



## Menstrual Equity Fellow - DMV

### Background

Love Your Menses, Inc. was founded in 2019 in response to the growing wellness need present in our communities, especially communities of color. The mission of Love Your Menses (LYM) is our mission is to dispel myths surrounding menstruation, promote menstrual equity, and build the next generation of leaders by providing an educational, uplifting, and supportive space for Black and Brown girls, women, and all people who menstruate to learn about the menstrual cycle and create innovative public health solutions.

### Overview

We are seeking a Menstrual Equity Fellow with an interest in public health, specifically reproductive health. The fellow will have the opportunity to receive menstrual health education, and attend training workshops and other professional development events. The fellow will coordinate and lead menstrual equity projects in the community, such as facilitating health education workshops, coordinating period pop-ups, and attending local community events. The fellow will also receive mentorship from professionals within the public health and medical fields and much more!

### Main Responsibilities:

The Menstrual Equity Fellow will work 4 hours a week on the following:

- Plan and facilitate menstrual wellness education workshops
- Lead menstrual product distribution outreach, via period pop-ups in DMV area
- Communicate with community partners, youth, parents, and project team members
- Participate in external partner meetings and topic-related webinars
- Assist with outreach efforts in the DMV area to increase LYM's visibility
- Contribute to LYM's' blog, The Fifth by Love Your Menses

### Compensation/ Benefits:

- This is a 12-month fellowship position (August 2022-August 2023) that is fully remote
- This is a non-benefited, stipended position. The fellow will receive a monthly stipend of \$400.
- The Health Equity Communications Ambassador will have an opportunity to attend professional development workshops, which will be approved and covered by Love Your Menses.

### Eligibility

Applicant must:

- Live in the DC/Maryland/Virginia (DMV) area
- Be currently in school or have received a degree in communications, public health, pre-medicine, social work, or another related field.
- Have a passion for public health, specifically reproductive health
- Comfortable using technology (Canva, Google Workspace, Asana, etc.)
- Able to commit 12 months (August 2022- August 2023)
- This is a remote position but must have reliable transportation to attend in-person events around the DC/Maryland/Virginia area.

### How to Apply

Interested applicants should submit their resumes and letter of interest to [info@loveyourmenses.com](mailto:info@loveyourmenses.com)