



**PRESS RELEASE**  
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## **Advocates and Lawmakers Urge Albany to Approve Updated Health Curriculum Covering Common Menstrual Disorders**



**Photo:** Advocates and Lawmakers attend a rally and press conference at the New York State Capitol in Albany to urge adoption of legislation that would allow the State Education Department to develop health curriculum about common menstrual disorders. To download a high-resolution version of this image, please click [here](#).

**ALBANY, N.Y.** – Nearly 1 in 10 women of reproductive age live with a condition that isn't covered anywhere in New York's health education curriculum. Now, experts, advocates, and lawmakers are calling on Albany to change that, gathering at the Capitol for a rally and press conference urging the state to act.

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*Photo: Lauren Morris, Miss New York 2025, speak about her experiences with endometriosis during a rally and press conference calling on Albany to enact bills S.6227 and A.7557. To download a high-resolution version of this image, please click [here](#).*

They are pushing for the passage of [legislation](#) sponsored by Sen. Monica R. Martinez and Assemblywoman Rebecca Kassay that would give the State Education Department the authority to develop instructional standards on menstrual disorders as part of health education in public schools. Lessons could include information on symptoms, treatment options, long-term health impacts, and the importance of early recognition and medical care for conditions such as endometriosis, which often goes undiagnosed for years.

The Senate passed its version of the bill earlier this session, but the Assembly counterpart remains pending in that chamber.

"Education is supposed to educate, but New York's health curriculum is failing to provide students with critical information that impacts 1 in 10 of them," said **Sen. Martinez**. "As a former middle school administrator, I can assure you that on sensitive topics like reproductive health, the last thing you'll find is a tween or teen seeking out information on what they're

experiencing, so instead, they suffer in silence. It is time for New York to teach young women about their bodies so that they can become the adults who will advocate for their own care."

**Assemblywoman Rebecca Kassay** said, "Without early and proper education about endometriosis, women may spend too many years— and maybe their entire lives— without the medical knowledge and care they need and deserve. Too many individuals living with endometriosis are told their pain is “normal”, being kept from treatment, procedures, or professional guidance that can significantly improve the quality of life for someone living with endometriosis. S6227/A7557 and increased funding for the modernization of New York State's health education curriculum would help to bring real education and awareness into our schools so future generations can recognize the signs earlier and get the support they need sooner. I'm proud to stand alongside Senator Martinez in sponsoring this legislation, and I remain committed to working together with my colleagues, advocates, patients, and families

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to move this and other endometriosis-related policy forward to better ensure that every New Yorker is empowered to seek and receive timely, compassionate care."

Endometriosis is a chronic condition where tissue similar to the uterine lining grows outside the uterus, leading to severe pain, irregular bleeding, and in many cases, infertility. Yet despite how widespread it is, endometriosis is routinely missed or misdiagnosed, leaving women to wait an average of seven to ten years before receiving a proper diagnosis. Many females who suffer from it are taught to dismiss the extreme pain they experience as "normal."

**Samantha Graviano**, a Suffolk County resident who has lived with endometriosis for nearly two decades but was only diagnosed in the past year, said, "For many patients, the hardest part of endometriosis is not only the disease itself, but the years spent fighting to be taken seriously. When young people are taught that debilitating pain is "normal," diseases like endometriosis continue to go unrecognized and untreated. Delayed diagnosis impacts education, mental health, careers, relationships, fertility, and quality of life for millions of people. This legislation is an important step toward ensuring future generations recognize the signs earlier, seek care sooner, and avoid the devastating long-term consequences that delayed diagnosis can cause."

In 2019, Sen. Martinez [won approval](#) for informational materials about menstrual disorders to be distributed in schools, and integrating this information directly into the health curriculum is the logical next step for New York's students.

"New York has already helped change the conversation around menstrual health and endometriosis through landmark legislation and early support for programs like ENPOWR," said **Jeanne Rebillard**, Managing Director of the Endometriosis Foundation of America. "But too many young people still grow up believing debilitating pain is normal, while facing years of delayed diagnosis that can impact their education, mental health, fertility, and long-term health outcomes. By supporting efforts to include endometriosis and menstrual health education in school health curriculum statewide, New York has the opportunity to continue leading the nation in awareness, early recognition, and better care for future generations."

**Lauren Morris**, the current Miss New York and a social media influencer, said, "I remember feeling embarrassed to talk about my symptoms, and confused why the pain seemed so much worse for me than everyone else around me. At 11 years old, I didn't have the words to explain what was happening to my body, I only knew that I was hurting."