

## Parent and Guardian Form PPEP Talk®

Chevalier College has elected to participate in the PPEP Talk® (Periods, Pain and Endometriosis Program) visit on Monday March 4<sup>th</sup>. 1:40pm – 3pm.

### Why is this talk important?

A recent study has shown 1 in 4 Australian girls, or people assigned female at birth, aged 16-18 years suffer severe period pain, enough to miss school, which is a big problem for students, families, and education services.

With an estimated 700,000 women, girls and gender diverse people assigned female at birth in Australia living with endometriosis, and diagnosis often delayed for several years, improved education in this area is long overdue. Without early support, these people may pay a high price in missed opportunities.

### What is PPEP Talk®?

PPEP Talk®

- is funded by the Federal Government and is part of the National Action Plan for Endometriosis.
- is an initiative of the Pelvic Pain Foundation of Australia (PPFA). They are dedicated to helping young people manage their pain so that they can live to their full potential.
- has been developed by medical and education professionals and demystifies period pain, pelvic pain, and endometriosis.
- includes discussion around normal menstruation, how to recognise when symptoms are abnormal, simple ways to improve symptoms, and when to look further for help.

### What is discussed?

- Brief recap of pelvic anatomy and periods.
- 5 different types of pelvic pain someone may be experiencing and easy strategies to reduce this pain i.e., medication (anti-inflammatories), hormone options (oral contraceptive pills (OCPs), contraceptive implants and intrauterine devices (IUDs)), the role of pelvic muscles (stretching, heat and movement), diet, exercise, sleep, cycle tracking, positive experiences, and pain psychology.
- The neuroscience of pain.
- Endometriosis - how common it is (1 in 7 women, girls and gender diverse people assigned female at birth), how to recognise when someone has it and how to treat it.
- Practical ways to support friends and family that experience period and pelvic pain.

- Where/how to get further support and our Next Steps sessions for families of students with pelvic pain.

It is reiterated throughout the program to always discuss options with families and doctors first and that PPFA do not endorse any of these treatments, they are just some options that are out there so students feeling informed to make the best decision for their body. We respect cultural and religious differences and are sensitive to the needs of these schools and families. We apply this sensitivity to our content, especially around hormone options like the OCPs, Implants and IUDs, and speak about them in terms of pain management, not contraception. Hormone options for pain only make up a very small component of our presentation.

If you prefer your child to **NOT** participate in this program please contact Kelly Clunn [clunnk@chevalier.nsw.edu.au](mailto:clunnk@chevalier.nsw.edu.au) Assistant Principal – Wellbeing, by Wednesday 28<sup>th</sup> March.