

Executive Summary Primary 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 4

Growing and Changing: Introduction to puberty & periods

A gentle, foundational introduction to puberty changes, emotions, body respect and help-seeking.

02 Year 5-6

Puberty to period power:

A comprehensive workshop covering puberty, periods, respect, managing emotions, understanding body changes, and knowing what's normal vs not normal.

03 Year 6 extension

Confidence Before High School

A wellbeing and confidence program supporting identity, emotional literacy, self-worth, transition to high school, and body-positive preparation.

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:

- Physical, emotional & social changes of puberty
- Respect, healthy relationships & empathy
- Managing feelings and transitions
- Identifying trusted adults & help-seeking
- Understanding periods & what's normal/not normal
- Body image & media influence
- Building personal identity and confidence

Why schools choose us

- **Teacher-delivered expertise**
- **Research-informed, evidence-based content**
- **Safe, inclusive & trauma-informed**
- **High student engagement**
- **Lead-in & Lead-out lessons provided**
- **Printable teacher resources included**
- **Easy to work with & WA-context aware**

Impact

Students	Teachers
↑ Confidence	✓ Strong engagement
↑ Understanding	✓ High quality delivery
↓ Stigma	✓ Clear curriculum links

Contact:

Katrina Christian - Founder & Educator
Email: katrina@wellwisewoman.com.au
Website: www.wellwisewoman.com.au

Based in Margaret River, delivering statewide

 @wellwisewoman  @wellwisegirl

