



Preparing for Periods

A 4 week course for girls living with intellectual disability and/or Autism Spectrum Disorder on preparing for periods and managing puberty.

Preparing for Periods is a program tailored specifically for girls living with intellectual disability and/or Autism Spectrum Disorder, to help them understand their bodies and growing up. This program teaches practical skills using visual and conceptual tools to help prepare for and manage the physical, social and emotional changes that occur during puberty.

The program focuses on:

- ❖ Understanding the concept of consent
- ❖ How bodies grow and change throughout puberty
- ❖ Identifying public and private body parts, places and behaviours
- ❖ Different methods to manage periods
- ❖ Healthy and hygienic habits
- ❖ Private help and private helpers
- ❖ Protective behaviours to prevent abuse and stay healthy

Parents and carers will be introduced to the course content in a 2 hour session during the week prior to the course to facilitate a better understanding of some of the complexities that the girls may encounter. A 4 day course will follow for the girls who will be joined by their parent and/or carer who can help with their individual learning needs. A second parent/carers session will follow the course.

[To register please complete an enrolment form](#)

Sessions: 2 x 2 hour sessions for parents only, plus 4 x 2 hour sessions for child plus parent/carers

Venue: SHFPACT, Level 1, 28 University Avenue, Canberra. Please note that places are limited to 6 children plus parent/carers

NDIS Categories Applicable: Improved Daily Living Skills

Cost: NDIS Capped maximum cost: \$1356.08; NON---NDIS \$1490 (GST included); Limited scholarships available

Booking and Enquiries: training@shfpact.org.au or 02 6247 3077

2020 Dates: January 21-24 from 10:30 to 12:30, parent/carers sessions 16 January and 6 February from 17:30 to 19:30 and July 7 – 10 from 10:30 to 12:30, parent/carers sessions 25 June and 23 July from 17:30 to 19:30