SYLLABUS

COURSE: Maven Program

AGES: 13-15 DURATION: 6 weeks, 1.5 hours each week

DESCRIPTION:
This class provides a strong foundation in body literacy so that teens can make educated choices. In order to develop a healthy sense of self and build healthy relationships, a solid understanding of the body is vital. To achieve this, the Maven Program thoroughly covers female anatomy, body changes in puberty, Fertility Awareness, and the physiology of the menstrual cycle. All information is given through the lens of respect and bodily autonomy.

TOPICS COVERED:

Class 1: Puberty & Female Anatomy
- Puberty & what it means to be a mammal
- Understanding female anatomy
  - What are the names of our body parts?
  - What are their jobs?

Class 2: The Menstrual Cycle
- Review puberty & 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 of the menstrual cycle
  - What happens in your body throughout the cycle?
  - What are hormones?
- All about periods
  - What is a healthy period?
  - Normal or not? Period symptoms
  - Self-care during your period

Class 4: 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
- Fertilization & Conception - How and where does it occur?

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Class 5: 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.

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