unwgt N	1002	63	229	382	194	134	85	163	243	511
		Wgt N	995	66	226	381	193	130	83	164	237	511
	Support	%	55.5	74.9	49.8	54.9	53.5	60.5	43.3	49.4	61.4	56.8
	Somewhat support	%	20.5	9.5	23.2	21.8	20.7	17.2	21.5	32.4	16.9	18.2
	Somewhat oppose	%	8.8	7.8	9.2	8.4	8.8	9.8	9.5	6.2	7.8	10.0
	Oppose	%	7.6	4.8	8.7	7.8	8.3	5.3	7.2	6.0	7.8	8.0
	Unsure	%	7.6	3.0	9.1	7.1	8.6	7.2	18.5	6.0	6.1	7.0

Do you support, somewhat support, somewhat oppose or oppose making menstrual hygiene products available for free in the following locations? [RANDOMIZE]

			Region					Age				
			Canada Males 2019-05	Atlantic	Quebec	Ontario	Prairies	British Columbia	14 to 17	18 to 24	25 to 34	35 to 55
Question 4 - Schools	Total	Unwgt N	1002	64	227	383	194	134	85	163	244	510
		Wgt N	995	67	224	382	193	130	83	164	238	510
	Support	%	64.7	80.1	62.9	64.0	60.2	68.8	56.4	66.4	68.1	64.0
	Somewhat support	%	23.3	13.9	27.0	24.0	23.2	19.4	17.6	23.9	20.9	25.1
	Somewhat oppose	%	3.3	1.4	2.6	3.1	4.1	4.5	7.3	1.8	3.7	2.9
	Oppose	%	3.6	1.6	2.6	3.7	6.2	2.3	3.7	3.7	3.3	3.7
	Unsure	%	5.1	3.0	4.8	5.2	6.2	5.0	15.0	4.2	4.1	4.3



2019-1430 – Plan International/Nanos Survey – Plan Hygiene Male - STAT SHEET

Do you support, somewhat support, somewhat oppose or oppose making menstrual hygiene products available for free in the following locations? [RANDOMIZE]

			Region					Age				
			Canada Males 2019-05	Atlantic	Quebec	Ontario	Prairies	British Columbia	14 to 17	18 to 24	25 to 34	35 to 55
Question 5 - Post-secondary education institutions (universities/colleges)	Total	Unwgt N	1003	64	228	383	194	134	85	162	244	512
		Wgt N	996	67	225	382	193	130	83	163	238	512
	Support	%	61.2	70.5	55.3	62.4	59.6	65.7	49.0	58.8	64.9	62.3
	Somewhat support	%	21.4	18.7	27.6	19.4	20.7	18.8	20.5	24.6	19.6	21.3
	Somewhat oppose	%	6.1	3.1	6.1	6.3	6.2	6.7	9.5	6.2	5.3	5.8
	Oppose	%	5.2	3.0	4.0	6.5	6.2	3.0	6.1	3.6	5.7	5.3
	Unsure	%	6.1	4.6	7.0	5.5	7.2	5.7	15.0	6.8	4.5	5.3

Do you support, somewhat support, somewhat oppose or oppose making menstrual hygiene products available for free in the following locations? [RANDOMIZE]

			Region					Age				
			Canada Males 2019-05	Atlantic	Quebec	Ontario	Prairies	British Columbia	14 to 17	18 to 24	25 to 34	35 to 55
Question 6 - Public spaces (including park facilities, libraries, community centres)	Total	Unwgt N	1004	63	229	384	194	134	85	163	244	512
		Wgt N	997	66	226	383	193	130	83	164	238	512
	Support	%	49.9	62.2	42.4	52.6	45.3	55.3	36.2	48.1	53.4	51.0
	Somewhat support	%	24.6	23.9	31.8	21.6	22.7	24.0	28.6	26.2	24.1	23.7
	Somewhat oppose	%	10.0	6.2	9.2	9.4	13.4	9.7	11.8	10.4	9.9	9.6
	Oppose	%	8.0	3.0	7.4	9.3	9.9	4.5	8.5	8.0	7.0	8.4
	Unsure	%	7.6	4.6	9.1	7.0	8.7	6.5	14.9	7.3	5.7	7.4



2019-1430 – Plan International/Nanos Survey – Plan Hygiene Male - STAT SHEET

Do you support, somewhat support, somewhat oppose or oppose making menstrual hygiene products available for free in the following locations? [RANDOMIZE]

			Region					Age				
			Canada Males 2019-05	Atlantic	Quebec	Ontario	Prairies	British Columbia	14 to 17	18 to 24	25 to 34	35 to 55
Question 7 - Homeless shelters	Total	Unwgt N	1004	65	228	383	194	134	85	163	243	513
		Wgt N	997	68	225	382	193	130	83	164	237	513
	Support	%	70.1	83.2	64.9	70.5	66.4	76.9	62.3	70.0	72.4	70.4
	Somewhat support	%	18.2	13.8	24.2	18.8	16.1	11.3	14.4	20.2	17.4	18.5
	Somewhat oppose	%	4.4	1.4	4.4	4.2	6.1	3.8	9.5	1.8	4.5	4.3
	Oppose	%	2.2	1.5	1.3	1.8	4.7	1.5	1.2	2.4	1.3	2.7
	Unsure	%	5.1	0.0	5.2	4.7	6.7	6.5	12.6	5.5	4.5	4.1

