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B O L D  
BREATH-  
TAKING  
BRIGHT***

**SCHOOL PRESENTATION INFO**  
**MENSTRUAL HEALTH & WELLBEING**

# BRIGHT GIRL HEALTH

## WOMEN'S HEALTH PRESENTATIONS

Bright Girl Health presentations are Australia's leading menstrual health education presentations for teens. These research based workshops empower students to transform the way they see their body, hormones & their menstrual cycle. Periods are not something to be feared, and hormones don't have to be our enemy.

Addressing some of the top concerns of female teens as reported by the 'Mission Australia Youth Survey', our engaging presentations take the fear out of having a period. Students are equipped to navigate health challenges, body confidence, manage stress & have greater lifelong health.

Our presentations cover:

- The menstrual cycle
- Coping with stress
- Building positive body image
- Help seeking for menstrual health concerns
- Lifestyle & diet strategies for healthy hormones
- Destroying negative stigmas around menstruation
- Recognising reproductive health concerns

All presentations are delivered by an experienced teacher & go beyond syllabus outcomes.

"The students were engaged from the very beginning to the end"

Teacher feedback



# MORE THAN JUST A 'PERIOD TALK'

**BRIGHT GIRL HEALTH EMPOWERS STUDENTS TO BE FRIENDS WITH THEIR BODY BY ADDRESSING:**



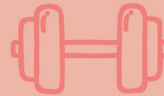
**EMERGING REUSABLE PERIOD PRODUCTS**



**STRATEGIES FOR STRESS MANAGEMENT & BETTER MENTAL HEALTH**



**NUTRITION FOR BALANCED HORMONES**



**LIFESTYLE & EXERCISE TO COMBAT CRAMPS & PMS**



**HORMONES & WHAT DISRUPTS THEM**



**WHAT'S BEHIND COMMON TEEN PERIOD IRREGULARITIES**



**IDENTIFYING PCOS & ENDOMETRIOSIS**



**PREVENTING PERIODS HINDERING SCHOOL/STUDY**

# SCHOOL PRESENTATIONS

All presentations address syllabus outcomes and were developed with support from Australian TCM doctor, fertility practitioners, naturopaths & HPE teachers.



## KNOW YOUR FLOW PRESENTATION

**How you can work with & embrace the changes and symptoms of the menstrual cycle!**

**Adapted to suit:** Grade 6-12 **Cost:** See price guide **Duration:** 90 minutes

The menstrual cycle is broken down into 4 phases for students to learn about how they may feel different physically, mentally, emotionally and behaviorally in each stage. Students learn about when pregnancy is possible, as well as strategies for cycle tracking and identifying ovulation.

- Identify emotional/physical/behavioural changes throughout the menstrual cycle
- Develop strategies to cope with changes of the menstrual cycle
- Build positive body image (customise for your students: puberty, social media, body confidence)
- Use body temperature to predict next period accurately and track ovulation
- Identify discharge and cervical fluid, what it means, and if it's normal
- Learn to track the menstrual cycle most effectively
- Ovulation and why it impacts the timing of periods
- Identifying when pregnancy is possible and when it isn't
- Understand the reproductive system & and the menstrual cycle
- Destroy fear and taboo surrounding periods
- Period care products - including sustainable & reusable options (period cups, period underwear)

## LIVE BRIGHTER PRESENTATION

**Be aware of common period concerns and be equipped with tools for lifelong health!**

**Adapted to suit:** Grade 6-12 **Cost:** See price guide **Duration:** 90 minutes

Students learn about period irregularities and their causes, such as heavy periods, PMS, missing periods, acne and period pain. Students learn help seeking strategies and are equipped with diet/lifestyle strategies to navigate present and future health challenges.

- Common period irregularities in adolescents (Period pain, PMS, heavy periods, missing periods)
- 3 effective stress management strategies for better mental/hormonal health
- Understand female reproductive hormones and hormone imbalance
- How to build support systems & seek help for health concerns
- Lifestyle & diet strategies for lifelong health and hormone balance
- How to prevent menstrual health from hindering school, study and social activity
- Recognising and identifying reproductive health concerns and conditions (PCOS, endometriosis)
- Period care products - including sustainable & reusable options (period cups, period underwear)

All students receive FREE period products!

## INFORMED, EMPOWERED PRESENTATION

**Adapted to suit:** Grade 7-12 **Cost:** See price guide **Duration:** 3 hours (over 3 weeks or 1 day)

Includes all information from 'Know Your Flow' and 'Live Brighter' presentations. This research based exploration of hormones and the menstrual cycle, focusses on the unique features of adolescent menstruation.

- Understand the reproductive system & the menstrual cycle
- Understand the different phases of the menstrual cycle
- Effective self-support strategies to manage stress for better mental/hormonal health
- Build positive body image, especially relating to changes during puberty
- Destroy fear and taboo – understand what's expected with menstruation
- Period irregularities in adolescents
- How to seek help for health concerns
- Tracking period and period symptoms
- Lifestyle & diet strategies for lifelong health
- Period care products - including sustainable & reusable options (period cups, period underwear)
- How to prevent menstrual health from hindering school, study and social activity
- Recognise and identify reproductive health concerns and conditions (PCOS, endometriosis)



Host a Bright Girl Health presentation  
from anywhere

# ONLINE PRESENTATIONS



# ONLINE SCHOOL PRESENTATIONS

Host a fun and engaging online presentation that can be shown to large groups, or to small groups across multiple classrooms simultaneously.



