

Executive Summary High Schools

Who we are

Wellwise Woman provides **evidence-based, curriculum-aligned** puberty and menstrual wellbeing education for primary schools across Western Australia.

Led by Katrina Christian, a qualified teacher and menstrual health educator, our sessions build confidence, emotional wellbeing, and body literacy through age-appropriate, shame-free learning.

Our mission

To deliver evidence-based, inclusive education that builds body literacy, emotional wellbeing, and self-advocacy in students, empowering them to understand and confidently navigate puberty, periods and growing up.

Programs for Primary Schools

01 Year 7-9

Period Power

Cycle literacy, what's normal/not normal, understanding pain & symptoms, emotional and physical wellbeing, help-seeking and self-advocacy.

02 Year 8-10

Healthy hormones & emotions

Body image, brain changes in adolescence, identity, managing mood and stress, sleep, nutrition, and developing self-compassion.

03 Senior Presentation

The confident girl code

A values-led program covering consent, boundaries, respectful relationships, online behaviour, media pressures, body literacy, and navigating modern challenges.

Teacher resources provided:

- ✓ Lead-In & Lead-Out lessons
- ✓ Cycle literacy worksheets
- ✓ Emotional check-in tools
- ✓ Sample slides & worksheets
- ✓ Curriculum alignment summary
- ✓ Student feedback tools

Curriculum Alignment (WA)

- ✓ **Health & Physical Education** — Personal, Social & Community Health
- ✓ **WA Science** — Biological Sciences
- ✓ **Australian Curriculum v9.0** (adopted/adapted)

Covers mandated content including:

- Adolescence, identity & social influences
- Emotional regulation & mental wellbeing
- Protective behaviours & help-seeking
- Respectful relationships & consent
- Body image & media influence
- Reproductive system, ovulation & menstrual health
- Managing stress, sleep, and lifestyle for wellbeing
- Health literacy & self-advocacy

Why schools choose us

- **Teacher-delivered with adolescent expertise**
- **Research-informed & evidence-based**
- **Safe, inclusive & trauma-aware**
- **High engagement, relatable content**
- **Lead-in & Lead-out lessons provided**
- **Printable activities & student tools included**
- **Professional, polished & curriculum-aligned**

Impact

Students	Teachers
↑ Confidence	✓ Strong engagement
↑ Understanding	✓ Shift in classroom comfort
↓ Stigma	✓ Clear curriculum links
↑ Boundary setting	✓ Improved management

Contact:

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Based in Margaret River, delivering statewide

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