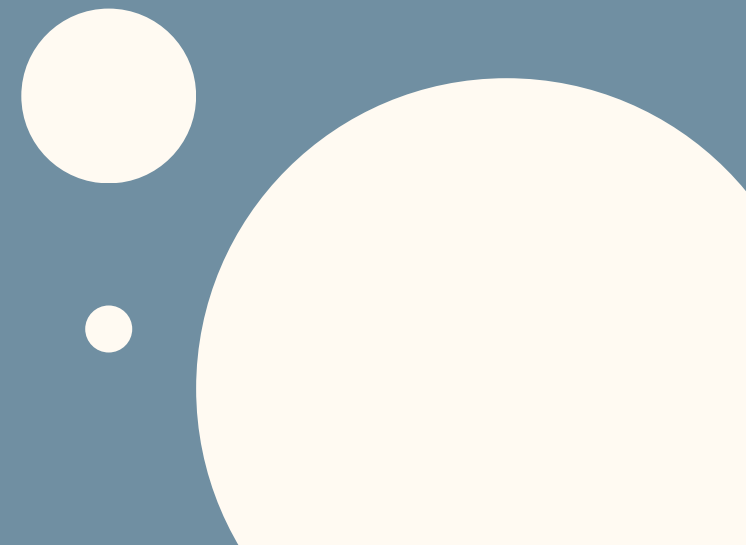


THE CYCLE FOR BOYS.

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THE CYCLE FOR BOYS.

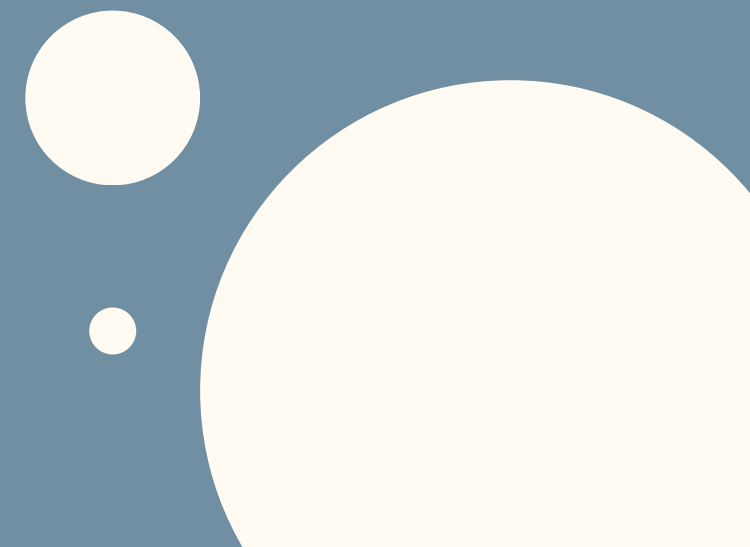
Course Outline

How does the cycle work?