Do you support, somewhat support, somewhat oppose or oppose making menstrual hygiene products available for free in the following locations? [RANDOMIZE]

			Region					Age				
			Canada Males 2019-05	Atlantic	Quebec	Ontario	Prairies	British Columbia	14 to 17	18 to 24	25 to 34	35 to 55
Question 8 - Places of worship	Total	Unwgt N	1004	64	229	384	193	134	85	163	243	513
		Wgt N	997	67	226	383	192	130	83	164	237	513
	Support	%	47.7	59.6	39.6	49.5	47.0	51.6	32.6	41.8	51.9	50.1
	Somewhat support	%	18.7	11.0	21.5	19.3	18.3	16.4	14.3	20.9	16.9	19.5
	Somewhat oppose	%	10.3	7.9	11.4	10.1	9.3	12.0	14.1	12.2	8.6	9.9
	Oppose	%	10.2	10.8	10.5	10.6	10.4	7.6	10.8	11.0	8.2	10.7
	Unsure	%	13.1	10.8	16.9	10.4	15.0	12.4	28.1	14.0	14.3	9.8



2019-1430 – Plan International/Nanos Survey – Plan Hygiene Male - STAT SHEET

Do you support, somewhat support, somewhat oppose or oppose making menstrual hygiene products available for free in the following locations? [RANDOMIZE]

			Region						Age			
			Canada Males 2019-05	Atlantic	Quebec	Ontario	Prairies	British Columbia	14 to 17	18 to 24	25 to 34	35 to 55
Question 9- Penitentiaries/detention centres	Total	Unwgt N	1004	65	227	384	194	134	85	163	244	512
		Wgt N	997	68	224	383	193	130	83	164	238	512
	Support	%	62.3	80.2	54.6	65.8	53.7	68.1	40.1	59.1	69.8	63.4
	Somewhat support	%	22.1	13.7	25.6	20.6	26.3	18.8	26.3	23.7	18.0	22.8
	Somewhat oppose	%	4.9	3.0	7.9	2.3	6.7	5.9	15.2	5.6	4.4	3.3
	Oppose	%	4.0	1.5	4.4	4.4	5.2	1.5	3.7	4.9	2.5	4.5
	Unsure	%	6.7	1.5	7.5	6.8	8.1	5.7	14.8	6.7	5.3	6.0



2019-1430 – Plan International/Nanos Survey – Plan Hygiene Male - STAT SHEET

			Region						Age			
			Canada Males 2019-05	Atlantic	Quebec	Ontario	Prairies	British Columbia	14 to 17	18 to 24	25 to 34	35 to 55
Question 10 - Which of the following scenarios would you be comfortable with? [Select all that apply] [RANDOMIZE]	Total	Unwgt N	3560	224	804	1436	583	513	272	574	922	1792
		Wgt N	3536	234	793	1430	581	498	266	576	901	1793
	Purchasing menstrual hygiene products for a partner/spouse or family member	%	18.9	21.9	18.3	18.7	19.6	18.4	16.6	18.0	18.9	19.5
	Purchasing menstrual hygiene products for a friend	%	16.2	18.8	16.4	16.0	16.5	15.2	14.4	16.4	15.2	17.0
	Talking to a female (child, peer/colleague, friend) about women's bodies and health (including periods)	%	13.3	14.8	12.8	13.2	13.2	13.7	13.2	14.9	13.4	12.7
	Talking to a male (child, peer/colleague, friend) about women's bodies and health (including periods)	%	13.2	14.2	12.3	13.1	13.9	13.4	13.8	11.9	13.6	13.3
	Informing a peer or coworker about a period leak on their clothing	%	12.0	8.1	13.3	12.7	9.6	12.1	12.6	13.2	12.0	11.4
	Informing a stranger about a period leak on their clothing	%	7.9	5.4	9.0	8.3	6.0	8.2	8.1	7.3	8.9	7.5
	Hearing someone talk about their period or menstruation in public	%	14.6	15.1	14.4	14.0	15.8	15.2	14.6	14.6	15.2	14.3
None	%	4.0	1.8	3.5	4.0	5.4	3.9	6.6	3.8	2.8	4.2	



2019-1430 – Plan International/Nanos Survey – Plan Hygiene Male - STAT SHEET

		Region							Age			
			Canada Males 2019- 05	Atlantic	Quebec	Ontario	Prairies	British Columbia	14 to 17	18 to 24	25 to 34	35 to 55
Question 10 - Which of the following scenarios would you be comfortable with? [Select all that apply] [RANDOMIZE]	Total	Unwgt N	1005	65	228	385	193	134	84	163	244	514
		Wgt N	998	68	225	384	192	130	82	164	238	514
	Purchasing menstrual hygiene products for a partner/spouse or family member	%	66.9	75.4	64.4	69.6	59.1	70.5	53.9	63.2	71.3	68.1
	Purchasing menstrual hygiene products for a friend	%	57.5	64.7	57.9	59.5	49.8	58.5	46.8	57.6	57.4	59.2
	Talking to a female (child, peer/colleague, friend) about women's bodies and health (including periods)	%	47.1	51.0	45.1	49.3	39.9	52.5	43.0	52.3	50.8	44.4
	Talking to a male (child, peer/colleague, friend) about women's bodies and health (including periods)	%	46.6	49.1	43.4	48.8	42.0	51.6	45.0	41.8	51.3	46.3
	Informing a peer or coworker about a period leak on their clothing	%	42.3	27.8	46.9	47.5	29.1	46.4	40.8	46.5	45.4	39.9
	Informing a stranger about a period leak on their clothing	%	27.8	18.6	31.5	30.9	18.1	31.5	26.4	25.7	33.6	26.0
	Hearing someone talk about their period or menstruation in public	%	51.8	52.2	50.8	52.2	47.7	58.4	47.6	51.4	57.5	50.0
[None]	%	14.1	6.1	12.3	15.1	16.5	14.8	21.6	13.4	10.6	14.7	



