



**SD33 DPAC GENERAL MEETING MINUTES for
November 30th, 2023 at 7pm
HELD at the School Board Office and via Zoom**

Members Present:	Katie Bartel	DPAC Chair & ADR DPAC Rep
	Meghan Reid	DPAC Vice Chair & SSS DPAC Rep (online)
	Stacey Gould	DPAC Secretary & Sitos DPAC Rep
	Deirdre O'Connor	DPAC Member at Large & Promontory DPAC Rep
	Vrushali Khot	DPAC Member at Large & LME DPAC Rep Alt
	Cary Moore	DPAC Indigenous Rep (online)
	Erin Enns	DPAC BCCPAC Rep
	Matthew Stevenson	McCammon DPAC Rep (online)
	Rachel Swegdan	DPAC Rep Robertson
	Jen Hooge	DPAC Rep CSS
	Sher Grater	Cultus DPAC Rep (online)
	Kara Vanleeuwen	DPAC Rep Tyson
	Tai Weatherhead	VMS DPAC Rep
	Tanya Cannon	Cheam DPAC Rep
	Kendy Michaloski	Sardis Elementary DPAC Rep
	Jamie Fitzpatrick	ADR DPAC Rep (online)
	Gina Phillips	Imagine DPAC Rep (online)
	Jaime Kampman	Yarrow DPAC Rep
	Karine Lemay	Rosedale DPAC Rep
	Matthew Brown	Evans DPAC Rep
	Ashley Durance	Promontory DPAC Rep

DPAC Trustee Liaison: Margaret Reid (online)

Parent Participants: Alicia Quezada (online); Amber Hayden (online)

1. CALL TO ORDER (@7:02pm)

- Territorial acknowledgement
- Housekeeping:
 - Hybrid Rules:
 - Taking turns when talking. Wait your turn so there isn't talking over each other.
 - People at home are muted. No one in the room except Vrushali and Katie should be online managing Zoom.
 - Please, no side conversations as it gets picked up on the mic and can be disruptive.
 - Please project your voice so everyone can hear you.
 - 1.1. Ensure quorum.
 - Quorum met.
 - 1.2. Adoption of Agenda
 - Matt MOTIONS THAT this November 30th, 2023 agenda be adopted as amended



(added 4.3 and 4.4).

- Seconded by Rachel
- PASSED

1.3. Approval of Minutes

- Matt MOTIONS THAT the minutes of the October 26th, 2023, General Meeting be approved as amended.
 - Seconded by Tai
 - PASSED

2. REPORTS

2.1. Chair Report

- Met with the Superintendent and CFO earlier this month. A lot will be reported on in the business sections.
 - Clarity was given on how the District views a Committee of the Whole (COW). COW is an informal in-camera meeting. Partner groups are not included. In some Districts they are.
 - Clarity was provided regarding various District committees and areas of work that potentially overlap.
 - Accessibility Committee is legislated and focused on access; mainly for disability related issues for staff and students. The current plan can be found [HERE](#).
 - Advisory Committee for Inclusive Education is focused mainly on education related topics and concerns.
 - Indigenous Ed Advisory Committee – will be legislated is becoming legislated as well and our District is ahead of the curve. This committee addresses the unique challenges that our indigenous students and parents face. They are the only other non-staff partner group other than DPAC.
 - Inclusion, Diversity, Equity and Accessibility Committee is a new committee currently focused on creating a safe space to discuss some of these distinct issues in our District and the hope is to have this be a committee with broad, overlapping and collaborative focuses.
 - These all fall under the inclusive learning environment and the one thing we see missing is an anti-racism focused committee.
 - Last night DPAC attended the District's All Partners meeting where leaders of DPAC, Indigenous Ed Advisory Committee, CUPE, CTA, Principals/Vice Principals and the Board of Trustees all sat together for a meal and a bit of networking.
 - We did a quick value exercise that highlighted our own organization's core values and looked at how they are the same and different from other partner groups and even the District.

2.2. Trustee Report

- First off: thank you to DPAC for attending the all-Partners meeting last evening. Communication and collaboration with partners remains a priority of the Board of Education.
- Policy renovation continues- review the upcoming meeting package for recommendations from staff and committees.
- Upcoming meeting topics include the board performance review report and the three year calendar discussion.
- After some review, the District has decided to fund the cost of Air Conditioning units for portables to ensure equity among schools – Updates to follow.
- Most trustees attended BCSTA Academy this past weekend- learning topics included the Blanket Exercise, Reducing Greenhouse Gas emissions in schools, unpacking evidence surrounding improving student outcomes, and the changes to the School Act in relation to the Declaration Action Plan and BC Tripartite Education Agreement.
- Changes to the School act can be reviewed here: [Province makes systemic change to improve outcomes for K-12 Indigenous students | BC Gov News](#).
- Education Information:
 - After advocacy by BCSTA, the minister of education and child care, and B.C.'s K-12 education partners, have made a joint statement about creating safe, caring and inclusive schools. Joint statement on safe, caring and inclusive schools | BC Gov News
 - The B.C. Principals and Vice Principal's Association has released its annual report. [2022-2023-bcpvpa-annualreport-nov2023.pdf \(cyberimpact.com\)](#)
 - Statistics Canada has released data containing key trends in elementary to postsecondary student enrolments, graduations and tuition fees. Key Trends in Elementary to Postsecondary Student Enrolments, Graduations and Tuition Fees ([statcan.gc.ca](#))
- Previous education Sessions:
 - Oct 17th: Topics were: [Cultural Competency, Safety and Humility Document, Summary of Pro D Day, Accessibility Act Committee Board Learning.pdf \(sd33.bc.ca\)](#)
 - Nov 17th- [Learning Frameworks Update \(sd33.bc.ca\)](#)
 - Next Education session is December 12th and the topics are: Human Social Framework and SOGI Strategies.
- Board elections occur at the next Board meeting on December 5th.
- How are psych ed assessments prioritized?
 - Based on need. Schools don't have a quota and one school isn't prioritized over another. The District is supported in this work through contractors.

2.3. Treasurer Report

- See Appendix I.



