Hey, Bentley! How have we been doing on our New Year’s resolutions? It is hard to believe that January is way behind us and that we have a mere eight months before we pledge ourselves to a new set of aspirations. If you haven’t thought about your New Year’s resolutions since January 2nd, don’t worry, you’re in good company.

What percentage of New Year’s resolutions do you think are kept? Perhaps 50%? 60%? Surely, it cannot be more than 80%, right? Studies show that less than 10% of resolutions are actually seen through, a frightening discrepancy between our expectations and reality (Full-Service Market Research Company, n.d.). When do our lofty aims lose sight of the target? At what point does our road to success culminate in a dead end? More importantly, how can we be more accountable?

Before we go into how to keep our resolutions, we first need to learn how to make them. Goals need to be attainable, have a plan of action, and progress must be monitored in order for any progress to be made at all. A common New Year’s resolution is to lose weight. If someone was to stick to a moderate gym regimen and consistent diet, they are more likely to see a drop in their weight as opposed (Continued on page 8)
While the significant salary gaps among college professors in the U.S. and Europe underscore one dimension of a broader conversation about capitalism’s influence in education, they are only one component of a multifaceted issue. Financial structures that fund universities shape not only faculty compensation, which is crucial for recruiting and retaining top academic talent, but also influence other pivotal elements like tuition fees, student debt levels, and overall access to quality education. The focus on faculty pay is particularly important because it directly affects the quality of education students receive and, by extension, the reputation and success of the institution itself. In the U.S., where private institutions often rely on high tuition fees, this can result in elevated student debt levels due to market-driven practices. Contrastingly, Europe’s publicly funded higher education model prioritizes accessibility and equity, keeping costs lower for students by distributing the financial burden across society.

### Variety in Funding Models

A closer look at data from diverse countries in Europe reveals a range of salaries that mirrors diverse economic landscapes and educational strategies across the continent (Academic Positions). For example, in countries where social welfare is highly valued, academics receive competitive salaries and students enjoy tuition free education. This challenges the assumption that high professor salaries always lead to higher student expenses.

### Cultural Beliefs and Policy Effects

The disparity in pay and funding frameworks also reflects societal attitudes towards education, research, and social support systems. In the United States, emphasis on competition and innovation often results in high research funding and strong initiatives to attract talent (National Center). On the contrary, Europe’s approach, marked by government regulated salaries and an emphasis on public financing, reflects different priorities that focus on social equality and universal access to education (4 International).

### Effects on Students and Communities

The impacts of these models reach beyond academia to influence student outcomes and societal advancement. Within the U.S., the weight of student debt has grown significantly. From 1995 to March 2022, the total federal student loan debt has grown roughly 750%- from $187 billion to over $1.6 trillion (Student Loan). This is an issue that bears long term repercussions on graduates’ financial security and economic decisions. In contrast, Europe’s approach focuses on reducing student debt to promote social mobility and economic equality even though it encounters difficulties related to securing funding and allocating resources effectively.

### Looking into the Future

Dealing with the issues arising from the differences in education systems calls for solutions that leverage the strengths and benefits of both models. For instance, some European universities are considering performance-based funding, which entails rewarding the most academically successful students to encourage competition and innovation while in the United States there is a growing trend towards increased investment and backing for community colleges and state universities. These initiatives, combined with efforts to enhance transparency regarding college expenses and outcomes, offer a path forward that balances competitiveness with accessibility and social fairness.

### Works Cited


Breaking the Taboos Around Periods...
Period. End of Sentence.

Women are degraded each day in forms of catcalling, the wage gap, or sexual harassment. However, there is an issue that has been excluded from the spotlight for too long, which is period poverty. Period poverty is an issue that affects all people who menstruate in some capacity, whether that be financially or socially. Period poverty persists because some people are financially unable to purchase sanitary products and because of the social stigma surrounding menstrual health management and the lack of education regarding periods. It is utterly degrading for a woman to face inadequate access to sanitary products and a deep-seated stigma every month. Period poverty causes severe disadvantages for women, such as restricted access to education, professional opportunities, and social outings. These issues are addressed with better education surrounding menstrual health that will diminish this taboo. Poor menstrual health management causes devastating effects on people who menstruate, and this issue must be put on the forefront of educational institutions and legislative bodies to be tackled effectively.