2019-1430 – Plan International/Nanos Survey – Plan Hygiene Male - STAT SHEET

			Region						Age			
			Canada Males 2019-05	Atlantic	Quebec	Ontario	Prairies	British Columbia	14 to 17	18 to 24	25 to 34	35 to 55
Question 11 - Have you ever purchased menstrual hygiene products for a family member or friend?	Total	Unwgt N	1005	65	228	384	194	134	85	163	244	513
		Wgt N	998	68	225	383	193	130	83	164	238	513
	Yes	%	54.5	60.4	54.3	53.6	51.1	59.5	10.5	30.8	60.6	66.3
	No	%	41.7	35.0	41.3	42.3	46.4	37.6	79.0	64.2	36.1	31.2
	Not sure	%	3.8	4.7	4.4	4.2	2.5	2.9	10.5	4.9	3.3	2.5

Nanos conducted an online panel survey of 1,007 male Canadians, between 14 and 55 years of age, between May 6th and 12th, 2019.



2019-1430 – Plan International/Nanos Survey – Plan Hygiene male – Education and Ethnicity - STAT SHEET

			Which of the following is the highest level of education you have achieved?							
			Canada Males 2019-05	Some high school	Completed high school	Some college or university	Completed college	Completed university	Completed graduate studies	Refuse/No Answer
Question 1 - Are you comfortable, somewhat comfortable, somewhat not comfortable or not comfortable when women and other people who menstruate have conversations about their periods in spaces where they can be overheard by others?	Total	Unwgt N	1006	108	187	139	194	251	105	22
		Wgt N	999	106	187	138	192	250	104	22
	Comfortable	%	40.8	25.1	41.8	40.3	39.8	45.1	48.5	
	Somewhat comfortable	%	29.8	25.1	28.8	39.6	26.8	32.2	25.9	
	Somewhat not comfortable	%	15.0	24.9	15.1	7.2	16.0	15.6	12.3	
	Not comfortable	%	7.9	12.1	10.1	5.7	9.3	4.3	9.5	
	Not sure	%	6.4	12.9	4.2	7.1	8.2	2.8	3.9	

Nanos conducted an online panel survey of 1007 male Canadians, 14 to 55 years of age, between May 6th and 12th, 2019. Some responses have been shaded due to a responding sample of less than 30.



2019-1430 – Plan International/Nanos Survey – Plan Hygiene male – Education and Ethnicity - STAT SHEET

		Which of the following best describes you?												
			Canada Males 2019-05	White	South Asian (e.g., East Indian, Pakistani, Sri Lankan, etc.)	Chinese	Black	Filipino	Latin American	Arab/West Asian (e.g., Iranian, Afghan, etc.)	Southeast Asian (e.g., Vietnamese, Cambodian, Laotian, Thai, etc.)/Korean/Japanese	First Nations/Indigenous/Metis/Inuit	Mixed	Refuse
Question 1 - Are you comfortable, somewhat comfortable, somewhat not comfortable or not comfortable when women and other people who menstruate have conversations about their periods in spaces where they can be overheard by others?	Total	Unwgt N	1007	688	55	92	33	14	22	29	18	31	7	18
		Wgt N	1000	685	55	91	33	14	22	29	18	31	7	18
	Comfortable	%	40.9	43.2	54.7	30.6	39.3					39.3		
	Somewhat comfortable	%	29.8	29.1	34.2	36.9	27.4					13.3		
	Somewhat not comfortable	%	15.0	14.8	3.8	18.7	12.1					21.8		
	Not comfortable	%	7.9	7.1	3.6	6.3	15.2					16.0		
	Not sure	%	6.4	5.8	3.7	7.5	6.0				9.7			

Nanos conducted an online panel survey of 1007 male Canadians, 14 to 55 years of age, between May 6th and 12th, 2019. Some responses have been shaded due to a responding sample of less than 30.



2019-1430 – Plan International/Nanos Survey – Plan Hygiene male – Education and Ethnicity - STAT SHEET

			Which of the following is the highest level of education you have achieved?							
			Canada Males 2019-05	Some high school	Completed high school	Some college or university	Completed college	Completed university	Completed graduate studies	Refuse/No Answer
Question 2 - Thinking about what you've learned, if anything, about menstrual hygiene and periods in school, do you feel prepared, somewhat prepared, somewhat not prepared or not prepared to have conversations with women and other people who menstruate about this subject?	Total	Unwgt N	1005	108	186	139	194	251	105	22
		Wgt N	998	106	186	138	192	250	104	22
	Prepared	%	28.8	18.7	29.6	25.3	24.9	31.6	39.1	
	Somewhat prepared	%	38.1	31.6	39.8	45.9	36.1	39.5	33.3	
	Somewhat not prepared	%	14.9	19.3	14.0	9.4	19.6	15.8	11.3	
	Not prepared	%	9.5	10.3	8.7	11.6	11.3	8.0	9.6	
	Not sure	%	8.8	20.2	8.0	7.9	8.2	5.2	6.7	

Nanos conducted an online panel survey of 1007 male Canadians, 14 to 55 years of age, between May 6th and 12th, 2019. Some responses have been shaded due to a responding sample of less than 30.



