

# The Period Project

Menstrual Health School Presentations



## Educate & Empower

Menstrual health literacy has a direct impact on students quality of life, health and academic performance.

Here at **The Period Project** we've developed presentations designed to educate and empower teens. Helping them understand their bodies and ultimately, end the confusion, pain and shame surrounding periods.

*Gemma Kelly*

Period Coach & Menstrual Educator

THE PERIOD PROJECT BY INFRADIAN LIFE

[infradianlife.com/the-period-project](https://infradianlife.com/the-period-project)

# Menstrual Health & Cycle Awareness



## PRESENTATION OUTLINE:

### 1 BUSTING PERIOD MYTHS & MISCONCEPTIONS

Reducing shame and helping students become comfortable talking about their body and their periods.

### 2 BODY LITERACY

Learning the organs, systems and hormones that control the menstrual cycle.

### 3 MENSTRUAL IRREGULARITIES

Students learn what a normal period looks like and the signs of serious health conditions like PCOS & endometriosis.

### 4 STRESS AND THE MENSTRUAL CYCLE

Stress has a huge impact on hormones. Students are given tools to recognise and manage everyday stress.

### 5 LIVING IN SYNC WITH THE MENSTRUAL CYCLE

Students learn the 4 phases of the menstrual cycle, plus food and lifestyle habits that support a healthy period.

## GOALS

Empower & educate.

Develop body confidence.

Improve period health.

Reach their potential.

## Client Testimonial

"This is the period education I wish I received in school."

**-Christie, teacher**

# Why book a presentation?

## Support your students:

90% of menstruators under 25 experience Period Pain (dysmenoreah) and this has a negative impact on their education!

## Support your teachers:

Australian teachers have expressed discomfort in teaching about puberty, with more than 34% of female teachers and 83% of male teachers in one study saying they did not feel confident addressing the topic of menstruation.<sup>2</sup>

## Client Testimonial

"I am so grateful to Gemma, such an amazing program. Thank you, thank you!" -**Caitlin, teacher**

- 1.Christina Curry, Tania Ferfolja, Kathryn Holmes, Kelly Parry, M. Sherry & Mike Armour (2022) Menstrual health education in Australian schools, Curriculum Studies in Health and Physical Education, DOI: 10.1080/25742981.2022.2060119
- 2.Duffy, B., Fotinatos, N., Smith, A., & Burke, J. (2013). Puberty, health and sexual education in Australian regional primary schools: Year 5 and 6 teacher perceptions. Sex Education, 13(2), 186-203. doi:10.1080/14681811.2012.678324

# Outcomes & Victorian Curriculum

The presentations are design to address and go beyond Victorian government outcomes and curriculum.



## Health & Physical Education

### Levels 5 and 6:

- Investigate resources to manage changes and transitions associated with puberty (VCHPEP106)
- Investigate community resources and strategies to seek help about health, safety and wellbeing (VCHPEP107)

### Levels 7 and 8:

- Evaluate strategies to manage personal, physical and social changes that occur as they grow older (VCHPEP124)
- Examine barriers to seeking support and evaluate strategies to overcome these (VCHPEP125)
- Investigate and select strategies to promote health, safety and wellbeing (VCHPEP126)
- Analyse factors that influence emotions, and develop strategies to demonstrate empathy and sensitivity (VCHPEP128)
- Develop skills to evaluate health information and express health concerns (VCHPEP129)

## Science & Understanding

### Levels 5 and 6:

- The growth and survival of living things are affected by the physical conditions of their environment (VCSSU075)

### Levels 7 and 8:

- Multicellular organisms contain systems of organs that carry out specialised functions that enable them to survive and reproduce (VCSSU094)

# Gemma Kelly

As a Period Coach Gemma has been helping women eliminate Period Pain & PMS for the last 2 years. Using food, lifestyle and habit changes Gemma's clients have seen a reduction, and for some a complete elimination of period cramps, bloating, cravings, hormonal acne, headaches as well as regulating heavy, irregular and missing periods.

Gemma is on a mission to educate young women on all the things she wish she knew as a teen, so they don't have to deal with years of pain and confusion that she dealt with.

Gemma is a graduate of the Institute of Integrative Nutrition and has been obsessed with hormones since fixing her own periods back in 2019.

## Client Testimonial

"Such an informative program and Gemma is so lovely and full of knowledge!"

**-Kestin, nurse**



# Book a Presentation Today

## PRESENTATION DETAILS

Duration: 90 minutes  
Suitable for: Years 5 to 12  
Cost: POA

[Make a Booking](#)

## BOOKING REQUIREMENTS

Projector or TV Screen with  
HDMI connections.

[Contact](#)

I'm on a mission to educate 50,000 teens! I want to help them understand their menstrual cycle and use it to their advantage so they can perform at their best everyday of the month.



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hey girls...

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