

Period Pain.

by Francis Muzofa

Pads!

Yes, sanitary pads.

Menstrual tools.

Why is the biological process of woman stigmatised?

Why is period pain tabooed?

Ironically sex is a choice.

That makes condoms a choice.

Menstruation is a law cast in stone.

Which makes pads a need not a want.

Condoms are available everywhere, including rural tuckshops.

Condoms are advertised everywhere continuously.

Condoms are cheap.

Some brands of condoms are free.

Buying a condom is glorified.

Buying pads is stigmatised.

I am not, advocating for the death of condoms.

I am calling for the birth of PADs.

Why can't pads be subsidised?

Why can't pads be free?

Why can't menstrual health be advertised, like condoms?

Why are people not conscientised about menstruation?

Why should poor rural girls use leaves?

Why should they miss school?

Why should they be the talk of the school when they mess a school chair?

Why are prominent woman quiet?

Why are their voices so low?

Why are man not interested?

Don't they have mothers, daughters, and sisters?

Woman is your conscience clear?

Man are you exonerated?

If menstruation was a choice, all women wouldn't choose it.

Remember it's not just physical discharge.

It's a total package.

If you can't stand up who will?

If you can't say it who will?
Be the voice to the voiceless.
Normalise menstruation, God ain't a fool.

Francis Muzofa is a technician from Zimbabwe, currently based in Namibia. He has been a poet since childhood but has deepened his art during the COVID-19 pandemic. He writes poetry primarily on gender issues, climate change and philosophy.