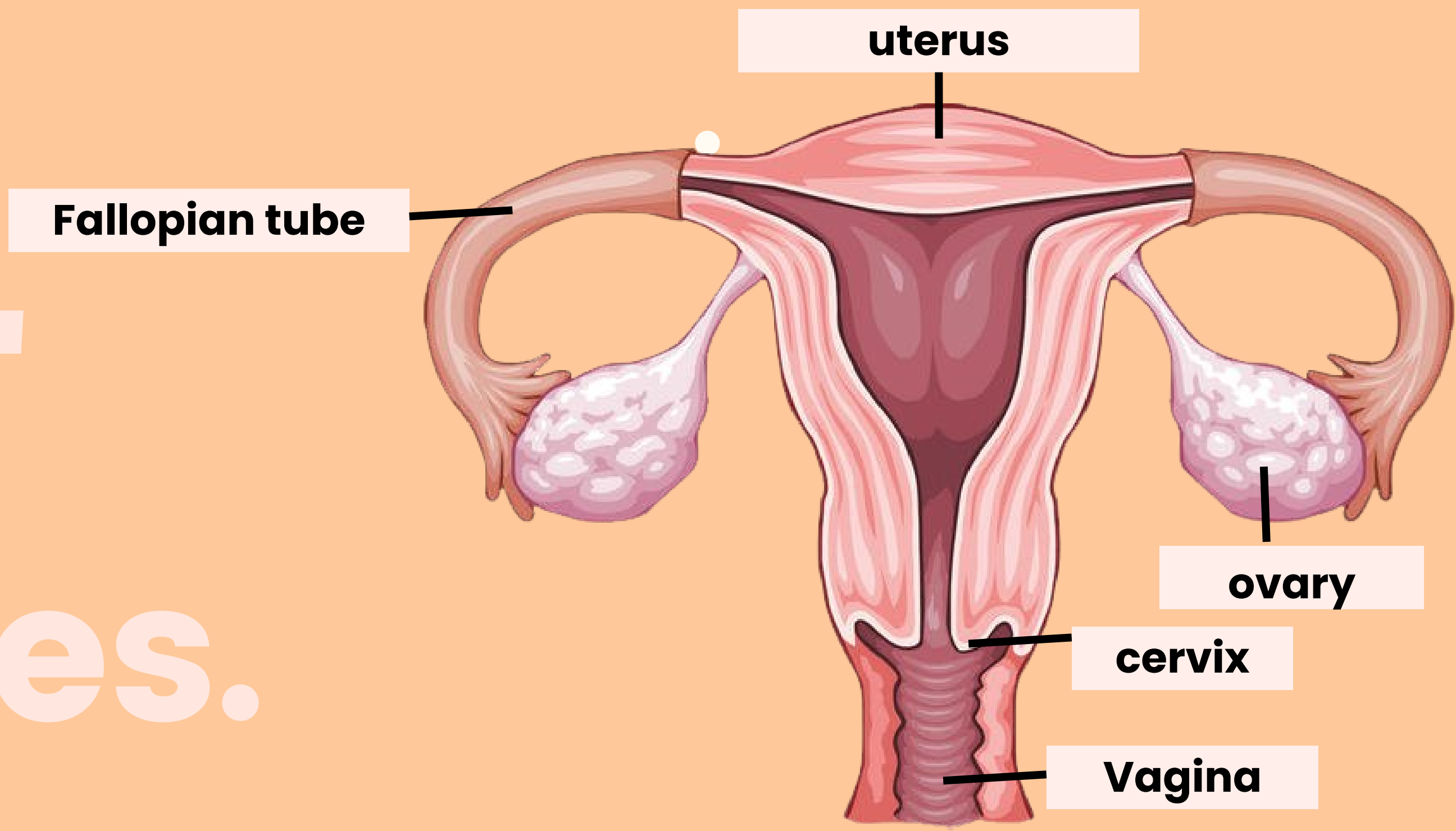
Women's necessities for menstrual wellness.

We are connected.

Understanding fertility



Girls' bodies.



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• WHAT IS THE CYCLE? •

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MENTRUAL
PHASE.
DAYS 1-7.

FOLLICULAR
PHASE.
DAYS 7-14.

OVULATORY
PHASE.
DAY 14-16.

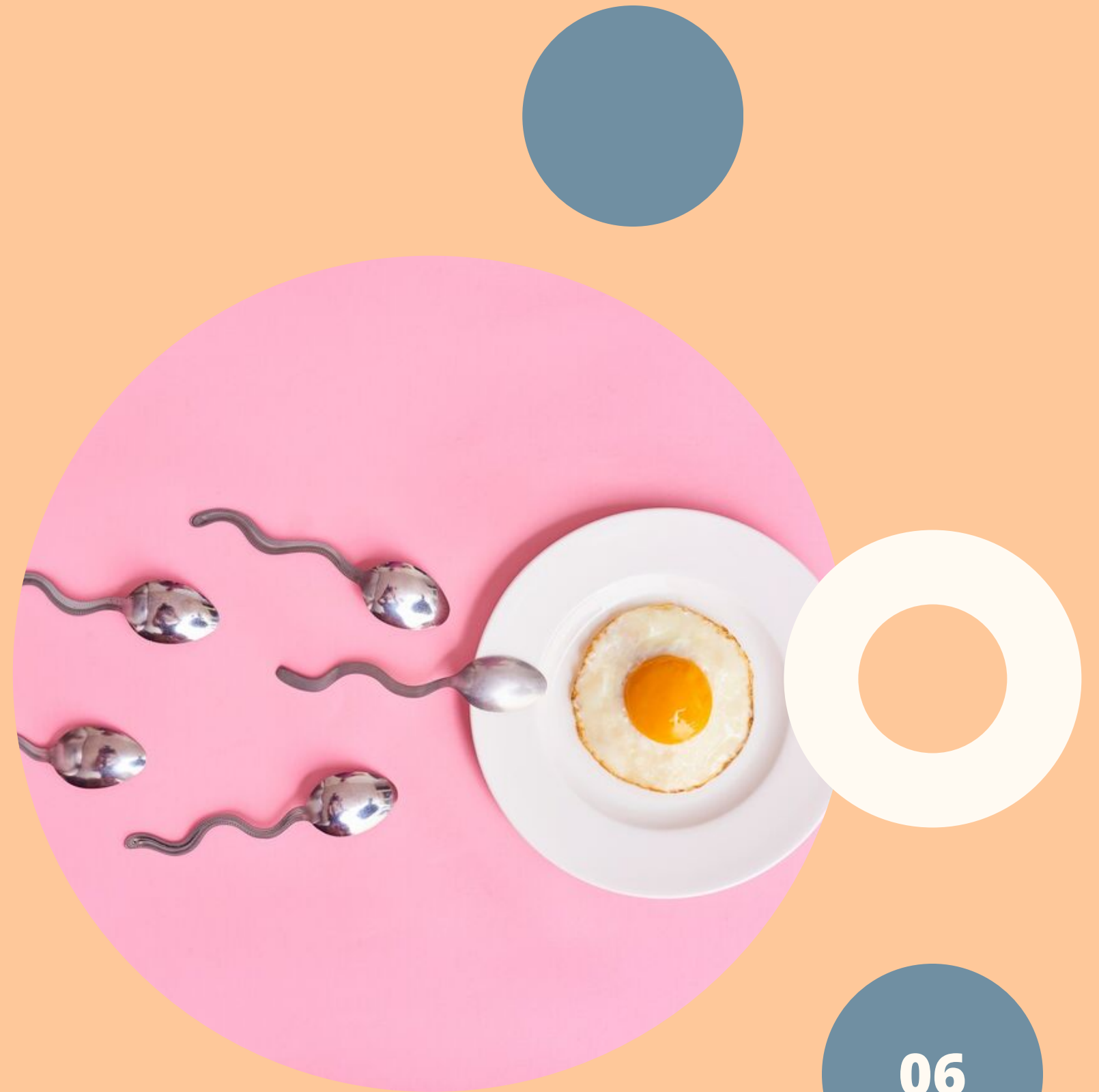
LUTEAL
PHASE.
DAY 16-28.

