

Host a Bright Girl Health
presentation from anywhere!

ONLINE PRESENTATIONS



BRIGHT GIRL HEALTH

MENSTRUAL 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 and their menstrual cycle.

Periods are not something to be feared and hormones don't have to be our enemy.

All programs are gynaecologist, endocrinologist and fertility specialist approved. Our engaging presentations take the fear out of having a period and equip students to navigate health challenges, body confidence, manage stress and have greater lifelong health.

Our presentations cover:

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

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

'The students were engaged from the beginning to the end.'

TEACHER FEEDBACK



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

'It was fun and very educational. The way you present is so interesting.'

STUDENT FEEDBACK

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

HOW IT WORKS

1. Choose a date to host your online presentation in full 1080p HD quality.
2. Join the pre-recorded presentation via a link and project it for your students. Your link will be valid for 24 hours.
3. You will be provided with a 'teacher manual' to help facilitate fun break-away activities for students throughout the presentation.
4. 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

GYNAECOLOGIST, ENDOCRINOLOGIST & FERTILITY SPECIALIST APPROVED

Each online presentation includes:

- Teaching from Demi Spaccavento (teacher, author, period educator).
- Video interviews with students and women sharing their period experiences.
- Breakaway 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

Be aware of common period irregularities and learn tools for lifelong health!

- Common teen period irregularities (period pain, PMS, missing periods).
- Strategies for stress management for better mental/hormonal health.
- 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 reproductive health concerns and conditions (PCOS, endometriosis).
- Sustainable period products (period cups, period underwear).

KNOW YOUR FLOW ONLINE PRESENTATION

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

Work with your cycle, not against it!

- The 4 phases of the menstrual cycle.
- Understanding emotional, physical, behavioural changes throughout the menstrual cycle
- Build positive body image.
- Understand the reproductive anatomy and the menstrual cycle.
- Ovulation, and why it impacts the timing of periods.
- Identifying when pregnancy is possible and when it isn't.
- Accurately predict your next period.
- Tracking cycle signs & symptoms (body temperature, cervical fluid, symptoms).
- Discharge and cervical fluid.
- Sustainable period products (period cups, period underwear).

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 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 AND STUDENTS
SAY ABOUT BRIGHT GIRL HEALTH

TEACHER FEEDBACK

'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! '



CLICK HERE TO WATCH

More student and teacher testimonials at
www.brightgirlhealth.com

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 AND BETTER MENTAL HEALTH



NUTRITION FOR BALANCED HORMONES



LIFESTYLE AND EXERCISE TO COMBAT CRAMPS AND PMS



HORMONES AND WHAT DISRUPTS THEM



WHAT'S BEHIND COMMON TEEN PERIOD IRREGULARITIES



IDENTIFYING PCOS AND ENDOMETRIOSIS



PREVENTING PERIODS HINDERING SCHOOL/STUDY

DEMI SPACCAVENTO

Demi is the founder of Bright Girl Health, a passionate high school teacher, author of 'The Bright Girl Guide', and a menstrual 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 favourite 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 and never have to dread their period again!

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

TEACHER FEEDBACK

DEMI SPACCAVENTO

Menstrual health educator
High School teacher
Author (The Bright Girl Guide)
Women's health advocate



CONTACT US



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