

# MENSTRUAL HEALTH HUB BLOGGING GUIDELINES



## WELL HELLO THERE!

Many thanks for your interest in offering to write for the MH Hub! Here are some guidelines for writing a blog post for the MH Hub.

Before writing a full article, we kindly ask you to first provide us with an outline and 1 sample paragraph of the article for us to assess whether it would be a good fit for our audience and platform.

### BLOGGING GUIDELINES

- **Audience:** All guest articles should be tailored to the global menstrual community, so language should be accessible to everyone at intended for a 8th grade (14 years old) reading audience age.
- **Purpose:** The main focus of the article should be to inform or inspire the MH Hub audience or shed light on an issue with a new perspective. Any articles full of self-promoting will not be considered, though the occasional link to a helpful article or resource is acceptable.
- **Categories:** Articles should fall into one of the following categories. It should be clear in the early paragraphs of the post which theme it is related to:
  - Research
  - Education
  - Policy
  - Innovation
- **Length:** Articles should be between 1,000 - 2,00 words
- **Content:** If you are writing a general article and *not* an opinion piece, when a claim is made, it must be then followed up with evidenced-based research. If you are writing an opinion piece, please make sure you have a strong expert background that is linked to the subject. If possible, do not leave the article open-ended; it should come to a resolution so that readers are not left with more questions than answers. In both article types, unless you are a medical doctor, do not offer medical advice. The article should also contain a call to action, actionable advice and should be written to a professional standard. You can find examples of previously guest posts [here](#).
- **Author:** The author of the post should be working professionally on or around topics related to female or menstrual health. Any experience level is welcome!
- **Formatting:** Articles featuring lists, headers, bullet points, and other engaging formatting are preferred.

### BIOGRAPHY GUIDELINES

- Please include a brief biography about yourself (150 words max).
- Please include a headshot and links to your website, social media, etc.

### SUBMISSION EMAIL

communications@mhub.org

We are so excited for your engagement!



Menstrual Health hub  
mhub.org