HOW DOES OVULATION WORK?

A mature is made by a female and an egg is released from the ovary

the egg moves down the fallopian tube and stays there for 12 to 24 hours

Being there in that moment, with male sperm can cause pregnancy.



06

WHAT'S THE PERIOD?

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- The process in a woman of **discharging blood** and other materials from the **lining of the uterus** at intervals of about one lunar month (28 days) from puberty until menopause, except during pregnancy.

UNDERSTANDING IS THE FIRST STEP!

KNOWING ANATOMY AND
BASIC INFO ABOUT FEMININE
HEALTH IS IMPORTANT TO
BUILD A SOLID COMMUNITY
AND CONCEPT ABOUT
WELLNESS.



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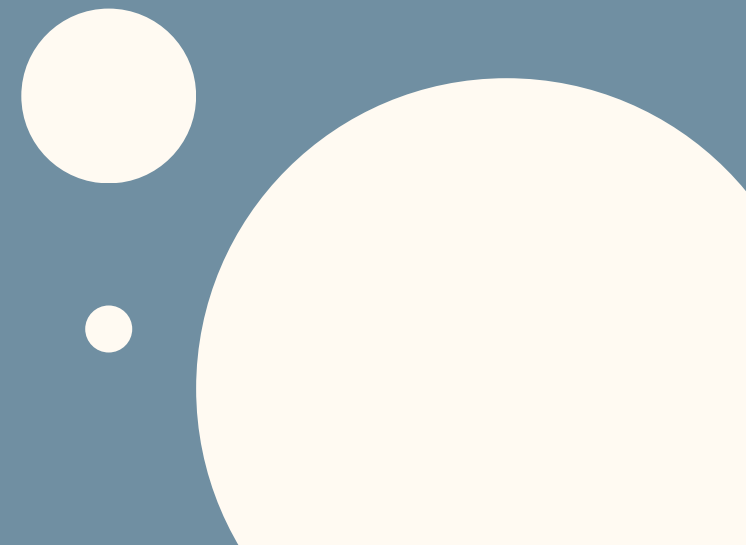
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THE CYCLE AND THE BOYS.

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Chapter 2: Women's necessities
for menstrual wellness.

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IMPORTANCE OF MENSTRUAL PRODUCTS.

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**GIRLS CAN KEEP DOING THEIR
LIFE AS USUAL.**



**KEEPS HYGIENE DURING THE
PERIOD.**



**A LACK OF SAFE MENSTRUAL
PRODUCTS INCREASES THE
CHANCE OF SELF-HATE,
HORMONE UNBALANCE, AND
REPRODUCTIVE CONCERNS.**

SINGLE USE MENSTRUAL PADS.



