

A.GINFO 14 (2025)

'Periods Don't Pause for Adventures' – Period Prepared Program



- This [Period Preparedness Program](#) was created by GGA in partnership with Modibodi, and launched in March 2025. Anyone can access the GGA resources including Periods 101 and the BFF Guide to Period Preparedness, camping checklists and camping guides for Parents. Modibodi has developed a cool [Teen Camp and Sleepover hub](#) for girls too.
- Today we are promoting the [Leader Guide](#) which was created in collaboration with Interrelate, Australia's leading relationships and sexual education for youth. It includes details about the Period Point Washing Stations to be rolled out at guide camps, to support girls washing & drying reusable underwear. It also covers of FAQs and conversation starters that can help create a stigma free environment at Guides. Enabling leaders and girls alike to feel comfortable to talk about periods and how they are feeling when at Guide meetings, camps and sleepovers.
- We are also excited to share the new '[I am Period Prepared](#)' [Badge Syllabus](#) that is now available to girls for completing positive period challenges independently and with fellow Guides.
- All these resources can be found on the GGA Website [Periods Don't Pause Adventures – Girl Guides Australia](#).



At least 50% of girls prefer to use the reusable pants, so Modibodi has provided a code for them to use on the [Modibodi website](#) that generates a donation to Girl Guides Australia every time they make a purchase.

Please take advantage of the code and share it with your friends and family today.

Yours in Guiding
Helen Reid

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