2019-1430 – Plan International/Nanos Survey – Plan Hygiene male – Education and Ethnicity - STAT SHEET

		Which of the following best describes you?												
			Canada Males 2019-05	White	South Asian (e.g., East Indian, Pakistani, Sri Lankan, etc.)	Chinese	Black	Filipino	Latin American	Arab/West Asian (e.g., Iranian, Afghan, etc.)	Southeast Asian (e.g., Vietnamese, Cambodian, Laotian, Thai, etc.)/Korean/Japanese	First Nations/Indigenous/Metis/Inuit	Mixed	Refuse
Question 2 - Thinking about what you've learned, if anything, about menstrual hygiene and periods in school, do you feel prepared, somewhat prepared, somewhat not prepared or not prepared to have conversations with women and other people who menstruate about this subject?	Total	Unwgt N	1006	687	55	92	33	14	22	29	18	31	7	18
		Wgt N	999	684	55	91	33	14	22	29	18	31	7	18
	Prepared	%	28.8	30.2	34.7	18.4	27.6					29.7		
	Somewhat prepared	%	38.1	37.7	42.0	37.1	36.2					31.8		
	Somewhat not prepared	%	14.8	15.5	14.3	19.6	12.0					9.6		
	Not prepared	%	9.5	9.2	3.6	8.8	18.2					16.2		
	Not sure	%	8.8	7.4	5.4	16.2	6.1					12.8		

Nanos conducted an online panel survey of 1007 male Canadians, 14 to 55 years of age, between May 6th and 12th, 2019. Some responses have been shaded due to a responding sample of less than 30.



2019-1430 – Plan International/Nanos Survey – Plan Hygiene male – Education and Ethnicity - STAT SHEET

Do you support, somewhat support, somewhat oppose or oppose making menstrual hygiene products available for free in the following locations? [RANDOMIZE]

			Which of the following is the highest level of education you have achieved?							
			Canada Males 2019-05	Some high school	Completed high school	Some college or university	Completed college	Completed university	Completed graduate studies	Refuse/No Answer
Question 3 - Workplaces	Total	Unwgt N	1001	107	185	139	193	251	104	22
		Wgt N	994	105	185	138	192	250	103	22
	Support	%	55.5	52.4	65.5	52.5	54.3	55.5	48.1	
	Somewhat support	%	20.5	20.7	16.3	25.2	22.4	21.9	15.5	
	Somewhat oppose	%	8.8	8.4	8.6	7.9	9.4	8.7	10.6	
	Oppose	%	7.6	2.9	3.2	6.5	9.4	8.4	16.2	
	Unsure	%	7.6	15.7	6.4	7.9	4.6	5.6	9.6	

Nanos conducted an online panel survey of 1007 male Canadians, 14 to 55 years of age, between May 6th and 12th, 2019. Some responses have been shaded due to a responding sample of less than 30.



2019-1430 – Plan International/Nanos Survey – Plan Hygiene male – Education and Ethnicity - STAT SHEET

Do you support, somewhat support, somewhat oppose or oppose making menstrual hygiene products available for free in the following locations? [RANDOMIZE]

		Which of the following best describes you?												
			Canada Males 2019-05	White	South Asian (e.g., East Indian, Pakistani, Sri Lankan, etc.)	Chinese	Black	Filipino	Latin American	Arab/West Asian (e.g., Iranian, Afghan, etc.)	Southeast Asian (e.g., Vietnamese, Cambodian, Laotian, Thai, etc.)/Korean/Japanese	First Nations/Indigenous/Metis/Inuit	Mixed	Refuse
Question 3 - Workplaces	Total	Unwgt N	1002	685	55	91	33	14	21	29	18	31	7	18
		Wgt N	995	682	55	90	33	14	21	29	18	31	7	18
	Support	%	55.5	57.7	65.3	36.0	57.7					58.5		
	Somewhat support	%	20.5	18.3	23.8	29.9	18.1					9.6		
	Somewhat oppose	%	8.8	8.6	1.8	17.7	9.2					9.7		
	Oppose	%	7.6	7.6	5.5	10.1	3.0					6.3		
	Unsure	%	7.6	7.8	3.5	6.4	11.9					15.9		

Nanos conducted an online panel survey of 1007 male Canadians, 14 to 55 years of age, between May 6th and 12th, 2019. Some responses have been shaded due to a responding sample of less than 30.



2019-1430 – Plan International/Nanos Survey – Plan Hygiene male – Education and Ethnicity - STAT SHEET

Do you support, somewhat support, somewhat oppose or oppose making menstrual hygiene products available for free in the following locations? [RANDOMIZE]

		Which of the following is the highest level of education you have achieved?								
			Canada Males 2019-05	Some high school	Completed high school	Some college or university	Completed college	Completed university	Completed graduate studies	Refuse/No Answer
Question 4 - Schools	Total	Unwgt N	1001	107	185	139	194	249	105	22
		Wgt N	994	105	185	138	192	248	104	22
	Support	%	64.7	60.7	73.6	70.7	64.9	62.7	51.4	
	Somewhat support	%	23.3	24.3	16.8	21.5	23.2	27.8	27.6	
	Somewhat oppose	%	3.3	4.8	1.1	2.8	3.6	2.4	7.6	
	Oppose	%	3.6	1.9	4.3	2.2	4.2	3.6	3.8	
	Unsure	%	5.1	8.3	4.2	2.9	4.1	3.6	9.6	

Nanos conducted an online panel survey of 1007 male Canadians, 14 to 55 years of age, between May 6th and 12th, 2019. Some responses have been shaded due to a responding sample of less than 30.



