

Educating parents, teachers & our communities on how to educate  
& to talk to children about all things *menstruation*.

# Let's talk about periods!

A community presentation.



In a society where menstruation is still very much taboo and even the word 'period' itself is still something we shy away from, awareness and education is paramount to bring a deeper understanding to this very normal and natural part of our lives.

It doesn't matter if you have girls or boys, young or older children or no children at all, whether you are a man or a woman – this is a topic we ALL need to learn about and through our discussions we begin to lift the veil of secrecy & shame, providing girls an empowering education that delivers the truth about their bodies.

*"With body image & self-esteem being a huge challenge for growing girls in today's world, having an appreciation of the wonder and magic that their body is constantly providing is absolutely essential. We could say, it is the most important relationship they will ever have" ~ Sara*

**"Let's talk about periods"** is a 2 hour presentation for parents, teachers & community members. You will learn the ins and outs of what a menstrual cycle is, how to support girls, about hormones & why they are so important, as well as busting the myths & misconceptions that are still prevalent in our society.

**FOR BOOKINGS IN YOUR COMMUNITY, PLEASE CONTACT:**

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**YOUR PRESENTER:** Sara Harris (BHSc, Dip RM, Grad Dip Couns, Cert IV TAE, Adv Cert Nat Fert Ed.)

Sara has been working & studying in the field of complementary medicine for nearly 2 decades and is currently completing a Masters in Women's Health Medicine. She has a great love of supporting girl's & women in understanding themselves and their bodies from the inside out, where this then forms a foundation of confidence, steadiness, self-assuredness and an innate knowing of their worth. Sara has extensive experience and a commitment to ongoing research in the area of girl's & women's reproductive health.

Sara works in private practice in Complementary Medicine, Massage & Counselling with a focus on Women's & Girl's Health. She also works in a local primary school in First Aid & Well-being, delivering health & well-being support programs.