Misinformation regarding menstrual health leads young girls to internalize myths and taboos about their bodily functions even though periods are a natural female function. Medina-Perucha says: “stigma and embarrassment were a reality for many girls as, for example, most of them did not feel comfortable discussing menstruation with their schoolteachers.” In such circumstances, the stigma around menstruation refers to periods being looked down upon and seen as a symbol of shame; thus, they are only discussed privately. Moreover, people who do not menstruate perpetuate this stigma by treating menstruation as a taboo and actively discriminating against people who do menstruate. Many young women across the world often have no idea what is happening or what actions to take when they encounter their first period due to lack of conversations around them.

This social stigma causes external stressors and anxiety which restricts women from reaching their full potential, perpetuating period poverty. Only 4 states within the U.S. require schools to provide appropriate menstruation products in restrooms, which means that an overwhelming number of schools across America do not require the provision of period products. One study in St. Louis, Missouri investigated whether menstrual hygiene and utilization of school’s period products influenced school attendance (Wall, 2020). The study found that 48.3% of participants had to miss school at least once in the previous year because they needed period products but were not financially equipped to buy them and 70.7% reported having to miss school due to periods, reasons such as cramps, bad odor, heavy bleeding (Wall, 2020). Another study found that 1 out of 10 girls in England between 14-21 years old are not
A Latin American Perspective

“Education is the most powerful weapon which you can use to change the world” (Nelson Mandela, 1990). Education has always been one of the main priorities of developed countries because their focus is on creating successful leaders who can contribute back to their country in the future. However, developing countries, particularly in Latin America, show a significant education gap when discussing education in urban and remote areas, and in both public and private sectors.

If we look at Peru as an example of the education gap, only 57.2% of students have access to a high school education, while 21.4% have an undergraduate degree—those who have access to free quality education primarily live in Lima, the capital city (Jaime Crosby, 2023). Consequently, many individuals decide to relocate there in search of better opportunities. This phenomenon not only exacerbates the existing education gap but also limits educational opportunities for these students. Now, students must compete for selection to study at one of the quality education schools known as “Colegios de Alto Rendimiento” (COAR).

While education gaps exist with Latin American countries, gaps also exist between Latin America and other countries. A recent study of UNESCO PISA revealed that 55% of students in Latin American and Caribbean countries lack basic reading skills and 57% lack basic science skills. These percentages are relatively low compared to the Organization for Economic Cooperation and Development (OECD) countries. Additionally, the study identified that the OECD invests nearly five times more per student than the studied Latin American and Caribbean countries. Are investments in education the main factor for solving the education inequalities that exist nowadays in Latin America? Will a technological transformation be sufficient to provide a quality education? The COVID-19 pandemic initiated a digital transformation for some of these communities; though in the post-pandemic environment, we can identify three factors that reduced the effectiveness of this digital transformation.

Governments initially directed their budgets towards purchasing vaccines. However, they soon recognized another pressing priority. In effect, after closing schools, there was a need to ensure connectivity for people in remote areas who lacked access to even basic signals for attending classes. While many countries implemented strategies for online education, in many places, it proved inadequate and exacerbated the education gap. This was attributable to three primary factors: insufficient funding, lack of prior experience with electronic devices, and classes that were not engaging or dynamic enough for students to comprehend effectively.

Insufficient funding was mainly caused by poor government budget management, which led to depriving students of the opportunity to access tablets or computers for online classes for over one academic year. This issue could have been avoided if the government had been more conscious of the public necessities of their communities, allocating a larger budget to education. While healthcare typically holds the top priority, education should also be considered significant enough to warrant a quality education.

