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period
education project

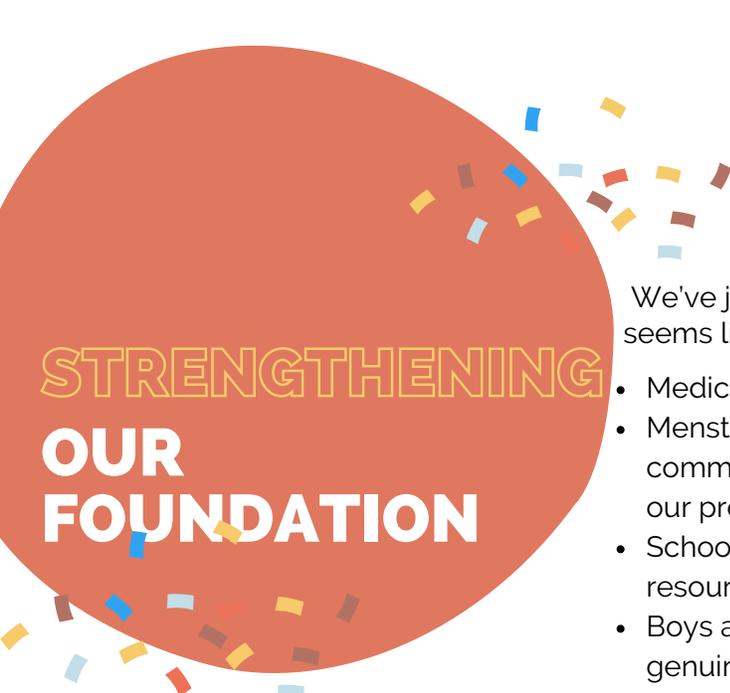
2022 Annual Report

SPEAKING TRUTH ABOUT PERIODS



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STRENGTHENING OUR FOUNDATION

We've just wrapped up year two as an organization, and it seems like the theme has been — Discovery. We've discovered:

- Medical students are very eager to engage with PEP.
- Menstrual stigma still exists and prevents some community partners from feeling comfortable offering our programs.
- School nurses love PEP and are eager for trusted resources on menstrual health.
- Boys and non-menstruating young people are genuinely interested in menstrual health.

Being a new, rapidly growing non-profit can feel overwhelming, but our team has been diligent about using these discoveries to prioritize our needs and accomplish two important tasks this year.

First, with over 130 Period Pros, we focused on raising awareness in communities. To address that challenge, we've strengthened partnerships with both national and local organizations to bring PEP Rallies to more youth centers. We are thrilled to be working with organizations like Girls, Inc. and Girls on the Run. We've teamed up with school nurses in Philadelphia to help bolster menstrual health education directly in schools. As we create new partnerships, we create more opportunities to promote menstrual health equity and to prepare future doctors.

Second, PEP is prioritizing sustainability. We added two dedicated Board members, adjusted our medical school application process to support sustainability on each campus. We outlined a research agenda, and in collaboration with Furman University's Institute for the Advancement of Community Health, PEP is entering year 3 with a plan to work with researchers to better understand our impact and steer our growth with data.

We continue to be inspired by every Pep Rally. Medical students are gaining important skills and experience in communities. Youth are shedding stigma and gaining essential knowledge for health and wellness. We are grateful for the opportunities to improve menstrual health education in community settings because we know it has a lasting impact on women's health.

With lots of gratitude and pep,



Melisa Holmes, MD, FACOG
Trish Hutchison, MD, FAAP
Co-Founders, Chief Enthusiasts



Our Staff

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Executive
Director



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Caitlin Meloy
Senior VP,
Philanthropic Strategist
Bank of America
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OUR Mission

PEP moves healthcare from clinics into communities where young people see inspiring medical students, gain essential knowledge, and join in transformative discussions that help eliminate menstrual stigma and reduce health inequities.

