

## Women's Curriculum

### Basic agenda:

- Soap-making demonstration (arranged by Pastor Miller) (not sure how long this will take)
- Explanation of the importance of good hygiene, especially hand washing using brochure (Hand Washing; need to make copies)
  - o before/after food prep
  - o before eating
  - o after using toilet
  - o after changing diapers
  - o after coughing/sneezing into hands
  - o after touching animals
- Demonstration of female anatomy/reproductive system using illustrations from brochure (Female Facts; need to make color copies) and 3-D model (still trying to attain model)
  - o inside the body
  - o outside the body
    - there is a section on breast health in the brochure, but time may not allow to fully explore this topic
- Explanation of menstrual process, again using illustrations and 3-D model
  - o reproductive system
  - o menstrual cycle, including puberty using brochures (Female Facts and Puberty)
  - o hormones
- Demonstration of how to make reusable pads, including how to properly launder and dry them
  - o I will provide the templates for the pads ( wings and no wings)
    - Need material for 4 layers
      - base layer (cotton)
      - absorbent layer (wool is suggested, but towels/washcloths may be more appropriate)
      - layer next to skin (fleece or another soft material)
      - waterproof layer (PUL is recommended, but polyester may be more readily available)
    - Need fabric scissors
    - Need safety pins (or any other method of fastening layers together and fastening pads to underwear without having to sew them)
      - I am looking for grants to help purchase these items; I'm open to suggestions

\*I also have information about STDs and HIV if there is someone in the group who would like to present those topics to the women; don't know our time allotment for these sessions