



JUNE 30TH 2023

AWFOSA PERIOD POVERTY GRANT DELIVERABLES



QUOTES

The High Tea

Agnes, Female 16 years old

"I loved that we could speak openly, I learnt that periods are [all] different and that it is normal, I learnt that warm water helps."

Gloria, Female 13 years old

"The High Tea was very helpful, and I learnt new things... I learnt about how to smell good and have good hygiene on your periods".

Stephanie, Female 14 years old

"After going to the High Tea, I got to see the mother's perspective more. I got to see how they managed their periods and the different traditions and how they did stuff back in the day and I also got to see the progress in the world we have and how lucky we are. I enjoyed interacting with people my age and doing activities with them and seeing how open mothers were about the possibility of this new subject..."

Representatives from AWFOSA

Cathy Maternal Health Care Project Officer

Such an exciting project, one of my favourites! Eagerly attended especially by mothers bringing daughters. Excited response to resources, so much to talk about, we could have spoken for hours more in all sessions!

Josephine Maternal Health Care Project Assistant

To reduce the stigma within the African communities, we need to continue the conversation especially with mother and daughter sessions, I'm aware it's a complex topic but we need to continue to educate our mothers.

Adelaide Secondary School of English Period Sessions

Name one thing you liked about this session.

Anonymous Feedback Female (aged between 11-17)

"How to be careful about periods and try to relax while I am in my period"

Anonymous Feedback Female (aged between 11-17)

"How not to be shy when you talk about your period".

Anonymous Feedback Female (aged between 11-&17)

"...the showing of products that we use for periods".





High Tea

April 18th, 2023, at the Eureka Hotel Function Room
Salisbury. (22 young people, 11 mothers)

This was a very aesthetically beautiful event, with table decorations and food. The highlights were:

- Beautiful celebratory, positive atmosphere around Periods
- Healthy and open discussion around African traditions with mothers and daughters.
- Making Menstrual bracelets with the girls and mothers.
- Wonderful feedback, mothers expressing surprise at learning new things.
- Young women discussing new information and being able to speak openly with mothers was another highlight.



Maternal Health Care Project Conference

May 26th, 2023, at St Clair Recreation Centre (75 attendees)

This was another opportunity to break down stigma and educate around Periods. We collaborated with the SA Company Taboo Period Products, who distributed product and supervised distribution of Period Bracelet Kits and education around the Menstrual Cycle. The actual Conference date was chosen to coincide with World Menstrual Hygiene Day (28th of May). This event also initiated a collaboration with Taboo to provide AWFOSA with free products for distribution on a long term basis.



Period Session at Adelaide Secondary School of English

June 14th, 2023, at Adelaide Secondary School of English, West Croydon
(17 participants)

This was a fun and interactive session; the young people were very engaged, and interacted well. Lots of hands-on activities. The highlights were:

- Discussions: after the initial shock around the inclusion of a boy in the video, the discussion was lively and focused on diversity in Africa, which countries can and cannot talk to men/fathers/husbands about Periods.
- Collaborating with the School, identifying the specific needs students, streamlining the presentation accordingly (e.g., identifying safe people to discuss period issues with either at home, community or school).
- Recognition that even within the African nations there are different, taboos, traditions and norms.
- Identifying parts of the Pelvis by feeling the bones of the hip etc. discussion around where the reproductive organs sit within the pelvis for protection. After some embarrassment they identified hip and pelvic bones etc.

Explain how the program is expected to continue.

We see a great value in our community for this program, in fact it was one of our most well attended and successful subjects the Maternal Health Care Project delivered. Young people, mothers/caregivers and teachers all identified the value and embraced the opportunity to facilitate sessions and were eager to be educated about Periods. We have seen solidarity since doing this program, feelings that together we can end the stigma and Period Poverty. We could easily deliver more in various African communities and a wider range of schools.

Additional Photos



High Tea



Adelaide Secondary School of English



High Tea



High Tea



Adelaide Secondary School of English



Adelaide Secondary School of English