

# SYLLABUS

**COURSE: Maiden Program**

**AGES: 9-12      DURATION: 6 weeks, 1.5 hours each week**

## **DESCRIPTION:**

Body literacy for pre-teen girls and their mothers or female relatives. Through discussion and activity-based learning, girls deeply connect to their bodies, understand their cycles, and learn the basics of Fertility Awareness. They leave with important information about how their bodies work and tools for self-care.

## **TOPICS COVERED:**

### Class 1: Anatomy

- ❖ Female reproductive anatomy
  - What are the names of our body parts?
  - What are their jobs?

### Class 2: Physiology of the Cycle

- ❖ Review anatomy
- ❖ The menstrual cycle
  - What happens in our bodies throughout the menstrual cycle?
  - What is the goal of the menstrual cycle?
- ❖ Physiology
  - How do our reproductive body parts work together?

### Class 3: Hormones & Periods

- ❖ Review anatomy & physiology of the cycle
- ❖ Hormones
  - What are hormones?
  - How do they change throughout our cycles?
- ❖ Periods
  - Preparing for your first period
  - Period product options
  - What is a healthy period?
  - Normal or not? Period symptoms
  - Self-care during your period

### Class 4: Intro to Fertility Awareness Part 1

- ❖ Review hormones & periods
- ❖ Fertility Awareness Basics
  - Body signs to know where you are in your cycle
  - Cervical fluid changes throughout the cycle



Class 5: Intro to Fertility Awareness Part 2

- ❖ Review Fertility Awareness
- ❖ Emotions throughout the cycle
  - How can we honor our bodies and our changing energy levels throughout the cycle?
- ❖ Tips for healthy cycles & self care
- ❖ Moontime Necklaces Activity

Class 6: Natural Cycles

- ❖ Review Fertility Awareness
- ❖ How does the menstrual cycle mirror cycles in nature?
- ❖ Menstrual Cycle Cake Walk Activity

**After this class girls will:**

1. Understand the reasons for body changes during puberty
2. Be able to identify the parts of their reproductive system and their functions
3. Know what to expect from their first period
4. Know what is normal and what isn't in terms of their period symptoms
5. Understand what actually happens throughout the menstrual cycle
6. Have a more loving relationship with their bodies & develop tools for self care
7. Gain the peace of mind & confidence that comes from learning Fertility Awareness and knowing their fertility and health choices

**Required Materials:**

All materials necessary for this course will be provided.

**DISCLAIMER:**

This course includes images and diagrams of female body parts for educational purposes. All information is shared in a respectful way.