Period stigma is the root of the American reproductive health crisis. With the overturning of Roe v Wade threatening to exacerbate reproductive health disparities, we know it's time to double down on patching the holes in our nation's menstrual health education. The Period Education Project (PEP) trains med students (Period Pros) to run medically-accurate menstrual health workshops (PEP Rallies) for adolescents of all genders. We strive to redefine how we deliver menstrual health care to youth. In partnership with 25 medical schools in 19 states and counting, PEP has continued building relationships between clinicians and communities across the nation.

We're creating sustainability by training medical students with demonstrated ties to their community along with faculty support to foster durable relationships with community partners. Monthly workshops with healthcare professionals equip future doctors with the vocabulary and insights to initiate conversations that impart a judgment-free understanding of periods, foster trust in health care providers, and reset the tone for how adolescents understand their bodies.

We are meeting resistance with unbridled optimism as we strengthen our grass-roots movement in 2023. Our team imagines a world where menstruators feel unafraid to ask questions, learn how to advocate for themselves, and understand when to seek medical care. PEP aims to continue teaming up with communities to dispel period stigma and push healthcare beyond the clinic doors, one PEP Rally at a time!



PROMOTING MENSTRUAL HEALTH EDUCATION



Why?

1 in 5 menstruators in the U.S. miss school because they don't have period products.

Only 17 states require medically accurate reproductive health education.

58% of people with periods report feeling ashamed when they menstruate.



**KNOW
what's
NORMAL**

- PEP rallies introduce adolescents to female reproductive anatomy, menstrual cycle basics, period product safety, abnormal menstruation patterns, and local organizations that address period poverty.
- We eliminate barriers to menstrual health education that is medically accurate yet rarely provided in schools.
- Reducing community misinformation and equipping adolescents with the tools to understand their own body, we foster trust between communities and health care providers.



**TRAINING
BETTER
FUTURE
DOCTORS**

Weight Based Stigma & Menstruation

Lightbulb icon

Lonna Gordon, MD, PharmD, FAAP, FABOM, CCMS (she/her)

Objectives

- Understand Pediatric Weight Based Stigma
- Reflect on how this is Worsened with menstruation
- Learn HAES® Principles
- Understand how a HAES® Perspective Can Help?



"Through my work with PEP, it has become clear that the role of teacher is a necessary skill to being a competent doctor. Through my hands-on experiences working with PEP, I have had the opportunity to work with and learn from inspiring providers and to grow both professionally and personally."

Shakti Naidoo, Period Pro
University of SC, School of Medicine Greenville

P&G Period Care: Products, Ingredients and Myth-busting



Michelle Maladen-Percy
Period Care, Global and NA Scientific Communications




A dialogue with...

