

PERIODS DON'T PAUSE ADVENTURES AND SLEEPOVERS

YOUR PERIOD GUIDE

FOR CAMPS

LEADER RESOURCE

modibodi®

X



**GIRL GUIDES
AUSTRALIA**

INTRODUCTION

Navigating girlhood is tricky enough but managing your period while at camp or a sleepover is one of their biggest concerns say 68% of girls according to the National Girl Research by Girl Guides Australia*.

84% said the fear of leaking through their clothes while away from home was a huge worry, adding yet another layer of anxiety during those early period years.

As is known in Guiding, spending time away at camp or sleepovers is an effective way for girls to learn essential life skills, to make decisions and take responsibility for themselves. It is a fun way to explore and learn valuable skills that support emotional, social, creative, and spiritual growth.

Consider therefore the impact on girls' mindset and confidence, if they do not participate in these activities just because they have their period. Nearly 1 in 3 girls say their period prevented them from participating in camps and sleepovers.

Reusable leak-proof period wear brand Modibodi, has partnered with Girl Guides Australia to make this a thing of the past by ensuring girls can build confidence to prepare and manage their periods at camps and sleepovers– because Periods Don't Pause Adventures!

Together, Modibodi bring expertise in period wear and period management and Girl Guides Australia bring over 100 years of experience helping girls build confidence and resilience, to take on challenges and live fearlessly.

The partnership empowers teens to be period prepared through use of period positive resources, leak-proof products and support conversations that take the fear out of menstruation.

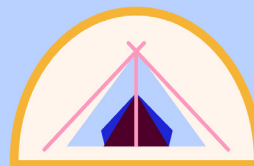
68%

OF GIRLS WORRY ABOUT PERIODS WHILE AT CAMP OR SLEEPOVERS



1 IN 3

GIRLS SAID PERIODS STOPPED THEM GOING TO CAMP & SLEEPOVERS



70%

OF GIRLS SAY THEY TALK OPENLY ABOUT MANAGING PERIODS



ONLY

28%

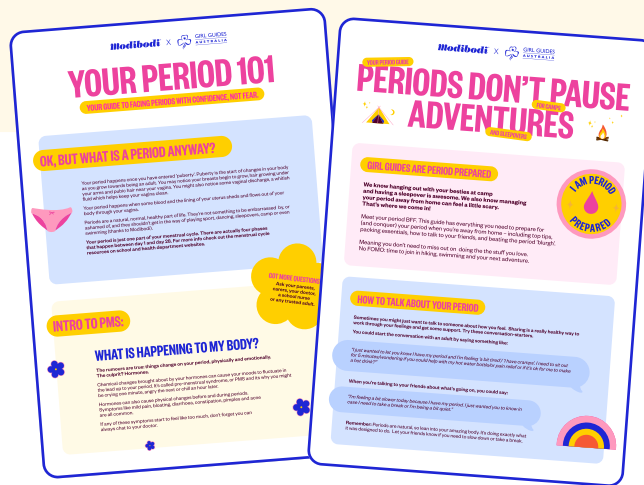
OF GIRLS SAY THEY FELT PREPARED FOR PERIODS AT CAMP OR SLEEPOVERS



**Source: GGA Girl Research 2024*

THE PERIOD PREPARED PROGRAM INCLUDES:

- NEW!** GGA Period Prepared Resources for girls, supporting positive period conversations for girls, leaders as well as parents and guardians
- NEW!** Modibodi 'Teen Sleepover Hub' with supportive and educational content for girls to prepare them for any type of camp or sleepover
- NEW!** GGA Period Point Washing Stations, to be rolled out at guide camps, to support girls washing & drying reusable underwear
- NEW!** Modibodi Period Prepared Badge for completing positive period challenges at Jamboree in September 2025
- PLUS** This Period Prepared Program Leader Guide.



**MODIBODI HAVE ALSO SET UP
A FUNDRAISER TO SUPPORT
THIS INITIATIVE AND GGA**

This offer is available to members, supporters, followers and families of Guiding in Australia. Every purchase made using this code generates funds to support Girl Guides. Offer ends November 2025.

**PURCHASE ANY MODIBODI
PRODUCT FROM THE
MODIBODI WEBSITE**

Use the code **GirlGuidesAU** at checkout and Modibodi will make a donation to Girl Guides Australia.



