



# 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 medical schools to train medical students ("Period Pros") to create medically accurate content and facilitate community based workshops ("PEP Rallies") addressing menstrual health and period poverty for menstruating or non-menstruating youth of all genders who want to learn about menstrual health.

### 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 academic physicians. 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 THE PERIOD EDUCATION PROJECT

The Period Education Project -- a not-for-profit 501(c)(3) was created by Girlology, Inc. to improve access to essential menstrual health education and engage future doctors in experiences that promote health equity. Our programs are designed to educate and inspire all menstruators to overcome stigma and barriers to physical and mental wellness related to 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 2-4 additional Period Pros. Ideally, Chief Period Pros have strong leadership skills, are interested in community service and participate in a clinical interest group related to ob-gyn, pediatrics, family medicine, or health equity. A faculty sponsor is required to assist with community networking, support, and sustainability of the program.

### HOW DOES IT BENEFIT YOUR COMMUNITY?

- **Eliminate barriers** to menstrual health education
- **Provide vital education** that is medically accurate yet rarely covered in schools or healthcare visits
- Engage with medical students or physicians in training who can **serve as role models** for youth in your community
- Experience group educational programs that enhance self-**confidence**, reduce generational misinformation and **stigma**, and improve **communication** between youth and their supporting adults regarding menstrual health
- **Rebuild trust** between traditionally marginalized communities and healthcare providers.



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

### BENEFITS

#### PERIOD PRO

- Serve as a role model to 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 community through service that is educational, skill-building, and emotionally rewarding

### EXPECTATIONS

- Complete online training (duration of 4 to 6 hours) and benchmark knowledge tests
- Help identify community partners to host PEP Rallies (PEP Staff will make the contacts)
- Participate in quarterly PEP meetings to advance menstrual health knowledge and engage with fellow Period Pros
- Deliver at least 3 PEP Rallies with a co-presenter and complete a post-rally report.
- Engage in menstrual health education through other formats such as health fairs, video content, or written content for the PEP website or social channels

#### 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 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 involvement 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 PEP to promote squad activity
- Sustain your school's program by encouraging involvement & recruiting new members
- 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 faculty 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 2-4 Period Pro students.

#### 3 CONNECT. DEPLOY. IMPACT.

The PEP Team will support your PEP Squad by overseeing initiatives and projects related to PEP, such as content creation, scheduling community events, and providing resources as needed.

#### How can I get involved?

Request additional information by emailing our Director of Partnerships:

[maggie@PeriodEducationProject.org](mailto:maggie@PeriodEducationProject.org)

[www.PeriodEducationProject.org](http://www.PeriodEducationProject.org)