

**Dear Student-who-decided-to-use-the-toilet-during-class,**

While you have chosen to use our precious class time to take a bowel movement, I am also proud of you. It is important to listen to your body. It's important not to pee all over the classroom floor and create a public health hazard!

Even if you don't actually need to go to the bathroom, if all of a sudden you felt sad or upset or frustrated or bored or annoyed, and just need some space, excusing yourself to the restroom is a very smart thing to do. Take a five minute break. You deserve it!

***Just make sure you stay on top of your work.***

It's hard being a high school student, with so little control over your life and what you do each day. Some teachers don't even allow you to use the bathroom in class. You have to ask!

Is this training for your future adult life - where you are constantly asked to put your job before your health and wellbeing? It's not personal, it's just the system we live in. For now!

Let's change this system!

At the same time, it is important to be grateful for the gifts that we have.

We have toilets to use that are clean with running water. We have janitors who clean them up for us so we don't smell them from class, the stench giving us headaches as we try to learn. We have clean water to drink. In some places, this is not the situation.

We must focus on the positive while addressing the negative. We must work together to dream up solutions!

Some of the best ideas happened in the bathroom. Martin Luther, a 16th century monk and one of the most influential figures in all of Christianity, had the idea for his first protest (the 95 Theses) while taking a poop! This idea is what would launch the Reformation and birth of Protestantism.

I hope that right now during your bathroom trip that you have a genius idea that transforms the world in a similar way. If you do, post on instagram and use #feministtoilet. Read the magazine - scan QR!

Toiletlove,

A teacher