PERIOD PREPARED PROGRAM LEADER GUIDE

This guide helps volunteers to confidently talk about periods in the Unit. Helping girls to understand their bodies and to feel comfortable to talk about periods, their feelings and concerns. This resource outlines the activities that volunteers and girls can choose to participate in, to help build a better understanding of periods and how to prepare for them at camp or sleepovers.



NOTE

In some cultures menstruation is a celebration, a rite of passage or women's business. In other cultures it's linked to religious or spiritual beliefs. Either way, periods are normal and linked to a healthy body and this guide provides all the facts girls need to know about them.

CONTENTS

- 1 TALKING WITH GIRLS ABOUT THEIR PERIODS**
- 2 CONVERSATION STARTERS**
- 3 PERIOD PRODUCTS**
- 4 PERIOD PREPARED ACTIVITIES**
- 5 SETTING UP PERIOD POINT WASHING STATIONS**
- 6 SUSTAINABLE PERIODS AT CAMP**

The resources were created in partnership with Modibodi, and youth health and sexual education expert 'Interrelate' at no cost to GGA. These professional resources have been published on the Modibodi Teen hub and GGA Website.



1 TALKING WITH GIRLS ABOUT THEIR PERIODS

By approaching the topic with empathy, openness, and accurate information, you can help girls feel more comfortable and empowered about their menstrual health. Here are some tips to help you navigate this important conversation...




Create a Brave and Safe Space

A brave space should be a supportive and safe environment where every girl feels confident to learn, develop and challenge themselves. A space where girls feel comfortable discussing their feelings, concerns and questions about their bodies without judgement.

Use Common, Age-Appropriate Terms

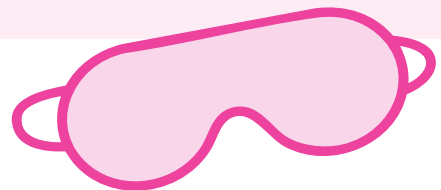
If you are unsure of what it might be called say something like "When I was your age we called it _____. What do you call it now?" This creates a space for mutual learning, shared understanding and building rapport.



Be Open and Honest and Matter-of-Fact

Use clear language to explain what periods are and what to expect. Honesty helps demystify the topic and reduces any feelings of embarrassment or shame. Answer their questions patiently and honestly.

- ◆ A period, also known as menstruation, is when blood and tissue from the uterus sheds and leaves your body through your vagina. This usually happens once a month and is a sign that your body is maturing and growing towards being an adult.
- ◆ The entire amount of blood lost during a period is about 3 - 4 tablespoons. Normally a bit heavier at the start and lighter on the last days.
- ◆ Periods are natural, normal, healthy part of life and nothing to be ashamed of. Talking about it keeps any worries at bay.
- ◆ Every girl is different. Some start their periods at 8, others in their teens.
- ◆ It's normal for initial periods to be heavier or irregular.
- ◆ Menstrual blood can vary in colour.
- ◆ Some girls may experience cramps, bloating, or mood swings before or during their period. Severe period pain, an extreme amount of blood or clots should be addressed with an adult or a doctor.

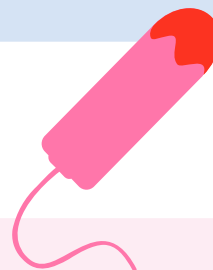


Try Not to Lie or Avoid Questions

If you are unsure of an answer, be honest and tell them. You could say something like "That's a great question I'm actually not sure what the answer is. Let me find out and get back to you because I would like to know too" or "That's a great question. I actually don't know the answer. Does anyone else in the group know the answer?" This shows the girls not everyone knows everything, and you are willing to learn along with them. By inviting someone else to give the answer it shows you are creating a trusted space where girls feel comfortable sharing knowledge with one another.

Normalise the Conversation

Emphasise that periods are a natural and normal part of growing up. Share personal stories or experiences if you feel comfortable, to help normalise the topic.



Address Emotional and Physical Changes

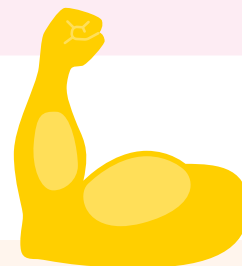
Acknowledge that periods can come with both. Encourage self-care practices and discuss ways to manage symptoms like cramps or mood swings.