2.4. Community Committee Reports

- Chilliwack Healthier Communities Committee (CHC)
 - [Low Cost and Free Food Distribution Organizations in Chilliwack - City of Chilliwack](#)
- Chilliwack Youth Committee (CYC)
 - Vacant seat. No report.
 - These meetings typically occur on the first Tuesday of the month from 9:00 - 11:00am, often on Zoom. You do not need to be a DPAC Rep to do this role. Please share with your PACs and ask them to email dpacsecretary@sd33.bc.ca or message on Facebook to express interest or ask more questions.
- Middle Years Committee
 - Vacant seat. No report
 - These meetings typically occur on the third Monday of the month from 9:30 – 10:30am, often on Zoom. You do not need to be a DPAC Rep to do this role. Please share with your PACs and ask them to email dpacsecretary@sd33.bc.ca or message on Facebook to express interest or ask more questions.
- Sexuality and Gender Equality Committee (SAGE)
 - No update. No meetings booked as of the date of this meeting.

2.5. District Committee Reports

- Advisory Committee for Inclusive Education (ACIE)
 - Presentation on the CBIEP Implementation. Last year they were focused on the Family of Schools training structure but have move to more all together so everyone is receiving the same information. This was an issue DPAC highlighted last year so we are thankful this shift has happened.
 - The CBIEP Implementation is a pedagogical shift. Our District is now at the stage were assessments include Data collection, Triangulated Evidence, Teacher involvement, and Collaboration from other involved parties.
 - Full CBIEP implementation is expected in the coming year or two and is subject to ongoing improvement and practice to increase teacher capacity for universal design teaching.
- Budget Committee
 - Jessica is away – no report.
- Education Policy Advisory Committee (EPAC)
 - District’s Policy project is done. EPAC only meets when there is policy to review.
- IDEA Committee
 - A newer District committee: CTA, CUPE, District mgmt., community partners.
 - Included students in this group!

- Focusing on SOGI, right now.
- ACTION: Include Newsletter survey to mine for feedback related to SOGI.
- What is the difference between ACIE and IDEA?
 - ACIE focuses just on education piece/learning environment and policy and procedure. IDEA focuses on culture and the students and provides space for these kinds of conversations.

2.6. DPAC Committee Reports

- BCCPAC
 - Reminder to pay your membership before December 31st so you are in good standing and are eligible to vote at the May 2024 AGM.
 - DPAC Summit Recap:
 - We had a productive time in Richmond. We were introduced to the new Executive Director and BCCPAC executive.
 - Information/Learning sessions such as PAC 101 are currently not being offered. The new executive is making some updates and hopes to have them offered again in the new year.
 - BCCPAC Committees - There are several committees that are looking for new members. If you are interested, you can see message Erin dpacbccpac@sd33.bc.ca.
 - You can view the slides and information from the presentations through the link below. BCC PAC - Resources - DPAC Summit. [2023 DPAC Summit Resources \(bccpac.bc.ca\)](#)
 - There was a powerful audience participation activity called Circles and Triangles. It was on understanding Reconciliation in Education. It was led by Denise Augustine, Superintendent of Indigenous Education and Brad Baker, Associate Superintendent of Indigenous Education.
 - For the first half of the activity each of us took roles that included children, parents, aunties/uncles, elders, warriors, hereditary chief and matriarch. We were taken through the roles and responsibilities with the children being in the center of our circle.
 - During the second half we were colonized. Children were taken away, warriors weren't allowed to hunt, elders were scattered, a Chief was put in place, men were assembled behind this new Chief, then women behind them. We were now in a triangle.
 - It was really powerful and the debrief afterwards had a lot of discussion. Many of us left feeling challenged to do more in decolonizing our PACs and the education system as a whole.
- Emergency Preparedness Committee
 - A small group met on Zoom on November 6th, 2023.
 - Engaging conversations and did a lot of investigative work.
 - There has been a lot of legislative changes with the amendments coming to



the *School Act*.

- There will be a link in the upcoming Newsletter for committee sign up, if you are interested.

3. UNFINISHED BUSINESS

3.1. Ongoing Advocacy Efforts

- Learning Environment Temperatures
 - Principals have to reach out to the District to let them know how many AC units they would like.
 - The District is “planning on installing the venting in portables that are in use for educational instruction purposes by spring break. This will be paid for from a department budget and the work done by our facilities team. The facilities team will work on identifying an AC unit that meets specifications for our use and on which we can get a good competitive price. They will then bulk purchase units based on school orders.”..... “As we have reviewed the budget with revised enrolment numbers and an expected increase in revenue, we have decided that we will fund the cost of AC units for portables from a Districtwide budget. As a gentle reminder, all funding school or department, actually comes from the same “bucket.” The information and update to our AC rollout has been shared with school administrators.”
 - Concern that schools who don’t have DPAC Reps might not be getting this information. ACTION: Margaret Reid will follow-up with District staff to ensure all schools are aware.
- EA Supports
 - Strategy is currently being developed Provincially to address recruitment and retention and gaps in training – 10 year plan.
 - Discussed the concern that came out of a change to an Admin Procedure a few School Board meetings ago regarding EA’s not being allowed to work with students from the school they work at. This issue affects a small amount of families but the impact is great. The District is working towards some type of resolution on this to ensure the interest of the students is a top priority.
 - Parent concerns – (1) high turnover in EAs. Students sometimes only have an EA for a month. Also, sometimes students have different EAs throughout the year. The inconsistencies are not helping children thrive, especially those that do better with consistency. (2) Busses are arriving early so EAs are having to start earlier to supervise. This means they end earlier as their hours aren’t extended.
- Vaping
 - Happening in middle school and high school
 - Can DPAC support presentations to the students on vaping?
 - One school has hired a monitor to go to all washrooms all day. It has



completely stopped all vaping in this school.

