

YOUR TAMPON

IS KILLING

YOU*

001.

FINDING A TOPIC



PROJECT 001: MANIFESTO (FUTURE)

01. THEMES TO THINK ABOUT!

- MUSLIM BAN
- URBAN vs SUBURBAN
- empowerment/ equity
 - ↳ rich v.s poor (gentrification)
 - ↳ women's rights !!

WOMENS RIGHTS

- the tampons are killing us!



big hand-written text

big tampon

type written using tampon

facts about tampons



002.

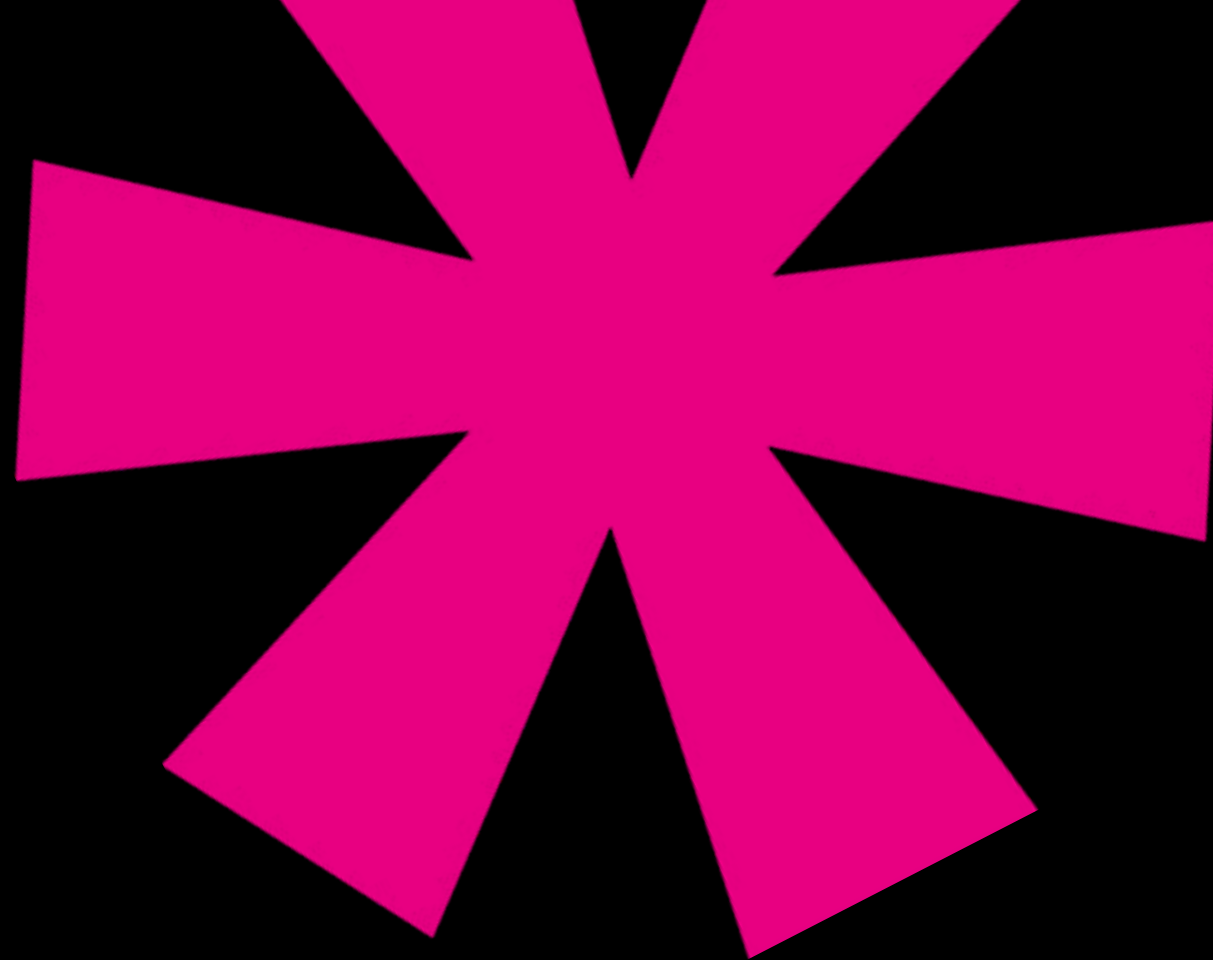
RESEARCH

UC Berkeley

<https://publichealth.berkeley.edu/news-media/research-highlights/first-study-to-measure-toxic-metals-in-tampons-shows-arsenic-and-lead>



Tampons, used by 50–80% of menstruating individuals, have been found to contain toxic metals like lead, arsenic, and cadmium. These metals pose serious health risks, including increased chances of dementia, infertility, diabetes, cancer, and damage to vital organs and bodily systems. Given the widespread use of tampons, exposure to these harmful substances raises concerns about potential long-term health effects, especially for maternal and fetal well-being.



Women's Voices

https://womensvoices.org/report-whats-in-your-period-product/?gad_source=1

Ingredient transparency in period products became a legal requirement in New York as of October 2021, marking a significant step toward consumer awareness. This law, the first of its kind in the U.S., requires manufacturers to disclose all intentionally added ingredients on packaging. Its impact has extended beyond New York, influencing national brands to adopt similar labeling practices, giving users across the country greater access to product information.



Campaign for Safe Cosmetics

<https://www.safecosmetics.org/resources/health-science/menstrual-care-products/#end1>

Although the FDA considers tampons safe, even trace amounts of dioxins in them are concerning due to links to cancer, hormone disruption, and endometriosis. Additionally, hazardous pesticides used in cotton farming raise health risks, but companies are not required to test or disclose their presence in menstrual products. Fragrances in these products may also contain harmful chemicals, including phthalates, which can disrupt hormones and impact fertility.

FINAL CONCEPT SUMMARY

According to a study done by UC Berkeley, 50-80% of people who menstruate use tampons. During our cycle, we can use 3 to 6 tampons or pads per day, which can cost up to \$20 a month. Despite the fact that over half of the population goes through this monthly cycle, the health and safety of our bodies aren't taken into consideration. "Tampons from several brands that potentially millions of people use each month can contain toxic metals like lead, arsenic, and cadmium" which is extremely concerning. These metals, which have been found to harm the body in numerous ways such as increasing infertility, cancers, maternal health and even fetal development. Metals and other harmful pesticides do not belong in products that are so close to the human body.

This manifesto aims to bring light to this issue and the lack of research done on these harmful substances. Us, as women and people who menstruate in general, should be able to maintain our bodies health worry-free. It's unlikely that these products will become completely body-safe for us within the near future, however every step counts and this manifesto is one step closer to that future.

