

IN SCHOOL MENSTRUAL WELLBEING

Presentations

Presentations by Katrina Christian, Founder of Wellwise woman

Students deserve to understand their body and periods don't have to be scary.

Wellwise Girl delivers empowering, curriculum-aligned menstrual health education for girls in upper primary school and high school.

Our program supports students in developing

- body literacy
- self-confidence
- signs of puberty, first period and teen periods
- practical tools to manage periods
- navigating puberty with ease

All sessions are delivered by a qualified educator with over 10 years' experience in schools and a deep commitment to menstrual wellbeing education.

51%

OF WOMEN & GIRLS

**believe that significant period
pain and PMS is “normal” and
don’t seek support or
management advice.**

THE SILENT REASON GIRLS ARE MISSING SCHOOL

92%

Young Women

Experience painful periods

49%

Young women

Miss at least one day/month due to period pain

77%

School girls

Struggle to concentrate in class during a period



“Early Menstrual Health education improves body literacy & period confidence, which leads to better menstrual management and wellbeing long term.”

AFTER A MENSTRUAL HEALTH PROGRAM...

60%

Students

Changed the way they managed symptoms

84%

Students

Visited a doctor to discuss their symptoms

54%

Students

Were referred to a gynaecologist after hearing information

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:

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

Based in Margaret River, delivering statewide



@wellwisewoman



@wellwisegirl





WELLWISE PROGRAMS

ALL CONTENT IS DOCTOR AND NATUROPATH APPROVED

PART 1

Period Power

Ideal For: Years 7-9

PART 2

Healthy hormones & emotions

(Follows on from Part 1)

Ideal For: Years 7-10

SENIOR PRESENTATION

The confident girl code

(stand alone or follow on)

Ideal For: Years 10-12

SEE PRICE GUIDE FOR DETAILS

Maximum numbers apply

*Micro-cohort pricing available

Packages available

WELLWISE PROGRAM

Options

PART 1 CONTENT:

ALL CONTENT IS DOCTOR AND NATUROPATH APPROVED

Period Power: See price guide

For: Years 7-9

Format: Presentation delivered in 1 x 90min session

PART 1: (90mins)

- Menstrual cycle as a vital sign of health.
- Ovulation – the main event.
- Hormones 101 – why they matter.
- Myths & misconceptions – breaking stigma.
- The ‘inner seasons’ & emotional rhythm.
- Cycle tracking & self-awareness.
- Period products, hygiene & self-care.
- Cervical fluid/discharge – what’s normal.
- Stress, lifestyle & hormone disruptors.
- Everyday self-care strategies to avoid missed school or activities.
- Help seeking and when and where to find help



PART 2:

Healthy hormones & emotions

(Follows on from Part 1)

WELLWISE PROGRAM

PART 2 CONTENT:

ALL CONTENT IS DOCTOR AND NATUROPATH APPROVED

Healthy hormones & emotions: See price guide

For: **Years 8 -10**

Format: **Presentation delivered in 1 x 90min session**

SESSION/WORKSHOP: 1 x 90 min session

- Understanding ovulation as a sign of health.
- Recognising cycle changes and what they mean for wellbeing.
- Cervical fluid & other cycle signs – what's normal.
- Tracking patterns to spot imbalances or when to seek support.
- Lifestyle factors and their role in hormone and menstrual health (sleep, nutrition, exercise, stress, relationship/friendships & emotional wellbeing)
- Building positive body image.
- Understanding boundaries & respectful relationships.
- How to communicate with teachers, coaches, or health professionals.
- Practical planning so periods don't get in the way of school, sport, or activities.



SENIOR PRESENTATION

The confident girl code

Follows on from Part 1 & 2 or can be independant

SENIOR PRESENTATION: CONTENT

The confident girl code: See price guide

For: Year 10-12 girls

Format: 1x 90 min workshop/session

INCLUDES:

Identity & Self Worth

- Who am I becoming? Understanding puberty-to-adulthood transitions.
- Social media, body image, and self-esteem.
- How to rewrite harmful cultural messages about women/girls.

