



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.



51%
OF GIRLS

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

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

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

YR 4

Growing & Changing Body

Stand alone or as a full program

YR 5/6

Puberty to Period Power

Stand alone or as full program

Friendship, Confidence & Emotional Wellbeing

YR 6 ONLY

Confidence in High School

Stand alone or as full program

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”

A gentle introduction to puberty, body changes and early period awareness

What this workshop covers:

- bodies grow and change at different times
- early physical and emotional puberty changes
- a gentle introduction to periods
- privacy, kindness and peer support
- trusted adults and help-seeking
- confidence around growing up



YEAR 5/6 PROGRAMS

Puberty to period power

2 x 60 min sessions



YEAR 6 ONLY

Confidence before High School

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: Understanding Puberty, Body Changes & the Menstrual Cycle

- physical, emotional and social changes of puberty
- body confidence and kindness during change
- what a period is and why it happens
- simple reproductive anatomy
- signs that a first period may be approaching
- introduction to the menstrual cycle
- normal discharge and cervical fluid
- respectful language, privacy and peer support

SESSION 2: Period Confidence, Practical Preparation & Knowing When to Ask for Help

- period products and how to choose what suits your body
- period care and hygiene
- preparing a simple school period kit
- what to do if a period starts at school
- what healthy periods can look like
- when pain, heavy bleeding or symptoms need support
- simple comfort and self-care strategies
- basic cycle tracking and predicting periods
- help-seeking and trusted adults
- building confidence, self-trust and body awareness



YEAR 6 ONLY

Confidence before High School

1 x 90 min workshop

YEAR 6 CONTENT:

Confidence before High School: See price guide

For: **Year 6 girls**

Format: **1 X 90 min workshop**

WORKSHOP:

Focus: Friendship foundations, communication skills, and social confidence

Body confidence, friendship resilience and self-trust for girls approaching secondary school.

Key themes:

- changing friendships and group dynamics
- making new connections
- exclusion, belonging and confidence
- navigating body image and comparison
- emotional resilience
- boundaries and help-seeking before high school



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



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 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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