Launched in 2016, «No Taboo Periods.» is a campaign, which aims to break the silence around menstruation and raise awareness about the fundamental role that menstrual hygiene management (MHM) plays in enabling women and girls to reach their full potential.

Women and young girls’ lack of access to clean and secure restrooms during their periods, perpetuates shame and fear. On the long term, repercussions are immense and influence on women’s health, education and living conditions.

Based on the results from the formative research, Speak Up Africa created a safe haven for women, girls, boys and men to freely discuss and exchange on issues related to menstrual hygiene management.

The Speak Up Africa Lab is located in Pikine, in the suburbs of Dakar where the majority of the population lives with less than $2 a day.

Headquartered in Dakar, Senegal, Speak Up Africa is a strategic communications and advocacy organization dedicated to catalyzing leadership, enabling policy change, and increasing awareness for sustainable development in Africa. We are a Policy and Advocacy Action Tank and through our platforms, we ensure that policy makers meet implementers; that solutions are showcased and that every sector- from individual citizens and civil society groups to global donors and business leaders - contributes critically to the dialogue and strives to form the blueprints for concrete action for public health and sustainable development.