














Student Ambassador Checklist

Thank you so much for your enthusiasm to be an Aunt Flow Student Ambassador! Below, you will find a checklist of ways that YOU can get more involved in the Menstrual Movement in your community!



- ☐  Gather your besties, roomies, classmates, etc. for a photo shoot with the Aunt Flow dispensers around campus to help raise awareness of menstrual health on social media. Send us your photos and IG handles for a feature on [@goauntflow](https://www.instagram.com/goauntflow).
- ☐  [Nominate a local business](#) on campus or in your hometown to provide free period products!
- ☐  Take action against period poverty by getting involved in [Period Action Day](#) (October 14th) with our partner [PERIOD](#). Contact your legislator, check your voter registration, and more!
- ☐  Post a selfie with Aunt Flow tampons or pads and [tag us on IG](#).
- ☐  Have a funny or embarrassing period story? [Share your experience](#)!
- ☐  Involved in any student newsletters or publications? Connect Aunt Flow team member, Sami at sami@goauntflow.com, with a student writer to further promote the period product program on campus!
- ☐  Help us spread the period positivity and submit a [pad review](#) or [tampon review](#) on our website.
- ☐  Have friends who attend different colleges? Send them [this email template](#) that they can use to contact their school admin about stocking Aunt Flow on campus.
- ☐  Stay in the flow by subscribing to the [Aunt Flow](#) newsletter and watching a [quick video](#) on our mission to change the world one cycle at a time!
- ☐  Read a book from our Menstrual Hygiene Day (May 28th) [reading list](#).
- ☐  Use discount code [AFAMBASSADOR15](#) for 15% off Aunt Flow 50ct [pad packets](#) and [applicator tampons](#)!



PEOPLE HELPING PEOPLE. PERIOD.