

HIGH SCHOOL BODY LITERACY & WELLBEING PROGRAMS FOR GIRLS

Menstrual health, friendship skills, confidence and self-advocacy education for secondary students.

Adolescence is a time of enormous physical, emotional and social change. Girls are navigating periods, body image, friendships, hormonal changes, identity, social pressure and growing independence, often without enough practical language or support.

Wellwise Girl provides warm, age-appropriate and evidence-informed wellbeing education that helps students understand their bodies, build self-trust, navigate relationships and know when and how to ask for support.



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

"The way Katrina presents her information – the girls aren't feeling embarrassed or ashamed. It takes some of the stigma away from periods. They can then hear the information without the fear of awkwardness"



Contact:

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

Based in Margaret River, delivering statewide



@wellwisewoman



@wellwisegirl



MORE TESTIMONIALS



Student

"I feel more confident about periods because I learned a lot today and I know how to manage them"



Teacher

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



Parent

"Amazing facilitator with a world of knowledge and ability to connect with kids. My daughter came home with a sense of pride, excitement and empowerment. Thank you!"

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%

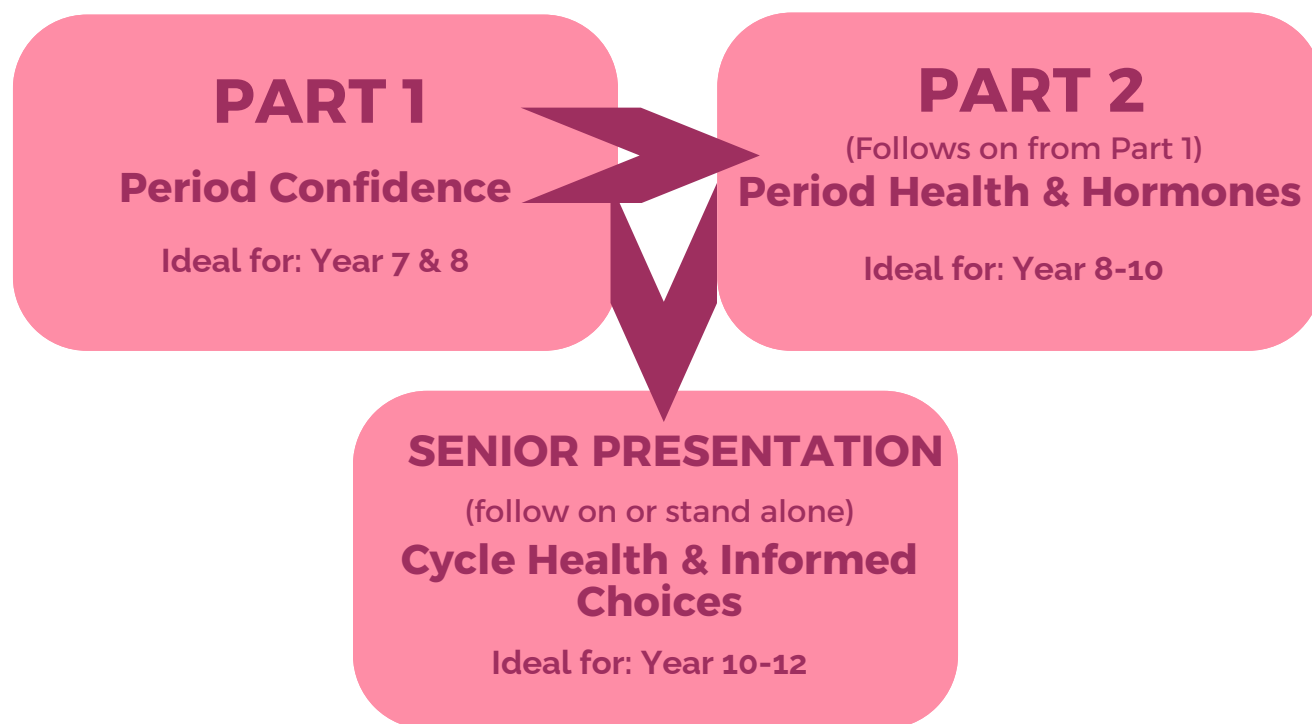
Students

**Were referred to a
gynaecologist
after hearing
information**

PROGRAM PATHWAYS

ALL CONTENT IS DOCTOR AND NATUROPATH APPROVED

Menstrual wellbeing & body literacy



Friendship, Confidence & Emotional Wellbeing



STREAM 1: MENSTRUAL WELLBEING & BODY LITERACY

CONTENT: MENSTRUAL WELLBEING 1

Helping students navigate periods with practical knowledge and less embarrassment.

Period Confidence: See price guide for cost

For: Years 7–8 students who are newly menstruating or navigating the early years of their cycle.

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

AIM:

Period Confidence gives students practical, shame-free education about periods and the menstrual cycle, helping them feel more prepared, capable and confident in their everyday lives.

Students explore:

- what a period is and why it happens
- the menstrual cycle and simple hormone basics
- early teen periods and what can be normal
- period products and managing periods at school
- discharge and cervical fluid
- cycle tracking and predicting periods
- practical comfort and self-care strategies
- what to do when pain, bleeding or symptoms do not feel right
- who to speak to and how to ask for support

Students leave with:

A clearer understanding of their cycle, practical tools for managing periods, and greater confidence knowing what is healthy and when to seek help.



MENSTRUAL WELLBEING 2

Period & Hormone Health

1 x 90 min workshop

CONTENT: MENSTRUAL WELLBING 2

Understanding symptoms, supporting wellbeing and knowing when to speak up

Period & Hormone Health: See price guide

For: Years 9–10 students ready to build deeper knowledge about menstrual health, hormones and self-advocacy.

