

PERIOD PARTY PACK



A program presented by:

DiVINE
DR  PS

TABLE OF CONTENTS

1. What is/Why A
Period Party?

2. Know Divine
Drops.

3. Topics to pick

4. Let's start by the
beginning

5. Introductions.

6. Before the
Period Party.

7. During the
Period Party.

8. The after party.

9. Period Party
checklist.

1 WHAT IS A PERIOD PARTY?

A step-by-step period advocacy program that anybody could turn into a period party in their own home. **It includes the tools, games, handouts, education, and planning steps** to successfully throw a party.

WHY A PERIOD PARTY?

The purpose is to have a fun safe space for all menstruators to educate, learn and advocate for period health. This party is similar to a workshop and is intended to help decrease all stigmas surrounding period talk.

2 KNOW DIVINE DROPS

- **Who is Divine Drops?** A non-profit international organization aimed to end menstrual poverty and misinformation. We create and share educational experiences and sustainable products around the world, creating a new future for communities around the world.
- **Our mission:** Improve women's health through sustainable menstrual products, holistic education, and a caring community. We want to make period care easy, painless, and accessible for women around the world.

3 TOPICS TO PICK

Every period party will talk about the period, but this is a really complex topic involving many aspects, so we have divided it into three ways to talk about it. They all include a different presentation and extra material according to the specific purpose. Choose one before organizing your Period Party!

Period Health 101

- All about the cycle
- Our seasons
- How's a normal cycle?

Reusable menstrual products.

- **The period**
- Informing about products
- Living a sustainable period

Menstrual Hygiene

- **Menstrual products.**
- Taking care of the body.
- Natural responses and how to manage them.



LET'S START BY THE BEGINNING

Settling our objectives is essential to choose the directions that our plans will take, even if it's a party, that's why we invite you to write your goals and motivations for this activity so we can use this to structure the Period Party.

My Personal goals.

-
-
-

My goals for the participants:

-
-
-

My motivation to host this party:

-
-
-

We share with you our intentions as Divine Drops for the Period Party:

- Present the period as an essential good health indicator and as a balance result.
- Build the idea of the cycle as a communicator of our needs and the importance of adapting our lifestyle in order to keep the balance naturally.
- All the personal information of the participants shouldn't be shared outside of the workshop.
- Let's understand that every opinion is based on an experience, two participants can not agree and it's ok, we're rich in wisdom and knowledge because we live in different contexts.
- This is a conversation, we're not evaluating the knowledge, feel free to share every doubt, comment, or inconvenience about a topic related to the period, our cycle, feminine wellness, reusable menstrual products, etc. We're stronger if we build our ideas together.
- Remember- you are not a medical professional. This is meant to be a safe space to learn and raise awareness of menstrual health. However, you could connect people to local resources as needed or requested. Create a safe space where women can share their experiences and how they experiment with their cycle, evaluating the ideas and knowledge about their bodies and femininity. You can always direct them back to the courses that we have available on the website.

5 INTRODUCTIONS.

Before the Period Party let's see what we'll need to think about:

1. If you have any questions feel free to **contact our team** at hello@divinedrops.org
2. Update your **invitation design** for your Period Party, including the time, place, address, and extra information indicated in the frames that we share with you on the final pages, here you could find the Instagram post, Facebook post, Facebook banner, and Instagram/Facebook story, we suggest the invitation should be published at least two weeks before the party. later we add how you can make your guest list
3. Decide **who will lead** which parts of the workshop if you have multiple hosts, write their names right here:
 - Games and activities: _____
 - Educational presentation: _____
 - Advocacy presentation: _____
4. **Prepare and educate yourself** about the cycle, **Divine Drops** and feminine wellness information that will be shared in the Period Party, **here we include the QR codes for the courses** that we find helpful understand better your cycle, menstrual hygiene, and a cycle syncing guide. It will be really **useful to answer the participants' questions** or you can refer them to our website and social medias for more courses and downloads.

Menstrual hygiene course:



Our cycle course:



About Divine Drops:



Required About Divine Drops Presentation.

5

INTRODUCTION / INVITATIONS

Invitation frames and flyers to print.

