

about pia

We are *pro familia in action* – *pia* for short – a group of young people who want to address and discuss sexual and reproductive rights and health through their work and actions. The organizing team is connected to the consulting network of pro familia in different ways. We want to promote pro familia's known topics, such as sex education, reproductive rights and family planning, to a wide audience using contemporary and action oriented approaches. It is important to us to deal with these subjects through a decidedly queer feminist lens.

about #aktionmens

#aktionmens is supposed to serve as an occasion to discuss the subject of menstruation (#mens) with a wide audience. Many people have, according to their identities and approaches, different relationships and experiences with #mens.

Having or not having your #mens can come with an abundance of different feelings, such as desire, pain, joy, grief and many more. We hope that #aktionmens, which starts May 14th 2017, starts an open conversation. It will last for one cycle, until the 11th of June 2017.

Ways to participate:

#showmymens

To spread awareness about menstruation we invite you to use #mens products as props to enhance everyday situations or your local sights. Use all #mens products you know and have them take center stage as the star of a photo shoot - such as a mens cup as a little hat on Berlin's Fernsehturm or using a tampon as a tea bag in your tumbler on the tube on your way to university. Document a series of #mens products and share them as a small photo story: with or without including you, your circle of friends, your university or political group. Share them on our facebook page or use the hashtag #aktionmens on twitter or instagram.

#tellmymens

#tellmymens enables you to share your personal menstruation story. You can use the #tellmymens template to share a happy or sad, important or insignificant #mens experience. There's different ways to get involved: Write down your story and post it on our facebook page or using the hashtag #aktionmens. Our facebook page will already feature a few #tellmymens submissions.

Contact

You can find us on facebook at: www.facebook.com/profamiliainaction

We tweet @profamiliainaction and use the hashtag #aktionmens

For general inquiries contact the orga team at pia@profamilia.de

For questions relating to our concept please contact Alina, a member of the federal board of pro familia: alina.schmitz@profamilia.de

You're very welcome to share this document with people interested in getting involved as well. We look forward to your participation and all of your creative ideas!

**Your pia-orga-team
of #aktionmens**



#tellmymens