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

AIM:

Period & Hormone Health helps students understand their menstrual cycle more deeply, recognise what healthy periods can look like, and identify when symptoms deserve further support.

Students explore:

- menstrual cycle phases and hormone patterns
- how cycles can affect mood, energy, sleep and wellbeing
- healthy periods and signs that something may not be right
- period pain, heavy bleeding and irregular cycles
- PMS, severe premenstrual symptoms and emotional changes
- awareness of conditions such as endometriosis and PCOS
- stress, sleep, movement and nutrition for menstrual wellbeing
- symptom and cycle tracking
- preparing to speak with a parent, GP or health practitioner
- health advocacy and support pathways

Students leave with:

Greater understanding of their menstrual health, clearer language for symptoms, and the confidence to seek support rather than silently pushing through pain or disruption.



SENIOR PRESENTATION

Cycle Health & Informed Choices

1x 90 min workshop

CONTENT: SENIOR PRESENTATION

Preparing young women to understand their bodies and make informed health decisions

Cycle Health & Informed Choices:see price guide

For: Years 10–12 students preparing for greater independence, healthcare decision-making and adulthood.

Format: **1x 90 min workshop/session**

AIM:

Cycle Health & Informed Choices supports students to understand their bodies beyond periods, build confidence navigating health care, and make informed decisions that reflect their needs, values and wellbeing.

Students explore:

- menstrual cycle awareness beyond bleeding
- ovulation signs, cervical fluid and fertility awareness for body literacy
- contraception and informed health choices
- questions to ask about period suppression and symptom treatment
- menstrual health concerns and when to seek specialist support
- pelvic, vulval and sexual health literacy
- consent, boundaries and respectful relationships
- body image, self-worth and social pressures
- preparing for health appointments and advocating for their needs
- trusted support pathways as they approach adulthood

Students leave with:

Practical body literacy, stronger self-advocacy skills and greater confidence making informed choices about their health, bodies and wellbeing.



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.

MENSTRUAL WELLBEING 1
Period Confidence
1x 90min Presentation



MENSTRUAL WELLBEING 2
Period & Hormone Health
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
Cycle Health & Informed Choices
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
\$150 Morning Tea Voucher

STREAM 2: THE SISTERHOOD FRIENDSHIP WORKSHOP SERIES

WORKSHOP 1: FRIENDSHIP SKILLS

Building connection, communication and belonging.

Friendship Skills: See price guide for cost

For: **Years 7–9**

Format: **Workshop delivered in 90min session**

Possible Topics:

- what makes a healthy friendship
- making and maintaining friendships
- communication and listening
- inclusion and kindness
- recognising how friendship feels in the body
- asking for support



WORKSHOP 2: FRIENDSHIP DYNAMICS

Understanding group behaviour, conflict and boundaries.

Friendship Dynamics: See price guide for cost

For: **Years 7–9**

Format: **Workshop delivered in 90min session**

Possible Topics:

- friendship groups and changing dynamics
- exclusion and social power
- rumours, group chats and digital communication
- conflict and misunderstandings
- boundaries and respectful behaviour
- speaking up safely

WORKSHOP 3: FRIENDSHIP RESILIENCE

Building self-trust through friendship changes and challenges.

Friendship Resilience: see price guide for cost

For: **Years 7–9**

Format: **Workshop delivered in 90min session**

Possible Topics:

- coping with friendship loss or change
- repair and apology
- responding to exclusion
- self-worth beyond belonging
- choosing healthy friendships
- seeking support when friendship stress affects wellbeing

Ways schools can book

- single student workshop
- year-group menstrual wellbeing program
- full menstrual wellbeing pathway across secondary years
- single Sisterhood friendship workshop
- complete three-part Sisterhood series
- tailored wellbeing day for girls
- student workshop plus parent information 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
- 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



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

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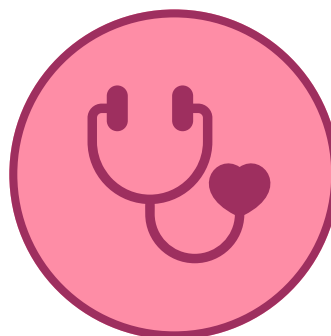


PERIODS DON'T HAVE TO BE A BARRIER TO LEARNING OR PARTICIPATION

BUILD CYCLE CONFIDENCE AND BODY LITERACY WITH MENSTRUAL HEALTH KNOWLEDGE



**PERIOD MANAGEMENT,
HYGIENE & PERIOD
PRODUCTS**



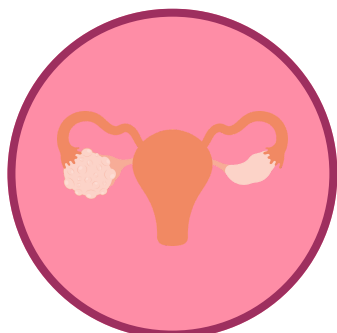
**WHEN & HOW TO SEEK
HELP FOR PERIOD
SYMPTOMS & PMS**



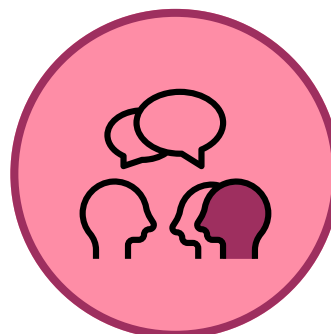
**HOW PERIODS AFFECT
MOODS, EMOTIONS AND
ENERGY**



**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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WELLWISEGIRL



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