Guide to Hosting a Pink Party

Helping to guide young girls into puberty and learning to love their bodies.

**PERIODS**

* Discuss Anatomy
* Hormone Cycles
* Period Tracking
* Vaginal Discharge (good and bad)
* Vaginal Smells (natural and those indicating something could be wrong)
* Different Products to Use for Menstruation and How to Use Them
* How Much Blood is Normal?
* What Colors are Normal
* Do’s and Don’ts on Keeping Your Vagina Clean

(remind girls their vagina is self-cleaning and never use soap or scents inside)

**BREASTS**

* How to Pick a Bra
* Breast Pains
* What Sizes are Normal (breast, nipples and areola)

**HAIR**

* Pubic Hair Stages
* Shaving (Yay or Nay) and How to
* Leg Hair
* Under Arm Hair

**SMELLS**

* Deodorant (difference between anti-perspirant and just deodorant)
* Arm Pits…. Yes, You Have to Wash Those Too!

We offered emergency school bags to go in purses or backpacks (donated Ipsy bags were perfect for this!) and full period boxes (decorative seasonal boxes found at the Dollar Stores. Once out of season, they could be purchased for $2-$4…some we found were even pennied out!) Each item contains panty liners, pads and small tampons. We also included pocket calendars for tracking period cycles. (the best deal is the yearly pocket calendars in bulk at Oriental Trading Co) You can add pretty much anything you think would be beneficial to a young girl. Just keep in mind your total cost when deciding how much to charge per bag and box. You can find bulk Purell hand sanitizer packets on Amazon for $16 for 125 packets.

We also decided on vaginal cleansing wipes. If adding this to your list of must have items, please pay close attention and **DO NOT** get anything scented! These items can cause what is called Bacterial Vaginosis (BV) Not to be confused with an STD…. while it CAN happen due to intercourse, it is not an actual STD and is caused by the disruption of the natural bacteria found in your vagina. Which can happen several different ways, not just intercourse. Our Woman’s Health Provider prefers Healthy Hoo Hoo wipes and bonus, she is/was a fellow Girl Scout herself! How awesome is it to support a female Girl Scout running her own company?!

If you want my opinion, I’d stick with just the Ipsy Bags or something similar. Most anyone you know probably already orders them and hoards the cute little zipper pouched bags in their bathroom waiting for the perfect thing to use them for. That’s how we got all of ours! They were more cost effective than the boxes. While I was able to find them, it did take a lot of work to make sure I got them on clearance but, filling them to make them look worth their while would cost around $10 each. Pair that with a patch (we used the Love Your Selfie patch from Coral Patches) and an emergency bag, it makes the total cost to be around $15 per girl. That’s a bit much and I probably wouldn’t have paid that for my entire troop. You’d probably do better to do just the bag and patch for $8. We did $6 boxes, $3 patches and $3 bags. Thankfully, I have awesome moms who helped chip in and add more stuff to the boxes. If we host again, we will only be offering the bags. Otherwise, it isn’t as cost effective as it could be. Or, just be sure to do at least $8 boxes. This wasn’t designed to be a fundraiser for our troop but I also don’t want my troop to lose money on hosting an event either.

**How to Make It Fun**

* Pin the Egg on the Ovary

Yep, we took the old children’s game and made it into appropriate for this event. The girls had a blast! We simply drew a large uterus on foam board and used fuzzy pom poms as the eggs. Scrap booking double sided tape was used to keep them in place.

* How Much Can It Absorb?

Let them open the products and be hands on. Use red dye to color water and let them test out pad and tampons. You can test the menstrual cups, but they don’t absorb anything, they just hold the fluid.

* Door Prizes

Get a few fun items the girls can use (ponytail holders, Chapstick, sleep masks, etc.) and allow other girls to draw names. I don’t know why but everyone begged to draw the names. We had 12 different items.

* Well Wishes

We had inspirational cards on a table with colorful pens and markers and all the girls wrote kind words or pictures to put in everyone bag or box.

\*\*\*\*\*Please check the other files for print outs on foods to avoid, actual products to use, how the cycle works and how to track it, hormones, and definitions.