## TEACHER FEEDBACK

*"It was great and I have seen more smiling faces on our girls today"*

## STUDENT FEEDBACK

*"You made it feel like a talk you would have with your friends and I didn't feel awkward."*

## STUDENT FEEDBACK

*"It was fun & very educational. The way you present is so interesting"*

## HOW IT WORKS

- Choose a date to host your online presentation in full 1080p HD quality.
- Join the pre-recorded presentation via a link and project it for your students.  
Your link will be valid for 24 hours.
- You will be provided with a 'teacher manual' to help facilitate fun break-away activities for students throughout the presentation.
- We recommend gathering your students to make it a fun wellbeing event.

### The online presentations entertain and educate students through:

- Demi's engaging and funny presenting style
- Video interviews with students
- Stories from women about their own period experience
- Breakaway group activities to get students involved and to facilitate conversations
- Visuals, stories and slides

## WHAT'S INCLUDED?

### Your school will receive:

- The online presentation link on your chosen date
- FREE period care products (subject to supply) posted to your school to distribute to students on your presentation day
- A booklet of classroom worksheets and activities for future use
- A parent resource to send home



# ONLINE SCHOOL PRESENTATIONS

Each online presentation includes:

- Video interviews with students and women sharing their period experiences
- Fun stories from Demi
- Break away group activities for students to participate in

## LIVE BRIGHTER ONLINE PRESENTATION

**Best suited for:** Grade 7-12 **Cost:** See price guide **Duration:** Allow 2 hours

- On screen games to play along with
- Common period irregularities in adolescents (period pain, PMS, heavy periods, missing periods)
- Effective stress management strategies for better mental/hormonal health
- Lifestyle & diet strategies for lifelong health and hormone balance
- Understanding hormones and hormone imbalance
- How to seek help for period and hormone health concerns
- How to prevent menstrual health from hindering school, study and social activity
- Recognising and identifying reproductive health concerns and conditions (PCOS & endometriosis)
- Sustainable period care products - biodegradable pads/tampons, period undies, period cups

## KNOW YOUR FLOW ONLINE PRESENTATION

**Best suited for:** Grade 6-12 **Cost:** See price guide **Duration:** Allow 2 hours

- Identify emotional/physical/behavioural changes throughout the menstrual cycle
- Understand different phases of the menstrual cycle
- Develop strategies to cope with changes of puberty and the menstrual cycle
- Learn to predict your next period and identify ovulation
- Identify discharge and cervical fluid, what it means and if it's normal
- Build positive body image and destroy fear and taboo surrounding periods
- Understand when pregnancy is and isn't possible
- Bust common myths about periods
- Sustainable period care products - biodegradable pads/tampons, period undies, period cups

## ADD A LIVE Q&A

**Cost:** \$200 **Duration:** 15-20 minutes

Add a LIVE Q&A segment at the end of your online presentation for your students to ask Demi Spaccavento (the presenter) questions related to the content.

- You will receive a link for the LIVE Q&A broadcast to join after your online presentation is finished
- Demi will answer the questions submitted LIVE
- You may ask your questions via live video, or by typing if you prefer to keep video turned off

All students receive FREE period products!



# TESTIMONIALS

HEAR WHAT TEACHERS & STUDENTS SAY  
ABOUT BRIGHT GIRL HEALTH

It was incredibly engaging and informative

Teacher feedback

It surpassed my expectations!

Teacher feedback

They provided programs with outcomes mapped to teaching content, teacher resources, parent kits, permission notes - everything we needed to make the event happen. They even organised products for our girls to take home from the event!

Teacher feedback



Click here  
to watch

MORE STUDENT AND TEACHER TESTIMONIALS AT  
[www.brightgirlhealth.com](http://www.brightgirlhealth.com)

## DEMI SPACCAVENTO

Demi is the founder of Bright Girl Health, a passionate high school teacher, author of 'The Bright Girl Guide', and a women's health educator. She believes that students should never feel left in the dark about their own body.

"Periods are not gross. Periods are not scary. The menstrual cycle does not have to be your enemy - it can be your greatest tool for better health and wellbeing!"

Demi has worked with high school students for over 10 years and is dedicated to empowering students to be in tune with their physical and emotional wellbeing.

Demi's favorite part about teaching is mentoring students and watching them grow and overcome obstacles. Understanding reproductive health is an obstacle many young girls face because of embarrassment, shame, lack of resources, misinformation, and shying away from 'taboos'.

Demi's mission is to empower students to make informed health choices, & never have to dread their period again!



Invite Demi to speak. You won't regret it. She is so engaging!

Teacher feedback

### DEMI SPACCAVENTO

**Women's health educator**

**High school teacher**

**Author (The Bright Girl Guide)**

**Women's health advocate**



## CONTACT US



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