



# Period Education Project (P.E.P.) Get Started Guide

## GET TO KNOW THE PERIOD EDUCATION PROJECT

### WHAT IS THE PURPOSE OF THE PERIOD EDUCATION PROJECT (PEP)?

The menstrual cycle is considered a vital sign - an important indicator of health, yet menstrual related symptoms are often minimized or dismissed. This national program works with select medical schools to train medical students ("Period Pros") to facilitate community based educational workshops ("PEP Rallies") addressing menstrual health and period poverty for youth ages 11-15 and the adults who support them.

### WHAT EXACTLY IS A PEP RALLY?

Period Education Project (PEP) Rallies are virtual or in-person educational workshops on menstrual health led by two Period Pros for groups of youth ages ~11-15 years and any supporting adults. The workshop includes content created and produced by Girlology, and covers female reproductive anatomy, menstrual cycle basics, period products, safety, and normal and abnormal menstruation patterns. We also provide information on community resources addressing period poverty and trusted resources for additional reproductive health information.

### ABOUT GIRLOLOGY & THE GIRLOLOGY FOUNDATION

Girlology is a physician-led girls' digital health platform that has been educating young people and adults on puberty, reproductive health, mental health, and wellness since 2003. The Girlology Foundation -- a non-for-profit 501(c)(3) was created to improve access to essential health content and improve young women's health. Our programs are designed to educate and inspire girls to overcome barriers to physical and mental wellness.

## HOW YOU CAN HELP IMPROVE YOUNG PEOPLE'S HEALTH

### BECOME A PERIOD PRO or a CHIEF PERIOD PRO

Applications are open to currently enrolled medical students at participating medical schools. The project prioritizes 1st and 2nd year medical students and seeks a diverse team ("PEP Squad") to include one or two Chief Period Pro and 2-5 additional Period Pros. Ideally, Chief Period Pros are active in community service and participate in a clinical interest group related to pediatrics, ob-gyn, family medicine, or community education. A faculty mentor is not required but is definitely helpful in community networking and support for the program. The role lasts until the end of each school year, but may be continued. We will accept Resident participation at the discretion of their program directors.

### HOW DOES IT BENEFIT YOUR COMMUNITY?

- **Eliminate barriers** to reproductive health education for youth and their mentors/parents
- **Provide vital education** that is medically accurate yet rarely provided in schools
- Engage with medical students or physicians in training that can **serve as role models** for youth in your community
- Experience group educational programs that enhance self-confidence, **reduce community misinformation and stigma**, and improve communication between youth and their supporting adults regarding menstrual health



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## BEING A PERIOD PRO WHAT ARE THE BENEFITS & EXPECTATIONS?

### BENEFITS

#### PERIOD PRO

- Serve as a role model to under-resourced youth in your community
- Grasp clinical aspects of adolescent menstrual health including topics that are inconsistently covered in medical school curricula
- Gain experience teaching and speaking publicly to youth and adults about menstrual health
- Develop the skills to improve your comfort in discussing intimate topics with youth and adults
- Engage with your local community through service that is educational, skill-building, and emotionally rewarding

### EXPECTATIONS

- Complete online training (duration of 4 to 6 hours)
- Identify and connect with community partners (i.e. organizations or programs that serve youth through health education, youth enrichment, or healthcare services) to host PEP Rallies
- Deliver at least 3 PEP Rallies with a co-presenter
- Submit a brief standardized report that indicates attendance, their experiences in leading a workshop, and feedback following each PEP Rally
- Recruit and mentor additional Period Pros to sustain the program in their community

## CHIEF PERIOD PRO

- Lead your community's effort to end stigma surrounding menstrual health and empower youth through accurate education about periods
- Access to direct mentorship by the physician leaders of The Girlology Foundation
- Connect with Chief Period Pros at select medical schools across the nation and form a network of peers dedicated to medical education and adolescent health

In addition to Period Pro responsibilities, the Chief from each campus is expected to:

- Coordinate & communicate the schedule for PEP Rallies and Period Pros in your community
- Ensure squad's training goals are met
- Serve as a liaison between the medical school and Girlology by attending a quarterly virtual leadership meeting with our physician leaders
- Sustain your school's program by introducing the opportunity to incoming classes
- Assist in succession planning to recruit the next Chief Period Pro

## 3 SIMPLE STEPS TO GET GOING

### 1 IDENTIFY YOUR CHIEF PRO.

The Girlology Foundation works with your medical school to identify and prepare your Chief Period Pro.

### 2 SHARE. SELECT. LEARN.

Girlology Foundation collaborates with your Chief Period Pro to recruit and train (online) your PEP Squad -- a team of 3-5 Period Pro students.

### 3 CONNECT. DEPLOY. IMPACT.

Girlology Foundation will support your Pep Squad as they connect with community organizations (i.e. Girls Inc.), facilitate PEP Rallies, and evaluate the impact they are having in your community. During the COVID-19 pandemic, PEP Rallies will be held virtually.

### How do I apply to be a Chief Period Pro OR get my medical school involved?

Request an application and/or additional information by emailing [PeriodPro@GirlologyFoundation.org](mailto:PeriodPro@GirlologyFoundation.org)