

I'M PERIOD PREPARED CHALLENGE

When you explore this opportunity, you will choose from a number of challenges that will help you to gain new knowledge, develop your practical skills, then share and discuss these with your Unit or Patrol.

You are encouraged to support other Guides, friends and family members to become period aware and prepared.



CONNECTING WITH MY WORLD

You will have the opportunity to improve your own wellbeing, your environment and to impact both your local and global communities.

CONNECTING WITH OTHERS

Most importantly, you will get to have a lot of fun with other Guides and Leaders while getting to know each other a little more – crushing any period anxiety and stigma as you go!

The challenges are detailed below. But remember to follow the Australian Guide Program Process (AGP process) to get you started and challenge yourself.

AGP PROCESS

Remember, we have a process for planning activities in our Girl Guide Program:

- 1 **DISCOVER**
- 2 **DECIDE**
- 3 **PLAN**
- 4 **DO**
- 5 **EVALUATE**



Discover and **Decide** what you are going to do. You then need to **Plan** the activity and **Do** it.

After the activity you need to **Evaluate** how your activity went and share your findings or what you may have learnt with your Patrol, Unit or Peer group.

This badge syllabus is available for all members to take part in...

UNDERTAKE AT LEAST ONE CHALLENGE FROM EACH OF THE FOUR AREAS BELOW.

Those challenges indicated with Δ could be completed before or at your next camp or Jamboree.

SELF

- Read about being period prepared for camp using the information in the [Periods Don't Pause Adventures](#) resources. Δ
- Demonstrate your knowledge, thoughts and/or feelings about periods through creative expression by drawing, painting, or writing. Δ
- Create a game for your Unit/Patrol that helps squash common myths about periods OR Prepare a list of questions based on 10 period facts. Create two teams in your Unit or encourage Patrols to compete. Δ

PHYSICAL

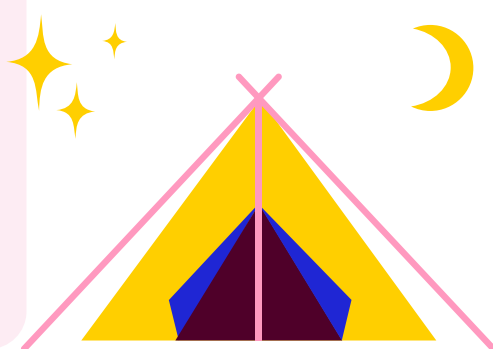
- Investigate the benefits of meditation and relaxation to share with your Unit or Patrol and create a 2-minute meditation podcast or something similar for your peers, family and friends. Δ
- Help your Unit or Patrol to set up the period point and the washing line at your next camp and create a clear and waterproof flag or sign for your Unit's 'Period Point Washing Station' so that everyone knows where they can rinse their reusable pants. Δ
- Investigate period products including period underwear, swimwear, pads, tampons and menstrual cups. Create an interactive display for your Unit or Patrol.

PRACTICAL

- Create your own period kit or organise an activity with your Unit or Patrol to make period kits together. Check out the resources available at [Periods Don't Pause Adventures](#). Δ
- Be prepared for your next camp, download the GGA Camp kit list at [Periods Don't Pause Adventures](#) then gather all your kit together and practice fitting all your kit into one bag. Δ
- Create and share a knitted, sewn or decorated hot water bottle cover or wheat bag as your special period pal. Δ

PEOPLE

- Find a short video, documentary episode or advert about Poor Menstrual Health or Period Poverty, and share it with your Unit or Patrol. Discuss with your peers what was shown and how it may apply to your life and the Guides in your Unit. Δ
- Take part in a community service project that supports menstrual health. That might include joining the Olaves in the Share the Dignity with 'Dignity Drives' and 'It's in the Bag' or joining the Trefoil Guild members to create reusable period products with the international initiative 'Days for Girls'. Take a look at your own community, maybe there are some local groups you could support in a similar way.
- Lead a discussion about being period prepared for camp with your Unit or Patrol using the information you have learned from the Periods Don't Pause Adventures – Girl Guides Australia resources. Girl-talk amongst your friends in the safe girl space is really effective in identifying their worries and helping to squash them confidently! Δ



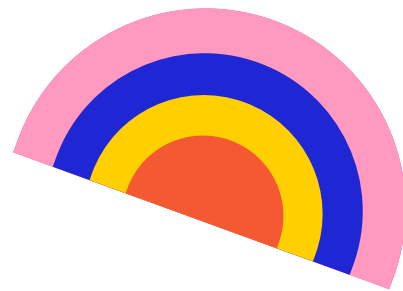
[Periods Don't Pause Adventures – https://www.girlguides.org.au/resources/period-prepared-program/](https://www.girlguides.org.au/resources/period-prepared-program/)



HOW DID YOU GO?

Firstly, reflect on your own achievements and consider the following questions:

- 1 What have you learnt?
- 2 Did you enjoy exploring this challenges?
- 3 Would you do anything different next time?
- 4 Do you feel more comfortable talking about periods?



Once you have reflected on your achievements, connect with your Unit or Patrol to gain their feedback on the activities and challenges you have led or participated in. This might be through a discussion together or this could be facilitated by your Leader.

The badge you earn can be worn at the top of the back of the sash.

No sash? Maybe put it on your camp blanket, book bag, or camp hat.

This badge syllabus is available for all members to take part in. The Badge can be bought from your usual Girl Guide retail outlet.