- Another school is removing the outer bathroom doors.
 - Vape guardians can detect vaping. One school installed one, but it was quickly vandalized.
 - Province launches its anti-vaping campaign in schools - [Campaign will inform youth of the effects of vaping | BC Gov News](#)
 - Bussing
 - DPAC is still having conversation with the District on this.
 - Things like how the app is running and how registration will work will be conversations for the spring.
 - One school has penned a letter about bussing impacts that will be sent to the District. This school will Cc DPAC.
 - Collaboration between the city and the District is challenged.
 - Karine MOTIONS THAT the DPAC is to send a letter to the District and the city to address bussing infrastructure. Ccs are to include: MLA Coulter and Paddon as well as Jason Lum and Jeff Shields who are Transportation Advisory Committee ([Transportation Advisory Committee - City of Chilliwack](#)). Letter will be sent out by January 25th (aligns with TAC January meeting date).
 - Seconded by Tai
 - PASSED
 - Affordability Fund
 - There is still quite a bit of confusion about this fund. Some PACs are being told that gift cards are available and others are being told that there aren't any gift cards and that there is a partnership with SportCheck for children's clothing and shoes.
 - Feeding Futures First (FFF)
 - One or two vehicles have been purchased to better disseminate the food to schools.
 - None of the DPAC Reps have seen a difference with their lunch programs.
 - Bowls of Hope are looking to better collaborate with FFF.
 - ACTION: DPAC will follow-up with the District for a status update.
- 3.2. Affordability Fund
- Can only be used for school supplies this year, but creative thinking can really expand the scope - beyond traditional school supplies.

4. NEW BUSINESS

4.1. Menstrual Health

- There was a September 30th due date to have products available in all bathrooms.
- [Provision of Menstrual Products - Province of British Columbia \(gov.bc.ca\)](#)
- Project AIM will speak at the Dec 5th Board meeting. See Appendix II for the



presentation.

- ACTION for DPAC Reps: Please email Katie by December 11th to let her know if your school has placed menstrual products in all schools.

4.2. Future DPAC Hosted Events - Suggestions

- White Hatter
- Susan Perault - IEP
- Mediated Reality – Internet safety, sextortion.
- Bullying
- Vaping
- Family Smart Sessions has different topics every month (e.g., Staying Safe with Mental Health, ADHD). Website: [FamilySmart - Together-Centred™ for Child & Youth Mental Health](https://www.family-smart.ca/). Monthly information is also posted on the DPAC fb page.
- SOGI – How can we do this safely? Do it online? Submit questions ahead of time?
- PAC Café – in-person in ~April.

4.3. Emerging PAC Concerns

- When will the new school in Rosedale be completed? In 2026.

4.4. Ministry of Education and Child Care Survey

- Survey coming – sent out through admins Nov 21. Child Care BC – helps them plan child care. Where are the needs? ACTION: PACs, please share with parents.
- Targeting children ages 6-12 years of age.

5. ROUND TABLE

6. DATES OF UPCOMING MEETINGS

- January 25th, 2024 In person and online Registration Link - <https://sd33-ca.zoom.us/meeting/register/u5Eld-mpqD0sGNNuYewywlckvCj7dryxSM9X>.

7. ADJOURNMENT (@8:49pm)

Prepared By:

x Stacey Gould

Stacey Gould
DPAC Secretary

Approved By:

x Katie Bartel

Katie Bartel
DPAC Chair



SUMMARY OF ACTIONS:

- DPAC will include a survey in December's Newsletter to mine for feedback related to SOGI.
 - Trustee Margaret Reid will follow-up with District staff to ensure aAPPIL schools are aware of the plan for AC in learning studios/portables.
 - DPAC will send a letter to the District and the City regarding address bussing infrastructure. Ccs are to include: MLA Coulter and Padden as well as Jason Lum and Jeff Shields who are Transportation Advisory Committee ([Transportation Advisory Committee - City of Chilliwack](#)). Letter will be sent out by January 25th (aligns with TAC January meeting date).
 - DPAC will follow-up with the District for a FFF status update.
 - DPAC Reps/Alts: Please email Katie by December 11th to let her know if your school has placed menstrual products in all school washrooms.
 - DPAC Reps/Alts: please ensure the Ministry of Education and Child Care survey related to child care in BC has been disseminated to parents/caregivers by your school admin.
-



**SD33 DPAC GENERAL MEETING MINUTES for
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APPENDIX I

**CHILLIWACK SCHOOL DISTRICT
PARENT ADVISORY COUNCIL
STATEMENT OF REVENUES AND EXPEDITURES
JULY 1, 2023- JUNE 30TH, 2024**

	Gaming Account 1465970		General Account 1465954	
	Budget	Actual	Budget	Actual
Bank Balance as at July 1st, 2023	1955.38	1,955.38	4,852.82	4,852.82
2023/24 Province of BC DPAC Grant	2,500.00	2,500.00		
Donation				
DPAC Summit Reimbursement				
BCCPAC Conference Mileage Reimbursement				
SD33 Funding			5,000.00	5,000.00
Total Funds Available	4,455.38	4,455.38	9,852.82	9,852.82
Expenditures Paid				
<u>BCCPAC Membership Fees</u>	150.00			
<u>Miscellaneous Office Supplies & Printing Costs</u>	500.00			
<u>Miscellaneous Software Costs</u>	500.00			
<u>BCCPAC Conference</u>			2,000.00	
<u>BCCPAC Conference Travel Expenses</u>	500.00			
<u>BCCPAC DPAC Summit</u>			1,170.00	
Katie Bartel - DPAC Summit Additional Registration		chq#70		970.00
<u>Hybrid Meeting Equipment</u>	300.00			
Katie Bartel - Hybrid Meeting Equipment		chq#105		218.13
<u>Guest Speakers and Guest Speaker Recordings</u>	2,000.00		2,000.00	
<u>Workshops/Training Seminars for DPAC/PACs</u>	500.00		500.00	
Katie Bartel - Blanket Exercise Refreshments		chq#67		66.60
Vrushali Khot - PAC Café Food		chq#69		67.62
Katie Bartel - PAC Café Food		chq#70		25.00
<u>Honorariums for Indigenous Elders and Knowledge Keepers</u>			250.00	
<u>Refreshments for Meetings</u>			750.00	
Katie Bartel - Sep 28 DPAC Meeting Refreshments		chq#67		24.02
<u>Bursaries/Gifts</u>			300.00	
<u>Social Media Marketing</u>			50.00	
Total Expenditures	4,450.00	218.13	7,020.00	1,153.24
Closing Bank Balance October 31, 2023		\$ 4,237.25		\$ 8,699.58
<u>Expenditures Committed:</u>				
Stacey Gould - PAC Café Food		chq#68		400.00
Jessica Clarke - BCCPAC Membership		chq#104		150.00
Stacey Gould - PAC Café Supplies		chq#106		81.36
Total Commitments on Account		231.36		400.00
NET Adjusted Bank Balance		\$ 4,005.89		\$ 8,299.58



