
CU Supports Access to Menstrual Products and Information on Sexual and Reproductive Health

Charles University is committed to creating a safe, respectful and inclusive environment for students and staff. An important part of this commitment is removing practical barriers that may affect equal access to study, work and university life.

This also includes improving access to menstrual products, relevant information and support services related to parenthood, the prevention of sexual harassment, and gender-based violence. Students also have access, within the Czech healthcare system, to professional services including gynaecological care, psychological support, family planning and educational resources related to sexual health and mental well-being. Through cooperation with public and private healthcare providers, both Czech and international students can access confidential and professional support according to their individual needs.

Access to Menstrual Products

Charles University cooperates with a supplier that provided menstrual products to the University in 2025 and will continue to do so in 2026. These products are then distributed to faculties that choose to participate in the initiative and are made available free of charge in selected restrooms or other designated locations. At present, both sanitary pads and tampons are available.

The aim of this support is to ensure that menstrual products are accessible to students and staff without unnecessary barriers. Availability may vary depending on the involvement and operational arrangements of individual faculties. The initiative is coordinated centrally as part of Charles University's [Equal Opportunities agenda](#), while the specific placement, regular replenishment and communication at faculty level are handled by the participating faculties.

Where to Find Information and Support

Students and staff seeking information or support related to parenthood, difficult personal circumstances or other situations affecting their studies or work may contact [CU Point](#) or the [Carolina Centre](#). These services provide basic information, counselling or referral to further professional support, depending on the nature of the situation.

The Carolina Centre also supports students with special needs, students in difficult socio-economic situations, student parents and others who may need assistance during their studies. Information and services for student parents are available on the [Student Parents](#) page, including counselling, psychological support, help with combining studies and childcare, and information on the [Recognised Parenting Period](#).

A Safe and Respectful Environment

Support for a safe and respectful environment also includes the prevention of sexual harassment, sexual violence, gender-based violence and domestic violence. Charles University upholds a zero-tolerance policy towards these forms of unacceptable behaviour and provides information on where students and staff can seek help. An overview of support is available on the [Sexual and Gender-Based Violence](#) page. The [CU Ombudsperson](#), [faculty ombudspersons](#) and other support mechanisms are also available.

Charles University is also involved in the [Charter against Domestic Violence](#). People who are experiencing domestic violence, or who are concerned about someone close to them, can turn to a network of trained contact persons/ambassadors. They can provide initial information, safe guidance and support in finding further professional help. Their role is not to replace specialised services, but to ensure that people at the University know where to turn and that their situation will be treated sensitively and confidentially.

Strategic Framework

These measures build on Charles University's strategic and policy documents in the field of equal opportunities. A key document is the [Charles University Equal Opportunities Plan 2025–2027](#), which focuses, among other areas, on the study and work environment, work-life balance, the prevention of inappropriate behaviour, and raising awareness of equality and respect.

The Equal Opportunities agenda is institutionally embedded at Charles University and is managed by CU Point in cooperation with the Member of the Rector's Board for Social Affairs.

Charles University regards support for menstrual dignity, parenthood, a safe environment and accessible counselling as part of its broader responsibility towards the university community. The aim is to ensure that students and staff have access to information, products and services that enable them to study, work and participate fully in university life without unnecessary barriers.