



PRIMARY SCHOOL

In-school menstrual wellbeing programs

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 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

WELLWISE PROGRAMS

YEAR 4 CONTENT:

ALL CONTENT IS DOCTOR AND NATUROPATH APPROVED

Growing & changing body: See price guide

For: **Years 4+**

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

WORKSHOP: (60mins) - "Period awareness"

- What puberty is and why bodies change
- Early physical and emotional changes
- What a period is (gentle, basic explanation)
- Respecting privacy and supporting peers
- Understanding that bodies grow at different times
- Managing "big feelings" and developing confidence
- Identifying trusted adults and knowing who to talk to
- Building empathy, kindness and positive attitudes



YEAR 5/6 PROGRAMS

Puberty to period power

2 x 60 min sessions



YEAR 6 ONLY

Confident body image

1 x 90 min workshop

WELLWISE PROGRAMS

YEAR 5/6 CONTENT:

ALL CONTENT IS DOCTOR AND NATUROPATH APPROVED

Puberty to Period Power: See price guide

For: **Years 5/6**

Format: **Presentation delivered in 2x 60min sessions**

SESSION 1: (60mins) - "Cycle Aware"

- What a period is and why we have one (reproductive anatomy and menstrual purpose)
- Menstrual cycle as a vital sign of health
- The 'inner seasons' and emotional rhythm of the cycle
- Cycle tracking and self-awareness
- Stress management for hormone balance
- Building body literacy and confidence

SESSION 2: (60mins) - "Period Prepared"

- Understanding puberty and emotional shifts
- Signs of a girl's first period
- What to expect and what's normal
- Period products, hygiene and self-care
- Healthy periods and what's not healthy
- Period pain management tools
- Understanding cervical fluid/discharge
- When and how to find menstrual health specialists



YEAR 6 ONLY

Confident Body Image

1 x 90 min workshop

YEAR 6 CONTENT:

Confident Body Image: See price guide

For: **Year 6 girls**

Format: **1 X 90 min workshop**

WORKSHOP:

Through circle-based discussions, activities, and embodied practices, girls explore:

- How body image is shaped by culture, media, and peers
- Practical tools for positive self-talk and self-compassion
- Confidence strategies for navigating new environments
- Healthy friendships and boundaries as they move into adolescence
- Students leave the session with a stronger sense of self-worth, practical tools to challenge harmful messages, and the confidence to step into high school with pride in who they are becoming.



FULL PROGRAM:

PART 1 + PART 2

Receive a discount when you book the Full Program for your school.

PART 1

Puberty to Period Power
2 x 1 hour Presentations



PART 2

Changing Body Image
1 x 90 min Workshop

Part 1 can be delivered to Year 5 girls, with Part 2 delivered exclusively to Year 6 girls.

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

HEALTH AND PHYSICAL EDUCATION (YEARS 4, 5 & 6)

Strand: Personal, Social and Community Health

SCIENCE

- Exploring biological changes in the human body over time
- Introduction to body systems and reproduction in a sensitive, age-appropriate context

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

TESTIMONIALS



“ Principal

THANK YOU so so so much for the day you lovingly prepared and delivered with our young ladies! Please know we appreciate you so much. Your messages are messages worth repeating and building on.

“ Teacher

Katrina we can't thank you enough for this important work!! What a gift you're giving our girls and community!!



“ Parent

My daughter said that the workshop had just the right mix of fun and real talk. It helped her think about things like self-respect, friendships, and leadership in a way that felt relevant – not preachy and I believe that every teen girl should get to experience a workshop like this as part of their school curriculum

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**



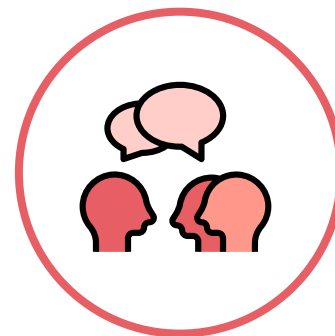
**HOW PERIODS AFFECT
MOODS, EMOTIONS AND
ENERGY**



**STRESS MANAGMENT
AND LIFESTYLE TOOLS &
STRATEGIES**



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



**CONFIDENCE;
NORMALISES & OPENS UP
CONVERSATIONS**

ABOUT KATRINA

Katrina is the founder of Wellwise Woman—a passionate educator, experienced primary school teacher, and trusted menstrual health guide. With over a decade of experience working with young people, Katrina is known for creating safe, uplifting spaces where students can learn about their changing bodies with confidence and curiosity.

Her engaging, age-appropriate presentations make topics like **puberty**, **periods**, and **emotional wellbeing** feel relatable—not awkward or overwhelming. Katrina's message is simple and powerful: your body is wise, and understanding it is the first step to feeling strong, calm, and confident.

With warmth and clarity, she helps students see the menstrual cycle not as something to hide, but as a natural and empowering part of growing up. Every session is designed to leave girls feeling informed, supported, and proud of who they are.



“Katrina’s passion for helping women navigate with confidence and self-compassion was evident throughout the day. Through guided discussions and interactive activities, our students explored their voices, and gained tools to navigate the complexities of modern life.” – Teacher Testimonial



GET IN TOUCH

WWW.WELLWISEWOMAN.COM.AU

KATRINA@WELLWISEWOMAN.COM



WELLWISEGIRL



@WELLWISEWOMAN