- ◆ For cramps or back pain, fill a water bottle with hot water and wrap it in a spare shirt or pack pain relief with written consent from their parent/guardian.
- ◆ Stay hydrated. Drinking lots of water can make exercising easier during their period.
- ◆ Exercise, yoga, stretching or going for a walk can help ease period pain and give them some calming mind space.
- ◆ Wearing loose waist clothes can be really helpful if their stomach is feeling bloated. Dress in what makes them feel comfortable.
- ◆ Put on their favourite music, get them to lay down and stretch to give their body some time out. Meditation, gentle music or their favourite artist whatever works for them.
- ◆ Talk to their friends about what's going on. Let their friends know if they need to slow down or take a break



Remain Period Positive

Reframe any negative comments. For example, if someone says something like "Having your period is dirty" – You might reply to this by saying "Having a period is a natural thing that happens in the female body so that she can have a baby".



Promote Body Positivity

Reinforce positive messages about their bodies and the changes they are experiencing. Encourage them to be kind and patient with themselves during this time.

Encourage Girls to Talk to Trusted Adults

Include brothers, fathers, and other male figures to ensure they are part of these conversations going forward, to reduce stigma.



Anonymous Question Box.

Sometimes girls may not be confident to ask questions out loud in front of others. Using a question box can help. Introduce it at the beginning of the session and advise questions can be put in there at any time.



2 CONVERSATION STARTERS



- 1 You could start by sharing small pieces of information and gauge the girls' understanding based on questions they ask. For example: "Periods are natural, normal, healthy part of life and nothing to be ashamed of. Did you know that talking about them helps to keep any worries you may feel from building up?" or "Every girl is different. Some girls start their periods at 8, others in their teens. Some of you may have started your periods already..."
- 2 You could lean into the conversation by starting with a related topic that's a little more common to talk about like personal hygiene and lead the conversation to periods. For example, the conversation could go something like:

Who brought deodorant with them to camp? Why?

Because we need to wear deodorant so our armpits don't smell.

Have you always had to wear deodorant? Why not?

Deodorant is something we need to start wearing when we go through puberty, as our bodies change from being children's bodies to those of an adult.

What are some other changes that happen during puberty?

What are some changes that *only* happen to girls?

- 3 You could share a story - This could be sharing your own story of when you got your first period. Or a story of someone you know, such as your daughter or a friend. Make sure it is a positive story. This will open up a conversation about periods and period products for example:

When I got my period for the first time I was at school. My mum was called and I had to go home. I wasn't lucky to have all the wonderful information and people to support me like girls have now. Plus, I had to wear a _____ there wasn't the amazing products you can get these days like period underwear.

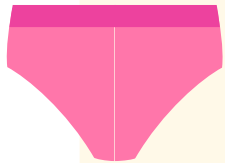
3 PERIOD PRODUCTS

There are a lot of period products out there, it can be overwhelming! It's all about finding what works best for each person, and their body. It's also really important for girls to choose products with the right size and absorbency for their flow.

HANDY HINT

If a girl in your Unit hasn't got her period yet but thinks she might start at camp, she should go for products with a moderate/medium absorbency, and she'll be covered.

MODIBODI PERIOD UNDERWEAR AND SWIMWEAR

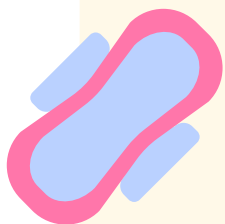


These products look and feel just like regular underwear and swimwear, but they have a built-in waterproof lining which absorbs blood and fluid to keep you feeling dry and free from leaks.

If the underwear starts to feel 'heavy' or 'wet', change into a fresh pair of pants. When possible you can give them a rinse in cold water until it runs clear, then pop them in a waterproof bag ready to wash. You can hand or machine wash Modibodi clothes in cold water, line dry, then wear again and again. The extra bonus is that they are sustainable; no single-use waste.

Camping Tip: Reusable underwear like Modibodi is a great option as it is super easy and convenient to use. Girls are encouraged to pack about 5–7 pairs for a week at camp. And to label them so they know which are which when rinsing them and hanging them out to dry.

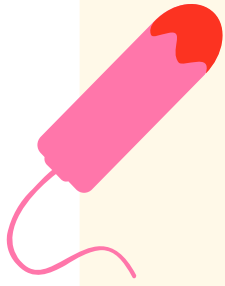
PADS



These are disposable absorbent products you stick to the inside lining of your underwear. They come in various sizes and absorbencies, with or without wings. (The extra bit on the pad that wraps around your underpants to help them stay in place).

