

Empower Period Member Description



**EMPOWER
PERIOD**
transforming period
fear into freedom.

What is an Empower Period Member?

An Empower Period Member is an individual or organisation who is passionate about advocating for period equality and wants to receive flexible opportunities provided by the Empower Period Programme to enable them to develop their advocacy skills and professional development and network with the Empower Period Community.

What will Empower Period Member's benefit from?

Empower Period Member's will have full access to the standard support and development opportunities provided by the Empower Period Programme. This includes:

- Online and in person training sessions (develop your advocacy and campaigning skills and professional development)
- Online and in person workshops (learn from expert guests and work with other Empower Period members)
- Online drop-in sessions (advice from the Irise team and Empower Period Mentors)
- Mentorship opportunities from the Irise team and network (one off mentorship sessions or long-term mentorship)
- Access to the Empower Period Community (Facebook group)
- Empower Period Podcasts
- Empower Period resources (fundraising, advocacy, education etc)
- Invitations to all Empower Period and Irise International events
- The Irregular Periodical newsletter

Who can become an Empower Period Member?

Although the Empower Period Programme is targeted towards young people, with all Empower Period Agents of Change being under 25 years of age, Empower Period Members can be anyone of any age! We welcome all people who are passionate about ending period poverty and shame and developing their advocacy skills to become an Empower Period Member.

What's the difference between an Empower Period Member and an Agent of Change?

An Empower Period Agent of Change is a person aged between 15-25 who is enrolled in the Empower Period Programme to develop and complete a specific advocacy project designed and delivered by them. Empower Period Agents of Change benefit from specialised support relating to their advocacy objectives, as well as direct partnership with the Irise team who will guide them through their advocacy journey, to achieve a specific social change within their community or at a national level. Empower Period Members are those who are passionate about menstrual advocacy and wish to develop their skills by having full access to the fantastic resources and training opportunities available with the Empower Period Programme, but they will not receive tailored support from the Irise team to deliver a specific advocacy campaign.