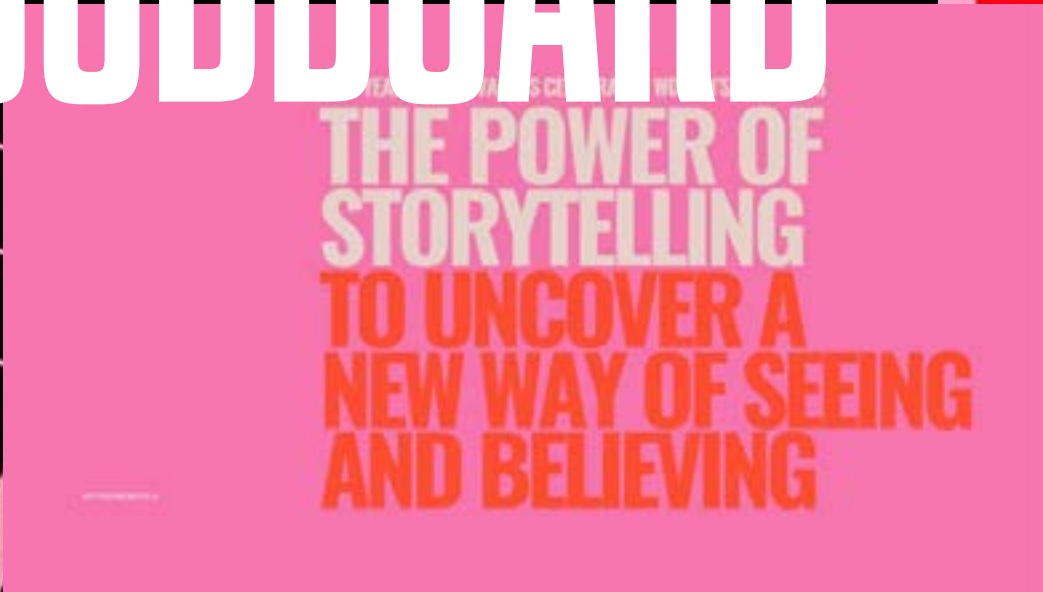
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