



More Than a Pad. A Programme That Changes Everything.

A school-based menstrual preparedness programme that turns product access into lasting behaviour change for girls in Grades 4 to 9.



The Problem

Our own research with girls in KwaZulu-Natal found that 88% felt unprepared for their first period, 52% had missed school because of menstruation, and 45% carried shame around it. Product access alone does not address any of these realities. A girl who has a pad but does not understand her body, cannot speak about her period without shame, and has no trusted adult to turn to, is still a girl at risk of missing school.

88%

felt unprepared for
their first period

52%

missed school due
to menstruation

45%

carried shame
around their period

Source: Period Pal primary research, KwaZulu-Natal (n=68)

What Period Pal Does

Period Pal is a structured, facilitated behaviour change programme delivered directly in schools to girls in Grades 4 to 9. It builds menstrual literacy, reduces stigma, and equips girls with the practical knowledge and emotional readiness they need before their period arrives, not after.

The programme is delivered through Flow with Confidence: with Period Pal, a facilitated board game that uses scenario, challenge, and myth-busting cards to simulate real menstrual decision-making in a safe, age-appropriate group setting. Sessions run 45 to 60 minutes and accommodate groups of up to 60 learners.

Every session is facilitated by trained Big Sisters: young women who serve as trusted, relatable figures for the girls they work with. This removes the topic entirely from the classroom teacher, meaning no staff preparation burden and no risk to the school's relationship with parents on a sensitive subject.

CAPS Alignment

Period Pal complements the CAPS Life Skills curriculum by covering the menstrual health content that CAPS does not address: stigma reduction, emotional preparedness, and practical menstrual management skills.



Girls participate in a facilitated Flow with Confidence: with Period Pal session, Langalibhalele Primary School, July 2026

What the Data Shows

In July 2026, Period Pal delivered its first formal school deployment with our implementation partner Active Minds Society at Langalibhalele Primary School in Inanda, KwaZulu-Natal, reaching 39 learners across six facilitated groups. Results were measured using structured pre and post-session assessments at every group:

91%

average reduction in
learner stress levels

100%

of high-stress learners
showed improvement

100%

wanted to learn about
menstrual health this way

Session-level data collected through a structured assessment tool — not impressions, measured outcomes.

What You Get as a Funder

- Facilitated sessions delivered to girls within your beneficiary communities in KwaZulu-Natal.
- Pre and post-session learner data collected at every session, giving you verified outcome evidence.
- A structured impact report at the end of the funding period, ready for ESG and CSR reporting.
- A behaviour change layer that makes your existing product distribution investment significantly more defensible and impactful.

R250 per learner | Inclusive of facilitated session and hygiene pack

Hygiene Pack Includes: a bar of soap, toothbrush, toothpaste, roll-on/deodorant, a pack of pads



About Empoweriod

Period Pal is a product of Empoweriod (Pty) Ltd, a Durban-based social enterprise dedicated to building menstrual preparedness systems for South African schools. Empoweriod holds Level 1 B-BBEE status and is 100% black-owned, woman-owned, and youth-owned.

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