

Community Partners Introduction to the Period Education Project (PEP)



GET TO KNOW THE PERIOD EDUCATION PROJECT

ABOUT THE PERIOD EDUCATION PROJECT

The Period Education Project -- a not-for-profit 501(c)(3) organization created by Girlology, Inc., aims to close knowledge gaps and reduce stigma related to menstrual health. Founded by physicians, this organization is committed to improving menstrual health equity and training future doctors who are well-prepared to address menstrual health. When youth understand menstrual health, they are prepared to advocate for their own health and recognize troubling health conditions, leading to earlier treatment and better outcomes.

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 partners with select medical schools to onboard groups of medical students (Period Pros) to lead medically-accurate workshops (PEP Rallies) and create content addressing menstrual health and period poverty for under-resourced youth in communities across the country.

WHAT EXACTLY IS A PEP RALLY?

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

HOW DOES IT BENEFIT YOUR COMMUNITY?

- **Eliminate the barriers** to menstrual health education for youth and their mentors/parents and provide information that is medically accurate yet rarely covered in schools or healthcare visits
- Engage with medical students or physicians-in-training who **serve as role models** and STEM exposure for youth in your community
- Participate in educational group programs designed to boost **self-confidence**, reduce generational misinformation and **stigma**, and enhance **communication** between youth and their supportive adults about menstrual health
- **Rebuild trust** between traditionally marginalized communities and healthcare providers.



HOW YOU CAN HELP IMPROVE YOUNG PEOPLE'S HEALTH

SCHEDULE A PEP RALLY!

PEP Rallies are offered at low or no cost to qualifying non-profit organizations. Click [HERE](#) to fill out the PEP rally request form.

For profit companies and private groups can still schedule a PEP rally!

Learn more info, contact us through our [website](#) or email: maggie@PeriodEducationProject.org.

www.periodeducationproject.org

FAQs from Community Partners



WHO WILL BE LEADING OUR PEP RALLY? PEP Rallies are led by groups of medical students, called Period Pros, from select schools across the country. They are prepared and equipped to lead PEP Rallies through our training course, designed by the physician founders of The Period Education Project. Through our application process, we seek out passionate, enthusiastic, well-informed medical students representing diverse backgrounds who are eager to share this vital education to your community!

HOW MANY YOUTH CAN ATTEND THE PEP RALLY? To create a comfortable, favorable environment for attendees to learn and participate, we recommend a maximum of 45 attendees per PEP Rally. We require 1 or more trusted adults to be present to help manage the group, facilitate the workshop and assist with technology.

WHAT AGE GROUP WILL BENEFIT MOST FROM A PEP RALLY? PEP Rallies are for youth of all genders, aged 9-16, who are interested in enhancing their understanding of menstrual health. This is not puberty education or Sex Ed! We highly recommend Girlology.com for those topics.

CAN ADULTS ATTEND? Of course! Any parents, guardians, mentors, or caregivers are welcome. They may be surprised at how much they learn, too!

ARE PEP RALLIES VIRTUAL OR IN-PERSON? Currently, most PEP Rallies are live-streamed through Zoom. In-person PEP Rallies are available only where we have partner medical schools and if the Period Pros are available.

WHERE CAN PARENTS OR CAREGIVERS GET INFO ABOUT THE CONTENT OF THE PEP RALLY?

Topics covered include female reproductive anatomy, menstrual cycle basics, period product use & safety, normal and abnormal menstrual patterns, and local resources addressing period poverty. The Period Education Project website has all the answers: www.PeriodEducationProject.org

WHAT ARE OUR RESPONSIBILITIES AS A HOST?

PICK A DATE. Work with the PEP team to set up your PEP Rally date and time.

HYPE IT UP. Spread the word to the youth in your organization. Let them know it may feel awkward to talk about periods in a group, but half of the world menstruates, and this is important for health. It also may help to tell them that it will be led by inspiring, young, (and possibly nervous) future doctors. Your youth can help them feel more at ease by paying attention and participating! Feel free to [share THIS intro VIDEO](#) with your youth!

GATHER DATA! Have youth complete the pre-program participant survey on line or with pencil and paper versions if needed. This info is important for us to measure our impact and help us improve our programs.

CHECK YOUR GEAR. For in-person programs, make sure you have internet access at the location for the Rally. Also check the connection of the computer and projector. For virtual programs, make sure your youth have internet access and a digital device with camera and audio that will allow them to participate in a live-stream video meeting. Either group or individual set ups are fine as long as the period pros can see the students to keep it more interactive!

GO TIME. Sign on to the Zoom meeting 5-10 minutes early to confirm quality audio and video. Encourage your youth to interact and participate. Consider having a way for participants to submit anonymous questions if some in your group may not feel comfortable asking questions out loud.

IT'S NOT JUST ONE AND DONE! Please share the QR code to our physician-created free ebook that reinforces the information in the workshop to help answer any lingering questions. Also, utilize our Post Rally Huddle to continue the conversations or host a period product packing party (we have resources to guide you)!

GIVE FEEDBACK. Help us improve our workshop by having your youth complete the post-program participant survey. Additionally, please fill out the host's post-program survey. We want to hear from you! Then schedule your next PEP RALLY!

www.periodeducationproject.org