2019-1430 – Plan International/Nanos Survey – Plan Hygiene male – Education and Ethnicity - STAT SHEET

Do you support, somewhat support, somewhat oppose or oppose making menstrual hygiene products available for free in the following locations? [RANDOMIZE]

		Which of the following best describes you?												
			Canada Males 2019-05	White	South Asian (e.g., East Indian, Pakistani, Sri Lankan, etc.)	Chinese	Black	Filipino	Latin American	Arab/West Asian (e.g., Iranian, Afghan, etc.)	Southeast Asian (e.g., Vietnamese, Cambodian, Laotian, Thai, etc.)/Korean/Japanese	First Nations/Indigenous/Metis/Inuit	Mixed	Refuse
Question 4 - Schools	Total	Unwgt N	1002	686	55	91	33	14	21	28	18	31	7	18
		Wgt N	995	683	55	90	33	14	21	28	18	31	7	18
	Support	%	64.7	66.8	74.5	39.2	75.9					74.4		
	Somewhat support	%	23.3	21.1	20.1	44.3	12.1					9.6		
	Somewhat oppose	%	3.3	3.3	1.8	6.7	0.0					0.0		
	Oppose	%	3.6	3.4	1.8	4.5	9.1					6.3		
	Unsure	%	5.1	5.4	1.7	5.3	3.0					9.7		

Nanos conducted an online panel survey of 1007 male Canadians, 14 to 55 years of age, between May 6th and 12th, 2019. Some responses have been shaded due to a responding sample of less than 30.



2019-1430 – Plan International/Nanos Survey – Plan Hygiene male – Education and Ethnicity - STAT SHEET

Do you support, somewhat support, somewhat oppose or oppose making menstrual hygiene products available for free in the following locations? [RANDOMIZE]

		Which of the following is the highest level of education you have achieved?								
			Canada Males 2019-05	Some high school	Completed high school	Some college or university	Completed college	Completed university	Completed graduate studies	Refuse/No Answer
Question 5 - Post-secondary education institutions (universities/colleges)	Total	Unwgt N	1002	107	184	139	194	251	105	22
		Wgt N	995	105	184	138	192	250	104	22
	Support	%	61.2	57.7	68.5	58.3	66.0	59.8	52.4	
	Somewhat support	%	21.4	18.0	16.3	26.7	19.6	25.5	20.9	
	Somewhat oppose	%	6.1	8.5	6.0	6.4	5.2	4.4	8.5	
	Oppose	%	5.2	2.9	4.3	4.3	5.7	6.3	7.6	
	Unsure	%	6.1	13.0	4.8	4.3	3.6	4.0	10.5	

Nanos conducted an online panel survey of 1007 male Canadians, 14 to 55 years of age, between May 6th and 12th, 2019. Some responses have been shaded due to a responding sample of less than 30.



2019-1430 – Plan International/Nanos Survey – Plan Hygiene male – Education and Ethnicity - STAT SHEET

Do you support, somewhat support, somewhat oppose or oppose making menstrual hygiene products available for free in the following locations? [RANDOMIZE]

		Which of the following best describes you?												
			Canada Males 2019-05	White	South Asian (e.g., East Indian, Pakistani, Sri Lankan, etc.)	Chinese	Black	Filipino	Latin American	Arab/West Asian (e.g., Iranian, Afghan, etc.)	Southeast Asian (e.g., Vietnamese, Cambodian, Laotian, Thai, etc.)/Korean/Japanese	First Nations/Indigenous/Metis/Inuit	Mixed	Refuse
Question 5 - Post-secondary education institutions (universities/colleges)	Total	Unwgt N	1003	685	55	92	33	14	21	29	18	31	7	18
		Wgt N	996	682	55	91	33	14	21	29	18	31	7	18
	Support	%	61.2	64.0	65.3	43.2	57.6					67.8		
	Somewhat support	%	21.4	19.4	25.7	31.9	15.1					13.0		
	Somewhat oppose	%	6.1	5.4	3.6	15.3	3.1					0.0		
	Oppose	%	5.2	5.2	1.8	4.4	15.1					3.2		
	Unsure	%	6.1	6.0	3.6	5.2	9.1					16.0		

Nanos conducted an online panel survey of 1007 male Canadians, 14 to 55 years of age, between May 6th and 12th, 2019. Some responses have been shaded due to a responding sample of less than 30.



2019-1430 – Plan International/Nanos Survey – Plan Hygiene male – Education and Ethnicity - STAT SHEET

Do you support, somewhat support, somewhat oppose or oppose making menstrual hygiene products available for free in the following locations? [RANDOMIZE]

			Which of the following is the highest level of education you have achieved?							
			Canada Males 2019-05	Some high school	Completed high school	Some college or university	Completed college	Completed university	Completed graduate studies	Refuse/No Answer
Question 6 - Public spaces (including park facilities, libraries, community centres)	Total	Unwgt N	1003	107	186	139	194	251	104	22
		Wgt N	996	105	186	138	192	250	103	22
	Support	%	49.8	42.8	57.7	46.1	49.5	51.8	44.3	
	Somewhat support	%	24.6	31.1	19.3	22.3	26.9	25.1	26.7	
	Somewhat oppose	%	10.0	10.2	11.3	10.7	9.3	10.0	8.6	
	Oppose	%	8.0	5.7	4.8	13.7	8.8	7.1	10.5	
	Unsure	%	7.6	10.1	6.9	7.2	5.6	5.9	9.7	

Nanos conducted an online panel survey of 1007 male Canadians, 14 to 55 years of age, between May 6th and 12th, 2019. Some responses have been shaded due to a responding sample of less than 30.



