

Media release

For immediate issue

Sexual Health Victoria fights period and pelvic pain stigma with a new school initiative

Sexual Health Victoria (SHV) has partnered with the Department of Education to offer free education sessions in 400 Victorian government schools to help reduce stigma about menstruation and pelvic pain. These sessions will boost knowledge for young people who menstruate to seek help early to improve their long-term health outcomes, and give students strategies to support peers who menstruate.

The program aims to help students feel better supported and more comfortable discussing menstrual health and provide education staff with tools to support the health and wellbeing of young people. The program is being rolled out by SHV in metropolitan and regional schools to ensure equitable access.

Sexual Health Victoria's Head of Education Sam Read said this new program supports students experiencing menstrual health issues and pelvic pain to have the skills and confidence to seek timely and effective care.

"Menstrual and pelvic pain impacts students' daily lives and can affect their ability to engage in education at school. Receiving evidenced based, curriculum aligned education in school will help students who menstruate develop the skills and confidence to seek help early to access treatment," Sam said.

"By providing students with the knowledge and confidence to manage their health, we are fostering a future where menstruation is understood, supported and is no longer a barrier to education."

According to a [2024 Australian study](#), one in five young people experience severe pelvic pain during their periods.

SHV is also offering 20 professional development sessions for teachers, delivered in-person and online. The sessions aim to help educators better understand menstrual health and pelvic pain so they can create a supportive learning environment and be confident, along with students, in breaking down the stigma about menstruation.

With the launch of this new education partnership, SHV is working to create an open and inclusive learning environment where students feel comfortable discussing menstrual health.

For more information about Sexual Health Victoria, visit shvic.org.au.

Quote from Minister for Education Ben Carroll

“Schoolyard conversations around menstruation and pelvic pain have historically been seen as taboo. This free education program is ensuring more young Victorians are informed and empowered to seek help before their pain impacts their health and their education and so they do not have to suffer in silence.”

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About Sexual Health Victoria

Sexual Health Victoria (SHV) is an independent, all-choice health promotion charity dedicated to education, advocacy and care. SHV are experts in designing and delivering Relationships and Sexuality Education.