**Instagram and Facebook
invitation post:**



**Facebook banner
invitation:**



Invitation poster:



Invitation for stories:



**Decorative images for
pictures:**



**Educational content for
the participants:**





BEFORE THE PERIOD PARTY. (INVITE LIST)

One of our biggest questions is "whom to invite?" and it's simple: women interested in feminine health, hormonal wellness or women struggling with their period symptoms, menstrual products who want to better understand their body and cycle.

Some potential groups are:

- **Family:** mother, mother-in-law, sisters, cousins, aunts, sisters-in-law.
- **Friends:** all your girlfriends and also tell them to bring their significant others who experience a period.
- **Social network:** Old friends, college or school acquaintances, mothers of your children's friends, members of a sports team or activity group, activists from previous political campaigns, etc.
- **Female neighbors:** From around the block or the place you lived last year.
- **Religious community:** women from your church, your online religious community or women that you met in religious events.
- **Workplace:** Your current and former female co-workers, your boss, your employees, member of your union, and contacts from your professional life.
- **Other Lists You've Made:** Isn't it great to save time with lists you've already made? How about your invite list from your last party, your holiday card list, your email contact list, classmates from your last reunion, your address book, your phone book, etc.

Combine these contacts into a single list so you could keep track of all the expected attendants and send a personal invitation.

A couple of days after you invite them, follow up with anyone who hasn't responded yet. A quick phone call or text to check-in is a nice touch. **If it turns out they can't make it, ask if they'd be willing to donate anyway and send them our donation links:** On our website OR **CashApp: \$divinedropsglobal or Venmo: @divinedrops**

6 BEFORE THE PERIOD PARTY. (DECORATE)

Let's start with the logistical part so that everything is prepared and everyone can enjoy this moment of self-knowledge to the fullest.

- **Print out the Period Party Participants handouts** that we shared with you, it includes all the information they should keep from the Period Party and additional educational resources that they could use in their daily life. In case you wouldn't like to provide the materials printed (for any reason) you can also share the document with the QR code so anyone interested could print it by themselves.
- **Review your PowerPoints** or printed material that will help you to lead the Period Party and decide how you will present the slides, on your iPad, laptop, projector, printed version?
- **Decorate** to what your heart desires! You do not have to do exactly what these pictures include, they are just for inspiration; keeping a similar color theme makes it easier*, and have fun! (Your nearest Dollar Tree may have most of these party supplies such as balloons, hanging decor, confetti, art pieces, table covers, etc).

OPTIONAL: A "photobooth" or a "backdrop" for attendees to take photos in front of (this is super fun) or create homemade signs to take photos with.



Doing the decoration in red colors just adding the theme of the party is a good idea to promote the program.



The food, desserts, drinks, etc, could be an excellent option to customize according to the period party theme.



Check out our Pinterest Board here for more ideas.



Here is our Amazon idea list. *None of these things are necessary to throw a party*

6

BEFORE THE PERIOD PARTY. (SNACKS)

Can't have a party without food! Try to provide **period-friendly snacks** and food for attendees to eat during the event. This could be a great educational opportunity for period nutrition! These are just a few options and their recipes, you're free to decide which option is better for you!

Dark chocolate:

High magnesium content that eases period cramps and regulates hormones
You can grab these from your local grocery store with brands such as Lindt, Ghirardelli, Dove, etc!

Charcuterie Board (Char-Coochie Board):

Almonds and Pistachios
Fruits: watermelon, blueberries, cucumber,
Veggies: Broccoli, Cauliflower, Celery
Carrots (with any choice of dipping)

No Bake Energy Bites:

Benefits such as a regular cycle and reduced period cramps
Here is the recipe:



Chunky Monkey Greek Yogurt bar:

Filled with protein, only 6 ingredients needed to make this yummy and sweet treat:



Protein/ Fiber snack ideas:

The combination of protein and fiber make for a great blood sugar friendly snack:



These are **just suggestions**, surely you'll have better ideas taking into consideration your context, the season of the year, the available food and even the budget you have chosen for the Period Party; the important thing is you don't feel stressed about preparing a lot of things, something simple is perfectly fine!

7

DURING THE PERIOD PARTY.

