

# BRIGHT GIRL HEALTH

## MENSTRUAL HEALTH & WELLBEING

Students deserve to understand their body.  
Periods don't have to be scary.

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 & be friends with their body.

**All programs are gynaecologist, endocrinologist and fertility specialist approved & 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

**20,100+**  
STUDENTS EMPOWERED

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

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

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

**Bright  
Girl  
Health**

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

# PROGRAM RESULT: HIGHER CONFIDENCE, ATTENDANCE, RESILIENCE

## RESEARCH-BASED TOOLS ADDRESS PERIOD SUFFERING

- ! **1 in 7** menstruators experience endometriosis
- ! **1 in 5** experience polycystic ovary syndrome (PCOS)

✦ **43%** of young people saw a doctor after a menstrual health program & pain screening

## IMPROVES ATTENDANCE AND PERFORMANCE

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

✦ **90%** of young people had improved knowledge of self-management strategies after a Bright Girl Health program

## PERIOD CARE FOR CONFIDENCE & RESILIENCE

- ! **25%** of young people have problems getting period products
- ! **72%** of these said they've used alternative means (socks, torn material) putting them at risk of infection

✦ **Bright Girl Health provides students with period products and education about reusable period-care products**

'They were engaged from the beginning to the end.'

TEACHER FEEDBACK



# CYCLE LITERACY FACE-TO-FACE PROGRAM

Gynaecologist, endocrinologist and fertility specialist approved

## CYCLE LITERACY PROGRAM CONTENT

Adapted to suit: **Grade 5-12**

Cost: **See price guide**

Timeline: **Delivered over 2 days**

### SESSION 1 (90mins) - 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)
- Discharge and cervical fluid
- 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)
- Sustainable period products (period cups, period underwear, pads & tampons)

### SESSION 2 (90 mins) - Common period irregularities and tools for a better period

- 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, sport and social activities
- Recognising reproductive health concerns and conditions (PCOS, endometriosis)
- Sustainable period products (period cups, period underwear, reusable pads)



## SENIOR PRESENTATION CONTENT

Grades 10-12

Cost: **See price guide**

**60 mins** (90 mins if Cycle Literacy hasn't been completed prior)

- Breast checks and breast health
- Vaginal infections (symptoms, prevention, seeking treatment)
- STIs (causes, symptoms, prevention, seeking treatment)
- Informed contraceptive choices (incl. those for period irregularities)
- Risks, benefits, side effects and alternatives to contraceptive drugs
- Cervical screenings (how they work, when to get one)

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

"I couldn't have asked for a better presentation. The students were engaged from the very beginning to the end." - **Teacher feedback**



Host a Bright Girl Health  
presentation from anywhere!

# ONLINE PRESENTATIONS



# ONLINE 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?

### You will receive:

- The online presentation link for your chosen date
- A teacher manual with instructions to facilitate the event
- A booklet of classroom activities for future use
- A parent resource to send home

**20,100+**  
STUDENTS EMPOWERED

# ONLINE CYCLE LITERACY PROGRAM

Gynaecologist, endocrinologist and fertility specialist approved

## CYCLE LITERACY PROGRAM ONLINE

Grade 5-12    Delivered over 2 days    24 hrs access to each session    Multiple rooms can join

### SESSION 1 (90-100mins) - 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)
- Discharge and cervical fluid
- 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)
- Sustainable period products (period cups, period underwear, pads & tampons)

### SESSION 2 (90 mins) - 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, sport and social activities
- Recognising reproductive health concerns and conditions (PCOS, endometriosis)
- Sustainable period products (period cups, period underwear, reusable pads)

## ADD A LIVE Q&A

Cost: **See price guide**    Duration: **20 minutes**

Add a LIVE Q&A with Demi (our founder, high school teacher & menstrual health educator). This segment will be included at the end of your presentation so your students can ask their period questions.

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

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

### Each online presentation includes:

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



# TESTIMONIALS

20,100+

## STUDENTS EMPOWERED

### 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 testimonials at  
[www.brightgirlhealth.com](http://www.brightgirlhealth.com)

# MORE THAN JUST A 'PERIOD TALK'

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



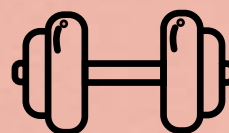
PERIOD UNDIES,  
SWIMWEAR, CUPS,  
PADS & TAMPONS



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



A PERIOD PAIN SCREENING  
TO DETERMINE IF HELP-  
SEEKING IS NEEDED



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 young people 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 in schools for over 15 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 educator



# CONTACT US



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