

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



MENSTRUAL WELLBEING FACE-TO-FACE PROGRAM

Gynaecologist, endocrinologist and fertility specialist approved

PART 1 - KNOW YOUR FLOW PRESENTATION

Adapted to suit: Grade 5-12

Cost: See price guide

Duration: 100 minutes

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 (customise: puberty, social media, body confidence).
- 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, pads & tampons).



Within 24 months

PART 2 - LIVE BRIGHTER PRESENTATION

Adapted to suit: Grade 6-12

Cost: See price guide

Duration: 100 minutes

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

- Common teen period irregularities (period pain, PMS, heavy periods, missing periods).
- How/when to seek medical help.
- Period pain screening.
- Strategies for stress management for better mental/hormonal health.
- Lifestyle & diet strategies for lifelong health and hormone balance.
- How to prevent menstrual health from hindering school, study and social activities.
- Recognising reproductive health concerns and conditions (PCOS, endometriosis).
- Sustainable period products (period cups, period underwear, reusable pads).



In senior school

PART 3 - SENIOR PRESENTATION

Adapted to suit: Grade 10-12

Cost: See price guide

Duration: 60 mins

This presentation can be customised to your cohort with information about breast checks, vaginal infections, STIs, and informed decisions about contraceptives.

99% of students said the presentation will help them have a better period experience

All students receive FREE period products
(subject to supply)



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!'

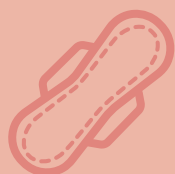


CLICK HERE TO WATCH

More student and teacher testimonials at
www.brightgirlhealth.com

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



www.brightgirlhealth.com



Bright Girl Health



@brightgirlhealth



/brightgirlhealth

