



# 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
- Friendship & communication skills

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



# 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

**Friendship Skills**

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:

## Friendship Skills: See price guide

For: **Year 6 girls**

Format: **1 X 90 min workshop**

### WORKSHOP:

**Focus:** Friendship foundations, communication skills, and social confidence

This workshop helps students develop the confidence and social skills needed to make friends, approach others, and build connection, particularly during times of transition such as the move from primary school to high school.

#### Key learning areas:

- 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



## 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

**Friendship Skills**  
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

#### Friendship Skills

This workshop helps students develop the confidence and social skills needed to make friends, approach others, and build connection, particularly during times of transition such as the move from primary school to high school.

## 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:

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**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

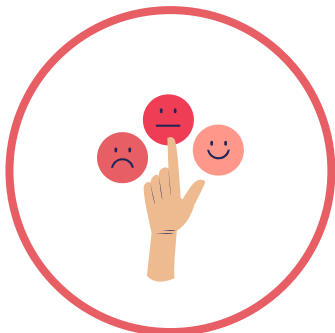
BUILD CYCLE CONFIDENCE AND BODY LITERACY WITH MENSTRUAL HEALTH KNOWLEDGE



**PERIOD MANAGEMENT,  
HYGIENE & PERIOD  
PRODUCTS**



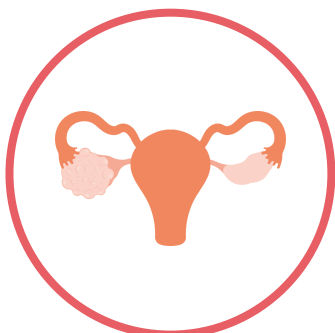
**WHEN & HOW TO SEEK HELP  
FOR PERIOD SYMPTOMS &  
PMS**



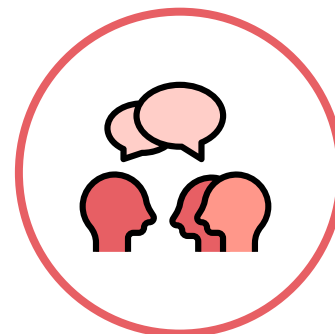
**HOW PERIODS AFFECT  
MOODS, EMOTIONS AND  
ENERGY**



**STRESS MANAGEMENT  
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 wellbeing 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, friendships & emotional wellbeing** feel relatable, instead of awkward and 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

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