



SECONDARY SCHOOL PROGRAMS FOR GIRLS

Helping girls understand themselves and navigate their world

Girls Empowerment

Body & Menstrual Literacy

Live, evidence-informed programs supporting girls through the pressures, relationships, body changes and choices of adolescence.



Katrina Christian

Speaker | Educator | Qualified Teacher | Founder of Wellwise Woman

Margaret River, WA | Delivering across Western Australia

Growing up is a lot

Secondary school girls are navigating academic pressure, changing friendships, body image, social media, expectations, hormones and increasingly complex choices, often all at the same time.

The challenge isn't simply giving girls more information. It's helping them develop the knowledge, language and practical tools to understand themselves and navigate what's happening around them.

71%

of WA female respondents aged 14–19 reported school or study problems as a source of stress.

46%

reported problems with friends as a source of stress.

64.2%

of young female respondents who used social media said it made them feel disastisified with their body.

Sources: Mission Australia Youth Survey 2025 — Western Australia; Butterfly BodyKind Youth Survey 2024.

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Imagine what becomes possible when girls spend less energy questioning themselves and more energy learning, participating and growing.

Two ways to support your girls

GIRLS EMPOWERMENT

Self-literacy for pressure, identity, influence & choice

Becoming; From the Inside Out

Pressure • Identity • Influence • Choice

Years 7–10 | 2 × 60 minutes

Helping girls recognise what is shaping them, understand what matters to them and make more considered choices.

Belonging Without Losing Yourself

Friendship • Peer Culture • Boundaries • Connection

Years 7–10 | 2 × 60 minutes

Optional third practical session

Helping girls navigate friendships, group dynamics and belonging without automatically giving up their values, boundaries or voice.

BODY & MENSTRUAL LITERACY

Periods, hormones, body signals & self-advocacy

Puberty to Periods

Puberty • Periods • Practical Body Literacy

Years 7–9 | 90 minutes

Building strong foundations for understanding and managing periods and recognising when something may need support.

Period Power

Hormones • Cycle Health • Self-Advocacy

Years 9–10 | 90 minutes

Going deeper into menstrual health, hormone patterns, symptoms and health self-advocacy.

Programs can be booked individually or combined to create a tailored girls' wellbeing program for your school.

GIRLS EMPOWERMENT

Becoming; From the Inside Out

Pressure • Identity • Influence • Choice

Years 8–10 | 2 × 60 minutes

Girls are growing up surrounded by messages about how they should look, achieve, behave, belong and succeed — while still working out what they think, what matters to them and who they want to become.

Becoming: From the Inside Out is an interactive self-literacy program that helps girls recognise the pressures and influences shaping how they see themselves and gives them practical tools for making choices with greater awareness.

Girls explore

- pressure, achievement and perfectionism
- comparison and the tendency to connect performance with self-worth
- social media, beauty culture and outside influence
- the messages behind the 'not enough' economy
- identity, values and what actually matters to them
- body signals, feelings and the stories we attach to them
- competing priorities and different perspectives
- asking for help without seeing it as failure
- making choices when there isn't one perfect answer

THE STORY • THE SELF • THE CHOICE

THE CHOICE COMPASS

CATCH • CONSIDER • CONNECT • CREATE • CHOOSE

Girls leave with a practical way to pause, question influence, identify what matters and make more considered choices.

The goal isn't to know exactly who you are. It's to learn how to know yourself.

GIRLS EMPOWERMENT

Belonging Without Losing Yourself

Friendship • Peer Culture • Boundaries • Connection

Do I like
the version
of myself I
become
when I'm
with them?

Years 7–10 | 2 x 60 minutes

Optional third practical session

Friendship and belonging matter enormously during adolescence. But belonging becomes complicated when fitting seems to require girls to stay quiet, join in with behaviour they don't agree with, tolerate poor treatment or become someone they don't particularly want to be.

This interactive program helps girls understand friendship dynamics and develop practical ways to stay connected to others without abandoning themselves to belong.

Girls explore

- belonging versus fitting in
- healthy, unhealthy and changing friendships
- friendship quality versus popularity or status
- group dynamics and social hierarchy
- gossip, exclusion and relational aggression
- group chats and online communication
- peer pressure
- loyalty versus integrity
- personal boundaries
- perspective-taking and Two Truths
- direct communication
- conflict, repair and changing friendships

SESSION 1 — BELONGING

Friendships, groups, fitting in, exclusion, gossip and peer influence.

SESSION 2 • STAYING YOURSELF

Values, boundaries, communication, perspective, conflict and repair.

OPTIONAL SESSION 3 • FRIENDSHIP IN PRACTICE

Real-world scenarios involving group chats, screenshots, exclusion, jealousy, changing friendship groups, pressure to take sides and difficult conversations.

Girls develop more options for navigating friendship challenges while staying connected to their values, boundaries and voice.