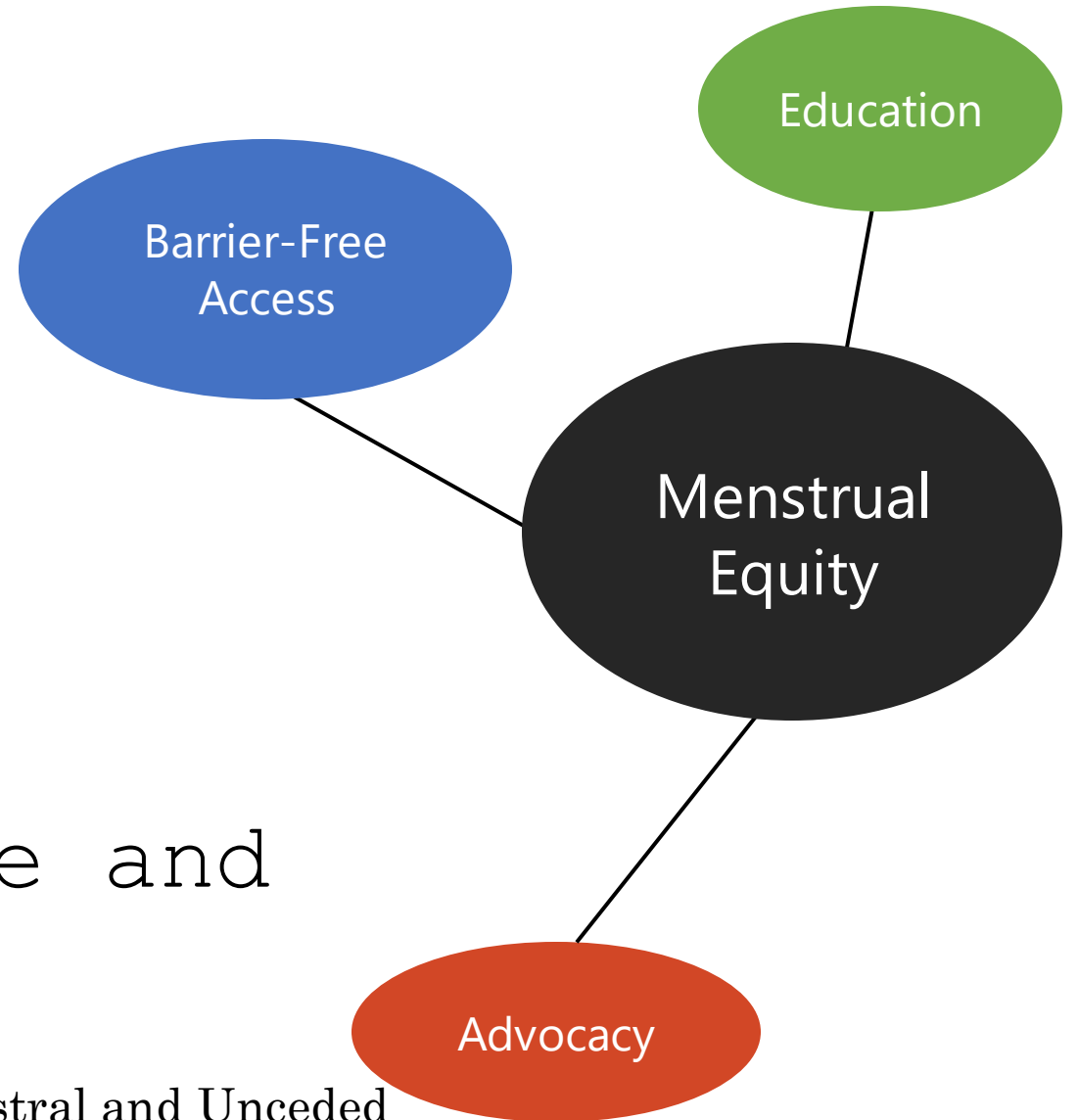
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APPENDIX II - Project AIM Presentation



Project AIM

~Access to Incontinence and Menstrual Equity~



Acknowledging that we live and work on the traditional ancestral and Unceded Territories of the Cheam, Ts'elxwéyeqw, Sq'ewqel, and Sq'ewá:lxw peoples

Provision of Menstrual Products (per School Act)

Policy statement

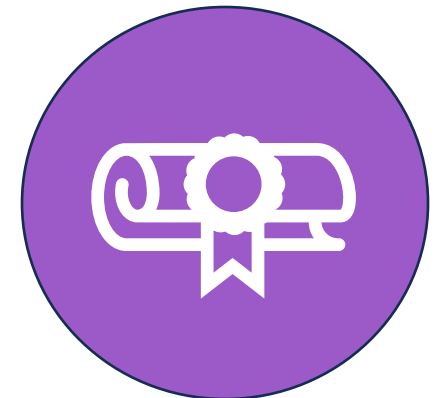
Boards of education provide menstrual products to all students who may require them. Boards must have policies and procedures regarding the provision of menstrual products in their schools.

Procedures related to policy

Local policies and procedures for the provision of menstrual products must incorporate student feedback and should be evaluated to ensure they meet student needs.

Menstrual products must be made available in school washrooms to students of all gender identities and expressions using delivery methods that:

- Are free of charge
- Protect privacy
- Are barrier free and easily accessible
- Are consistent in delivery and availability
- Are non-stigmatizing



School District Policy 433

Procedures:

