



*Resources · In planning*

# Empower Packs

*Products she can use. Knowledge she can trust. The confidence to ask for the care she deserves.*

Health Literacy

Taboo Uplift

Diverse Voices

*Products she can use. Knowledge she can trust. The confidence to ask for the care she deserves.*

*resources*

## ✦ What it is

The **Empower Girls' Health Project** is our newest project, now in planning. In 2026–27 it will gift **600 Empower Packs** to girls and young women in culturally diverse and lower-socioeconomic communities across Greater Melbourne. Each pack brings three layers together in one bag.

*1*

### Care

Period care, skincare and SPF, body care, a journal, a healthy snack, a small treat

*from our partners*

*2*

### Knowledge

An Aletheia Voice Pack and a Health Navigator guide

*from Aletheia*

*3*

### Voice

Self-advocacy prompts and a thank-you card naming our partners

*from Aletheia*

## ♥ Why it matters

Many girls face three gaps at once: no one taught them how their bodies work (**knowledge**), shame and dismissal teach them to stay quiet (**confidence**), and even basic period and self-care products are out of reach for many families (**access**). Empower Packs close all three.

## ✦ A handwritten touch

Volunteers and supporters can hand-design cards with messages of care, like *“You are beautiful, never forget it.”* Cards go into packs as they come in, so not every pack will have one. It’s an easy way to be part of the project if you only have a little time.

## ✦ How it works

- 1 A 15-minute chat to learn what fits your brand and capacity.
- 2 We agree your contribution: products and quantity, expertise, or distribution.
- 3 You deliver to us in Melbourne.
- 4 Young people on the Aletheia team pack every bag with our resources.
- 5 Packs are gifted across Greater Melbourne.
- 6 You receive an impact report with numbers, stories and consented photos.

## ✦ Ways to partner

We're asking for products, expertise and voice, not cash. Minis, samples, surplus, end-of-line and short-dated stock are all welcome.

| TIER                         | CONTRIBUTION                                                                   | RECOGNITION HIGHLIGHTS                                            |
|------------------------------|--------------------------------------------------------------------------------|-------------------------------------------------------------------|
| <b>Founding Pack Partner</b> | 600 units: your product in every pack                                          | Logo on every partner card, co-branded content, spotlight feature |
| <b>Community Partner</b>     | 150–599 units                                                                  | Named on the partner card, spotlight feature                      |
| <b>Supporter</b>             | Any quantity                                                                   | Thank-you post, listed on our website                             |
| <b>Distribution Partner</b>  | Help get packs to girls through your school, council or community organisation | Named on the partner card, impact report                          |
| <b>Knowledge Partner</b>     | Join a workshop or co-create a youth health resource                           | Recognition at events, spotlight feature                          |
| <b>Amplifier</b>             | Share the project with your community                                          | Thank-you post                                                    |

**Our promise to partners.** Every donated product goes into a pack for a girl, and nothing is resold. Photos are only shared with consent, and we report honestly on where your support went.

## 😊 Who it's for

600 girls and young women aged 12 to 25 in CALD and lower-socioeconomic communities across Greater Melbourne.

## → Where it's at

In planning. We're looking for **product donation partners**, and for **distribution partners** such as schools, councils and community organisations that can get packs to the girls who need them.

### *get involved*

Partner with us through the Empower Partnership Form, or email [contact@thealetheiaproject.org](mailto:contact@thealetheiaproject.org) with the subject "Empower cards" to design a card for the packs.

**Partner with us →**

**Design a card →**



scan to open



**The Aletheia Project** · Health. Voice. Empowerment.

[thealetheiaproject.org](http://thealetheiaproject.org) · [contact@thealetheiaproject.org](mailto:contact@thealetheiaproject.org) · [@aletheia.au](https://www.instagram.com/aletheia.au)

Health education, not medical advice. We acknowledge the Wurundjeri Woi-wurrung people of the Kulin Nation, where Aletheia was founded. Sovereignty was never ceded.