

PRIMARY SCHOOL PROGRAMS



Helping girls understand their changing bodies — before they have to figure it out for themselves.

Puberty • Periods • Body Literacy • School Transition

Age-appropriate, evidence-informed programs giving students the knowledge, language and practical tools to feel more prepared for growing up.



Katrina Christian

Speaker • Educator • Qualified Teacher • Founder of Wellwise Woman Margaret River, WA | Delivering across Western Australia

Puberty shouldn't arrive before the understanding does.

Children are noticing body changes, hearing conversations about periods and absorbing messages about growing up well before they necessarily have the language to make sense of them.

Good puberty education doesn't need to overwhelm children with information. It can help them understand what is happening, know what they can do and recognise who they can ask for help.



What's happening to my body?



Is this normal?



What can I do?



Who can I ask for help?



How can we talk about bodies respectfully?

“

Girls shouldn't have to grow into women before they understand their bodies.

The goal isn't to help children feel less surprised, less confused and better prepared for their changing body

Start where your students are

GIRLS' BODY & PERIOD LITERACY

1 Growing & Changing Body

Puberty • Body Changes • Early Period Awareness

Year 4 | 90 minutes

A gentle introduction to puberty, changing bodies and early period awareness.

2 Period Ready

Periods • Practical Preparation • Body Literacy

Years 5–6 | 2 hours

Practical preparation for periods, menstrual-cycle foundations and knowing what to do, what's typical and when to ask for help.

GIRLS' WELLBEING & TRANSITION

3 Ready for High School

Friendship • Belonging • Body Changes • Self-Trust

Year 6 | 90 minutes

Supporting girls through the social, emotional and physical changes that can accompany the transition to secondary school.

WHOLE-CLASS PUBERTY EDUCATION

4 Periods: The Basics

Puberty • Periods • Respectful Support

Years 4–6 | 60 minutes | Mixed gender

A calm, age-appropriate introduction to periods and puberty for the whole class, with an emphasis on respectful language, privacy and support.

Growing & Changing Body

Puberty • Body Changes • Early Period Awareness

Best for Year 4 | 90 minutes

Puberty doesn't happen on one timetable. Some girls will already be noticing changes. Others may not have started yet.

This gentle, age-appropriate workshop gives students simple language for understanding what is happening without making growing up feel frightening, embarrassing or overwhelming.

Girls explore



what puberty is and why bodies change



how development happens at different times and in different ways



common physical changes



emotional changes during puberty



a gentle introduction to periods



body privacy and respectful language



differences between bodies



trusted adults and asking for help

Outcome

Girls leave with a clearer understanding of puberty, reassurance that development looks different for everyone, and simple language for asking questions or seeking support.

“

Everyone's
body is
different



Period Ready

Periods • Practical Preparation • Body Literacy

Best for Years 5–6 | 2 hours

For many girls, one of the biggest worries about a first period isn't menstruation itself, it's not knowing what will happen or what to do when it does.

Period Ready provides practical, shame-free education before secondary school so girls have the knowledge and tools to manage periods with less mystery and uncertainty.

Girls explore



what a period is and why it happens



the menstrual cycle in simple, age-appropriate language



signs that a first period may be approaching



what a first period might be like



pads, period underwear and other period products



what to keep in a school bag



managing periods at school



discharge and cervical fluid



what healthy periods can look like



pain, bleeding and symptoms that deserve support



simple cycle tracking



who to talk to and how to ask for help



Outcome

Girls leave with practical preparation, a better understanding of their body and greater confidence knowing what to do, what may be typical and when to seek support.

Ready for High School

Friendship • Belonging • Body Changes • Self-Trust

Best for Year 6 | 90 minutes

Moving into secondary school brings much more than a new timetable. Friendships change. Groups shift. Bodies change. Comparison can increase. Girls are beginning to navigate greater independence while also working out where and how they belong.

This interactive workshop helps girls prepare for some of the social and emotional changes that can accompany the move to secondary school.

Girls explore



changing friendships



making new connections



belonging versus fitting in



exclusion and changing group dynamics



body image and comparison



personal boundaries



trusting their own judgement



asking for help early



identifying trusted adults and support



recognising that change doesn't necessarily mean something has gone wrong



Outcome

Girls leave with a more realistic understanding of the social changes secondary school may bring and practical ways to navigate friendship, belonging, change and help-seeking.