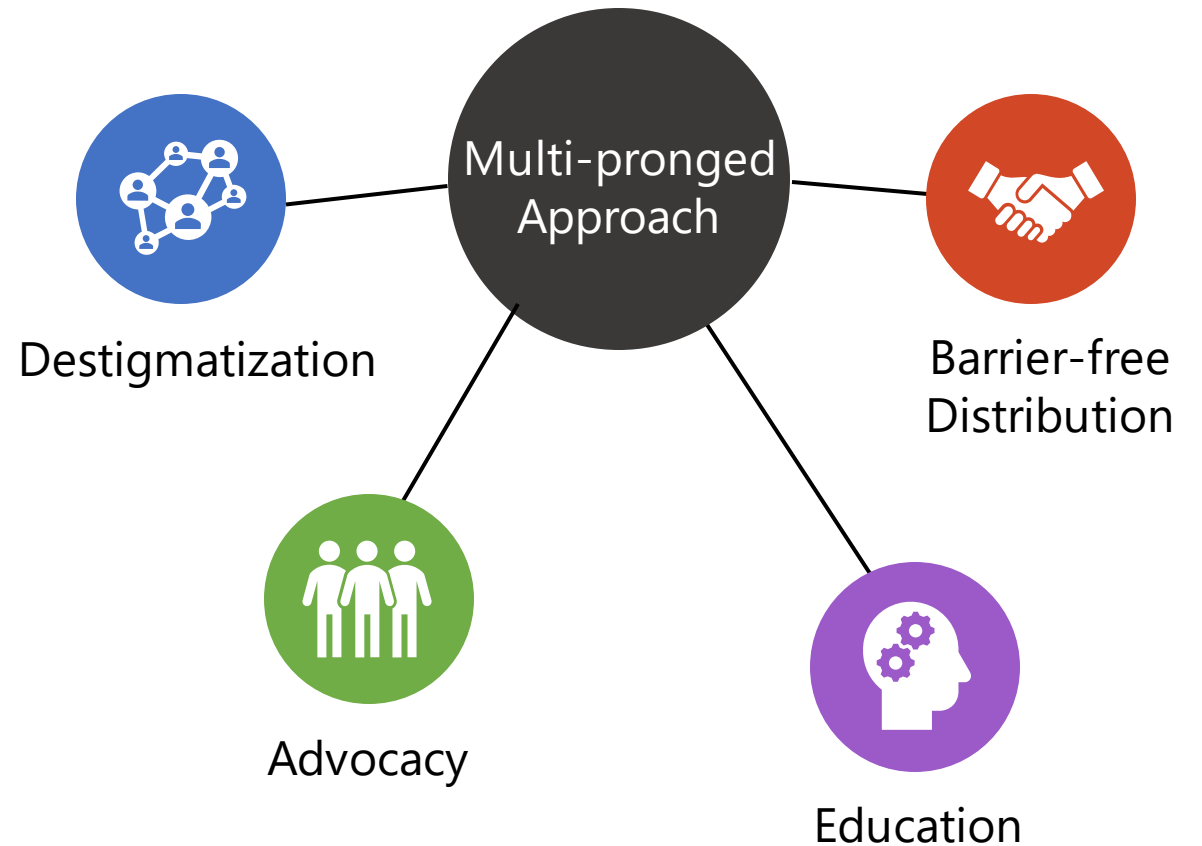
Principals will ensure that menstrual products will be easily accessible to all students who may require them. Specifically, principals will:

1. ensure menstrual products are made available to students of all gender identities or expressions in a manner that protects student privacy.
2. provide for barrier free, easily accessible menstrual products at no cost to students.
3. provide for consistent availability and supply of menstrual products in school washrooms, specifically in all variations of washrooms (Male, Female, Gender-Neutral).
4. provide a mechanism to receive student feedback, while maintaining student privacy.
5. incorporate student feedback with respect to the provision of menstrual products.

Approaches to Menstrual Equity

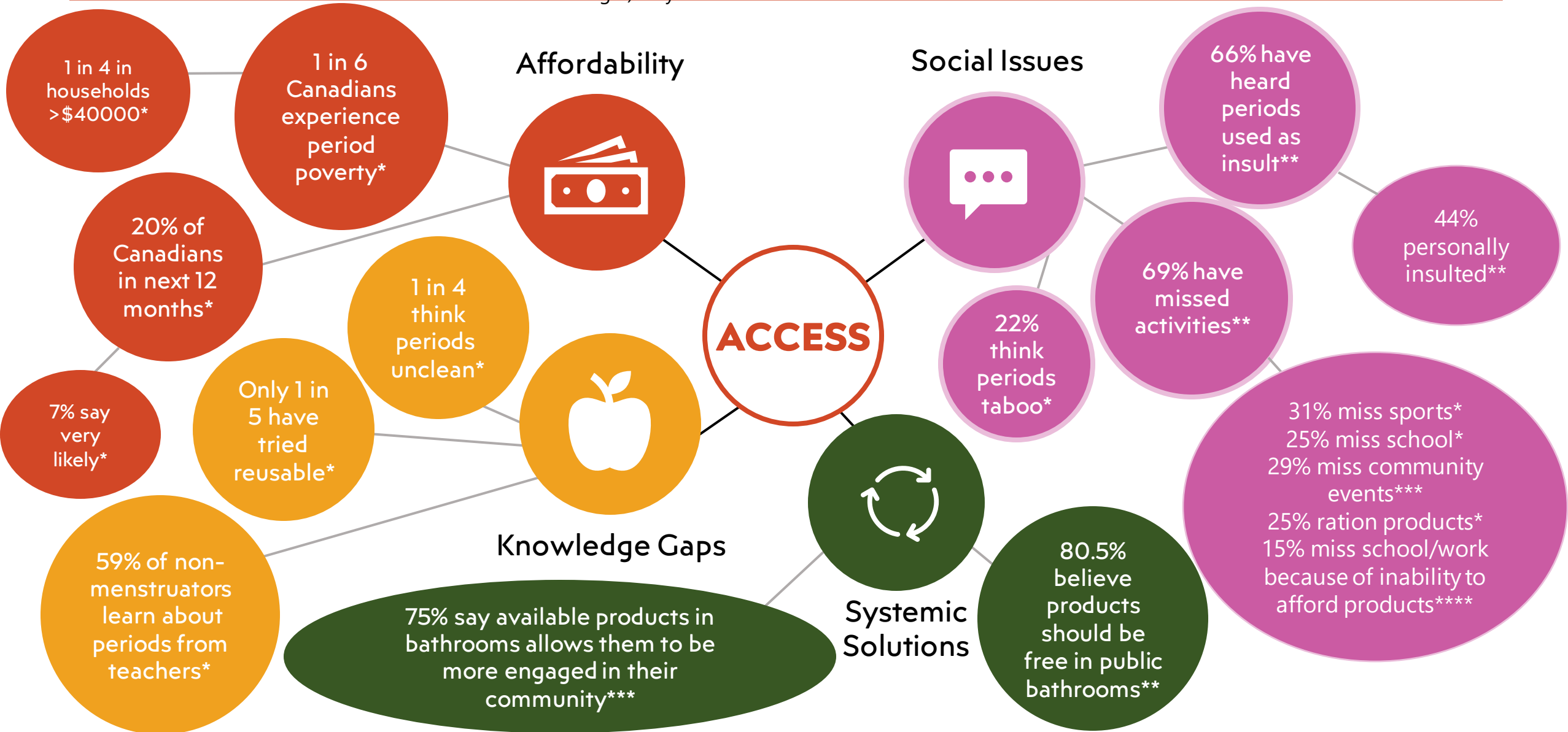
Menstrual Equity requires a multi-pronged approach in conjunction with barrier-free access. At Project AIM we seek to achieve our goal of destigmatizing the conversation surrounding menstruation in these ways:

- Barrier-free distribution for anyone in need
 - Cost-free products to alleviate immediate need
- Provide menstrual health education
 - Knowledge of menstrual process and products for menstruators
 - Education reduces stigma and shame surrounding menstruation
- Advocacy for governmental and legislative support
 - Work with policymakers and legislators in governmental branches to promote menstrual education and equity



*WAGE Canada Attitudes and Awareness of Menstrual Equity and Period Poverty Among Canadians (by Environics Canada) March 2023
 **Plan International Canada "Menstruation in Canada" [all genders] (by Maru Matchbox) May 2022
 ***United Way Period Promise Research Project Final Report January 2021
 ****Plan International Canada "The Hidden Cost of Periods: A Canadian Perspective" [menstruator populations] (by Leger) May 2023

Period Poverty Statistics



Statistics Discussion*

*Please note some of the studies listed here use gendered language in their surveys and analysis which we have quoted directly where relevant for the purpose of this discussion.

• **Affordability**

According to WAGE Canada's Attitudes and Awareness of Menstrual Equity and Period Poverty Among Canadians report, 1 in 6 respondents have experienced period poverty; this figure increases to 1 in 4 if the household income is less than \$40,000. Twenty percent of respondents believe they will have to choose between menstrual products and another essential good or service within 12 months of the survey with 7% saying that this choice would be "very likely" for their household.

• **Knowledge Gaps**

The same study also revealed that 1 in 4 respondents think periods are dirty and unclean and public menstrual discussions should be verboten.

Further, this study shows us that while parents, specifically mothers, are the main source of menstrual information for all genders (95% for girls, 79% for boys), teachers are the 2nd most frequent source of information, particularly in non-menstruating populations (59% boys, 28% girls).

One potential solution to period poverty is promoting the use of reusable period products over disposable ones. The challenge is not lack of awareness but driving uptake (use) among menstruators who are aware of them. For instance, only one in five menstruators have used reusable pads, compared to nine in ten who have used disposable pads. There is modest interest in reusable products: three in ten current and future menstruators are very likely to use them in the future. Those who are not as interested say the main barriers are hygiene concerns and the effort involved in cleaning reusable products (i.e., inconvenience)

• **Social Issues**

In similar studies by Plan International Canada, we learn that 59-69% of menstruator respondents have missed activities because of their period. Perhaps this number could be ameliorated if more menstruators felt well-supported during their periods (45% do not).

While there are various statistics available for what kinds of activities people are missing because of their periods, (31% sports, 25% school/work, 29% community events, etc.), the study from Leger indicates that 15% of menstruator respondents have missed school and/or work specifically due to their inability to afford products.

While the WAGE Canada study shows us some commonly held misconceptions about periods, in the Plan International study we can see how those misconceptions can be used to shame and stigmatize periods and menstruation. Among the menstruator demographics, 66% have heard menstruation used as an insult, and 44% have had it used as an insult against themselves -- 20% of non-menstruator populations have had it used as an insult against themselves, showing that menstrual stigma harms people across demographics.

While 85% (90% women/girls, 79% men/boys) agreed that "we should be talking openly about periods with boys and girls," 36% (29% women/girls, 42% men/boys) agreed with the statement, "I don't need to know about periods;" showing a disparity in social attitudes vs. real-world practises. This is reinforced by the WAGE Canada finding that 22% believe periods to be a taboo subject.

• **Systemic Changes**

With 86% agreeing that products should be available in all public spaces and 75% reporting that freely available products have improved their community engagement overall, we also find that broken down by demographic and location, support for free products is higher in the 18-55 aged menstruator population, with the highest support for shelters, schools, and Indigenous communities.

Those aged 18-34 and 35-54 show higher levels of support as compared to those aged 13-17 and 55+

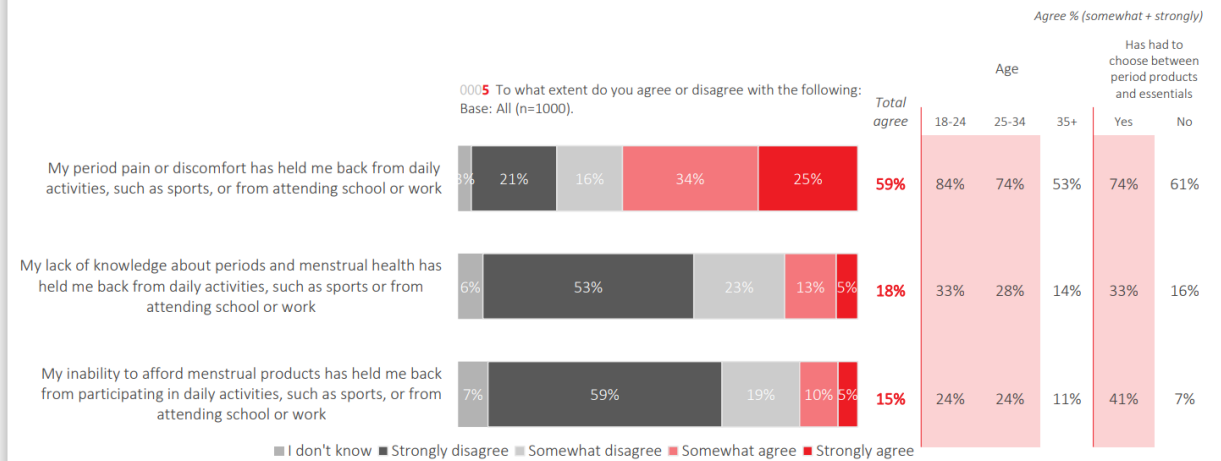
	Total	13-17	18-34	35-54	55+	Urban	Rural	Vis Min	Non-Vis Min	Indigenous
Base: those who identify as women and girls	1074	182	222	428	421	894	175	212	911	45
Shelters	97%	92%	97%	97%	97%	97%	96%	96%	97%	100%
Schools	95%	95%	99%	96%	92%	95%	95%	94%	95%	95%
Penitentiaries/detention centres	93%	94%	95%	94%	91%	93%	93%	91%	94%	97%
Post-secondary education institutions	93%	92%	98%	93%	88%	93%	93%	93%	92%	91%
Indigenous Communities	90%	88%	96%	90%	87%	91%	90%	92%	90%	91%
Workplace	88%	87%	95%	89%	81%	88%	89%	91%	87%	88%
Public spaces	86%	85%	93%	86%	79%	85%	86%	84%	86%	86%
Places of worship	83%	84%	89%	86%	74%	83%	81%	85%	82%	86%

