

CURRICULUM HIGHLIGHTS

♥ BASIC ANATOMY ♥

Review of basic anatomical structures using the appropriate terminology.

♥ MANAGEMENT ♥

An overview of common tools used to manage period blood, including demonstrations for hands-on learning.

♥ SYMPTOMS OF PMS ♥

Discussion of the most common symptoms of pre-menstrual syndrome.

♥ SELF-CARE & HYGIENE ♥

Suggestions of how to take care of your mind and body while experiencing PMS and periods.

♥ THE PERIOD ♥

Animated imagery of an actual period including the thickening and shedding of uterine inner lining.

♥ PUBERTY ♥

What to expect when puberty begins and how to be prepared for that first period.

♥ LOOK & FEEL ♥

Overview of what a period looks and feels like as it's happening.

♥ NORMAL PERIODS ♥

A look at a normal period length of time and how often to expect one to come.

THE PERIOD
ACADEMY

www.theperiodacademy.com