PADS THAT NEED TO BE CHANGED AT LEAST EVERY 6 HOURS. THEY ARE VERY COMMON BUT HAVE BARRIERS LIKE

- **ADDED CHEMICALS**
- **INCREASED GARBAGE**
- **HIGHER MONTHLY COST**
- **NEED TRANSPORT TO ACCESS**

PRODUCT OPTIONS.

MENSTRUAL CUP.

A small, soft, cup-shaped object made of medical-grade silicon and known to last up to ten years.

Choosing the correct menstrual cup is a personal journey which requires self-knowledge and extra information!



● PERIOD PANTIES.



Period panties are like normal panties but with an absorbent material which receives all the period blood.

Choosing them is super easy! you'll use the same size you use in your normal underwear.

They absorb up to 12 hours on a normal day (not abundant)

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REUSABLE MENSTRUAL PADS.



NORMAL PADS CAN BE USED JUST ONCE, BUT REUSABLE PADS COULD BE USED FOR UP TO 4 YEARS.

THEY ARE USED LIKE REGULAR PADS AND AFTER 4 HOURS OF USE (OR WHEN YOU FILL IT) YOU JUST NEED TO WASH, DRY, AND REUSE THEM. THEY CAN COST MORE UP FRONT BUT THEY ARE CHEAPER IN THE LONG RUN.

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COMFORT DURING THE PERIOD.

ACCESS TO SAFE MENSTRUAL PRODUCTS.

**HOLISTIC HEALTH ATTENTION IN CASE OF A
DIFFICULT PERIOD OR HORMONE IMBALANCE.**

HYGIENIC CONDITIONS.

ACCEPTANCE BY THE PEOPLE AROUND THEM.



MENSTRUAL HYGIENE.

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ACCES TO CLEAN
WATER AND AN
HYGIENIC
ENVIROMENT.



SAFE AND
COMFORTABLE
PRODUCTS.



The products women use to manage their period **need to be cleaned**, also their hands every time they use as instruments to clean themselves.

A bathroom with enough clean water, light and a safe space to save their products are necessary.

Using the correct products is essential to continue our normal lives while menstruating, we have a lot of options:

- Menstrual cups.
- Menstrual panties.
- Menstrual reusable pads.
- Tampons and descartable pads.

MEETING MENSTRUAL NEEDS IS ESSENTIAL!

Equal rights



Living a hygienic period (and life) is a basic human right. How could you contribute as a boy?

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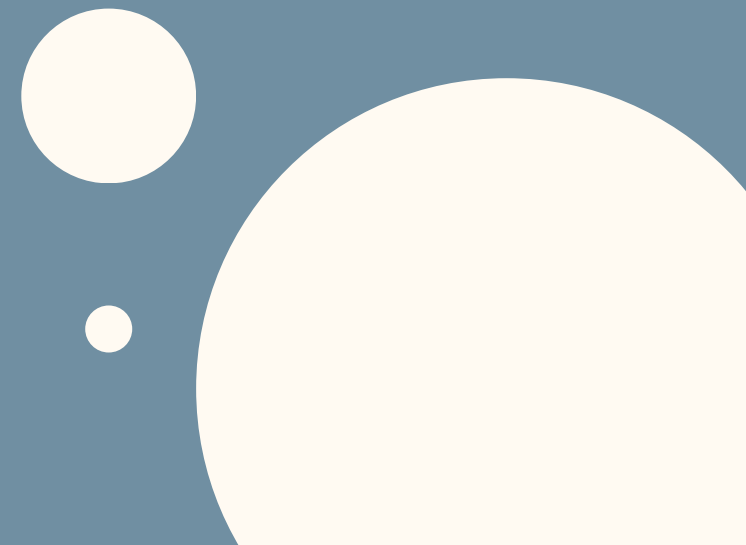


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Chapter 3: we are energy.

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HOW DO GIRLS KEEP HEALTHY?

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EATING
BALANCED.

MANAGING
STRESS.

SLEEPING
WELL AND
TAKING
ENOUGH
REST.

BALANCING
THEIR
HORMONES
NATURALLY.



BALANCED HORMONES.

