

Period Talk education program information

Please note – The USB will be sent via Australia Post once the machine has been installed.

To support Queensland school students to access free period products and improve their understanding of menstruation, the Queensland Government has partnered with Share the Dignity through the *Share the Dignity in Queensland schools* initiative.

As part of the initiative, all Queensland schools will have free access to an exciting program – Period Talk!

Period Talk is an education program for students in Years 5 to 8, developed by Talk Revolution. The program is designed to ensure that the current generation of children and young people are informed and at ease talking about periods.

Period Talk gives your school access to a set of videos featuring young people, animations and activities, where students will discover much more than just the basic mechanics of menstruation. They will: learn about menstrual cycles; discuss the physical and emotional effects of periods, including period pain; understand the different types of period products available; and think about periods from human rights, cultural and environmental impact perspectives.

The program is aligned with the Australian Curriculum, was developed with input from HPE teachers from around Australia and is endorsed by the University of Western Sydney.

Please find enclosed a USB containing the Period Talk program for your use.

Please note: Period Talk is available for your school to use for free until 30 June 2027.

Resources	
<ul style="list-style-type: none"> ➤ Period Talk teacher notes ➤ Poster ➤ Letter for parents 	
Years 5 & 6	Years 7 & 8
01 – PowerPoint lesson 1 Years 5-6	01 – PowerPoint lesson 1 Years 7-8
02 – PowerPoint lesson 2 Years 5-6	02 – PowerPoint lesson 2 Years 7-8
03 – PowerPoint lesson 3 Years 5-6	03 – PowerPoint lesson 3 Years 7-8
04 – PowerPoint lesson 4 Years 5-6	04 – PowerPoint lesson 4 Years 7-8
Activities	
<ul style="list-style-type: none"> ➤ How much blood video example ➤ Period Talk – Bonus Video 2 ➤ Period Talk – Bonus Video 3 ➤ Period Talk – Bonus Video 4 ➤ Period Talk – Bonus Video 5 ➤ Period Talk – Yoga 	
Episodes	
<ul style="list-style-type: none"> ➤ Period Talk – Animation 2 ➤ Period Talk – Episodes 1- 9 	

If you have any issues accessing the files or any questions, please contact dvm@sharethedignity.org.au and Share the Dignity will assist you.