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Q PRODUCT_SUPPORT. Do you support, somewhat support, somewhat oppose or oppose making menstrual products available for free in the following locations?

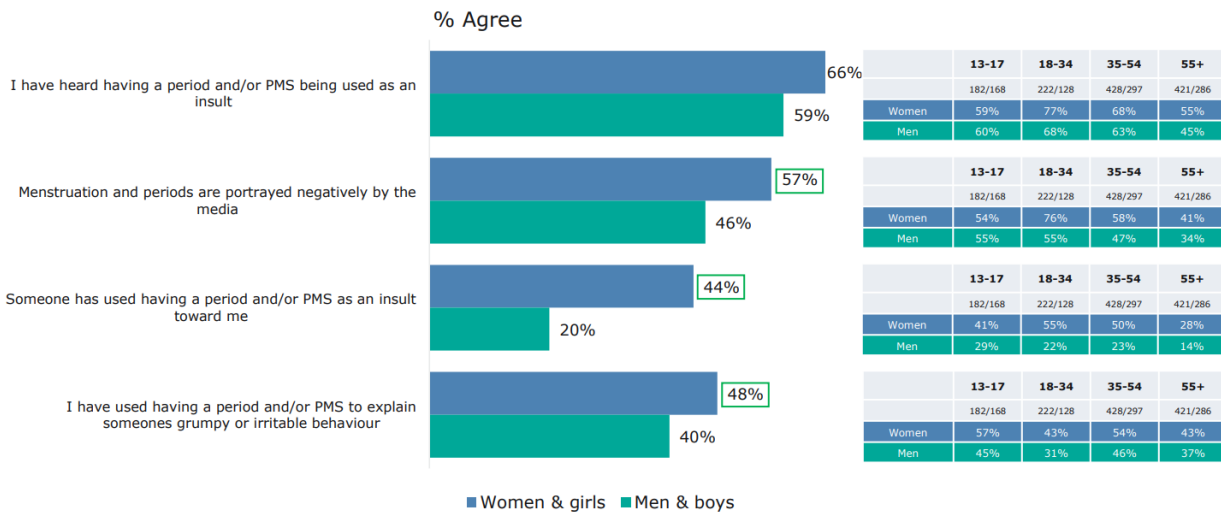
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Most women have been held back from participating in daily activities due to their period, mostly due to period pain or discomfort.



Data Graphs

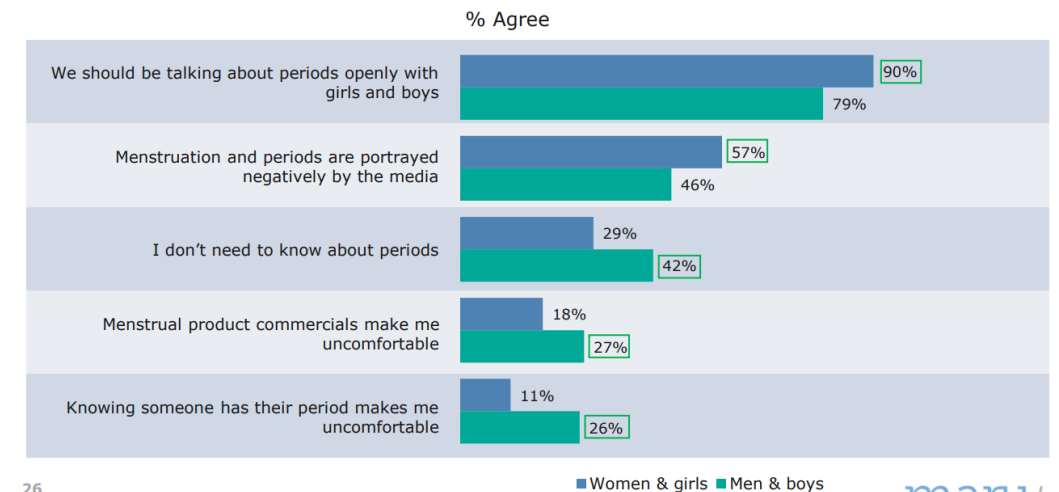
Negative portrayals and stereotypes lead to menstruation being used as an insult. These are more keenly felt by those who identify as women



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Despite high agreement (79%) that we should be talking about periods openly with boys and girls, 2 in 5 (42%) of those who identify as male agree that they do not need to know about periods

