

Writing Prompts for Blog Submissions

How you felt about it

1. What was your first experience of a period in prison like?
2. Did you think getting your period would be an issue before arriving at your facility?
3. Is there a particular experience you had menstruating in prison that stuck with you?
4. Did you feel you had access to what you needed to manage your period?

How your facility handled it

5. How did your facility distribute menstrual products?
 - a. Were they given out for free to everyone or did you have to buy them?
6. How did the period products offered to you in prison compare to products available to the general public?
7. Could someone at your facility ask a guard/CO for products if you needed them?
 - a. Did it feel different if you had to ask a man versus a woman CO?
8. How were “period emergencies” handled?
 - a. Could someone go to their housing unit to clean up?
 - b. Were there disciplinary infractions issued if, say, you bled through your clothing?
9. Could someone get help with painful period symptoms?
 - a. Could they get treatment?
 - b. Could they get pain killers like Tylenol or Advil?
 - c. Were you or anyone you know ever forced to participate in programming despite painful symptoms?
10. What were the consequences for someone struggling to manage their flow?
11. Were routine strip searches during your period ever a barrier to visitation, meeting with your attorney, or participating in any programming?

Conclusion

12. Did your experience with having a period in prison have an impact on how you felt about yourself? Did the way periods were treated have any consequences for you after release?
13. In your expert opinion, do you have any thoughts on why periods are treated this way in prison?
14. If there’s anything you want people to take away from this post, what would it be?