

# 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
- friendship & communication skills
- conflict resolution skills

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 7-10

#### Puberty to Periods & Period Power

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

### 02 Year 7-10

#### The Sisterhood Series: Friendship

Resilience in friendships, a clearer understanding of what is healthy, unhealthy, or harmful in relationships, friendship challenges, confidence, self-respect, and empathy.

### 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

 @wellwisewoman  @wellwisegirl



# WELLWISE PROGRAMS

ALL CONTENT IS DOCTOR AND NATUROPATH APPROVED

## **PART 1**

### **Puberty to Periods**

Ideal for: Year 7 & 8

## **PART 2**

(Follows on from Part 1)

### **Period Power**

Ideal for: Year 8-10

## **SERIES**

### **The Sisterhood: Friendship**

(Stand alone or follow on)

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

### Puberty to Periods: See price guide

For: **Years 7/8**

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

#### **SESSION 1: (60mins) - Puberty & first period**

- Understanding puberty and emotional shifts
- Signs of a girl's first period
- What a period is and why we have one (reproductive anatomy and menstrual purpose)
- Building body literacy and confidence
- What to expect and what's normal

#### **SESSION 2: (60mins) - Menstrual Cycle**

- Menstrual cycle awareness
- Period products, hygiene and self-care
- Healthy periods and what's not healthy
- Period pain management tools
- Understanding cervical fluid/discharge



## PART 2

### **Period Power**

1 x 90 min workshop

# WELLWISE PROGRAMS

*Options*

## PART 2 CONTENT:

ALL CONTENT IS DOCTOR AND NATUROPATH APPROVED

**Period Power: See price guide**

For: **Years 8-10**

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.
- Period Problems - PCOS, PMS, PMDD, Endometriosis
- Everyday self-care strategies to avoid missed school or activities.
- Help seeking and when and where to find help



## SENIOR PRESENTATION

**The Confident Girlcode**

**1x 90 min workshop**

## 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.



## **ANNUAL PACKAGE OPTIONS AVAILABLE**

**MENSTRUAL PROGRAMS + SENIOR PRESENTATION**

**DIFFERENT YEAR LEVELS - SEE PRICE GUIDE**



# **ANNUAL DELIVERY: MENSTRUAL WELLBEING**

**PROGRAMS COMBINED ACCROSS YEAR LEVELS**

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

## **PART 1**

### **Puberty to Periods**

1x 2 hour Presentation/Workshop



## **PART 2**

### **Period 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

# WELLWISE PROGRAM

## THE SISTERHOOD SERIES: FRIENDSHIP CONTENT

ALL CONTENT IS DOCTOR AND NATUROPATH APPROVED

### The Sisterhood Series: Friendship

For: **Years 7-10**

Format: **Workshops delivered in 3 x 90min sessions or Full Day**

A practical, engaging, and research-informed workshop series designed to support girls to build confidence, self-awareness, communication skills, and resilience in friendships.

Students will be supported to:

- build social confidence and friendship skills
- better understand themselves and others
- strengthen communication and empathy
- manage conflict more effectively
- recognise healthy and unhealthy friendship patterns
- develop resilience and stronger boundaries in relationships



### WORKSHOP 1: FRIENDSHIP SKILLS

**Friendship Skills: See price guide**

For: **Years 7 & 8's**

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

**WORKSHOP 1: 1 x 75 min session**

- how to be approachable and connect with others
- how to start and maintain conversations
- making new friends and deepening friendships
- navigating changing friendships and shifting social groups
- strategies for joining, leaving, or moving between groups
- building confidence in the first year of high school friendships

