



Amika George

Amika George (born 4 October 1999) is a British activist who campaigns against period poverty in the United Kingdom.



Amika George was raised in United Kingdom. She is originally from Kerala, South India. A Christian who belongs to the Marthoma Church. George was inspired to take action after reading an article describing how many poor British women missed school due to stigma around menstruation and/or being unable to afford sanitary products such as tampons.

She has said, 'We need to make it very clear that we want to see equal access to education for all young people.'





At the age of 17 she started a popular petition addressed to Westminster (which gained over 200,000 signatories), and while still in secondary school she founded the #FreePeriods organisation in April 2017.

As part of her campaigning she has organised protests aimed at convincing the UK Government to provide free sanitary products to schoolchildren, featuring speakers such as Adwoa Aboah, Suki Waterhouse, Jess Phillips, and Daisy Lowe.

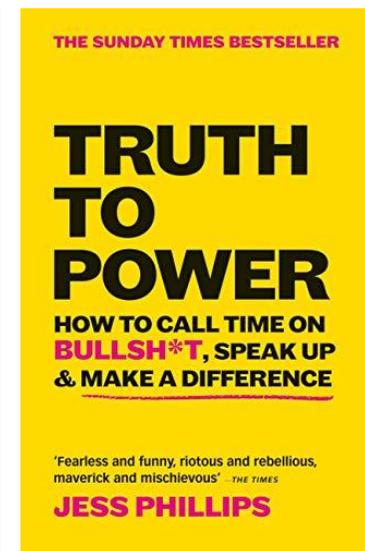
Adwoa Aboah is a model who has worked for some top brands like Calvin Klein and Versace. She has had her own personal struggles with sobriety and a concern over the lack of mental-health resources for young women. In 2017 Aboah launched an organisation for young women called Gurls Talk. Also, during the COVID-19 pandemic, Aboah created the '#CreativeTogether' initiative, with the hope that creativity could be a way to connect people and combat some of the anxiety surrounding the lockdown.



Jess Phillips is another supporter of Amika George's End Period Poverty Campaign. The former is a British Labour Party Politician and outspoken Feminist. In October 2015, Phillips caused social media outrage after she mocked the Conservative MP Philip Davies for trying to get a debate about International Men's Day. The following year, she criticised the gender makeup of Labour's Shadow Cabinet reshuffle in January 2016 and more recently in 2021, following the disappearance of Sarah Everard, Phillips read out the names of all women killed in the previous year where a man was subsequently convicted. She said 'killed women are not vanishingly rare, killed women are common'.



Jess Phillips has written two books - she sees herself as a women with a truth to tell and she isn't afraid to tell it!



Amika George has written for Vogue about the role of activism among young people, and also for The Guardian and The Telegraph about how the Scottish government's commitment to provide free sanitary products for poor students should be emulated in England. George has often commented on the lengths young people who menstruate go when they cannot afford pads or tampons, including using items of clothing, toilet roll, or using the same tampon many days in a row (putting them at risk of toxic shock syndrome). She additionally has remarked upon how education for men must be improved such that they can engage with tackling menstruation taboo and period poverty.



In March 2019 Chancellor of the Exchequer Philip Hammond announced that secondary schools in England would receive funding to provide sanitary products free-of-charge to poorer young people. **Amika George** and fellow campaigners welcomed the statement, and said that it should go further by expanding to primary schools (as menstruation can start as early as age seven) and enshrining the commitment in law for future governments.



In response to her activism, **Amika George** has been honoured on the **Time Most Influential Teens of 2018** list, **The Big Issue Top 100 Change Makers**, and **Teen Vogue 21** under 21 (after being nominated by Emma Watson for the latter). **Amika George** won a **Bill & Melinda Gates Foundation Goalkeepers Campaign Award** in 2018, which she was presented with in a ceremony in New York City.



As of April 2019 **Amika George** is studying History at Murray Edwards College, University of Cambridge, and was described by college master Dame Barbara Stocking as '**inspirational**'.