Zsanai Epps, MPH, CHES
Director, My Sister's Keeper
Director, Positive Period

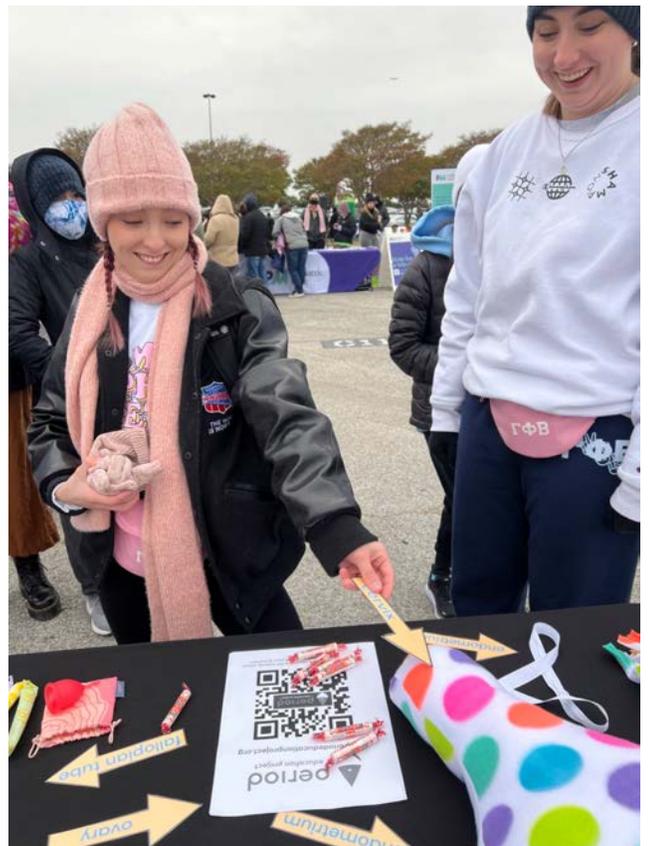




OUR Voices

"We create a safe learning environment by normalizing common worries, sharing personal thoughts, and inviting students to participate through interactive and fun activities."

-Priscilla Francois and Jocelyn Ha
Period Pros, University of Central FL



OUR PERIOD PROS

- PEP trains medical students in the biology and language of menstrual health through monthly virtual workshops with health care professionals.
- PEP provides a community-engaged approach to learning and guide medical students in initiating open conversations about periods with adolescents.
- At PEP, we believe that knowing how your body functions and feeling inspired to ask questions is how we build confidence and break down stigma.



"I feel like PEP Rallies are a game-changer. Instead of having a negative experience and then wanting to fix it, we're helping periods be a more positive experience from the beginning."

Kelly Sutter, Period Pro
University of Central FL



Period Education Project

Improving menstrual health education: creating a lasting impact on women's health.

WHAT WE DO →

We can't fit it ALL in a PEP Rally

Period Pros get a LOT of questions that they just don't have time to answer during a single PEP Rally. But they're eager to share their knowledge, experiences, or just some "been there" compassion & advice. So, outside of PEP Rallies, they're also writing articles & blogs, and creating videos for Youtube, TikTok or Instagram. Meeting young people where they are is a great way to share trusted and accurate information that they crave.



PMS: What is it? What Can You Expect?

by talktome | Nov 14, 2022
Have you heard of Premenstrual Syndrome, or PMS? If you menstruate, chances are that it's an experience you might be familiar with.



Period Hacks From a Period Pro

by talktome | Nov 9, 2022
I know that sometimes we get our period and think, "eye roll" "This again?" If this sounds like you, below are some "period hacks" that can hopefully make life a bit easier while you're on your period.



Period Pros Lead PEP Rally for School Nurses

by talktome | Nov 3, 2022
Period Pros Aliyah Simpson and Kelly Sutter are used to leading PEP rallies for pre-teens. Instead of middle school girls however, their audience on August 16 was made up of a much different demographic.



The Menstrual Cycle and Pregnancy: What is the Fertile Window?

by talktome | Sep 28, 2022
Periods, fertility, pregnancy - how are they all related?



Should you use a feminine deodorant or wash?

by talktome | Jul 3, 2022
Before we dive any deeper into this topic, here is the simple answer: No!



What Happens to Your Period if You Get Pregnant?

by talktome | May 13, 2022
What happens to your period if you get pregnant?
The short answer: it stops.
But why?

Period Pros Share:

WHAT is a PERIOD Like?



PEP Recognized as Healthy People 2030 Champion

by talktome | May 4, 2022
Congratulations, PEPI! This April 2022, the Period Education Project (PEP) was officially recognized as a Healthy People 2030 Champion.