- Have a clock visible to **maintain good time**.
- While the activities and information-sharing moments create a space where everyone could see you and set up the place in a way that **promotes connection**, which could include essential oils, incense, candles, soft music, a comfortable light, etc.
- Place the printed Period Party Participants handouts in a visible place so everyone could get one before starting, and remind the participants to take one.
- Start the period party with an **ice-breaker**, let's see some options:
 - Why are you here today?
 - The host can start first and popcorn to the next individual (Ex: Name, "I am here because I want to learn about the phases of a cycle").
 - Describe your period in one word.
 - The host can start first and popcorn the next individual (Ex: Name, "One word that describes my period is: exciting")

If in a setting with a whiteboard available, try using it to be more interactive or use sticky notes for answers!

- When did you first get your period and how was it?
 - The host can start first and popcorn to the next individual
- What's a fun fact about you?
 - The host can start first and popcorn to the next individual (Ex: Name, Pronoun, "A fun fact about me is that I tap dance!").
- After the start activity, start your presentation according to the theme of your party that you have chosen from the beginning, remember that you can use the PowerPoint as a projection or simply keep it as a support for yourself and share it with the participants using only your voice.
- After the presentation, start with the "period activist basics" PowerPoint, it applies no matter what presentation you choose.

Period activist basics presentation



Required

Period health 101 presentation



Reusable menstrual products presentation



Menstrual hygiene presentation



Pick one educational topic to cover.

7

DURING THE PERIOD PARTY.

As you can see, in your presentation you have spaces for activities, the objective of these activities is to move our bodies, reinforce the information and even evaluate the effectiveness of our methods; that's why we divide them into three groups as you'll see the indication in the presentation.

- **Group 1: Energizers**

1. **Period Piñata.**

A party isn't alive until there's a pinata! The uterus pinata is optional, so you can buy any pinata style.

Here's how to make a DIY pinata: www.youtube.com/watch?v=xN5kRKtzanw.

Optional prizes inside Dark chocolate, period products (tampons, pads, period cups), stress balls, face masks, heating pads, tea bags, etc.

2. **Yoga or a Dance party for Period Pain & hip movement.**

You will need a nice open space either carpet or wooden floors, you can pick a tune beforehand or a short youtube video for stretching or focusing on the hips.

3. **Cookie Decorating!**

Have attendees decorate their cookies to what a uterus, pad, tampon, and/or vagina may look like to them. A fun activity for attendees as you educate them about different topics.

4. **Period Pictionary.**

Have a list of anatomy names (or other relevant cycle things in a basket) and ask participants to pick a paper and then draw and have participants guess - this is a favorite.

5. **Social Advocate.**

Depending on the group you could decide on a Instagram or tik tok trend to make a group video with, make sure everyone agrees to participate and for you to post. Make sure to share it with everyone after it's completed.

- **Group 2: Reinforcers.**

1. **The letterbox.**

Give 5 minutes to the participants to write their questions about the given information on a paper piece (provided by you), put all the papers in a box/bowl/cup where you can shake them. Answer all the questions the time allows you to answer.

2. **The board.**

Put a line across the room where all the participants should stand on. The right side from that line will be "true" and the left side will be "false", throw a "true/false" question according to the presentation topic and the participants will answer standing up on the side of the line they consider is the answer.

These games are suggestions, for sure you can add anyone you consider will be useful. Just keep in mind their safety and how you can implement the Period Party theme.

7

ADVOCACY ACTION STEPS.

Empower Girls and Women: Join the Period Party to Advocate for Sexual, Menstrual, and Reproductive Rights. Discover actionable ideas to ignite change within your community, fostering a fair life for all menstruating women. After you complete your advocacy PowerPoint, share three with your community and together, let's amplify our voices, share knowledge, and inspire advocacy for a brighter future.

1. **Throw their own Period Party.**

Invite them to get involved in this program, talk about your experience, and even give them some tips to make it easier, it will be a really good way to reinforce your community connection.

2. **Start talking about reusable menstrual products.**

Transforming our relationship with menstruation begins with how we experience it. Embracing reusable menstrual products allows us to prioritize our comfort and well-being. That's why we create safe spaces, like the Period Party, to discuss the benefits of reusable options and raise awareness about the environmental impact of single-use products.

3. **Spread awareness.**

Encourage the girls to start speaking loudly about our cycles, our period, and the way every woman experiences it. A great activity for this would be posting a story, group picture, or planned reel/tik tok about the Period Party on their social media and sharing their biggest learning from this.