The second factor I found relevant was the lack of mentorship on technology usage. Providing electronic devices to people who had never used them before resulted in confusion because they didn’t know how to turn them on or access their classes. If the government had provided specialized support on how to use these electronic devices, this issue could have been avoided.

Lastly, the third factor is that instead of providing real-time classes, some governments in these countries only offered students videos to help them understand the curriculum topics. Since this approach was asynchronous, many students preferred to drop out of school because they were not able to focus or comprehend their lessons.

(Can Technology Solve Educational Inequality? By Ariana Ramirez ’27 — Continued on page 8)
DATA PORTABILITY CAN CHANGE THE DIGITAL WORLD

By Kassidi Thompson ’27

As our world becomes more and more digitalized, it is more pertinent than ever before that we discuss how we will regulate competition in the digital economy. Companies, such as Google, YouTube, Meta, and the likes, continue to dominate the digital space. This rise in power builds a tougher barrier of entry for new companies who may want to enter the market and introduce new ideas or improve upon the failures of their superiors. Innovation is important for fostering ethical business in the internet ecosystem we all reside within. One popular competition tool in the works for just this reason is data portability.

Designed to empower consumers to have the choice to efficiently switch between companies that suit their needs, data portability is a phenomenon that has the potential to revolutionize the digital world. Under a data portability model, a customer could download their data and enter it into a desired social medium, search platform, bank, or any other service provider. If done correctly, it can result in reduced costs for customers, promote innovation, and constrain the market power of dominating companies.

It should be known that data portability is not a recent idea; although, it is still in its formulating stages. In 2011, Google officially popularized the concept with their project, ‘Google Takeout’, which allowed users to export personal data between multiple (even competing) technologies. In 2016, the EU made data downloads mandatory after passing the General Data Protection (GDPR) data privacy law. Soon after, the UK passed its own GDPR law. Ever since then, Europe has remained a leader in the data privacy initiative as they tend to pass data privacy legislation faster than any other country.

On the other hand, unfortunately, data privacy legislation in the US tends to be slower which is largely attributed to rigid partisan divides that cause an unwillingness to compromise within Congress. Instead, in the US most progression tends to occur at the state level, as seen in California’s passing of the Consumer Privacy Act in 2018 (Bird et al., 2023). This law regulated the way businesses all over the world can collect, use, and share the personal information of California residents. Regardless of this regional success, though, data privacy rights (and therefore, portability) remain limited and rare (Amao & Derakhshani, 2023).

Why does the advancement of data portability prove to be slower in some countries like the US? Well, because it is quite difficult. There are many challenges that both the government and digital companies face with implementing data portability in the digital world, such as scope, security, design, cost, and firm response concerns.

To begin institutionalizing data portability, companies must confirm what types of data (and therefore, the data’s size) will be transported between one another. Now, at least in the US, there are no laws detailing whether customers or providers have rights over the data co-created by both parties. This is just one of many blurred areas of the legal barriers to data portability.

Another concern is security, since as data sharing increases, the number of places in which sensitive data resides does as well. This creates not only worries for customers, but risks for companies and their relationships with their customers (Gulati & Seemans, 2023).

Furthermore, many companies do not share the same encryption, data retention, or legal standards. Not only is tweaking the technologies of data portability to the unique needs of different companies difficult, it’s also more difficult than the ideal option: mandating uniform standards across the industry. These security concerns surpass company to company relations, and seep into those of international relations. Two countries, such as the US and China, may not be open to sharing data across their companies out of fear of data breaches.

Most importantly, concerns remain about how companies will afford advances in data portability technology. Due to the amount of legislative work, collaboration, and revolutions necessary for companies to support this effort, there’s a greater chance firms will resist this change and use it as an opportunity to enhance their customer loyalty. The only way to prevent this, some argue, is for governments to better exercise their regulatory powers to uphold data portability rights and pass new legislation that prevents resistance from firms (Tennison, 2018). On top of this, policymakers and interested stakeholders must spend more time in considering how neutral third parties can support the data

(Continued on page 11)
THE POWER OF VULNERABILITY

By Peter Epp ’24

Enriching the Student-Athlete Experience

From the moment I stepped onto campus, I knew I had the power to make my mark here at Bentley; it was just going to take some time.