Resilience & Mental Wellbeing

- How stress, anxiety, and comparison affect cycle & mental health.
- Self-compassion practices (what to do when you mess up, feel low, or lose confidence).
- How to seek help (counsellors, health professionals, trusted adults).

Relationships & Boundaries

- Respectful relationships: recognising healthy vs. unhealthy dynamics.
- Consent in action – what it looks like in everyday life.
- Boundaries with friends, partners, teachers, family.
- Owning your choices: education, sport, relationships, work, health.
- Encouragement: your cycle is a lifelong guide, not a limitation.



FULL PROGRAM & ANNUAL PACKAGE OPTIONS AVAILABLE

**PART 1 & 2 COMBINED
FOR FULL DAY EVENT OR DIFFERENT YEAR
LEVELS - SEE PRICE GUIDE**

ANNUAL DELIVERY: PROGRAMS COMBINED ACCROSS YEAR LEVELS

*Receive a discount & inclusions when you book the Annual Delivery for your school.

PART 1

The Power of My Cycle
1x 90 min Presentation



PART 2

My Cycle, My Power
1x 90 min Presentation

Part 1 can be delivered to Year 7-9 girls, with Part 2 delivered to Year 8-10 girls.



SENIOR PRESENTATION

The confident girl code
1x 90 min Presentation

Part 1 can be delivered to Year 7-9 girls, with Part 2 delivered to Year 8-10 girls. Senior presentation delivered to Year 10-12 girls.

Receive

1X FREE PARENT SESSION

**What every parent should know
about Menstrual Wellbeing**
1x 60 min session

OUR PROGRAM BENEFITS

Students, Teachers & Parents

FOR STUDENTS

- Builds confidence, self-awareness and practical skills
- Reduces shame and anxiety around periods and puberty
- Supports emotional wellbeing and body literacy

FOR TEACHERS & SCHOOLS

- Curriculum-aligned (WA Health and HASS outcomes)
- Expert-led, evidence-informed delivery
- Less pressure on staff to teach sensitive topics
- Free period product kits to support ongoing access

FOR PARENTS

- Clear, positive language around menstruation
- eBooklet resource for home support
- Optional info session to improve communication and reduce fear



PERIODS DON'T HAVE TO BE A BARRIER TO LEARNING OR PARTICIPATION

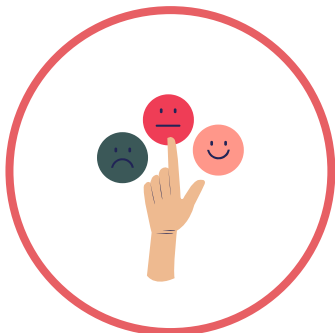
BUILD CYCLE CONFIDENCE AND BODY LITERACY WITH MENSTRUAL HEALTH KNOWLEDGE



**PERIOD MANAGEMENT,
HYGIENE & PERIOD
PRODUCTS**



**WHEN & HOW TO SEEK
HELP FOR PERIOD
SYMPTOMS & PMS**



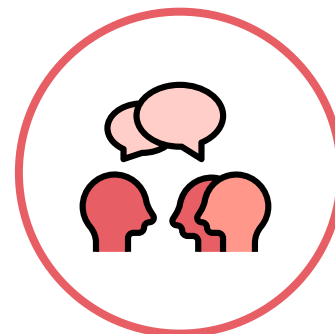
**HOW PERIODS AFFECT
MOODS, EMOTIONS AND
ENERGY**



**STRESS MANAGEMENT
AND LIFESTYLE TOOLS
& STRATEGIES**



**WHAT'S NORMAL/NOT
NORMAL AND WHAT
TO EXPECT**



**CONFIDENCE;
NORMALISES & OPENS
UP CONVERSATIONS**



GET IN TOUCH

WWW.WELLWISEWOMAN.COM.AU

KATRINA@WELLWISEWOMAN.COM



WELLWISEGIRL



@WELLWISEWOMAN