Hormonal balancing means having **just the right amount** of every hormone. It means having a body that's healthy and resilient. **Stress, using synthetic hormones, being tired 24/7, not sleeping enough and not eating well could cause hormonal unbalance.**

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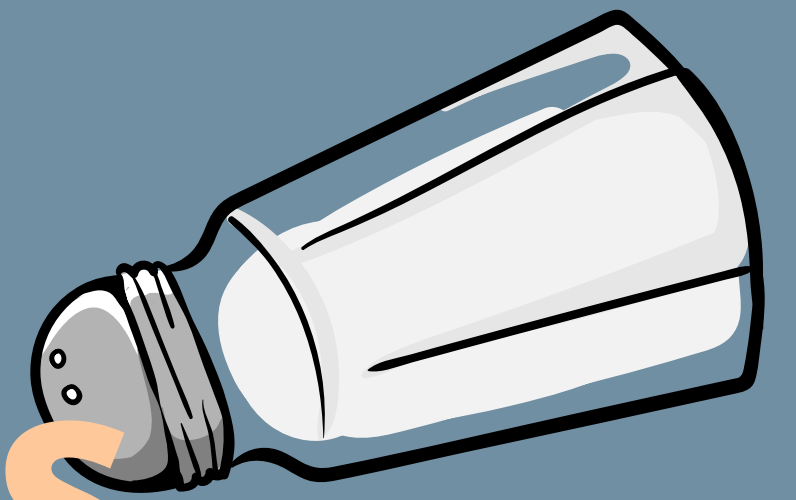


NUTRITION AND THE CYCLE.

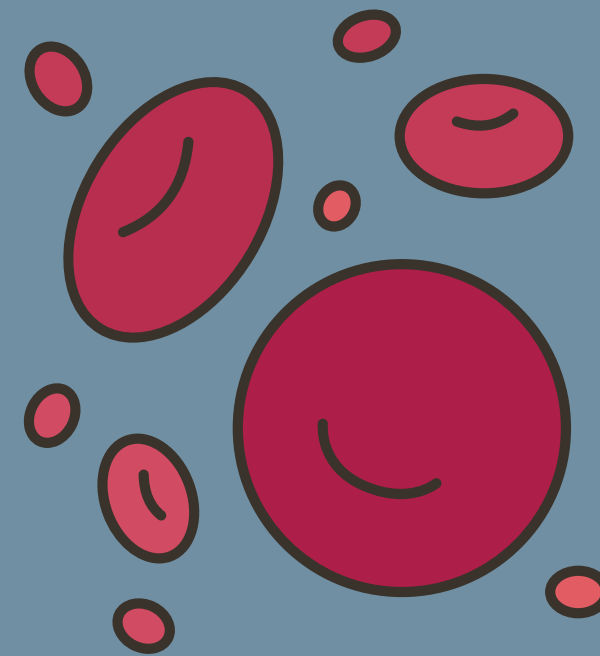
Balanced nutrition is essential for everyone, but when we talk about the feminine cycle we should focus on:

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MINERALS.

