

Girls are not
emotionally prepared to
grasp female sexuality **until**
they understand their
cycles-

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Workshop Objectives:

1. Identify the historical, cultural, physiological and psychological nuances of the menstrual cycle.
 2. Create an outline of facts and helpful tools appropriate for their populations/settings and will have the necessary tools and knowledge to establish an environment that embraces the female menstrual cycle.
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1. Defining the Culture Around the Cycle
 - a. Historical Perspectives
 - b. Cultural Differences
 - c. Remembering that “Period” of Your Life
 2. Physiological & Psychological Understandings of the Menstrual Cycle
 - a. Hormones & Anatomy
 - b. Synthetic Hormones and Cycles
 - c. Mood, Diet, and Movement
 3. How to Make the Shift
 - a. Community Empowerment Model
 - b. Fact Sheet Development
 - c. Celebrating Cycles in your Communities
 - d. Workshops, Pink Ceremonies, Celebrations
 4. NOTES:

Why Talk About Periods??

Start a Revolution...

How do we treat our bodies, our womanhood, and our cycles so that it is intertwined with the all those around us?

Reclaim Your Rightful Heritage...

This allows women to pass on a more positive body image, relationship to the body & healthy sexuality.

Healing of Women's Cycles...

Embracing the pain = reduction in pain, emotional health improves, relationships evolve

RESOURCES

www.periodfairy.com

www.beautifulcervix.com

www.scarleteen.com

www.plannedparenthood.org

www.menstruationresearch.org

<http://myvag.net>

www.mycycle.com

www.beinggrrl.com

www.mum.org

The History of Menstruation

- ★ Observed as SACRED (5 thousand years ago!)
- ★ Women used to lead/guide their tribe based on visions, dreams during their bleeding
- ★ Coming-of-age ceremonies —aunts, grandmothers, sisters...and men celebrating a young woman's menarche
- ★ Original meaning of word... TABOO was SACRED
- ★ Most of our written Western history describes it as a time of shame, degradation, our dark uncontrollable nature, unclean, and dirty
- ★ Women were told they couldn't swim, bathe, wash their hair because they might 'back up the flow' leading to stroke, insanity, TB
- ★ Referred to as NEGATIVE: Being on the rag, having the curse

Article and Book Resources

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Society of Menstrual Cycle Research (2011). The menstrual cycle: A feminist lifespan perspective. Retrieved from http://www.socwomen.org/web/images/stories/resources/fact_sheets/fact_4-2011-menstruation.pdf on November 15, 2012.

Stein, E. & Kim, S. (2009). *FLOW: The cultural story of menstruation*. St. Martin's Griffin.

Thomas, S. (2000). Nuisance or natural and healthy: Should monthly menstruation be optional for women? *Lancet*, 355, pp. 922-924.

Winston, S. (2009). *Women's anatomy of arousal*. Mango Garden Press.

Celebrating Cycles...

One Period at a Time!