



Vaginal Health Week 2024

Digital Toolkit

Women's Voices for the Earth is proud to kick-off our 4th annual Vaginal Health Week (#VHW24)! Founded in 2021 by Women's Voices for the Earth, Vaginal Health Week is more than just a time for discussion and education; it's a movement aimed at breaking down stigma, shedding light on topics not often discussed publicly, advocating for the rights of individuals who menstruate, inspiring needed health research and driving change towards a healthier future. It serves as a week of action to collectively call for improved practices, policies, and standards that impact vaginal health. This includes menstrual products, intimate care products, and much more.

This year, Vaginal Health Week will take place from **October 21, 2024 – October 27, 2024**.

We encourage you to add your voice to this campaign by taking action each day with us throughout the week to advocate for better standards in vaginal health. Within this digital toolkit, you will find resources designed to help you share this information with your network. We appreciate your solidarity and look forward to a week of impactful action and movement building!

[Click here](https://bit.ly/vaginalhealthweek24) to access the Vaginal Health Week website. (bit.ly/vaginalhealthweek24)

[Click here](#) to download Vaginal Health Week 2024 digital graphics.

Hashtags

Primary Hashtags:

#VaginalHealthWeek24

#VHW24

Secondary Hashtags:

#ToxicChemicals

#MenstrualCare

#IntimateCareProducts

#VaginalHealthWeek

Please tag the following social media handles in your posts

Womens Voices for the Earth:

Instagram: @womensvoices

Facebook: @WeavingVoices

X: @women4earth

LinkedIn: Women's Voices for the Earth

YouTube: @WomensVoices

Sample Social Media Posts

Instagram / Facebook / LinkedIn

Option 1: We're joining Women's Voices for the Earth (WVE) this Vaginal Health Week (#VHW24) to sound the alarm on the inequities that exist for those who menstruate. Join WVE this week by taking action each day to break down stigma, advocate for menstrual rights, and drive meaningful change in vaginal health practices. Visit their website to learn more bit.ly/vaginalhealthweek24 and download their toolkit bit.ly/vhw24toolkit to help guide your participation throughout the week.

Option 2: It's that time again! We're excited to kick off #VaginalHealthWeek 2024 (#VHW24) with Women's Voices for the Earth (WVE) from October 21-27! This week is all about breaking stigma, advocating for menstrual rights, and driving change for healthier futures.

Join us in raising awareness and taking action each day! Together, we can create a world where everyone feels empowered to discuss and prioritize their vaginal health.

Visit the Vaginal Health Week website to learn more bit.ly/vaginalhealthweek24 and download their toolkit bit.ly/vhw24toolkit to help guide your participation throughout the week. Let's make our voices heard!

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Option 1: It's #VaginalHealthWeek 2024 (#VHW24) from October 21-27! This week is a movement to break stigma and advocate for better standards in vaginal health.

Join @women4earth in taking action every day! Check out their website for resources to action: bit.ly/vaginalhealthweek24

Together, let's create a healthier future! 🌍

Option 2: #VaginalHealthWeek (#VHW24) is here! From October 21-27 we are breaking down stigma and advocating for the rights of those who menstruate.

Join us in demanding better practices and standards for vaginal health. Check out @women4earth for resources to help you take action: bit.ly/vaginalhealthweek24

Let's make our voices heard!

Sample E-mail Copy

Dear [INSERT NAME]

I hope this message finds you well! We are excited to share that we are joining Women's Voices for the Earth (WVE) in observing Vaginal Health Week 2024 (#VHW24) from October 21-27. Founded by WVE in 2021, this important week aims to break the stigma surrounding vaginal health, advocate for menstrual rights, and promote better practices and standards for those who menstruate.

We invite you to join us in this movement to raise awareness and inspire change. Here's how you can get involved:

1. **Spread the Word:** Share information about Vaginal Health Week on your social media platforms and with your networks. Use the hashtag #VHW24 to join the conversation! Download the official "Vaginal Health Week Digital Toolkit" for easy sharing. bit.ly/vhw24toolkit
2. **Take Action Daily:** We encourage you to participate in daily actions throughout the week. Together, we can advocate for improved practices and policies that impact vaginal health. Visit bit.ly/vaginalhealthweek24 to learn more.

Your support and advocacy are crucial in driving this movement forward. Thank you for your continued partnership. We look forward to an impactful Vaginal Health Week!

Warm regards,

[INSERT NAME]

About Women's Voices for the Earth (WVE)

For almost thirty years, Women's Voices for the Earth (WVE) has focused on building a future free from the impacts of toxic chemicals rooted in gender justice alongside those historically and presently ignored by the environmental health movement by leveraging an intersectional solidarity approach based on our expertise in research, advocacy and organizing. Visit [womensvoices.org](https://www.womensvoices.org) to learn more.