It was an April evening in 2022 and I was lying by the Kresge Volleyball Courts, looking up to the stars, wondering if Bentley was where I was meant to be. Though my sophomore year was coming to a close, I still struggled to branch out and feel at home on campus after working so hard towards proving myself as a strong member of the swim team. With so many of my classmates knee-deep in involvement while I was supposed to be enjoying the offseason, I felt lost. I wanted to do so much more but did not know where to start. With these doubts crossing my mind, the Bentley University Orientation Team opened a door that allowed me to show this community who I am and what I could bring to the table. Students who were previously on the Orientation Team had nothing but great experiences, and I was ready to turn things around.

In just two weeks with the Orientation Team, I learned so much about the power of vulnerability which set me on my journey to becoming the Bentley student I am proud to be today.

Everybody who comes to Bentley has a defining story, a moment in their life, that makes them who they are. A great Orientation Leader understands this, extends a helpful hand to newcomers, and finds or creates a space for them to leverage their strengths and flourish in an organization. “Lowering Your Shield” is a Bentley Orientation tradition that touches on this idea by giving each student a chance to share their story of social connection, or lack thereof, and solidify a special bond with the people around them. With only two days of programming gone by, I sat on the soccer field with my group of fourteen first-year students and began to share my story of that very night in April. After a moment of silence following my story, I was moved by how much each student shared. In such a short time, my willingness to share helped create a caring and respectful environment within our group.

With less than two years until graduation, I found myself with my foot on the gas at Bentley instead of cruising to the finish line. I took every opportunity that came my way, most importantly joining a business fraternity, giving tours for admissions, as well as helping my friends get their new clubs approved and off the ground. These experiences created such an enriching experience and made me feel at home here in Waltham. Just like me, everyone will have highs and lows during these pivotal four years. The best thing to do is embrace the process as it paves the way for transformative growth.

There is no better time to be a Bentley Falcon than right now. With ever-evolving academics, technology, and student life, it is up to you to make the most of it. As I strived to get myself involved in the latter half of my time here, I could only imagine what would have happened if I felt this way for all four years. I am proud to say I have become the person I wish I had met as a lone first-year student, the one who had so much to give but did not know where to start.
My mom comes from Henan province, in the very heart of the country. People say that Henan is the cradle of Chinese civilization, so it’s no surprise that you can feel the veins of history and traditionalism even today.

My family and I would return to Henan and spend a week in my grandparents’ cottage every holiday. There, we would get a taste of a slower lifestyle, tuck into dishes of local Daokou chicken, and hike the mountains that surround Yanling village. But while these trips were a welcome respite from my more fast-paced life in Nanjing, there was always something off-putting about the rural traditionalism. It was religion and the feeling of being trapped in time. Henan didn’t seem to belong in my view of a modern country.

Every day, we’d wake up to the bronze bells of nearby monasteries and listen to the unwelcome chanting of Buddhist monks. The scent of Chinese medicine pierced the village air, and, of course, there were the talismans.

I didn’t think much about these curious objects at first. They dotted the walls of my grandparents’ home and were even hung over my bed. Late at night, I’d stare at these strange, yellow bits of paper and try to decipher the seemingly haphazard characters that were scrawled across. I’d trace the words in the air with my finger and wonder if I’d ever drawn the same character in calligraphy class.

“Fulu,” my grandma informed me, “is real.” She told me that these pieces of paper have healing powers, that there were countless stories of elders in Yanling curing toothaches, overcoming cancer, or simply fighting away a common cold. It was all thanks to those little bits of paper. Whenever she got a chance, Grandma would go to Wangwu temple and ask the Daoist monks to make her a new talisman. Something for luck, cooking, health—anything she thought of.

