

RELEASE DATE: 8 October 2025

**Modibodi and Girl Guides Australia make managing periods easier with
Period Point Wash Stations at camp**

Navigating girlhood is tricky enough. Fear of leaking at sleepovers or camp adds yet another layer of anxiety during those early period years and can prevent girls from participating. Modibodi and Girl Guides Australia have partnered to empower girls to be period prepared and not to fear menstruation.

The 'Periods Don't Pause Adventures' program encourages girls to talk openly about periods with their peers and leaders without any stigma, pick up period facts, take part in interactive games and gain confidence around managing periods at camp – allowing girls to achieve a Period Prepared badge.

This week Modibodi and GGA launched their Period Point Wash Station - a simple, effective and modern laundry set-up for reusable period wear - to nearly 1,300 girls and women at the Jamboree. The Jamboree is the national Guiding event that brings Guides together from around the country and the world.

As an organisation who has advocated for camping for over 100 years, Girl Guides Australia is passionate about ensuring all Girl Guides are empowered to camp. Periods should not prevent them from taking part in camps or any other overnight adventure away from home.

Modibodi embraced the camp spirit by helping girls set up Period Point Wash Stations and demonstrate how to wash their period pants and swimwear. Guides will pass on their knowledge to their Units so that all future camps support stigma free use of reusable underwear and swimwear. Over 800 girls aged 10-17yrs participated – each of them getting a limited edition Modibodi Badge.

Helen Reid, Chief Commissioner GGA reflects, *"The engagement of girls at the Period Points was overwhelming. At Guides, we know that confidence is nurtured through participation and experience, so we really wanted this period activation to be interactive and fun! I am so proud of this modern program supporting girls with their period choices. It is heartwarming to see that our youth members are embracing a community free of period stigma and that our adult members have drawn on their own experiences with periods to support them."*

Building girls knowledge and skills is a core value shared by both Modibodi and GGA and central to the partnership's goals to develop grit, confidence, and a growth mindset in challenging situations. This shared advocacy aims to help all girls put camps and sleepovers back on the agenda.

National Girl Research conducted by GGA revealed*:

- 68% of girls are concerned about managing or getting their period while at camp or a sleepover.
- Nearly a third (32%) said their period prevented them from participating in either.
- An overwhelming 84% said the fear of leaking through their clothes is a huge worry.
- Nearly half (49%) are worried about not having the right period products available.

"Early period experiences have a significant impact on a youth's relationship with periods," said Sarah Forde Head of Sustainability at Modibodi, "our partnership with GGA is extremely important in building positive period conversations and supporting youth organisations include reusable period products into

*their period management strategies. Reusable period pants are estimated to represent over 15% of the period category, with over a ¼ youth using reusables during their last cycle*¹

Modibodi and Guides Periods Don't Pause Adventures initiatives include:

- Modibodi 'teen sleepover' hub with educational materials – Prepared for Camp & Period 101 [Teen Period Prepared Hub](#)
- [GGA Leader & Parent Guides](#).
- [Period Prepared Badge](#) – syllabus available for Girl Guides to undertake as part of their GGA units.
- Period Point Wash Stations at Guide camps.
- Special Modibodi Period Prepared Jamboree Badge for completing positive period challenges.

**The full report 'National Girl Research by Girl Guides Australia' can be accessed [here](#).*

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MEDIA CONTACTS

For further information or an interview about this Period Prepared Program and further images from Jamboree 2025:

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ABOUT GIRL GUIDES AUSTRALIA

We provide a brave space where girls can turn what they choose to do into springboards for who they can become. Gaining life and leadership skills through activities, community involvement and achievement awards. Designed to empower, our framework allows girls to lead their units and the adventures they have supported and mentored by adult volunteers.

Our mission is to empower girls and young women to discover their potential as leaders of their world.
<https://www.girlguides.org.au/>

ABOUT MODIBODI

For over 10 years, Modibodi has been at the forefront of bringing leak-proof period underwear to the world. Founded in 2013 by Kristy Chong, the B Corp certified brand was born from a lack of reusable protection that offered more comfortable, sustainable ways to manage life's leaks. Now, over ten years on from its launch, it boasts an extensive leakproof range comprising underwear, activewear, swimwear and teen-tailored styles, suited for every occasion imaginable. For further information, [visit www.modibodi.com](#)

ABOUT JAMBOREE 2025

Held every 3 years, this national event welcomes Girl Guides aged 10-17ys from all over Australia and the world. This year's event was held at Murwillumbah Showground NSW from 28 September to 5th October. Over 800 girls will participate in challenging, fun, upskilling activities that build confidence, new friendships and lasting memories.

¹ Essity Global Survey of Period Product use 2023