2019-1430 – Plan International/Nanos Survey – Plan Hygiene male – Education and Ethnicity - STAT SHEET

Do you support, somewhat support, somewhat oppose or oppose making menstrual hygiene products available for free in the following locations? [RANDOMIZE]

		Which of the following best describes you?													
			Canada Males 2019-05	White	South Asian (e.g., East Indian, Pakistani, Sri Lankan, etc.)	Chinese	Black	Filipino	Latin American	Arab/West Asian (e.g., Iranian, Afghan, etc.)	Southeast Asian (e.g., Vietnamese, Cambodian, Laotian, Thai, etc.)/Korean/Japanese	First Nations/Indigenous/Metis/Inuit	Mixed	Refuse	
Question 6 - Public spaces (including park facilities, libraries, community centres)	Total	Unwgt N	1004	686	55	92	33	14	21	29	18	31	7	18	
		Wgt N	997	683	55	91	33	14	21	29	18	31	7	18	
	Support	%	49.9	52.4	56.3	26.7	57.8						49.2		
	Somewhat support	%	24.6	23.3	21.7	36.2	15.2						18.9		
	Somewhat oppose	%	10.0	8.2	9.2	19.7	12.0						12.6		
	Oppose	%	8.0	8.5	5.5	8.8	6.0						9.5		
	Unsure	%	7.6	7.7	7.2	8.6	9.0						9.7		

Nanos conducted an online panel survey of 1007 male Canadians, 14 to 55 years of age, between May 6th and 12th, 2019. Some responses have been shaded due to a responding sample of less than 30.



2019-1430 – Plan International/Nanos Survey – Plan Hygiene male – Education and Ethnicity - STAT SHEET

Do you support, somewhat support, somewhat oppose or oppose making menstrual hygiene products available for free in the following locations? [RANDOMIZE]

		Which of the following is the highest level of education you have achieved?								
			Canada Males 2019-05	Some high school	Completed high school	Some college or university	Completed college	Completed university	Completed graduate studies	Refuse/No Answer
Question 7 - Homeless shelters	Total	Unwgt N	1003	107	187	139	193	251	104	22
		Wgt N	996	105	187	138	192	250	103	22
	Support	%	70.1	69.0	76.5	73.5	68.9	66.1	68.3	
	Somewhat support	%	18.2	17.9	15.0	14.3	20.8	22.4	15.4	
	Somewhat oppose	%	4.4	4.7	3.2	3.6	3.6	5.1	7.6	
	Oppose	%	2.2	1.0	0.5	2.2	3.1	2.8	2.9	
	Unsure	%	5.1	7.4	4.7	6.5	3.5	3.6	5.8	

Nanos conducted an online panel survey of 1007 male Canadians, 14 to 55 years of age, between May 6th and 12th, 2019. Some responses have been shaded due to a responding sample of less than 30.



2019-1430 – Plan International/Nanos Survey – Plan Hygiene male – Education and Ethnicity - STAT SHEET

Do you support, somewhat support, somewhat oppose or oppose making menstrual hygiene products available for free in the following locations? [RANDOMIZE]

		Which of the following best describes you?													
			Canada Males 2019-05	White	South Asian (e.g., East Indian, Pakistani, Sri Lankan, etc.)	Chinese	Black	Filipino	Latin American	Arab/West Asian (e.g., Iranian, Afghan, etc.)	Southeast Asian (e.g., Vietnamese, Cambodian, Laotian, Thai, etc.)/Korean/Japanese	First Nations/Indigenous/Metis/Inuit	Mixed	Refuse	
Question 7 - Homeless shelters	Total	Unwgt N	1004	687	55	91	33	14	21	29	18	31	7	18	
		Wgt N	997	684	55	90	33	14	21	29	18	31	7	18	
	Support	%	70.1	71.1	74.5	55.7	76.0						77.4		
	Somewhat support	%	18.2	17.5	16.5	25.6	15.0						12.9		
	Somewhat oppose	%	4.4	3.9	0.0	10.0	6.0						0.0		
	Oppose	%	2.2	2.5	1.8	3.3	0.0						0.0		
	Unsure	%	5.1	5.1	7.1	5.3	3.1						9.7		

Nanos conducted an online panel survey of 1007 male Canadians, 14 to 55 years of age, between May 6th and 12th, 2019. Some responses have been shaded due to a responding sample of less than 30.



