

Host a Bright Girl Health  
presentation from anywhere!

# ONLINE PRESENTATIONS



# BRIGHT GIRL HEALTH

## MENSTRUAL HEALTH & WELLBEING SCHOOL PROGRAM INFORMATION

Bright Girl Health programs are Australia's leading menstrual health education presentations for teens presented by an experienced teacher. Our research based presentations empower students to embrace their menstrual health.

Periods don't have to be scary. Hormones don't have to be our enemy.

All programs are gynaecologist, endocrinologist and fertility specialist approved.

Our presentations cover:

- The menstrual cycle
- Building positive body image
- Help seeking for menstrual health concerns
- Self-management tools for period symptoms
- Nutrition, exercise, and stress management for healthy hormones
- Destroying negative stigmas around menstruation
- Recognising reproductive health concerns

### PERIODS DON'T HAVE TO BE MISERABLE!

51% of young people thought significant period pain was 'normal'

95% of Bright Girl Health students had improved knowledge of how to seek help for significant period symptoms

# HIGHER ATTENDANCE, PERFORMANCE & CONFIDENCE

## ADDRESSING SEVERE SYMPTOMS



**1 in 9** menstruators experience endometriosis.  
**1 in 5** experience polycystic ovary syndrome (PCOS).  
The average diagnosis delay for endometriosis is **7-10 years**.



**43% of students saw a doctor after a menstrual health program & pain screening.**  
Our programs include a pain screening for students to identify issues early, seek help, and avoid years of suffering.

## IMPROVING ATTENDANCE AND PERFORMANCE



**48-80%** of students skip school, swimming or sport when they have their period.  
**77%** struggle to concentrate in class during their period.



**90% of students had improved knowledge of self-management strategies after a Bright Girl Health program.**  
These strategies equip students to minimise symptoms and thrive during their period.

## PERIOD CARE FOR CONFIDENCE & RESILIENCE



**25%** of students have problems getting period products when they need them.  
**72%** of these students said they've used alternative means (socks, torn material) putting them at risk of infection



Bright Girl Health provides students with free period products and education about reusable period-care products for options to meet a range of needs

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

TEACHER FEEDBACK



# ONLINE SCHOOL PROGRAMS

Host a fun and engaging online presentation that can be shown to large or small groups



## 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. Gather a large group, or show the presentation to multiple small groups simultaneously.
3. Join the pre-recorded presentation via a link and project it for your students. Your link will be valid for 24 hours.
4. You will be provided with a 'teacher manual' to help facilitate fun break-away activities for students throughout the presentation.
5. We recommend gathering your students to make it a fun wellbeing event.

## WHAT'S INCLUDED?

### Your school will receive:

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

# ONLINE SCHOOL PROGRAM

Gynaecologist, endocrinologist and fertility specialist approved

## PART 1 - KNOW YOUR FLOW ONLINE PRESENTATION

Best suited for: Grade 6-12    Cost: See price guide    Duration: 100 mins

### 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 (ovulation symptoms, body temperature, cervical fluid).
- Discharge and cervical fluid.
- Sustainable period products (period cups, period underwear, pads & tampons).



Within 24 months

## PART 2 - LIVE BRIGHTER ONLINE PRESENTATION

Best suited for: Grade 7-12    Cost: See price guide    Duration: 100 mins

### Be aware of common period irregularities, and learn about tools to have a better period!

- Common teen period irregularities (period pain, PMS, missing periods).
- What's typical and what's not typical.
- Self-management tools for period symptoms - stress management, nutrition, exercise and sleep.
- How to build support systems & seek help for health concerns.
- How to prevent menstrual health from hindering school, study and social activities.
- Recognising reproductive health concerns and conditions (PCOS, endometriosis).

## ADD A LIVE Q&A

Cost: See price guide    Duration: 15-20 minutes

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

- You'll receive a link for the LIVE Q&A broadcast to join after your online presentation is finished.

All students  
receive **FREE**  
period products!  
(subject to supply)

### Each online presentation includes:

- Teaching from Demi (teacher, author, period educator).
- Video interviews with students sharing their period experiences.
- Breakaway group activities for students to participate in.



# TESTIMONIALS

WHAT TEACHERS AND STUDENTS ARE SAYING 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!'

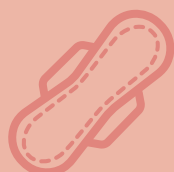


[CLICK HERE TO WATCH](#)

More student and teacher testimonials at  
[www.brightgirlhealth.com](http://www.brightgirlhealth.com)

# MORE THAN JUST A 'PERIOD TALK'

PERIODS IMPACT SCHOOL/SPORT ATTENDANCE & PERFORMANCE.  
WE EMPOWER STUDENTS WITH TOOLS TO THRIVE ON THEIR PERIOD.



PERIOD UNDIES,  
SWIMWEAR, CUPS,  
PADS & TAMPONS



STRATEGIES FOR STRESS  
MANAGEMENT AND BETTER  
MENTAL HEALTH



NUTRITION FOR  
PERIOD SYMPTOMS



LIFESTYLE AND EXERCISE TO  
COMBAT CRAMPS AND PMS



WHEN & HOW TO SEEK HELP  
FOR PERIOD SYMPTOMS



WHAT'S BEHIND  
COMMON TEEN PERIOD  
IRREGULARITIES



IDENTIFYING PCOS  
AND ENDOMETRIOSIS



TOOLS TO PREVENT  
PERIODS HINDERING  
SCHOOL/STUDY/SPORT

# 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.

'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



[justin@brightgirlhealth.com](mailto:justin@brightgirlhealth.com)



[www.brightgirlhealth.com](http://www.brightgirlhealth.com)



Bright Girl Health



[@brightgirlhealth](https://www.instagram.com/brightgirlhealth)



[/brightgirlhealth](https://www.youtube.com/brightgirlhealth)