Camping Tip: Girls are encouraged to pack 2–3 pads per camp day plus a few extras along with some zip lock/nappy bags so when they venture away from the campsite they can store used pads in their day bag until they see a bin. Pads always go in a bin and are never flushed down the toilet.

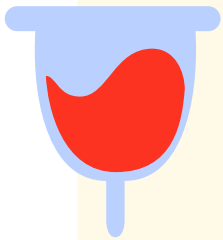
TAMPONS



These are small, cylindrical products made of absorbent material that you insert into your vagina to absorb menstrual blood. They are wrapped in plastic that needs to be twisted and removed first. Once inserted a string hangs outside of the vagina to help removal. They can come with applicators or without. They come in different sizes and absorbencies.

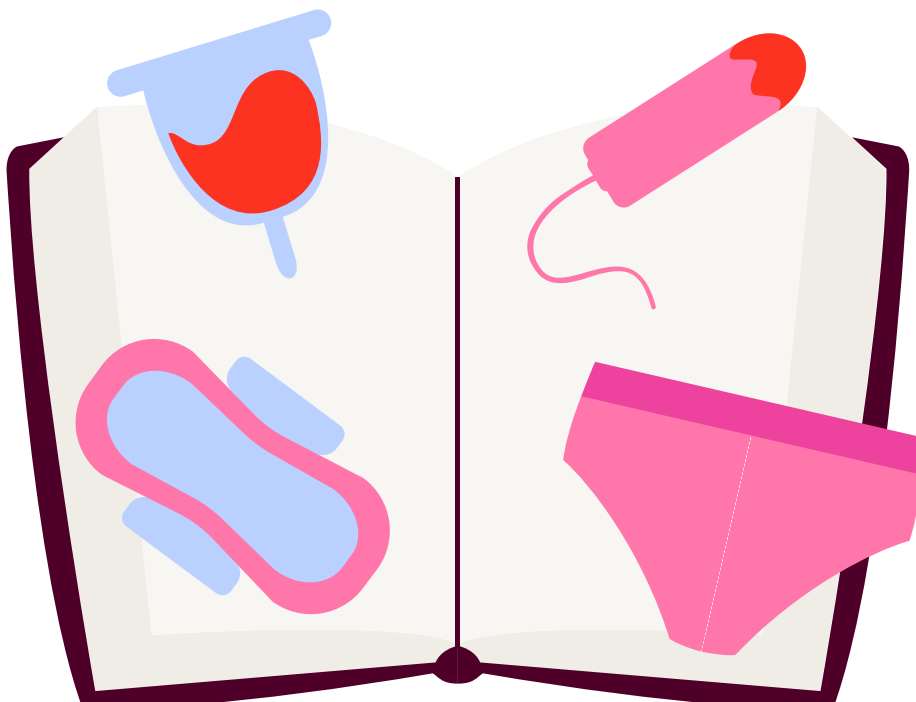
Camping Tip: Girls are encouraged to choose tampons that suit their flow. It is recommended a tampon is changed every 4 – 6 hours. It's best not to use tampons overnight, so maybe switch to your Modibodi underwear or pads in the evening. We suggest they choose tampons without applicators to save space and that they remember their zip lock/happy bags for storing used tampons during their adventures. Remind them to place used tampons in a bin. Never flush them down a toilet.

MENSTRUAL CUPS



Flexible and bell-shaped, these cups are made from silicone or latex rubber. You insert them into your vagina where they sit and collect menstrual blood. Menstrual cups are also reusable and can be worn up to 12 hours before they need to be emptied and cleaned by washing thoroughly with water and following the brand's instructions.

Camping Tip: Girls are encouraged to try their menstrual cup at home first to ensure they are comfortable using a cup. Remind them that they might not always be close to clean running water at camp to keep their cup clean and recommend other products.





Promoting period awareness among girls can be both educational and fun. Help girls prepare a period kit, an artwork or undertake a show and tell session.

Undertaking one or more of the activities listed below with your Unit will give girls the confidence and capability to feel prepared for their period, no matter where they are.



1. PEER-LED DISCUSSIONS

Encourage older girls in the Unit to lead discussions about periods using the information they have learned from the 'Periods Don't Pause Adventures' resource, available on the GGA Program Resource page or Modibodi Teen website. Peer-led sessions can make the topic feel more relatable and less intimidating.



2. CREATIVE ARTS

Encourage your Unit to express their knowledge, thoughts and feelings about periods through drawing, painting, or writing. This can be fun and very individual and helps normalise the conversations about their bodies and reduce period stigma.



