

YOUR PERIOD GUIDE

PERIODS DON'T PAUSE

ADVENTURES

FOR CAMPS
AND SLEEPOVERS



In order to ensure there is no period stigma at Guides, Girl Guides Australia launched the Period Preparedness Program. Now girls are prepared for their periods and are confident to manage them at camps or sleepovers. Fear of managing periods should not stop girls from experiencing the joy of camping or sleepovers with friends.

Period Point Washing Station Set-Up

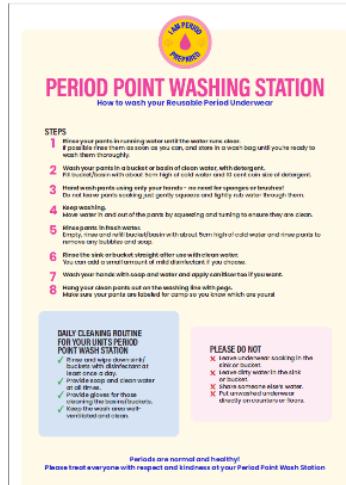
Part of the Period Preparedness Program is ensuring Guide camps and overnight events include Period Point Wash Stations for all Guides to manage their periods.

This may include dedicated sink, or bucket and tap, where girls can rinse their reusable underwear and swimwear, or clean their menstrual cups at camp.

Soap or sanitiser, toilet paper or wipes should be part of this set-up. **Stickers have been designed for your wash and rinse buckets, sanitiser, detergent and hand wash, for you to print out and apply if you wish.**



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.



Reusable underwear is increasingly popular with younger girls. They are easy to use and need only 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.

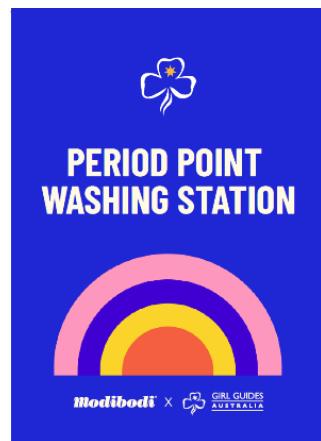
A 'How to wash your reusable Period Underwear' flyer has been created for your reference.

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.

Girl Guide 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 or rinse their menstrual cups.

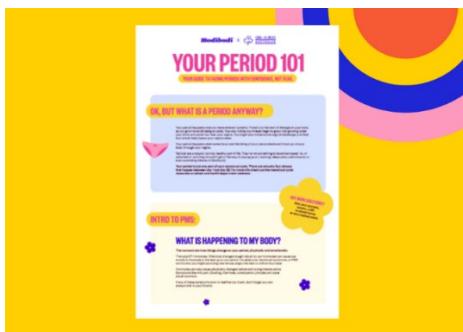
Girl Guides are encouraged to design their signs and flags before camp. They’re encouraged to use their creative and STEM skills to make a clear and weatherproof sign.

Alternatively, a Period Point Wash Station Poster has been created that you can print off and hang at camp.



Period Preparedness Events

Girl Guides are encouraged to talk freely about managing their periods and have fun when doing so. Some Units have taken the opportunity of district, region and State camps and events to share the Period Preparedness resources, to make Guides aware of Period 101, the Period Preparedness Badge and wellness tips and advice for managing periods at camp. Girl Guides can play Period Bingo to win prizes or maybe get to look at different period products as part of a ‘Make a Period Kit’ activity.



Period Preparedness Leader Guide

All the details about facilitating the Period Preparedness Program are covered in the Leader Resource online. Download it here <https://www.girlguides.org.au/resources/period-prepared-program/>

If you have any questions about this program please contact the GGA Adult National Coordinator at adults@girlguides.org.au