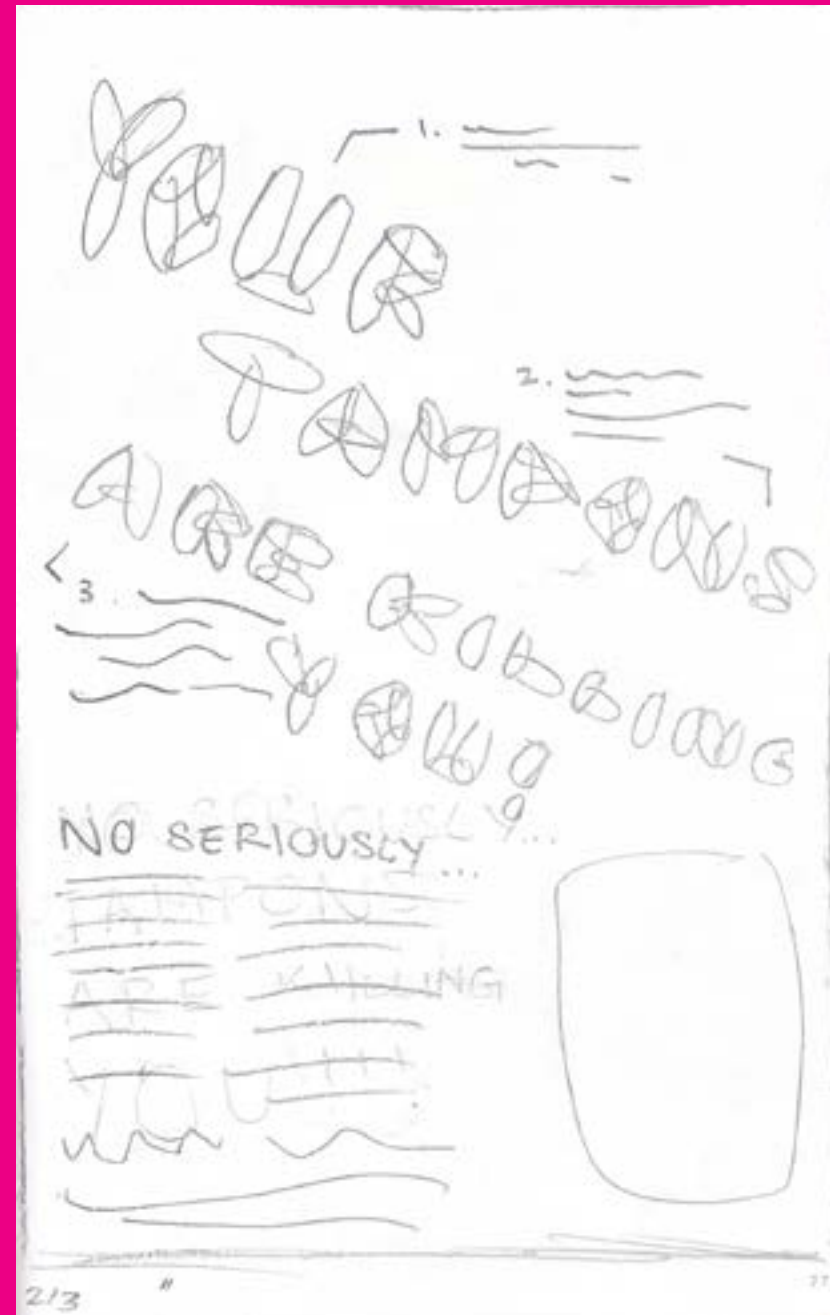
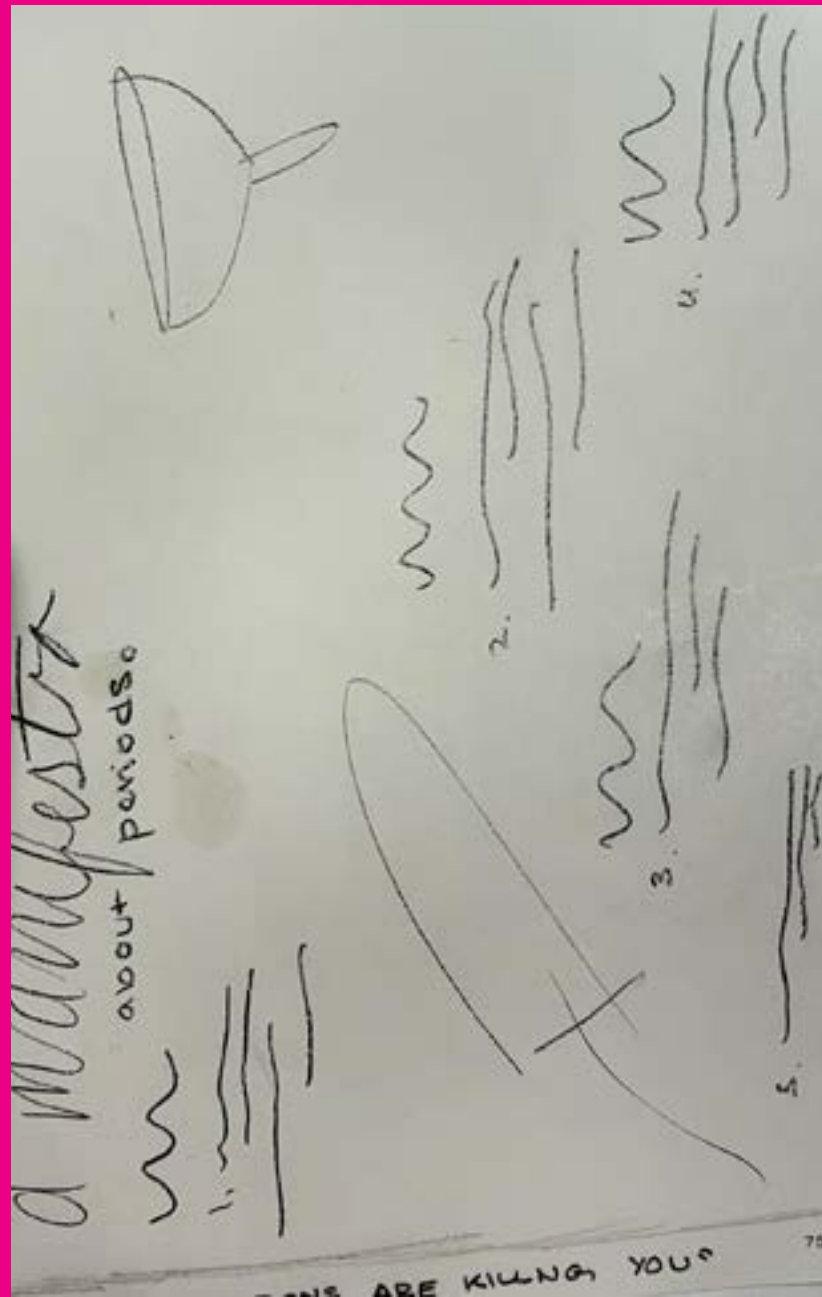
CONCEPTS