2019-1430 – Plan International/Nanos Survey – Plan Hygiene male – Education and Ethnicity - STAT SHEET

Do you support, somewhat support, somewhat oppose or oppose making menstrual hygiene products available for free in the following locations? [RANDOMIZE]

		Which of the following is the highest level of education you have achieved?								
			Canada Males 2019-05	Some high school	Completed high school	Some college or university	Completed college	Completed university	Completed graduate studies	Refuse/No Answer
Question 8 - Places of worship	Total	Unwgt N	1003	107	185	139	194	251	105	22
		Wgt N	996	105	185	138	192	250	104	22
	Support	%	47.7	39.0	53.5	44.7	48.9	49.1	48.6	
	Somewhat support	%	18.7	16.8	17.9	18.1	19.7	23.5	11.5	
	Somewhat oppose	%	10.3	14.1	8.7	11.4	9.8	7.5	15.2	
	Oppose	%	10.2	10.3	7.0	9.4	13.0	11.6	9.5	
	Unsure	%	13.1	19.7	13.0	16.5	8.6	8.3	15.2	

Nanos conducted an online panel survey of 1007 male Canadians, 14 to 55 years of age, between May 6th and 12th, 2019. Some responses have been shaded due to a responding sample of less than 30.



2019-1430 – Plan International/Nanos Survey – Plan Hygiene male – Education and Ethnicity - STAT SHEET

Do you support, somewhat support, somewhat oppose or oppose making menstrual hygiene products available for free in the following locations? [RANDOMIZE]

		Which of the following best describes you?												
			Canada Males 2019- 05	White	South Asian (e.g., East Indian, Pakistani, Sri Lankan, etc.)	Chinese	Black	Filipino	Latin American	Arab/West Asian (e.g., Iranian, Afghan, etc.)	Southeast Asian (e.g., Vietnamese, Cambodian, Laotian, Thai, etc.)/Korean/Japaese	First Nations/Indigenous/Metis/Inuit	Mixed	Refuse
Question 8 - Places of worship	Total	Unwgt N	1004	686	55	92	33	14	21	29	18	31	7	18
		Wgt N	997	683	55	91	33	14	21	29	18	31	7	18
	Support	%	47.7	49.4	50.8	29.2	60.8					51.7		
	Somewhat support	%	18.7	17.2	23.8	25.2	15.0					6.2		
	Somewhat oppose	%	10.3	9.9	7.2	20.7	0.0					6.5		
	Oppose	%	10.2	10.4	3.6	13.3	12.1					12.5		
	Unsure	%	13.1	13.1	14.5	11.6	12.0					23.1		

Nanos conducted an online panel survey of 1007 male Canadians, 14 to 55 years of age, between May 6th and 12th, 2019. Some responses have been shaded due to a responding sample of less than 30.



2019-1430 – Plan International/Nanos Survey – Plan Hygiene male – Education and Ethnicity - STAT SHEET

Do you support, somewhat support, somewhat oppose or oppose making menstrual hygiene products available for free in the following locations? [RANDOMIZE]

			Which of the following is the highest level of education you have achieved?							
			Canada Males 2019-05	Some high school	Completed high school	Some college or university	Completed college	Completed university	Completed graduate studies	Refuse/No Answer
Question 9- Penitentiaries/detention centres	Total	Unwgt N	1003	107	186	138	194	251	105	22
		Wgt N	996	105	186	137	192	250	104	22
	Support	%	62.2	52.6	66.9	65.2	63.9	62.5	58.3	
	Somewhat support	%	22.1	22.5	19.8	20.9	23.3	25.9	16.2	
	Somewhat oppose	%	4.9	8.3	4.8	3.0	3.0	3.6	10.3	
	Oppose	%	4.0	3.8	1.6	5.8	6.8	3.2	3.8	
	Unsure	%	6.7	12.8	6.9	5.1	3.0	4.8	11.4	

Nanos conducted an online panel survey of 1007 male Canadians, 14 to 55 years of age, between May 6th and 12th, 2019. Some responses have been shaded due to a responding sample of less than 30.



2019-1430 – Plan International/Nanos Survey – Plan Hygiene male – Education and Ethnicity - STAT SHEET

Do you support, somewhat support, somewhat oppose or oppose making menstrual hygiene products available for free in the following locations? [RANDOMIZE]

		Which of the following best describes you?													
			Canada Males 2019-05	White	South Asian (e.g., East Indian, Pakistani, Sri Lankan, etc.)	Chinese	Black	Filipino	Latin American	Arab/West Asian (e.g., Iranian, Afghan, etc.)	Southeast Asian (e.g., Vietnamese, Cambodian, Laotian, Thai, etc.)/Korean/Japanese	First Nations/Indigenous/Metis/Inuit	Mixed	Refuse	
Question 9 - Penitentiaries/detention centres	Total	Unwgt N	1004	687	55	92	32	14	21	29	18	31	7	18	
		Wgt N	997	684	55	91	32	14	21	29	18	31	7	18	
	Support	%	62.3	63.6	74.6	47.7	59.5						58.7		
	Somewhat support	%	22.1	20.9	18.2	29.6	21.9						25.4		
	Somewhat oppose	%	4.9	5.2	0.0	7.6	0.0						0.0		
	Oppose	%	4.0	3.6	5.4	5.5	12.5						0.0		
	Unsure	%	6.7	6.7	1.7	9.5	6.1						15.9		

Nanos conducted an online panel survey of 1007 male Canadians, 14 to 55 years of age, between May 6th and 12th, 2019. Some responses have been shaded due to a responding sample of less than 30.