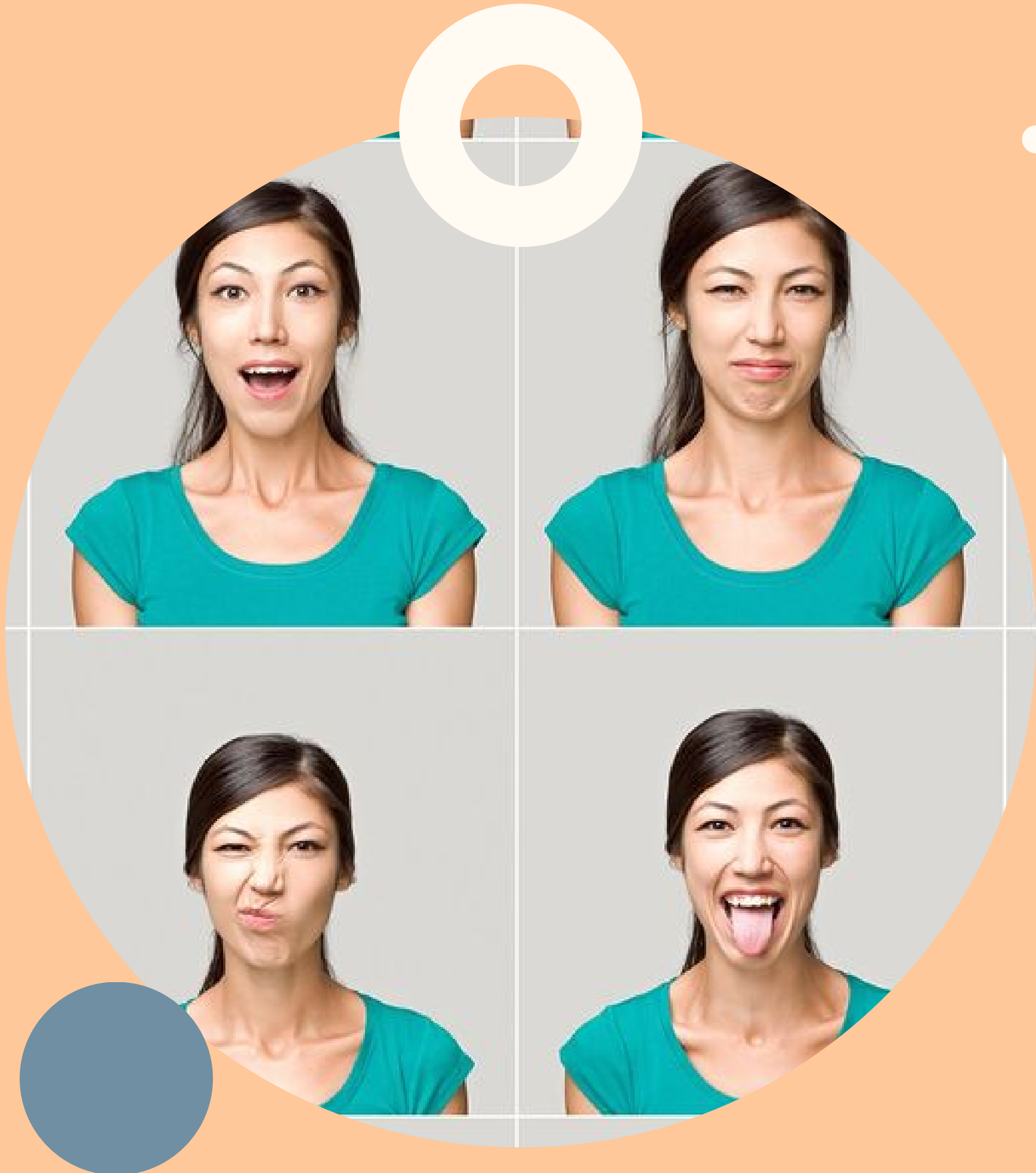


IRON.



PROTEIN.





- **EMOTIONAL PART OF THE CYCLE.**

During our cycle and especially during our period, the emotions could feel intense and block our minds.

It's important to identify, understand the reason for that emotion and find a healthy way to express it.

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PERIOD ETIQUETTE



01.

OUR PERIODS ARE NOT SHAMEFUL.



02.

WE SHOULD TALK ABOUT IT SINCE PUBERTY.



03.

HAVING ENOUGH INFO IS OUR RIGHT.

FREE THE PERIOD!



PERIOD ETIQUETTE



01.

IF YOU SEE A GIRL WITH BLOOD ON HER CLOTHES, PROVIDE HER COVERING AND DONT MAKE A BIG DEAL



02.

THIS IS NOT SOMETHING TO LAUGH ABOUT, ITS NATURAL AND UNCONTROLLABLE



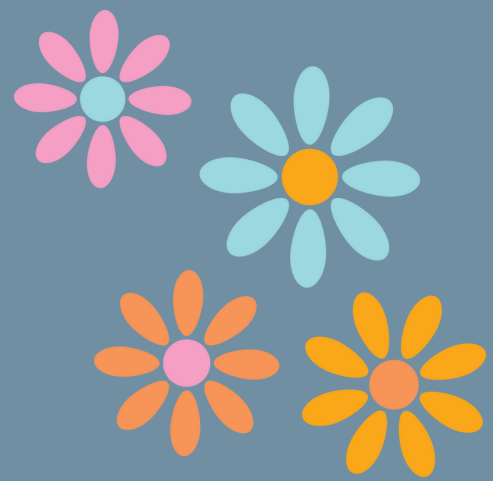
03.

EDUCATE YOURSELF, IT IS HELPFUL FOR HEALTHY RELATIONSHIPS. GIRLS CHANGE THEIR HORMONES AND BODY EVERYDAY.

FREE THE PERIOD!



CONNECT WITH OUR BODY IS A BASIC NECESSITIE!



Our emotions and physical needs are important to connect with ourselves and living healthy cycles!