I couldn’t help smirking at this superstition. I tried to tell her that it was all a coincidence and that, in the city, we don’t need Fulu. But this didn’t stop her. One day, when I had a bout of food poisoning, I found her hurriedly hanging a new talisman in my bedroom. Too sick to argue, I resigned myself to enjoying this new bit of wall decoration. I reasoned that, while I might not believe in it, it was nice that Grandma cared so much about my stomach. Eight hours later, she was the one smirking when she found me happily eating breakfast in the morning. “See?” was all she said as I pretended to study my bowl of congee.

Years later, I still had my doubts about Fulu, but I put them to rest in my calligraphy class. It was the lunar new year, and our assignment was to create a talisman ourselves based on the character for dragon. Only Teacher Sun told us we had to “forget everything you know about the character. Just write loose.” I stared at the blank, yellow paper in front of me and thought of my grandma. I thought about the yellow and red-clad monks on Wangwu mountain and the ludicrous idea that a single word could cure a disease. Then I tried to write loose. My mind went blank as I brought the brush to paper and began to trace the first line. I realized then that calligraphy was my medicine. It was meditation and it was healing. Perhaps, like Fulu, it really has no place in the modern world, but that didn’t matter, because it made me feel better.

At the end of class, I had a new talisman for my grandma’s collection. She’d probably tell me that the dragon character would cure a cold backbone or something along those lines, and, this time, I’d resist the urge to argue, because I knew that just having those papers around made her feel better.
WHY ARE NEW YEAR’S RESOLUTIONS SO HARD TO KEEP? (Continued from page 1)

to a person who imposes sudden, strict regulations on themselves only to crumble and revert to their old ways as a result. If the goal is to lose fifty pounds in a year, perhaps the person should see if they are down five pounds every month. This kind of specificity holds you responsible for your goal, and reasonable checkpoints help remind you of your progress, further motivating you.

Solidifying your resolution is a difficult, yet essential, part of being able to keep it. Writing the resolution down, making it a habit by sticking to it for 21 days, and having an image depicting the goal posted in a viewable spot in your house are all great methods to ensure that this year will be self-fulfilling.

Another reason many people struggle to keep up with their objectives is because they are unable to muster the discipline to stick to them. This is a completely human experience: I know I am not the only one who requires several alarms to get up in the morning. To counter this problem, you should encourage trusted friends to hold you accountable to your goal throughout the year, who will serve as a persistent but needed reminder to keep you on track.

While months have come and gone, there is no need to be discouraged. There is still time for you to pick up wherever you left off. Unfulfilled resolutions will likely end up in next year’s to-do list, then the next, and then the next. Taking agency in the promises you make to yourself will not only result in you getting to the version of yourself you want to be faster, but make you a more disciplined, responsible human being.

CAN TECHNOLOGY SOLVE EDUCATIONAL INEQUALITY? (Continued from page 4)

If the government had focused more on providing real-time classes, a dynamic curriculum, and one-on-one communication with professors, classes would have been more engaging and interesting for students.

Understanding these three different factors helps us understand the importance of establishing governmental organizations around the different provinces to provide specific measures needed for digital transformation according to the needs and send reports to the Ministry of Education to establish a personalized strategic plan per province.

Additionally, these factors emphasize the importance of developing a curriculum that can include new topics that are important for our professional as well as personal development, such as gender equality, financial literacy, and artificial intelligence.

As mentioned before, it is fundamental to invest in education. While many developed countries took measures to help schools, some of the already existing problems were exacerbated.

This was even more palpable in Peru. If we allocate the budget to providing a quality education for all the communities, then these students will have the necessary skills for becoming successful professionals and leaders that will make a change in our society.

