

## U By Kotex Puberty Education Resources – Parent FAQ's

### U by Kotex Puberty Education Program

#### **What is the U by Kotex Puberty Education Program?**

U by Kotex has a long history of supporting puberty and menstruation education in schools. Our Puberty Education Program was created for Stage 3 and 4 as a fun and interactive way to learn about puberty, menstruation and period management.

The Program provides teachers with a comprehensive lesson plan that includes worksheets, an interactive game and Q&A sessions that cover a variety of themes for puberty education. Our student resources are guided by the Australian Curriculum and reference learning intentions throughout.

*Please note all material we provide is a general resource only and not health advice.*

#### **Does the program follow the Australian curriculum?**

The U by Kotex Puberty Lesson Plan follows the Australian curriculum which is what guides each state's syllabus. Therefore, it is a holistic guide aimed to represent most states syllabi.

#### **Who created the lesson plan?**

The U by Kotex Puberty Lesson Plan was written in conjunction for teachers to be used by teachers, with content guidance sourced from the Australian Curriculum website.

#### **Is the program relevant to girls and boys?**

Yes, the U by Kotex Puberty Education Program was developed to provide puberty education resources relevant to both girls and boys. Whilst there is a focus on menstruation, the program also covers topics related to hormones and hygiene as well as bodies and boundaries, which is relevant to all puberty journeys.

#### **Is the program relevant to non-binary/gender neutral people?**

Yes, the U by Kotex Puberty Education Program was developed to provide puberty education resources to support girls/people that menstruate. The program also covers topics related to hormones and hygiene as well as bodies and boundaries, which is relevant to all puberty journeys.

#### **What if I don't want my child participating in this program?**

The U by Kotex Puberty Education Program is available as an optional resource for teachers/schools to utilise as part of their puberty education syllabus.

Please speak directly to your child's teacher/school about their personal learning plans.

## **Is the content in the program and downloadable resources appropriate for students/children of certain ages?**

The U by Kotex Period Education Program was developed with the assistance of teachers with the objective of providing impartial and factual information relevant to the syllabus for Stages 3 and 4.

## **How can I provide feedback about the content?**

We love feedback! Working with parents and teachers to develop the best possible curriculum-related resource that provides fun and interactive learning for students is our key objective. If you have feedback about the content, or suggestions for improvement, please feel free to send an email to [education@orders.ubykotex.com.au](mailto:education@orders.ubykotex.com.au) with the subject "Parent Feedback".

## **Period Planet Game**

### **What is the U by Kotex Period Planet game?**

[U by Kotex Period Planet](#) is an interactive, educational game where players can learn about periods and how to manage them, as well as common myths and misconceptions about puberty. Period Planet is designed for pre-teenagers and teenagers aged 10-14 going through puberty. The game has 4 different stages that will take players on a fun and immersive journey to learning about periods, how their bodies change with the menstrual cycle and what sorts of period products are available to help them feel confident and prepared when managing their periods.

### **What content does the game cover?**

The game takes players on a fun, safe and interactive journey to revitalise "Period Planet" as they learn about periods, the menstrual cycle and how to manage periods with different products;

- Level 1: players will learn what to expect from puberty and the signs that indicate that a period is on the way.
- Levels 2 and 3: players will learn about the female reproductive system and the menstrual cycle and its phases.
- Level 4: players learn about different period products, including pads, tampons and period underwear.

Throughout the game, players will also encounter common period and puberty myths, which will help them to identify facts from misconceptions.

### **How will teachers use the game to educate my child?**

We recommend that teachers incorporate the game into Part Two of the puberty education lesson plan which focuses on menstruation. It also encourages students to explore content at their own pace and give them time to think of any questions they may have in relation to the topics.

### **Is the game age-appropriate for my child?**

The game is designed for pre-teenagers and teenagers aged 10-14 going through puberty, or students in Stage 3 and 4. The content provided is factual and informative and was designed in conjunction with teachers.

If you are interested in understanding more about the age-appropriateness of the content, we recommend playing through the game to experience it first-hand.

### **Does the game collect any personal data?**

The game does not collect any personal data upfront from players. After completing the game, we provide players with the option to download their avatar, order a free sample or download our [Period Tracker App](#). At that point, we will ask for your information and will provide you with our Privacy Policy which sets out how we handle personal data. Our sample order form and Period Tracker App both contain our Privacy Policy statement and Terms & Conditions.

When ordering a sample and/or downloading the Period Tracker App, users will be asked for their consent before receiving any marketing communications and, if consent is provided, users will at all times have the option of unsubscribing. Users under 15 will not receive any marketing communications, even if consent is provided, until the age of 15. Users under 15 can receive education content only.

### **Does the game require a login?**

No, the game does not require a login to play. Users can immediately start the game without creating a login.

### **What devices can the game be played on?**

The game can be played on any device, including laptops, tablets or mobile phones. We recommend playing on a desktop computer or laptop for the best and most immersive experience, but players can also access it via a tablet or mobile phone.