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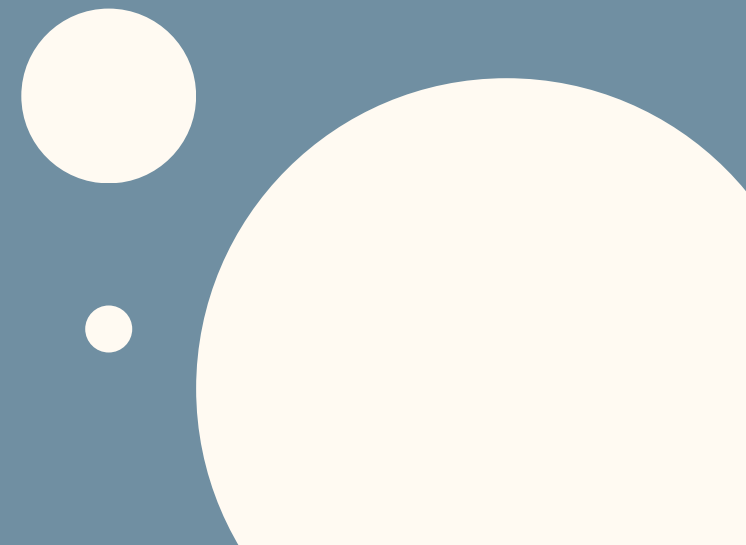


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Chapter 4: Fertility.

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WHAT'S FERTILITY?

Fertility is the **natural ability to conceive or induce conception. Infertility is the inability to achieve a viable pregnancy**

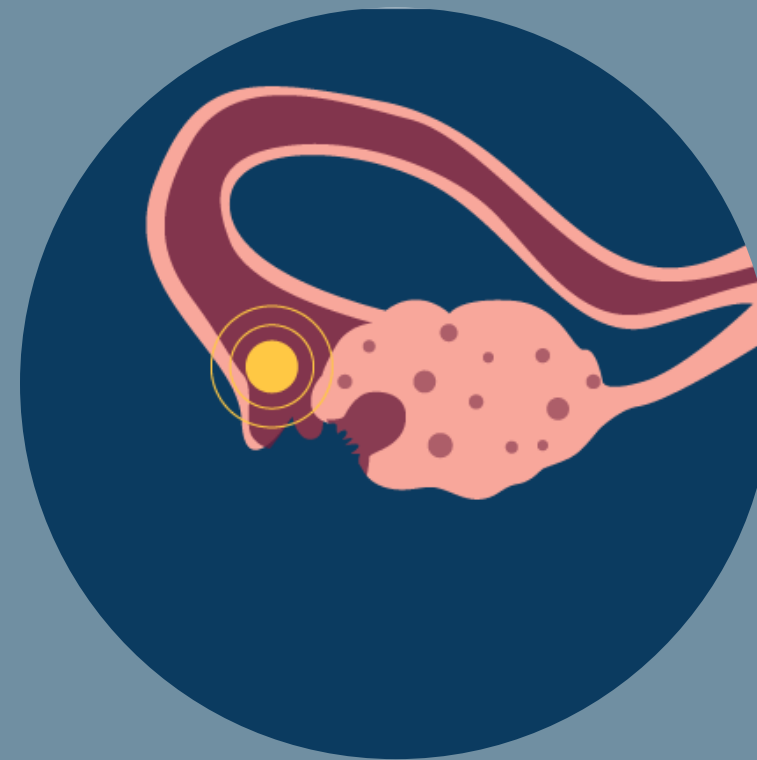
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OVULATION AND FERTILITY.

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To get pregnant women need ovulation.



Once women ovulate, for around 6 days they could get pregnant.



CONTRACEPTION WITHOUT HORMONES.

women need the correct information from professionals.

Preserving natural ovulation is essential.

contraception is a work of two! couples are a team.



06

PREGNANCY IS A DECISION.

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**WOMEN
COULD BE A
MOTHER OR
NOT.**

**PREGNANCY
SHOULD BE
AN INFORMED
AND
PREPARED
DECISION.**

**HAVING A CHILD
IS REALLY HARD
WORK,
CHOOSING THE
MOMENT IS
IMPORTANT.**

**IT SHOULD BE A
PREVIOUS
CONVERSATION
BETWEEN YOU
AND YOUR
PARTNER.**



07



OUR FERTILITY IS A HEALTH SIGN!

preserving feminine hormones and natural functions should be a priority and a sign of self-love!