# THE SISTERHOOD SERIES: FRIENDSHIP CONTENT

ALL CONTENT IS DOCTOR AND NATUROPATH APPROVED

## WORKSHOP 2: BUILDING HEALTHY FRIENDSHIPS

**Understanding friendship & conflict:** See price guide

For: **Years 8-10**

Format: **Workshops delivered in 1 x 90min sessions**

**WORKSHOP 2: 1 x 75 min session**

- understanding personality, values, likes, and dislikes
- identifying the qualities of a healthy friendship
- reflecting on the kind of friend they want to be
- recognising different perspectives and life experiences
- understanding empathy and emotional awareness
- what conflict is and why it happens
- practical conflict resolution skills

## WORKSHOP 3: NAVIGATING FRIENDSHIP DYNAMICS

**Friendship Dynamics:** See price guide

For: **Years 8-10**

Format: **Workshops delivered in 1 x 90min sessions**

**WORKSHOP 3: 1 x 75 min session**

- realistic expectations of teen friendships
- building resilience when friendships change or end
- understanding the difference between conflict, drama, and bullying
- recognising healthy and unhealthy friendship patterns
- boundary setting and self-respect
- knowing when to repair, step back, or seek support
- developing confidence in difficult friendship situations

# DELIVERY OPTIONS: THE SISTERHOOD SERIES

## PROGRAMS COMBINED ACCROSS YEAR LEVELS

### FRIENDSHIP WORKSHOP SERIES

A flexible, research-informed workshop series designed to help girls build confidence, communication skills, self-awareness, and resilience in friendships. Schools can choose a full-day program including all three workshops, or book individual sessions across the year.

#### Workshop 1: Friendship Skills

1x 75 min Workshop

Part 1 is well suited to Year 7's entering high school

#### Workshop 2: Building healthy friendships

1x 75 min workshop

Follow on from Workshop 1 or stand alone

#### Workshop 3: Navigating friendship dynamics

1x 75 min workshop

Follow on from Workshop 2 or stand alone

### FULL-DAY PROGRAM

Includes all three workshops delivered in sequence as a comprehensive friendship skills experience.

### INDIVIDUAL WORKSHOPS

Schools may choose one, two, or all three workshops as standalone sessions, depending on the needs of the cohort and available timetable.

# 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
- Girls develop the skills to navigate friendships with greater confidence, connection, and emotional resilience.

## 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 (depending on supply)

## 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

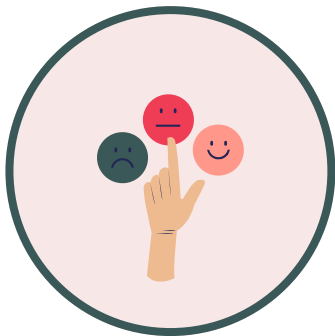
BUILD CYCLE CONFIDENCE AND BODY LITERACY WITH MENSTRUAL HEALTH KNOWLEDGE



**PERIOD MANAGEMENT,  
HYGIENE & PERIOD  
PRODUCTS**



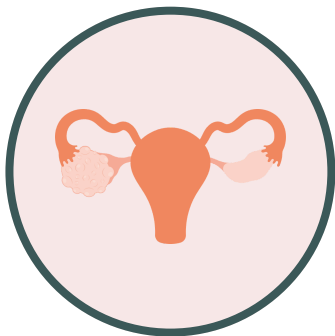
**WHEN & HOW TO SEEK  
HELP FOR PERIOD  
SYMPTOMS & PMS**



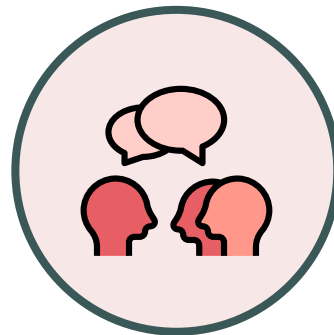
**HOW PERIODS AFFECT  
MOODS, EMOTIONS AND  
ENERGY**



**STRESS MANAGEMENT  
AND LIFESTYLE TOOLS  
& STRATEGIES**



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



**CONFIDENCE;  
NORMALISES & OPENS  
UP CONVERSATIONS**



# GET IN TOUCH

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