Works Cited

THE IMPORTANCE OF MENSTRUAL HEALTH MANAGEMENT

(Continued from page 3 and continued on page 10)

financially equipped to purchase sanitary products (Astrup). Women feel suffocated and apprehensive in an environment where sanitary products are not made affordable. Feelings of embarrassment, anxiety, and restraint cause absenteeism from school. When kids have high truancy rates from school it does not set them up to lead a successful life or live in an economically self-sustaining way, and it creates social mobility barriers for girls. Hindering a complete and proper education will cause greater hardship for women in their professional lives. Their intellectual ability to contribute to the workforce will suffer due to the interruptions in their education.

There is research that has been found that people who menstruate suffer from negative consequences due to lack of access to menstrual hygiene products and the taboo about periods. Some of these negative consequences are decreased economic output and unnecessary stress. Research shows that if women don’t have access to toilets, they lean on practices such as eating less and drinking less water during menstruation. Additionally, 1 out of every 10 girls in Africa miss school due to their period (Tull, 2019). Out of all the women who had worked in “. . . Burkina Faso, Niger and Nigeria, 19%, 11% and 17% respectively, reported missing work due to their last period. Among those 15-24 years old who attended school in the past year, 17%, 15% and 23% reported having missed school in the past year due to menstruation” (Tull, 2019). Due to period poverty, girls are being stripped of access to an education, which is a basic civil right. Education can transform a person’s life because it allows one to be financially mobile and independent, but period poverty creates an obstacle in girls’ education. Tull’s study states the following:

. . . A lack of education for girls can lead to substantial losses in national wealth. World Bank figures estimate that wider society and national economies can profit from better menstruation management: with every 1% increase in the proportion of women with secondary education, a country’s annual per capita income grows by 0.3%. (Tull, 2019)

The prosperity of people who menstruate is essential to the prosperity of a country, and poor menstrual health management creates undue obstacles in the pursuit of prosperity.

It is also important to focus on the well-being of young teenagers because they are most vulnerable to being affected by stigma, discrimination, as well as social and health inequities. People often overlook the immense emotional, psychological, and social consequences this stigma has on impressionable, adolescent girls. These social barriers have long term crippling effects on a young girl's life, such as low self-confidence and internalized misogyny leading into her adulthood. No human being should suffer belittling for a natural bodily function. In Chicago, “. . . women recently told Cosmopolitan that they had to steal tampons, ask strangers for help, substitute paper towels for pads, and even use T-shirts as makeshift rags” (Allen). This exemplifies the loss of dignity that women suffer when period products are not made affordable to all socioeconomic classes. It is degrading for a woman to go to such dehumanizing lengths to care for her own body. Cosmopolitan is a fashion and entertainment magazine for women, but by choosing to focus on a pressing women’s health issue, Cosmopolitan conveys that the ideal image of a woman will never be complete unless these basic human needs are met. Cosmopolitan demonstrates that there is a need for change and that women cannot face such bodily shame anymore. Overall, period poverty results in the loss of a woman’s self-respect, which leads to a loss of dignity and humanity.

There must be proper education on menstrual health management and policies put in place to combat period poverty. These measures will lessen the negative consequences associated with poor menstrual hygiene. Menstrual health education is a key factor in improving how people who menstruate understand their menstrual cycle. Knowledge about menstruation will allow females to know exactly what is happening with their body. Having specific menstrual health information will empower people who menstruate to seek out the specific products and resources they need. In a St. Louis, Missouri study, “over half of respondents (57.9%) indicated a need for more information and education regarding managing periods and personal hygiene. Nearly 40% indicated a desire to learn more about reusable pads/durable products.” (Wall, 2019). Schools should provide better education regarding periods. Improved menstrual health education could decrease the misinformation, stigma, and discrimination surrounding periods. Menstrual health education creates an open mindset surrounding menstrual hygiene and female anatomy. Girls would perform better in school if they had proper menstrual health education because it would empower them to attend school (Tull, 2019).