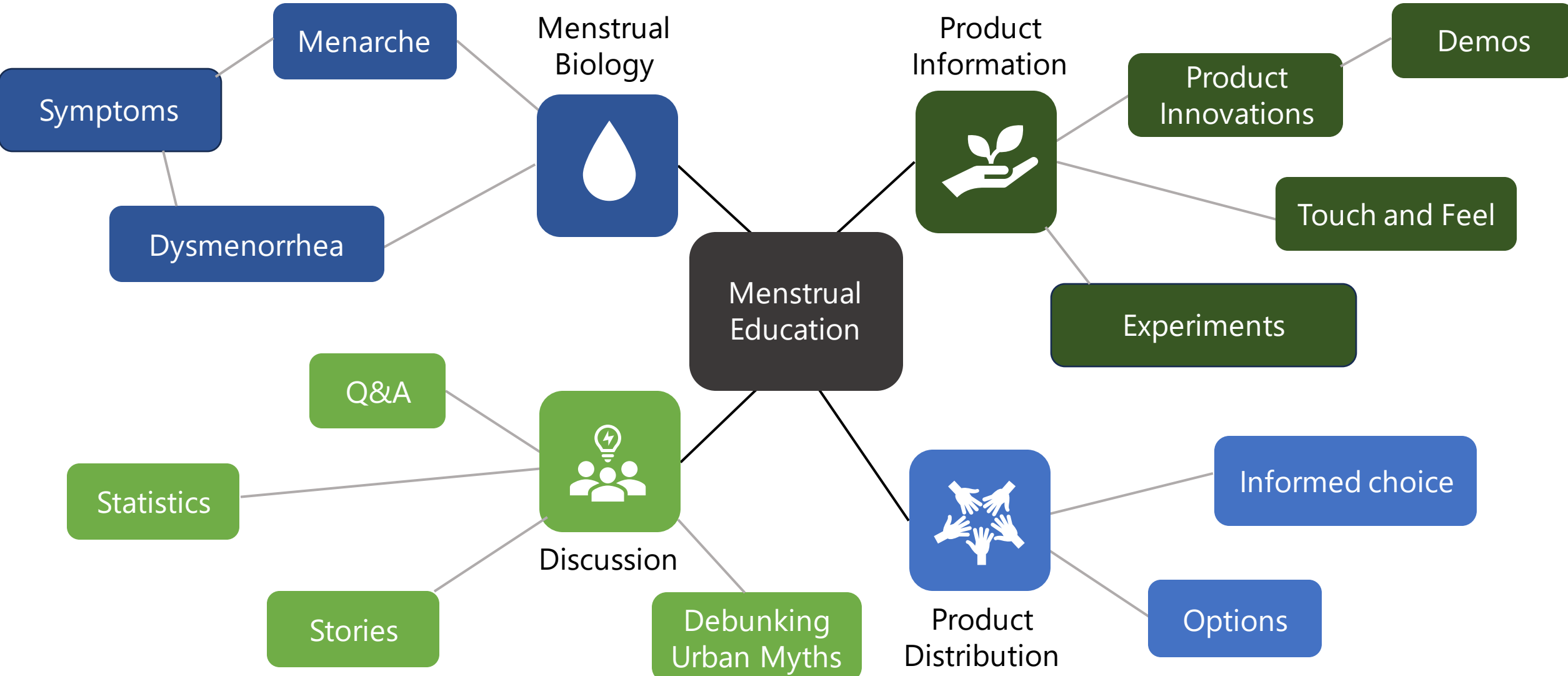


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QMH_IMPRESSIONS. Please indicate how much you agree or disagree with the following statements. Base: Total. Those 13+ who identify as Men n=731; Those 13+ who identify as Women n=1074.

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Education Workshops



How Project AIM Can Help

A brief outline of our menstrual education workshops:

- **Basic Menstrual Information**

This section offers the "building blocks" of menstrual education.

Why menstruation happens, usual age range for menarche, possible symptoms of normal menstruation, possible symptoms of dysmenorrhea (irregular or abnormal periods), are some of the topics covered.

- **Product Information**

There are new and innovative products on the market that many parents and educators are unaware of, or feel they need more information before discussing with their children or students. We give a brief explanation of a selection of these and how to use them with the aid of 3D medical models.

This section also has a "Touch and Feel" component where participants are invited to touch and hold various types of products to get a feel for texture, materials, and to improve comfort levels with each type of product; this can be a cost-prohibitive activity for an individual consumer since menstrual products are generally ineligible for returns and refunds.

Project AIM has recently been awarded Menstrual Education Funding from Foodbanks Canada which covers the cost of some of our workshops, this enables us to offer a series of 3 workshops cost-free to SD33. Our workshops can be hosted for students in class or for teachers on Pro-D Days.

As part of our product demonstrations we do a series of experiments involving various types of products such as putting coloured water to test absorbency (speed and quantity), what shape they expand to when saturated, water resistance, and (for collector styles) a visual idea of capacity.

- **Discussion**

Here we discuss some of the menstrual statistics that we showed in previous slides, as well as debunking some common misconceptions. We invite participants to ask any questions they might have or discuss stories and personal experiences they might want to share about how menstruation and period poverty has affected their own lives.

- **Product Distribution**

Having had an opportunity to learn more about various types of products, participants are invited to choose some products (for free) to take home and try out. At Project AIM our focus is on informed choice and the dignity of freedom of choice.

Testimonials

- "Our agency collaborated with Project AIM to host a menstrual health and product information session. This workshop covered menstrual health and product information through engaging education with the use of books, props, products, and verbal sharing. Project AIM provides the opportunity for folks to ask questions, learn about menstrual health, and period products in a safe, honest space. This workshop is ideal for those nearing puberty to folks in menopause. The hosts were authentic, informative, and well educated on the subject matter."

--**Emily Masse, Hope and Area Transition Society**

- We know that period poverty and stigma around menstruation exists, and that one of the best tools we have to combat issues of access & stigma is education. This past year I was happy to partner with Project A.I.M. to provide space and support for a Menstrual Education series. These sessions were offered at no cost, in a safe barrier-free environment by the dedicated team at Project AIM. The education sessions invited participants from across our community to learn about menstruation, ask questions, and access products. Participants left with new knowledge and were able to select from a range of menstrual products to take home with them at no cost. I am proud to have supported this important educational work, and extremely grateful for their work and dedication to breaking down stigma, increasing knowledge & access, and being part of combating period poverty.

--**Chilliwack Kent MLA Kelli Paddon,**

- "The class about periods and different types of products as so helpful to myself and my girls. From taking this both the girls and myself learned about the many options available and were able to try them and make an informed choice as to what would work best. We all now use different products but it's what works for each of use best. Without taking this class we would have continued to use the same products which wasn't working. Talking about it with the other people in the class also helped the girls feel comfortable and able to ask questions freely. Thank you

--**Jamie Fitzpatrick, SD33 parent**

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