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EMPOWERED
WOMEN
EMPOWER
WOMEN

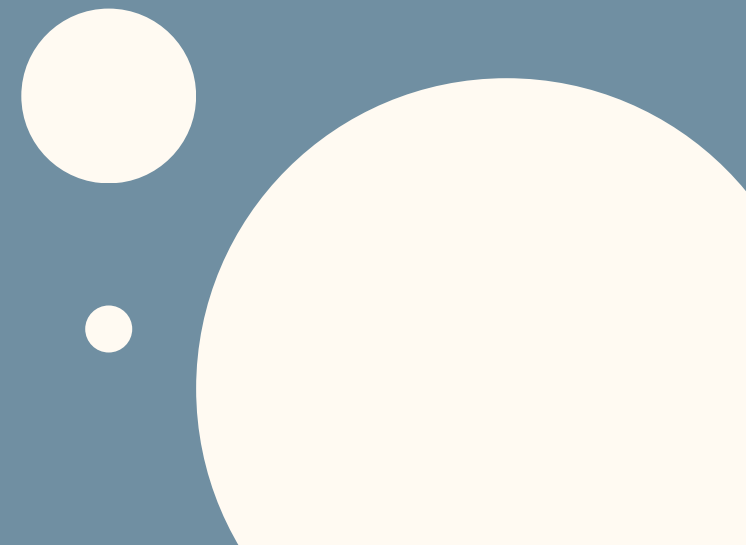


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Chapter 5: FAQ.

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WHY DO GIRLS

MENSTRUATE AND BOYS

DON'T?

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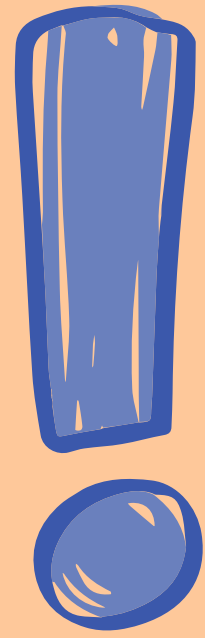
HOW COULD I CONTRIBUTE TO THE BALANCE OF THE CYCLE?

??



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DO BOYS HAVE A CYCLE?



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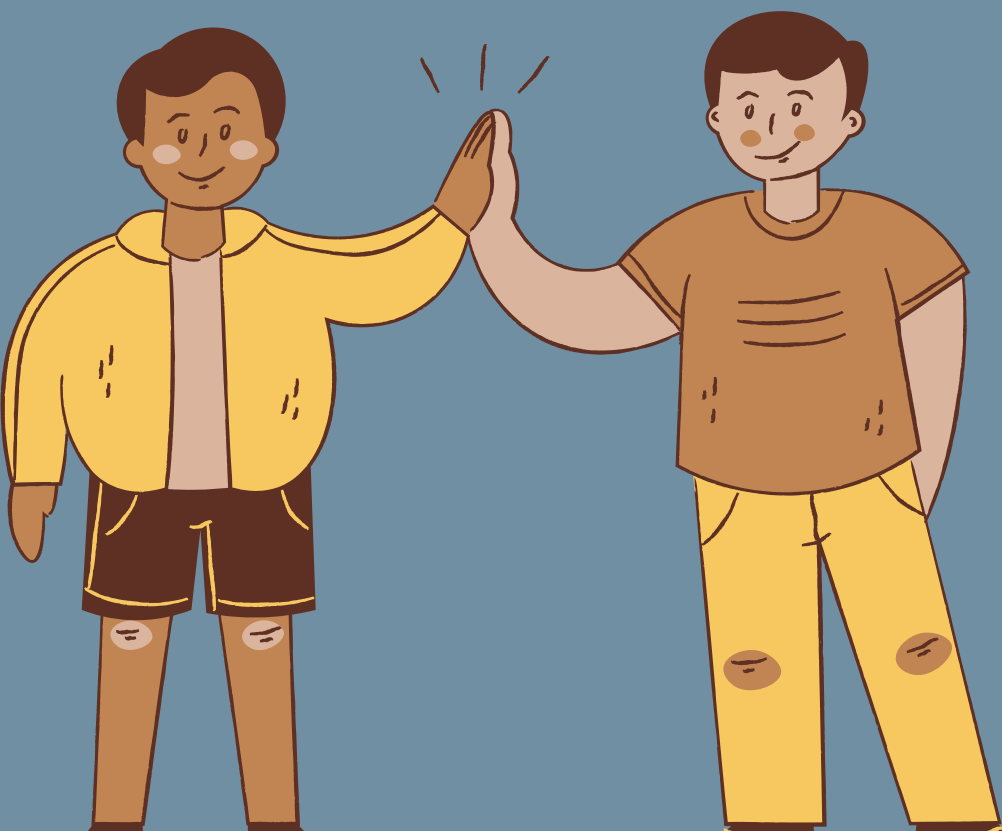
DO YOU HAVE MORE QUESTIONS?

**END
PERIOD
POVERTY**

Let's talk about our
concerns!

Check all the extra info
that we have about the
period and feminine
wellness.

**MENSTRUAL
PRODUCTS
FOR ALL**



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