Additionally, legislators play an influential role in changing the approach and culture around periods in countries. The United Kingdom and Scotland have been taking many steps towards decreasing period poverty which has significantly improved the lives of women in those countries. Rebecca Pow, a respected British politician, announced the donation of 2 million pounds to small and medium sized charities involved with the Department of International Development to help combat
period poverty by 2030 (Coryton, 2019). Furthermore, in England, the Parliamentary Under-Secretary of State for Children and Families, Nadhim Zahawi MP, committed the government to providing period provisions for elementary schools (Coryton, 2019). With commitments like these, social justice advocates can hold the government accountable for their promises to follow through with these plans. In Scotland, a strong politician named Monica Lennon has been advocating fiercely to end period poverty, specifically to “introduce a legislative duty to provide free sanitary products for anyone who needs them,” including schools (Astrup). In Aberdeen, Scotland, a pilot initiative was tested to distribute free sanitary products to those who are in dire need of them. The program is getting a lot of positive feedback with women saying their worries and anxieties are significantly reduced every month because of the initiative. The economic issue of period poverty is being tackled through legislative policies and the stigma is being addressed by numerous social movements advocating for change. Most importantly, actions like these prove that the government understands that the stem of period poverty, menstruation stigma, needs to be tackled to effectively combat this injustice.

One of the controversial topics in menstrual health is the implementation of menstrual leave in the workplace. Instituting menstrual leave is seen as a necessary right to period poverty activists because some people who menstruate suffer from painful cramps, heavy bleeding, or other side effects that come along with menstruation. Women are forced to use their vacation days or unpaid leave days to care for their menstrual health. However, some people believe implementing menstrual leave in all workplaces could fuel reverse discrimination because it can ignite workplace and societal sexism (Saunderson, 2020). People may see this as females getting “extra” privileges and getting special treatment for something already seen as a taboo. It may even lead close-minded people to harass or make fun of women who choose to take menstrual leave. These claims against menstrual leave are futile because men do not encounter reverse discrimination because they do not experience the disadvantages of menstruation. Women already face numerous injustices as a minority in the workforce and so giving them a mechanism to help manage their menstrual health cannot be oppressing males in any way. Naturally, instituting menstrual leave could ignite unwanted sexism and misogyny in the workplace, but with proper codes of conduct and enforcement of strict rules hopefully people will not disrespect a women’s decision to take menstrual leave. Anyone who experiences a health complication should have the ability to properly care for themselves without undue work pressures, and menstruation is no exception.

People who face period poverty deserve better than living life with crippling anxiety and shame every month. Combatting period poverty is vital to women’s dignity and self-respect. Passionate social media movements have put pressure on policy makers to begin considering menstrual health management as a real issue that harms women in multiple facets. This is a strong first step on a broad level but more needs to be done to combat the stigma surrounding periods on a grassroots level. Parents and schools must begin having conversations with children and students of all genders to break down the taboo. One does not have to be a social media expert to make a difference. All one needs is a passion to change the culture around menstruation and begin making small decisions in their daily life to affect change as a student, as a parent, or as a professional. An 18-year-old, Amika George, decided to raise her voice on this injustice and began a social media movement called #freeperiods. Amika states: ‘Women have to talk about their periods much, much more, and I spend much of my time doing just that, to make it an everyday topic of conversation.’ (Astrup, 2020).

Women are society’s backbone; their contributions are unparalleled and the least we can do is uphold their dignity, honor, and self-respect in every situation.

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data portability ecosystem (Arnao & Derakhshani, 2023)

Being honest with ourselves about the immense challenges facing the digital economy in implementing portability is the first step in creating solutions to ensure its success. Data portability will not be an easy feat, but it is a necessary innovation to pursue if we wish to democratize the digital landscape. Data portability returns power back to us, the customers, and will ensure the companies which store our data are held to the highest of standards. While it resides in its initial stages currently, data portability is constantly advancing, and we should stay on the lookout for progress that is made.

Works Cited


Honors students, keep an eye out for the opportunity to write for the Fall 2024 Issue of Columnas.