Puberty to Periods

Puberty • Periods • Practical Body Literacy

Years 7-9 | 90 minutes

Periods shouldn't remain something girls are expected to simply work out as they go.

Puberty to Periods gives students practical, shame-free education about periods, puberty and the menstrual cycle so they feel better prepared to manage their changing bodies at school and in everyday life.

Girls explore

- what a period is and why it happens
- menstrual-cycle foundations
- puberty and simple hormone basics
- what can be typical in the early years of menstruation
- products and managing periods at school
- discharge and cervical fluid
- tracking and predicting periods
- practical comfort strategies
- pain, bleeding and other symptoms
- when something may need attention
- who to talk to and how to ask for help

Girls leave with

A clearer understanding of their cycle, practical tools for managing periods and stronger language for recognising when something may not be right.

WHY IT MATTERS

77%

reported problems
concentrating during
menstruation.

60%

said they would not speak
to teaching staff about
menstruation.



Evidence-informed. Practical. Respectful.

Empowering girls with the knowledge and confidence they need to manage their changing bodies.

Period Power

Hormones • Cycle Health • Self-Advocacy

Years 9-10 | 90 minutes

Once girls understand what a period is, the next step is understanding what their own cycle may be communicating.

Period Power develops deeper menstrual-health literacy so girls can recognise patterns, understand symptoms and participate more confidently in decisions about their health.

Girls explore

- the menstrual cycle beyond bleeding
- hormones and cycle patterns
- changes in mood, energy and physical symptoms
- recognising individual patterns rather than expecting every cycle to look the same
- pain and heavy bleeding
- irregular cycles
- PMS and PMDD
- endometriosis and PCOS awareness
- tracking symptoms effectively
- when symptoms warrant further support
- preparing for health appointments
- asking questions and advocating for their needs

Girls leave with

Greater understanding of their menstrual health, stronger language for describing symptoms and greater confidence knowing when and how to seek support.



Periods shouldn't be something girls simply learn to put up with.

Practical learning for the school day — and beyond

Wellwise programs are designed to give girls tools they can use in real situations, not simply information to remember during a workshop.

01

GREATER AWARENESS OF PRESSURE

Recognising when achievement, comparison or expectations are becoming overwhelming.

02

MORE USEFUL HELP-SEEKING

Better language for approaching teachers, wellbeing staff, parents and health professionals.

03

MORE OPTIONS IN FRIENDSHIP CHALLENGES

Practical ways to navigate exclusion, gossip, peer pressure, boundaries and conflict.

04

GREATER AWARENESS OF INFLUENCE

Recognising how social media, advertising, beauty standards and peer culture may shape thoughts and choices.

05

STRONGER SELF-ADVOCACY

Greater ability to communicate needs, questions, concerns and boundaries.

06

BETTER BODY LITERACY

Greater confidence managing periods, recognising symptoms and understanding when support may be needed.

07

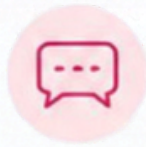
MORE CONSIDERED DECISION-MAKING

Practical tools for pausing, considering perspective, identifying options and choosing what comes next.

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A workshop can't remove the pressures girls face. It can give them better tools for recognising and navigating them.

Designed for schools. Built for real conversations



REAL

Honest, age-appropriate conversations that speak to girls as capable young people — without judgement or awkwardness.



PRACTICAL

Tools students can use in friendships, health situations and everyday choices.



INTERACTIVE

Stories, scenarios, discussion, activities and guided reflection rather than another lecture.



HUMAN

Live facilitation gives girls space to ask questions, hear different perspectives and think through situations together.



Qualified
WA Teacher



Evidence-
informed



Curriculum
aligned



Face-to-face
facilitation



Flexible
school
delivery



Menstrual-health
content reviewed
by specialist
health
professionals



**Designed to complement your existing
Health and Wellbeing curriculum**

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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

—School Principal, Margaret River Montessori

Hi, I'm Katrina.

Speaker • Educator • Qualified Teacher • Founder of Wellwise Woman

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

My work focuses on the things girls are often expected to navigate without necessarily being given the language or tools to understand — their changing bodies, periods and hormones, pressure and comparison, friendships and belonging, cultural messages, boundaries and increasingly complex choices.

My sessions combine evidence-informed education with stories, discussion and practical tools girls can relate to and use beyond the workshop.

“Girls shouldn't have to grow into women before they learn how to understand themselves.”



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Teacher
Testimonial

"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"

What are you noticing in your girls?

- ✓ Pressure and overwhelm?
- ✓ Friendship or group-dynamic issues?
- ✓ Body image and outside influence?
- ✓ Periods or menstrual-health concerns?

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

[ENQUIRE ABOUT A SCHOOL PROGRAM](#)



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www.wellwisewoman.com.au



Margaret River, Western Australia



Delivering across WA