2019-1430 – Plan International/Nanos Survey – Plan Hygiene male – Education and Ethnicity - STAT SHEET

			Which of the following is the highest level of education you have achieved?							
			Canada Males 2019-05	Some high school	Completed high school	Some college or university	Completed college	Completed university	Completed graduate studies	Refuse/No Answer
Question 10 - Which of the following scenarios would you be comfortable with? [Select all that apply] [RANDOMIZE]	Total	Unwgt N	1004	107	187	139	194	251	105	21
		Wgt N	997	105	187	138	192	250	104	21
	Purchasing menstrual hygiene products for a partner/spouse or family member	%	67.0	58.1	68.1	76.3	57.8	72.4	67.5	
	[Purchasing menstrual hygiene products for a friend	%	57.4	50.5	64.2	69.9	44.9	60.2	54.3	
	Talking to a female (child, peer/colleague, friend) about women's bodies and health (including periods)	%	47.1	43.2	46.7	51.0	39.3	50.9	53.3	
	Talking to a male (child, peer/colleague, friend) about women's bodies and health (including periods)	%	46.6	39.9	44.9	55.5	42.3	49.4	45.8	
	Informing a peer or coworker about a period leak on their clothing	%	42.4	47.7	42.2	48.7	34.2	45.6	35.2	
	Informing a stranger about a period leak on their clothing	%	27.8	32.8	29.4	32.2	20.1	29.7	24.9	
	Hearing someone talk about their period or menstruation in public	%	51.8	46.6	55.1	61.1	40.9	55.2	52.4	
	None	%	14.1	17.9	13.8	8.6	19.4	9.6	15.3	

Nanos conducted an online panel survey of 1007 male Canadians, 14 to 55 years of age, between May 6th and 12th, 2019. Some responses have been shaded due to a responding sample of less than 30.



2019-1430 – Plan International/Nanos Survey – Plan Hygiene male – Education and Ethnicity - STAT SHEET

		Which of the following best describes you?												
			Canada Males 2019-05	White	South Asian (e.g., East Indian, Pakistani, Sri Lankan, etc.)	Chinese	Black	Filipino	Latin American	Arab/West Asian (e.g., Iranian, Afghan, etc.)	Southeast Asian (e.g., Vietnamese, Cambodian, Laotian, Thai, etc.)/Korean/Japanese	First Nations/Indigenous/Metis/Inuit	Mixed	Refuse
Question 10 - Which of the following scenarios would you be comfortable with? [Select all that apply] [RANDOMIZE]	Total	Unwgt N	1005	687	55	92	33	14	22	29	18	30	7	18
		Wgt N	998	684	55	91	33	14	22	29	18	30	7	18
	[Purchasing menstrual hygiene products for a partner/spouse or family member]	%	66.9	70.1	72.8	56.4	42.1					57.2		
	[Purchasing menstrual hygiene products for a friend]	%	57.5	60.6	58.2	47.6	42.7					40.5		
	[Talking to a female (child, peer/colleague, friend) about women's bodies and health (including periods)]	%	47.1	48.8	50.8	39.2	30.1					33.6		
	Talking to a male (child, peer/colleague, friend) about women's bodies and health (including periods)	%	46.6	49.5	54.3	44.4	33.4					33.3		
	[Informing a peer or coworker about a period leak on their clothing]	%	42.3	42.7	58.3	39.9	36.3					40.2		
	[Informing a stranger about a period leak on their clothing]	%	27.8	28.9	43.5	18.4	27.3					23.6		
	[Hearing someone talk about their period or menstruation in public]	%	51.8	54.6	56.3	46.6	36.4					43.0		
	None	%	14.1	13.6	5.5	15.3	27.3					26.5		

Nanos conducted an online panel survey of 1007 male Canadians, 14 to 55 years of age, between May 6th and 12th, 2019. Some responses have been shaded due to a responding sample of less than 30.



2019-1430 – Plan International/Nanos Survey – Plan Hygiene male – Education and Ethnicity - STAT SHEET

		Which of the following is the highest level of education you have achieved?								
			Canada Males 2019-05	Some high school	Completed high school	Some college or university	Completed college	Completed university	Completed graduate studies	Refuse/No Answer
Question 11 - Have you ever purchased menstrual hygiene products for a family member or friend?	Total	Unwgt N	1004	108	187	139	194	250	105	21
		Wgt N	997	106	187	138	192	249	104	21
	Yes	%	54.4	25.1	54.6	53.3	56.8	61.6	73.3	
	No	%	41.8	67.6	41.7	43.9	42.1	35.6	21.0	
	Not sure	%	3.8	7.3	3.7	2.8	1.0	2.8	5.7	

		Which of the following best describes you?												
			Canada Males 2019-05	White	South Asian (e.g., East Indian, Pakistani, Sri Lankan, etc.)	Chinese	Black	Filipino	Latin American	Arab/West Asian (e.g., Iranian, Afghan, etc.)	Southeast Asian (e.g., Vietnamese, Cambodian, Laotian, Thai, etc.)/Korean/Japanese	First Nations/Indigenous/Metis/Inuit	Mixed	Refuse
Question 11 - Have you ever purchased menstrual hygiene products for a family member or friend?	Total	Unwgt N	1005	687	55	92	33	14	22	29	18	30	7	18
		Wgt N	998	684	55	91	33					30	7	18
	Yes	%	54.5	57.0	52.5	33.8	54.4					56.7		
	No	%	41.7	39.8	45.6	63.0	45.6					39.9		
	Not sure	%	3.8	3.2	1.8	3.2	0.0					3.4		

Nanos conducted an online panel survey of 1007 male Canadians, 14 to 55 years of age, between May 6th and 12th, 2019. Some responses have been shaded due to a responding sample of less than 30.