



it's perfectly natural

Providing FREE interactive resources to encourage open and honest conversations about periods

Welcome to the **betty, it's perfectly natural** school programme.

We are delighted to offer schools our free, digital-led resources, including teacher notes, online interactives and films to help tackle period education. We're also offering a limited number of schools a **visit from the betty bus**.

This exciting and completely **FREE** opportunity provides teachers with engaging in-class lessons that are simple and easy to deliver, followed by an exclusive visit from the betty bus. The bus offers experiential activities and guided discovery for girls and boys in KS2 and KS3.

Getting involved couldn't be simpler!

Step 1: register on the betty for schools website and request a visit from the betty bus by following this link: <https://bettyforschools.co.uk/>

Step 2: you will then be contacted with available dates and asked to complete our booking which you'll need to return to us to confirm your slot

Step 3: once booked you will receive a confirmation pack which will support the planning of the betty bus visit to your school

Step 4: deliver the in-class lesson which covers the basics of the cycle, how periods will affect girls both physically and emotionally and how to deal with them. This lesson, which can be delivered in two 45 minute parts, will give the pupils the necessary base on which to make the most of their time on the bus

Step 5: welcome the betty bus to your school site!

LOGISTICS:

- The bus will need to park onsite and can deliver workshops to up to 7 groups of no more than 20 Year 5, 6, 7 or 8 girls across the day (140 girls total).
 - The workshops will involve a selection of experiential activities and a team challenge.
 - Each workshop lasts approximately 1 hour but can be fitted around your school timetable. We invite you to populate the sessions with your students (and others from local schools if you wish).
 - The boy's workshops will focus on their understanding and attitude towards this perfectly natural time of month and will need to take place in a classroom.
 - We require at least one member of the teaching staff from your school to be present at both the boys' session and the girls' bus session.
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