

CYCLE PREP

First Period Workshop for Girls

Experience the nationally-acclaimed program which equips parents and daughters with valuable info about menstrual cycles and teen periods, so they can navigate this time of change confidently, together!

For girls aged 9-11

PARENTS: WONDERING HOW TO...

-  talk to your daughter about periods, without feeling nervous about what to say?
-  prepare her positively for puberty, without sugarcoating the hard parts?
-  help her understand the entire process of the menstrual cycle, not just bleeds?

CYCLE PREP introduces girls to menstrual cycles, periods, and body literacy in a positive, adult-supported environment. Cycle Prep encourages girls to respect their bodies and equips them to navigate the natural changes which come with menstrual cycles.

What Makes Us Unique?

-  **Faith-Based, Body Positive Language** helps girls adjust to changes in their bodies as they approach the onset of their first period
-  **Science-Based Presentation** empowers girls to know and respect their unique bodies
-  **Analogy of the Kingdom** tells a story to make complicated menstrual cycle science accessible and memorable for a young audience
-  **Culture of Care** emphasis commissions girls to make a positive impact in menstrual cycle care and respect for one another

