



The Periods, Pain and Endometriosis Program (PPEP Talk®) is an initiative of the Pelvic Pain Foundation of Australia (PPFA), jointly funded by the federal and state governments.

PPFA is dedicated to supporting those who suffer severe period pain, pelvic pain, and endometriosis to allow them to fulfill their potential and live the best life possible. To do this, we are committed to bringing medically responsible, positive, and interactive education to schools in Australia.

A health and wellbeing education program for students in Year 10, PPEP Talk® is an Australian first being presented in Secondary Schools across Government, Catholic and Independent sectors. The program offers the latest in modern knowledge and the new neuroscience of pain to Australian teens.



The program includes:

- a 1.5 hour positive, fun, educational and interactive program discussing period pain, pelvic pain and endometriosis
- tailored sessions for students assigned female at birth, students assigned male at birth, special education, and culturally diverse students. The program is inclusive of age, culture, and gender
- an opportunity for individual students to discuss their personal pain circumstances with a medically trained educator following the presentation
- the provision of a book on Endometriosis and Pelvic Pain to each school for their library
- a guide to further resources, information and services for students and their families to use if pain is distressing
- the program is offered to metropolitan, regional and rural areas.

PPFA is committed to supporting teenagers who suffer severe period pain, pelvic pain and endometriosis to allow them to fulfill their potential and live the best life possible.

If your school would like a PPEP Talk® email us at ppeptalksa@pelvicpain.org.au or call (08) 8291 7923 for more info.



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