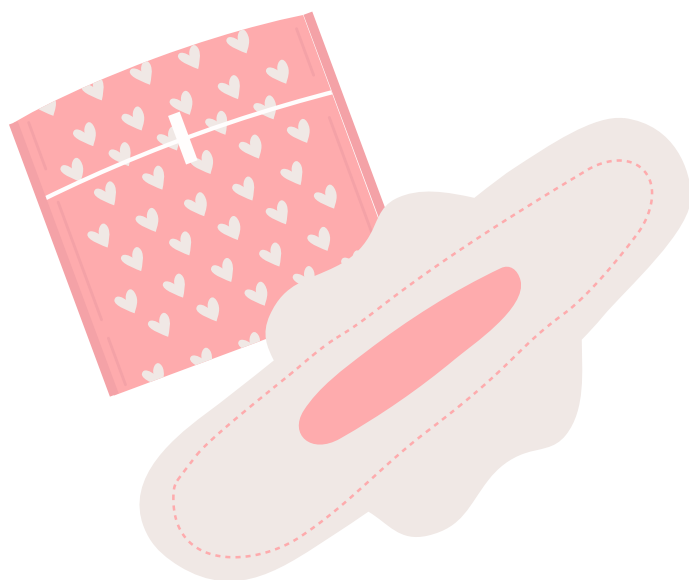
Periods: The Basics

Puberty • Periods • Respectful Support

Years 4–6 | 60 minutes | Mixed gender

Periods shouldn't become secret knowledge that some students understand while others learn through jokes, rumours or social media.

This calm, age-appropriate whole-class session gives students a basic understanding of menstruation and puberty while building respectful language around changing bodies.



Students explore

 what puberty is and why bodies change	 a simple explanation of menstruation	 why periods are a normal body process
 privacy and personal boundaries	 respectful language about bodies	 why someone may feel embarrassed about puberty or periods
 how to respond if someone gets a period unexpectedly	 being supportive without teasing or making periods a joke	 trusted adults and where to ask questions



Outcome

Students leave with a simple understanding of periods and clearer expectations around privacy, kindness and respectful peer behaviour.

Prepared students have more tools to work with...

Wellwise programs are designed to give students knowledge they can use in real situations.



MORE PREPARED STUDENTS

Girls know what to do if a period starts unexpectedly at school.



BETTER HELP-SEEKING LANGUAGE

Students know who they can approach and have words for explaining a question or concern.



LESS MYSTERY AROUND PUBERTY

Body changes are easier to understand when students have clear, age-appropriate language.



MORE RESPECTFUL PEER CONVERSATIONS

Students develop clearer expectations around privacy, kindness and teasing.



STRONGER BODY LITERACY

Girls have more language for noticing and describing what they are experiencing.



FEWER PRACTICAL BARRIERS

Girls are better prepared with products, plans and strategies for managing periods during class, sport, camps and excursions.



A workshop can't remove every awkward or difficult part of growing up. It can help students meet those experiences with more understanding and fewer unknowns.

Designed for schools. Built for real conversations



AGE-APPROPRIATE

Information is matched to children's developmental stage without giving them more detail than they need.



PRACTICAL

Students leave knowing what they can actually do.



INTERACTIVE

Stories, questions, activities and discussion keep students involved in the learning.



SAFE

Students are never required to disclose personal experiences about puberty, periods or their bodies.



HUMAN

Sensitive topics are facilitated live, allowing students to ask questions and hear accurate information in a calm, respectful environment.



Qualified
WA Teacher



Evidence-
Informed



Curriculum
Aligned



Face-to-Face
Delivery



Flexible
School Delivery



Menstrual-health content reviewed by specialist health professionals.



Designed to complement your existing Health and Physical Education curriculum — not create another curriculum for teachers to deliver.

"Thanks so much Kat for your amazing workshop with the girls at school today. My daughter came back buzzing and told us all, every detail over dinner! Such important work you are doing thank you!"

Parent Information Session

60 minutes | Face-to-face or online

Parents often want to prepare their children well for puberty and periods but many were never given useful body literacy themselves.

This practical session gives parents clearer information and language for continuing the conversation at home.



Parents explore



when and how to begin
puberty conversations



what girls benefit from
knowing before a first period



practical preparation at
home and school



what's typical during early
menstruation



responding to questions
without needing to know
everything



talking about bodies without
shame or judgement



when symptoms may
deserve medical attention



keeping communication open
as children become more
private and independent



“ You don't need one
perfect puberty talk. You need
lots of ordinary conversations ”

Hi, I'm Katrina

**Speaker • Educator • Qualified Teacher •
Founder of Wellwise Woman**

For more than 15 years, I've worked with young people through teaching, education and facilitation.

I created Wellwise Woman because girls are often expected to navigate puberty, periods and growing up with far less practical understanding than they deserve.

My sessions make these conversations clear, age-appropriate and warm, giving students useful knowledge without making their bodies feel awkward, embarrassing or like a problem to solve.



Girls shouldn't have to grow into women before they understand their bodies.

“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! - Emma, Parent”

What does your cohort need to feel more prepared?

- A gentle introduction to puberty?
- Practical preparation for periods?
- A whole-class period conversation?
- Support preparing Year 6 girls for secondary school?

Tell me a little about your students and what you're seeing, and I can help identify the best starting point.

ENQUIRE ABOUT A SCHOOL PROGRAM



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Margaret River, Western Australia



Delivering across WA

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