What is the Deal With Vaginal Discharge?

by talktome | May 2, 2022
Wait a second... What is that in my underwear? Is something wrong with me??? Before you get too worried, let's talk about what the deal is with to



Learning How to Use a Menstrual Cup

by talktome | Apr 12, 2022
By Priscilla Francois, Period Pro from University of Central Florida College of

Period Pros Share:

Tips for Inserting a Tampon





**BUILDING
CONFIDENCE
BY BUSTING
MYTHS**



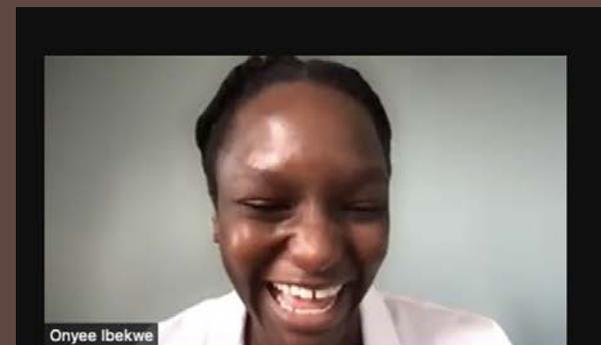
"PEP rallies are timeless. Whether you've been menstruating for years or just started, they have this energy that leaves you hungry to learn more"

- Priyanka Parikh,
PEP National Student Coordinator





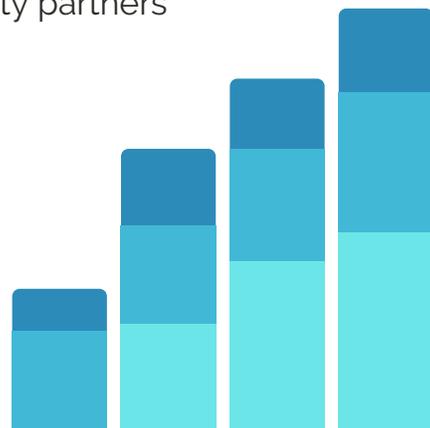
VIRTUALLY AMAZING





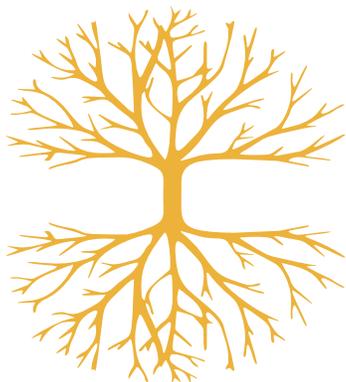
Increasing Community Partners

- Expand our footprint with local and national community partners
- Work through medical schools' faculty and outreach centers to create long-lasting relationships with community partners



Measuring our IMPACT

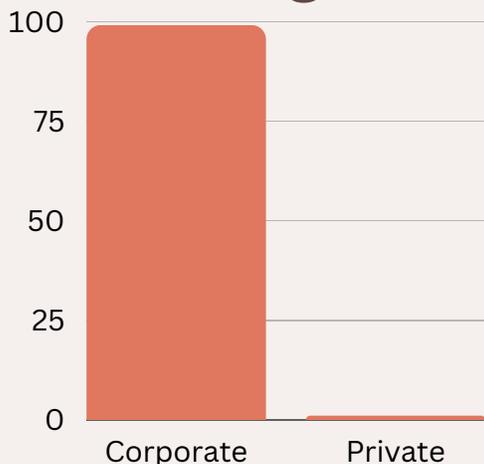
- Evaluate our impact and make evidence-based changes to PEP curriculum through a research partnership with Furman University,



Creating Sustainability

- Raise awareness and increase funding to sustain future growth and expanded program infrastructure

Funding



Expenses



OUR VISION

At PEP, we're up for a challenge

In the face of policy gaps, our team strives to continue building momentum for a grass-roots shift in period education. We're grateful for the community partners who are teaming up with PEP to stop period stigma from the start. We're prioritizing durability in the bonds between communities and clinicians to ensure long-term results. PEP is focused on strengthening our training curriculum for Period Pros so that they can comfortably lead conversations about periods that are digestible and empowering to young minds. Our team is working with researchers to understand how we can reach menstruators of all backgrounds and promote health equity in communities across the nation. We are thrilled to continue growing and learning with our PEP Squads!

