



with Christina Valenzuela



*I'm not nervous about getting my period because I feel prepared, and I'll know what to do when it comes!*

-SOFIA, AGE 9

## CYCLE PREP: FIRST PERIOD (MENARCHE)

course is a self-paced, online program designed to introduce girls to menstrual cycles and periods in a positive, adult-supported environment through age-appropriate science, hands-on learning, and honest conversations about what to expect (or not expect!) as they begin their cycles. Cycle Prep encourages girls to respect their bodies and embrace the natural changes which come with menstrual cycles.

### THE PARENT FACTOR

Cycle Prep Courses respect the unique responsibility that parents have to introduce the young girls in their lives to the topics of cycles, periods, and body changes. We believe that parents are the primary educators of their children in all things, but sometimes it's helpful to have a professional begin the conversation!



*"How girls experience the value of their own bodies has a huge influence on self-image and self esteem. It is one of the most decisive developmental tasks to accept oneself and experience the physical changes of puberty in a positive way."*

Elisabeth Raith-Paula, M.D.

"What's Going on in My Body?: All About the Female Cycle, Periods and Fertility"



## WHAT MAKES US UNIQUE?

**Effective Visuals** How much blood might I lose over the course of a period? What does cervical fluid look like? Concrete examples help girls understand what to expect as their body goes through the menstrual cycle.

**The Analogy of the Kingdom** Cycle Prep's unique way of inviting girls to discover the "story" of their menstrual cycle. Girls are introduced to four hormone helpers throughout the cycle, each with their own role to play as the Kingdom prepares for a special guest!

**Creating a Culture of Care** No girl should be ashamed of her body and the important work that it does! In Cycle Prep, girls learn to care for themselves and others, so that we can create a culture of support for girls and women surrounding menstruation.



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#cycleprep

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Learn more: [www.cycleprep.com](http://www.cycleprep.com)



## WHAT'S INCLUDED?

Four Self-Paced Video Sessions

Total: 75 minutes!

**Session 1: Introduction-** A welcome video to girls and their parents, introducing the idea that a menstrual cycle is what enables a woman to eventually become pregnant. We cover basic internal female anatomy, and discuss the equation of life (egg + sperm = baby) which leads us to focus on the "star" of the menstrual cycle: the egg cell!

**Session 2: The Analogy of the Kingdom-** This creative analogy teaches girls how to tell the story of the menstrual cycle through learning key roles and functions of four basic hormones: FSH, estrogen, LH, and progesterone. How do they help the kingdom prepare to welcome a very special guest? How does the guest prepare for its journey? What happens when the guest decides not to stay?

**Session 3: All About Periods-** This is where we decrease the anxiety and the nerves! Girls learn about what it's like to have a period, what her options are for hygiene products, and some key puberty signs which might tell her when her period will start. This section includes criteria to help girls determine if their cycles fall into a healthy range of presentation or if they should seek help from a trusted adult-- because a teenage girl's cycle is NOT THE SAME as a grown woman's cycle. And we should know the difference!

**Session 4: Creating a Culture of Care-** Preparation doesn't end with knowledge-- now we need to learn how to be proactive about creating a Culture of Care for ourselves and one another! Girls learn about how the cycle affects things like energy levels and moods, how to put together a period kit, and our role in creating a positive culture of girls-supporting-girls around menstruation.

**PLUS!** Lots of Bonus resources for parents and daughters. Cycle Prep comes with a library of downloadable PDFs to keep the learning and conversations going!

## PRAISE FOR CYCLE PREP

*"What an excellent workshop!*

*Cycle Prep explains the complex science of the menstrual cycle in a way that is both understandable and engaging for young girls. Being prepared is key, so I recommend this to all young girls and their parents well before they reach menarche."*

**Rebecca Sweeney, MD**

*"With this knowledge and the shared experience of having attended the workshop together, [my daughter] and I have a new baseline of communication to return to the next time she needs to discuss her cycle."*

**Lauren, parent Cycle Prep attendee**

*"I am an expert! Thank you. You taught me a lot about myself that I didn't know!"*

**12-year-old Cycle Prep attendee**



*"CYCLE PREP is an incredible gift to moms who desire open and clear discussion with their tweens. Christina explains the monthly cycle in a way that inspires awe for the beauty of the female body. I've been an avid fan of NFP for years and even I learned something! I am so thankful for such an amazing resource!"*

**Katie Hartfiel- author,  
Woman in Love chastity program**



CYCLE PREP IS PROUD TO HAVE MY CATHOLIC DOCTOR AS A "CARE CHAMPION"  
Ask your provider for a coupon code to receive a 30% discount on all Cycle Prep courses through My Catholic Doctor