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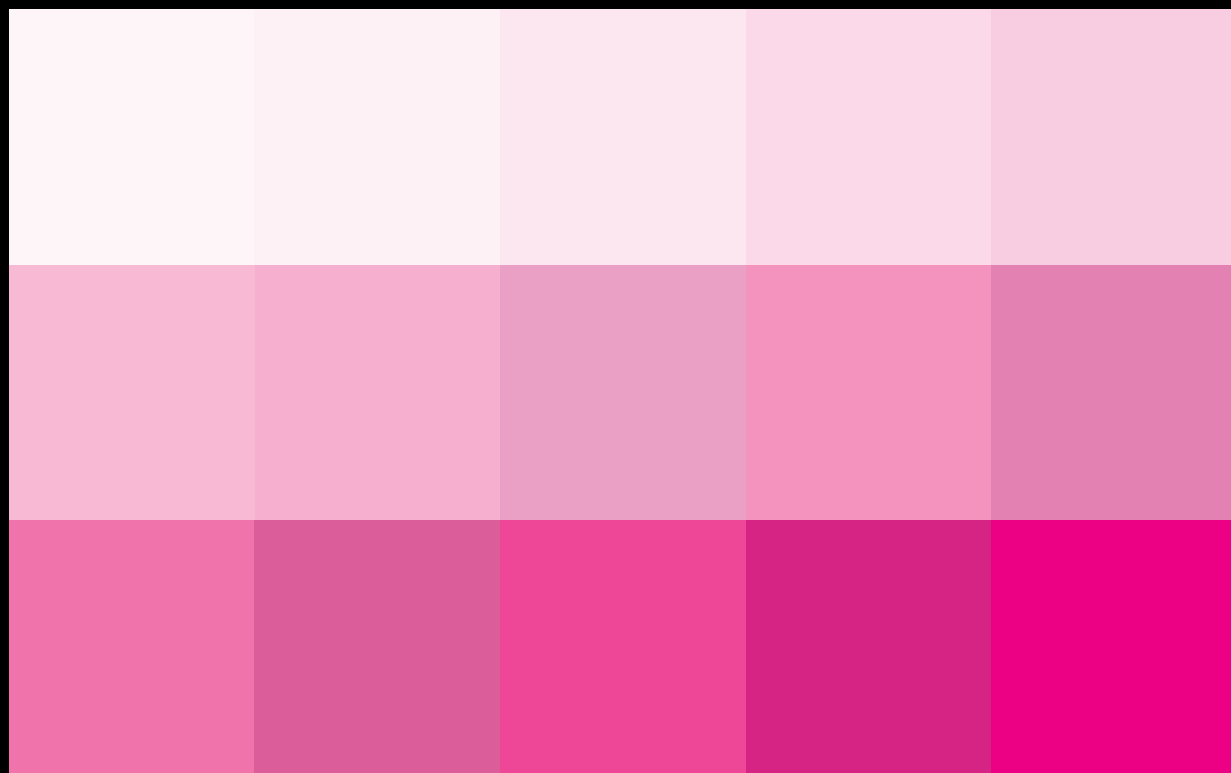


MOODBOARD





FONTS & COLOR PALLETE



DHARMA GOTHIC C

ADAPTER MONO PE
VARIABLE

004.

FINAL MOCKUPS

**FIND SAFER
OPTIONS**

|
scan for resources

**THIS
TAMPON
IS KILLING
YOU***

**FIND SAFER
OPTIONS**

|
scan for resources



**SCAN
ME**

IN CONCLUSION ...

THANK YOU!