2023, let's rally



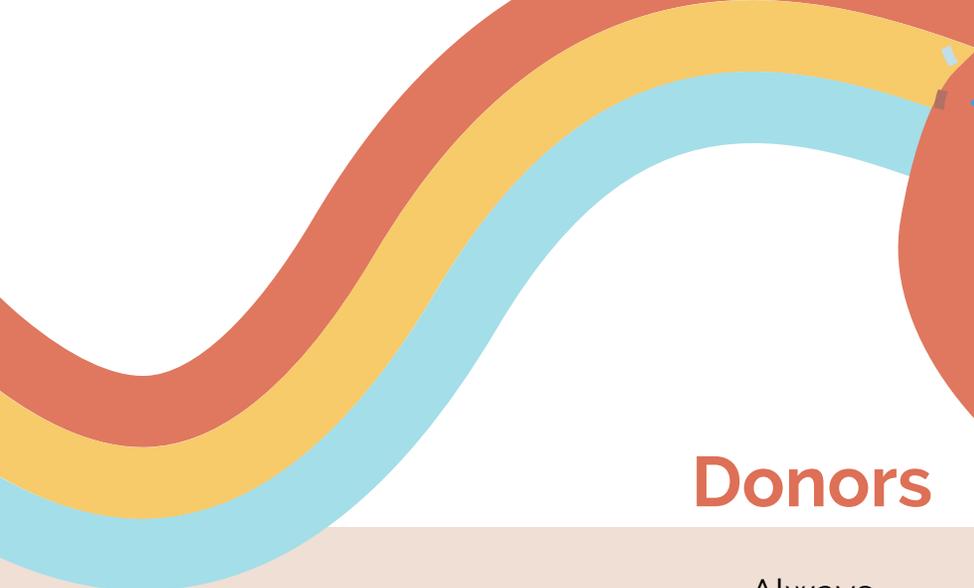


Community Partners

Anderson County Library, SC
 Bloom Upstate, SC
 Cabell County Public Library, WV
 Communities In Schools - Charleston
 Connect Spartanburg, SC
 Flourish
 GenerationWow, FL
 Girls Empowerment Network, TX
 Girls Health Period, OH
 Girls Inc. - Monroe County, IN
 Girls Inc. National
 Girls Inc. of Meriden, CT
 Girls Inc. of Owensboro, KY
 Girls Inc. of Washington County, MD
 Girls Inc. of York Region, Ontario
 Girls Inc. Sioux City, IA
 Girls Inc. Worcester, MA
 GirlUp GVL, SC
 Girls On the Run, Dallas/Fort Worth
 Girls On the Run, Central Florida
 Junior League of Lynchburg, VA
 Lotus House, Miami, FL
 Lowcountry Youth Service- "Queens Being" SC
 MLK Center, GA
 Philadelphia Public School Nurses, PA
 Teen Health Center, TX
 University of Central Florida - HLSA

Medical Schools

AT Still University (Brooklyn, NY)
 Baylor College of Medicine
 Columbia University
 Duke University
 Emory University
 Florida State University
 Indiana University School of Medicine
 Marshall University
 Medical University of South Carolina
 Northwestern University
 Oregon Health and Science University
 University of Central Florida
 University of Houston College of Medicine
 University of Iowa
 University of Louisville
 University of Miami
 University of Michigan
 University of South Carolina, Greenville
 University of South Alabama
 University of Southern California (Keck)
 University of Texas Southwestern
 University of Utah
 Vanderbilt University
 VCOM-Carolina
 Virginia Commonwealth University



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GIRL·ology[®]

FEAR LESS. KNOW MORE.

The word "always" in a blue, cursive script font with a green infinity symbol above the "y".



The word "TAMPAX" in white, bold, uppercase letters on a dark blue rectangular background.



period
education project



www.PeriodEducationProject.org