4. **Sign up as a Divine Drops volunteer.**

In Divine Drops we have created a lot of programs, courses, and materials where we need volunteers to participate, fundraise, and outreach in their communities, signing in to our website, contacting us on our social media, and getting involved as a menstruator is an incredible way to share the vision.

5. **Share your flyer.**

Included in your handouts is a one-page flyer about Divine Drops, we ask that once you review the flyer and then think of what coffee shop or community space you can share this in.

6. **Donate**

Unleash the Power of a \$10 Donation: Empower Girls and Transform Reproductive Health Today. With Divine Drops, your small contribution creates a sustainable ripple effect, providing vital resources and knowledge to make a lasting impact. Join us in changing lives with just \$10 - donate through our website now and be a catalyst for positive change!

8

THE AFTER PARTY.

- Submit your workshop pictures to the Google folder, we share with you the QR code of the folder at the end of this page. Make sure pictures have **received permission** before uploading.
- **Share with your community** on social media how it went, talk about the results and post your favorite images about the event. Don't forget to tag @divinedrops_, we'll love to share it with our community of menstruators!
- Send out the **Post-Period Party participant survey**, here is included the permission to use their image and contact information for the next steps in our social media accounts and future activities. We attach the QR code at the end of this page. We suggest you print the page that we include in this guide that includes a lovely message thanking them for their assistance and adding the codes so they could scan and answer it easier.
- Fill out the **Period Party host survey** by Divine Drops by giving us your honest feedback; we appreciate the comments. We attach the QR code at the end of this page.
- In case you weren't able to share the survey with the participants during the Period Party, copy and send this message to all of them:

Hey there! We wanted to say a big thank you for joining us at the Period Party. We had a blast and hope you did too! By being part of this event, you're taking powerful steps to change the future. We'd love to hear your thoughts and experiences, so please take a 2 minutes to fill out this quick survey <https://forms.gle/2XJapYs5fequqU3f7>. Your feedback means the world to us and will help Divine Drops continue making a difference. Thanks again for being awesome and joining us in advocating for menstrual health and empowerment!

Google Folder for Party Photos:



Post-Period Party participant survey:



Post-Period Party host survey:



9

PERIOD PARTY CHECKLIST.

As a reference, here is a recommendations of an agenda to use for the day of your period party. We feel a **2 hour party** is a nice number to have a party but this can be flexible to you and your gusts needs.



DEFINE YOUR PERIOD PARTY PURPOSE.



PREPARE YOURSELF FOR THE TOPIC AND GET USED TO THE PRESENTATION AND CONTENT.



EDIT YOUR INVITATIONS WITH YOUR DETAILS AND SHARE WITH INVITEES.



DECORATE THE SPACE AND PREPARE THE MATERIALS YOU'LL PROVIDE TO THE PARTICIPANTS.



THROW THE PERIOD PARTY.



PROVIDE THE ADVOCACY INFORMATION AND ENCOURAGE THE PARTICIPANTS TO TAKE ACTION!



SEND POST-PERIOD PARTY SURVEYS.



SHARE THE PHOTOS AND UPLOAD THEM FOR US!

9

PERIOD PARTY AGENDA.

As a summary, we present a quick party agenda of everything that you'll need to complete in order to throw a successful Period Party!



10 mins

Time for connection, greetings, get snacks (this is important because people will be talking personal topics.)



10 mins

Ice breaker/intro activity of your choice.



5 mins

Share/talk about the required handouts with everyone. Found in google Drive & in canva on this QR.



20 mins

Stop for snacks and activity (like making a group reel of your choice).



30 mins

Educational Topic Time, pick one of the three options - (the PowerPoint includes pauses for games)



30 mins

Go over the Advocacy PowerPoint and then talk about the advocacy topics on page 11.



10 mins

Wrap up with conversation, sharing stories, get more photos, you can share survey now or wait and text it afterwards.

THANK YOU FOR HELPING US TO BUILD THE FUTURE WE WANT FOR OUR GIRLS!

SCAN THE QR CODE AND TAKE THE POST PERIOD PARTY
PARTICIPANT SURVEY, WE APPRECIATE YOUR FEEDBACK!



YOUR DONATIONS MAKE THE
CHANGE POSSIBLE!

 CashApp: \$divinedropsglobal

 Venmo: @divinedrops

ANY OTHER THING YOU
NEED? CONTACT US!

 @Divinedrops_

 www.divinedrops.org

 hello@divinedrops.org

