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.

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:

Girls are not emotionally prepared to grasp female sexuality until they understand their cycles – Christiane Northrup
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.beinggirl.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


