



# Get Started Guide

## GET TO KNOW THE PERIOD EDUCATION PROJECT

### WHAT IS THE PURPOSE OF THE PERIOD EDUCATION PROJECT (PEP)?

The menstrual cycle is considered a vital sign - an important indicator of health, yet menstrual related symptoms are often minimized or dismissed. This national program works with select medical schools to train medical students ("Period Pros") to facilitate community based educational workshops ("PEP Rallies") addressing menstrual health and period poverty for youth ages 12+ and the adults who support them.

### WHAT EXACTLY IS A PEP RALLY?

Period Education Project (PEP) Rallies are virtual or in-person educational workshops on menstrual health led by two Period Pros for groups of youth and their supporting adults. The workshop includes content created and produced by Girlology. Topics covered include female reproductive anatomy, menstrual cycle basics, period product use & safety, normal and abnormal menstruation patterns, and local resources addressing period poverty. To hear Period Pros describe a PEP Rally, [watch this brief video](#).

### ABOUT GIRLOLOGY & THE PERIOD EDUCATION PROJECT

[Girlology](#) is a physician-led girls' health digital platform that has been educating young people and adults on puberty, reproductive health, mental health, and wellness since 2003. The Period Education Project -- a non-for-profit 501(c)(3) was created by Girlology to improve access to essential menstrual health content and improve young women's health. Our programs are designed to educate and inspire all menstruators to overcome barriers to physical and mental wellness related to menstrual health.

### HOW DOES IT BENEFIT YOUR COMMUNITY?

- **Eliminate barriers** to reproductive health education for youth and their mentors/parents
- **Provide vital education** that is medically accurate yet rarely provided in schools
- Engage with medical students or physicians in training that can **serve as role models** for youth in your community
- Experience group educational programs that enhance self-confidence, **reduce community misinformation and stigma**, and improve communication between youth and their supporting adults regarding menstrual health

## HOW YOU CAN HELP IMPROVE YOUNG PEOPLE'S HEALTH

### BECOME A PERIOD PRO or a CHIEF PERIOD PRO

Applications are open to currently enrolled medical students at participating medical schools. The project prioritizes 1st and 2nd year medical students and seeks a diverse team ("PEP Squad") to include one Chief Period Pro and 2-5 additional Period Pros. Ideally, Chief Period Pros are interested in community service and participate in a clinical interest group related to pediatrics, ob-gyn, family medicine, or public health. A faculty mentor is not required but is definitely helpful in community networking and support for the program. The role lasts until the end of each school year, but may be continued. We invite Resident participation at the discretion of their program directors.

## BEING A PERIOD PRO WHAT ARE THE BENEFITS & EXPECTATIONS?

### BENEFITS

#### PERIOD PRO

- Serve as a role model to under-resourced youth in your community
- Grasp clinical aspects of adolescent menstrual health including topics that are inconsistently covered in medical school curricula
- Gain experience with public speaking and educating youth and adults about menstrual health
- Develop the skills to improve your comfort in discussing intimate topics with youth and adults
- Engage with your local community through service that is educational, skill-building, and emotionally rewarding

### EXPECTATIONS

- Complete online training (duration of 4 to 6 hours)
- Help identify community partners (i.e. organizations or programs that serve youth through health education, youth enrichment, or healthcare services) to host PEP Rallies (Girlology will make the contacts)
- Deliver at least 3 PEP Rallies with a co-presenter
- Following each PEP Rally, submit a brief standardized report that indicates attendance, personal reflection, and feedback following each PEP Rally
- Recruit and mentor additional Period Pros to sustain the program in your community

## CHIEF PERIOD PRO

- Lead your community's effort to end the stigma surrounding menstrual health and empower youth through accurate education
- Access direct mentorship by the physician leaders of Girlology & The Period Education Project
- Connect with Chief Period Pros at select medical schools across the nation and form a network of peers dedicated to community education and menstrual health

In addition to Period Pro responsibilities, the Chief from each campus is expected to:

- Ensure squad's training goals are met
- Serve as a liaison between the medical school and the PEP by confirming dates of squad availability
- Attend a quarterly virtual leadership meeting with our physician leaders and share updates with your squad
- Sustain your school's program by introducing the opportunity to incoming classes
- Assist in succession planning to recruit the next Chief Period Pro

## 3 SIMPLE STEPS TO GET GOING

### 1 IDENTIFY YOUR CHIEF PRO.

The Period Education Project works with your medical school or student leaders to identify and prepare your Chief Period Pro.

### 2 SHARE. SELECT. LEARN.

The PEP Team collaborates with your Chief Period Pro to recruit and train (online) your PEP Squad -- a team of 3-5 Period Pro students.

### 3 CONNECT. DEPLOY. IMPACT.

The PEP Team will support your Pep Squad by making connections with community organizations (i.e. Girls Inc.) and others you identify to schedule and facilitate PEP Rallies, and evaluate the impact they are having in your community. PEP Rallies may be virtual or in-person as allowed.

### How do I apply to be a Chief Period Pro OR get my medical school involved?

Request an application and/or additional information by emailing [PeriodPro@PeriodEducationProject.org](mailto:PeriodPro@PeriodEducationProject.org)