3. PERIOD PRODUCT SHOW AND TELL

Display and discuss a period product 'show and tell', showcasing period underwear and swimwear, pads, tampons and menstrual cups. Allow girls to see and touch the products to become more familiar with their options and to reduce the stigma of looking at them together and discussing their use.



4. MYTH-BUSTING GAME

Create a game that debunks common myths about periods. This can be a fun way to inform girls and correct any misconceptions they might have. Prepare a list of statements. Girls put their hand up if they think it's true or hand down if they think it's false. For example:

- ◆ You are not allowed to go swimming if you have your period
- ◆ Everyone will know if you get your period
- ◆ Periods usually come once a month
- ◆ Boys are not allowed to buy pads
- ◆ When a girl has her period, she has to stay home
- ◆ Sometimes periods give you a tummy ache



5. PERIOD TIME TRIVIA

Prepare a list of questions based on 10 period facts. Create two teams of girls, give each team a piece of paper and a pencil and see which team gets the most questions correct in the space of 10 minutes.



6. FILM SCREENINGS

Show documentaries or films that address menstrual health and period poverty. Follow up with a discussion to reflect on what was learned and how it applies to their own lives.



7. MAKE A PERIOD KIT

Organise a session where girls can make their own period kits. It's a practical activity that also prepares them for managing their periods. We suggest that each girl creates a kit with:

- ◆ A closable bag
- ◆ Her preferred period products
- ◆ A toilet roll
- ◆ Hand sanitiser
- ◆ Ziplock bags (or nappy bags)
- ◆ Packet of wipes
- ◆ Pain relief (with the authority of a parent or guardian)
- ◆ Hot water bottle or heat-proof drinking bottle
- ◆ Extra pairs of underwear



8. COMMUNITY SERVICE PROJECTS

Engage girls in Community service projects that support menstrual health, such as collecting and donating period products to those in need e.g. 'It's in the Bag' and the 'Dignity Drive'. This can raise awareness about period poverty and encourage empathy and activism.



9. PERIOD PALS

Encourage girls to create and share a knitted or sewn hot water bottle cover and decorate it as their special period pal.

5 SETTING UP PERIOD POINT WASHING STATIONS

As part of this 'Period Preparedness Initiative' with Modibodi, Girl Guide Units camping will dedicate a sink, or bucket and tap, where girls can rinse their reusable underwear and swimwear or clean their menstrual cups when setting up their camp. These washing stations are called 'Period Point Washing Stations'. Soap or sanitiser, toilet paper or wipes should be part of this set-up.



A simple washing line can also be erected for girls to dry their reusable underwear and swimwear on. Please adhere to health and safety rules to ensure lines are not drawn across public walk ways and fire exits but instead are kept in sunlight in areas where people or cars won't crash into them.

- ◆ Reuseable underwear need to be rinsed in cold water until the water runs clear.
- ◆ Then they should be lightly washed (not soaked) with a little detergent (not softener) before hanging out to dry.

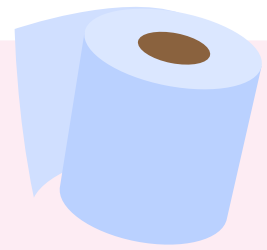
Girl Guides are reminded to add name labels to their reusable underwear and swimwear at camp, so they know which is theirs when they wash them and hang them out to dry.

As part of this initiative, Units are encouraged to create their own flag or sign for their 'Period Point Washing Station' be that a sink or a bucket. This helps everyone in the Unit to know where they can rinse their reusable pants.

Girl Guides are encouraged to design their signs and flags before camp. They're encouraged to use their creative and STEM skills to make a clear and weatherproof sign.

6

SUSTAINABLE PERIODS AT CAMP



Unit Leaders will ensure their camp has a leak-proof toilet tube for disposing of used period products and wipes if bins or sanitary bins are not available where camp has been set up. Leaders are also asked to carry extra period products, wipes and toilet tissue to support girls if needed.

By taking this approach across all Units we aim to create a supportive and inclusive environment where girls feel comfortable and confident managing their periods while enjoying camp activities.

THANKS!

Thank you for your commitment to ensuring Guide Halls and Guide Camps remain a supportive and positive period zone that's a brave space for girls and young women to talk about and manage this natural aspect of their lives.

Email guides@girlguides.org.au for questions or queries.

