

# What's inside?

## SOAP & DEODORANT

*help keep your body clean, fresh & comfortable*

## MOISTURISER

*helps prevent dry skin*

## SHAMPOO

*keep your locks looking luscious*

## TOOTHBRUSH & TOOTHPASTE

*to clean and protect your teeth & gums*

## DISPOSABLE TAMPONS OR PADS

*provides a convenient & hygienic way to manage your period*

## REUSABLE PADS

### MADE BY 'DAYS FOR GIRLS'

*a washable, reusable option for managing periods comfortably and supporting the environment (instructions inside pack)*

## TOWEL & FACE CLOTH

*wash & hang out to dry regularly*

## REUSABLE BAG MADE BY THE RED CROSS

*making it easy to carry & store personal care items discreetly*

# Questions?

## WEBSITES

[www.periodhealth.nz](http://www.periodhealth.nz)  
menstrual health eLearning & information

[www.theperiodplace.org](http://www.theperiodplace.org)  
for questions regarding periods

Remember there are people in your community available to help, have a chat with your school nurse, GP or social worker.

## FREEPHONE

Healthline - 0800 611 116 to speak with a nurse or text

# Who are we?

We are the Bald Angels, and the simple reason we do this?

*WE CARE ABOUT YOU.*

Every woman deserves to feel cared for. To be in control of their own body, so we have created these packs to empower **you**.



NEW ZEALAND  
**RED CROSS**  
RIPEKA WHERO AOTEAROA

*A huge thanks to our friends at the Red Cross Kerikeri for making our Reusable bags*

[WWW.BALDANGELS.ORG.NZ](http://WWW.BALDANGELS.ORG.NZ)

# WELCOME TO

# WĀHINE MATTERS



THIS PACK IS MADE WITH AROHA,  
JUST FOR YOU.

IT'S HERE TO HELP YOU FEEL READY,  
CONFIDENT, AND CARED FOR.

# What's this about?

Growing up is a journey filled with moments that shape who you are—moments that remind you of your strength, your worth, and your incredible potential. One of the most important parts of that journey is learning to care for your body with confidence and pride.

## Hygiene isn't just about staying clean.

It's an act of dignity & self-respect. A daily reminder that your body deserves care, attention, love, and you deserve to feel great.

When you take time to look after yourself by washing your face, caring for your hair, or keeping your body fresh and clean, you're not just practicing hygiene.

**You're celebrating yourself.  
Because you are powerful  
you are strong  
and you are deserving.**

**You are stepping into a powerful  
chapter of life. One where you own  
your body, your choices, and your path  
forward.**

## And then there is your period.

A natural, powerful sign that your body is growing and working exactly as it should. It means you're stepping into a new level of strength—one that generations of women before you have walked through.

Your period is not something to hide or be ashamed of.

It's a biological superpower only women have.

Every cycle is a reminder that your body is capable of resilience, renewal, and transformation. *That's extraordinary.*

As you grow, remember this:

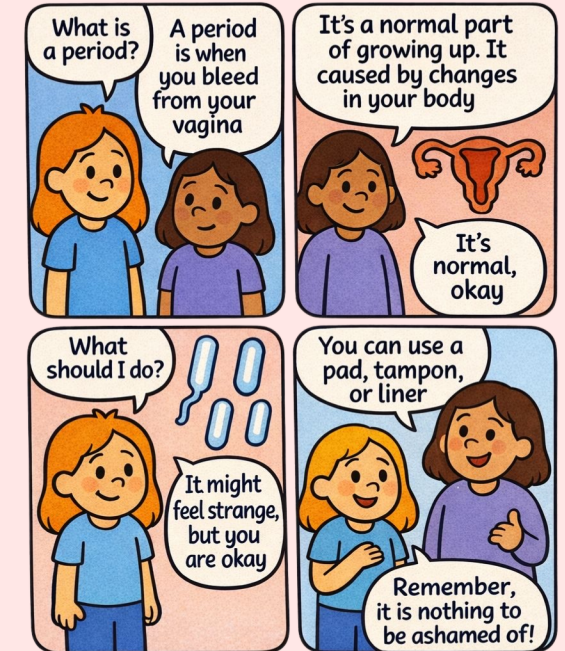
Looking after your body is part of becoming the woman you choose to be. When you care for yourself, you're practicing confidence.

You're building habits that support your health, your future, and your dreams.

**Never forget:  
Your body is not something to  
be embarrassed by. It's  
something to be proud of.**

**YOUR BODY. YOUR VOICE.  
YOUR POWER.**

## YOUR FIRST PERIOD



Scan this QR code to access advice, tips and more information about your Period

