

A Celebration Day for Girls™

Rationale: Celebration Day for Girls facilitators make a difference

Many girls associate the experience of menstruation with secrecy, shame, humiliation and disgust.

This negativity often affects a girl's sense of self, her confidence, awareness of her physical body and emotional realms,¹ which can impact her outlook at school and home, in her relationships and on her wellbeing.

Menstrual shame has been linked to adverse health outcomes, including connections to:

- body dysmorphia and eating disorders
- reluctance to seek help or treatment
- ignorance of what constitutes normal menstrual symptoms
- significant delay in diagnosis for menstrual dysfunctions such as endometriosis, which can lead to more serious cumulative conditions.

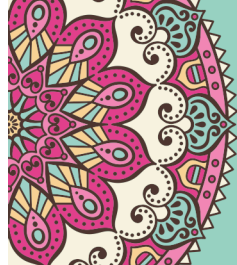
More than just physiology, facilitators of *Celebration Day for Girls* workshops help the next generation develop a practical and positive approach to a natural part of life, overturning the long-established culture of secrecy and isolation.

What happens at these workshops?

Our purpose is to help 10 to 12-year-old girls feel informed and confident about their body and themselves, with awareness of puberty's changes and the menstrual cycle.

The workshop is held over two different dates. At **Session One**, we meet with mothers/female carers for two hours to learn about the whys and wherefores of menstrual education, hear about the content of the *Celebration Day*, and have the opportunity to ask questions. This is followed by a one-day workshop.

¹ Adapted from p. 25 *About Bloody Time: The menstrual revolution we have to have*, Victorian Women's Trust, Melbourne, 2019



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Session Two is a morning for girls, where they enjoy craft, activities, relaxed conversation and stories. They learn about how their body will change as they mature and how the different stages of the menstrual cycle can affect their mood, energy and body.

This is followed in the afternoon by **Session Three** for both girls and their mothers/female carers. Women share stories from their own experience while girls are engaged in simple craft activity, and the group shares facilitated discussion, practical menstrual education and activities to support the mother/daughter bond.

Benefits for participants

Through the workshop, girls can invest in a future where they will be more engaged, productive, healthier and happier. When a young woman raises awareness of her cycle and has a positive approach, she

- Increases her personal power and ability to keep herself well
- Grows her capacity to be more engaged, productive, healthier and happier at school and work, and in relationships
- Strengthens the mother-daughter bond at a time where this often becomes strained
- Empowers her to openly discuss periods with medical professionals, potentially saving years of excruciating pain, lost capacity and expense.²

There is evidence that if girls with abnormal menstrual pain or bleeding are diagnosed and treated early the development of more complex life-limiting menstrual disease and pelvic pain can be curtailed or prevented.³

It can be a wonderful experience for girls from a class or community to attend a workshop together. Feeling informed with shared language and a positive approach encourages open and supportive communication between peers as well as for each girl and the trusted adults in her life.

² For example, currently, it takes seven to twelve years before a diagnosis of endometriosis is reached. Not only patients, but doctors and medical professionals themselves can be unaware and uneducated on menstrual health issues. Source: Endometriosis Australia

³ Gabrielle Jackson, *Pain and Prejudice*



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What does facilitator training involve?

You will learn about how to support young people in a way that is relevant and respectful, while providing an open door to questions and practical needs.

You will be provided with resources and practical steps to organising your own Celebration Day for Girls workshops.

Topics we'll cover include:

- Tips on talking about the menstrual cycle and changes during puberty
- How to recognise and work with the different stages of the menstrual cycle
- How to maximise energy and emotional wellbeing with cycle awareness
- Understanding the pervasive and harmful effects of menstrual shame
- Long-term impacts of positive or negative attitude towards your body
- Features of positive menstrual education
- Detailed theory and practice of the *Celebration Day for Girls* program.

Structure

Three to four days (schedule dependent) of facilitated workshop-style sessions with content delivery, group exercises and discussion. Participants are required to contribute a 10 to 15-minute presentation to share a skill, resource or learning with the group.

Cost

\$770 inc GST for 3 or 4 days (duration of training varies based on location). Accommodation charged separately. Your training includes:

- Facilitator manual
- Access to marketing and promotion materials
- Access to underpinning education and awareness resources (for you to become confident in menstrual cycle awareness and puberty changes!)
- Mentoring and support from your trainers post-training, including a one-on-one mentoring session
- Ongoing support through sister facilitator events, online and in-person
- Guidelines for setting up your own workshop resource kit. Please note you'll need to invest in setting up your own workshop resource kit. This can be done in stages.

See [our website](#) for training dates and to apply