Period Talk Education Program Information

To help Queensland school students access free sanitary products and build their understanding of menstruation, the Queensland Government has partnered with Share the Dignity through the *Share the Dignity in Queensland Schools* initiative. As part of this initiative, all Queensland schools have free access to *Period Talk*, an engaging educational program designed for students in Years 5 to 8.

Developed by Talk Revolution, *Period Talk* aims to empower the next generation to feel informed and comfortable talking about periods. The program includes videos featuring young people, animations, and interactive activities that go beyond the basics. Students will:

- Learn about the menstrual cycle, and understand the types of sanitary products available
- Explore the physical and emotional effects of periods, including period pain
- Consider menstruation through the lens of human rights, cultural norms, and environmental impact

Aligned with the Australian Curriculum, *Period Talk* was created with input from Health and Physical Education teachers across Australia and is endorsed by Western Sydney University. Please find enclosed a USB containing the Period Talk program for your use, including:

Resources

- Period Talk teacher notes
- Poster
- Letter for parents

Years 5 & 6

- 01 – PowerPoint lesson 1, Years 5-6
- 02 – PowerPoint lesson 2, Years 5-6
- 03 – PowerPoint lesson 3, Years 5-6
- 04 – PowerPoint lesson 4, Years 5-6

Years 7 & 8

- 01 – PowerPoint lesson 1, Years 7-8
- 02 – PowerPoint lesson 2, Years 7-8
- 03 – PowerPoint lesson 3, Years 7-8
- 04 – PowerPoint lesson 4, Years 7-8

Activities

- How Much Blood – Video Example
- Period Talk – Bonus Videos 2-5
- Period Talk – Yoga

Episodes

- Period Talk – Animation 2
- Period Talk – Episodes 1-9

If you have any issues or questions, please contact pas@sharethedignity.org.au.