

Program: Celebration Day for Girls Facilitator Training

<p>Day One AM</p>	<p>Welcome, introductions, overview</p> <ul style="list-style-type: none"> • Context: Why this work is needed. • Menstrual shame and cultural constraints • The long-reaching impacts of a girl’s approach to her menarche (first period) and a woman’s attitude to her body and menstrual cycle
<p>Day One PM</p>	<p>Explore Part One of the workshop: Women-only two-hour session</p> <ul style="list-style-type: none"> • How to facilitate a safe space for discussing sensitive topics • Content, purpose and learning outcomes of each session activity • Ideas for how to support young people at home and at school
<p>Day Two AM</p>	<p>Run through Part Two: morning session of full-day workshop with girls</p> <ul style="list-style-type: none"> • Focus on being positive, practical and informative • Recognising puberty’s changes • Clarifying names of body parts • Overview: the menstrual cycle, its different stages and how you can apply understanding to your benefit • Exploring options for menstrual products
<p>Day Two PM</p>	<p>Run through Part Three: afternoon session of full-day workshop</p> <ul style="list-style-type: none"> • Comparison of different cultural approaches to periods • Practical management of periods, managing challenges and seeking support when needed • Supporting women to share inspiring stories from their own experience • Activities for girls; how to set these up • Ending the day with a meaningful message
<p>Day Three AM</p>	<ul style="list-style-type: none"> • Purpose and learning outcomes of Celebration Day for Girls activities • Discussion of our philosophy, research and radical social change • CDG Values and Principles • Exploring our fascinating reproductive physiology
<p>Day Three PM</p>	<ul style="list-style-type: none"> • What you need to do to facilitate your own CDG: <ul style="list-style-type: none"> ○ promotion, licensing and agreement, other business ○ Facilitator resources access and ongoing support • Exercise: Actions to take your first steps in organising a Celebration Day
<p>During the program</p>	<ul style="list-style-type: none"> • Each participant presents a 10- to 15-minute session to the group sharing a skill, resource or learning. • Schedule your private mentoring session post-training to support your journey towards being a Celebration Day for Girls facilitator • Bookstore: Books, cards, kits – goodies to take home!

Times are usually 8.30am to 10.30am, 11.00am to 12.30 pm, 2.00pm to 6.00pm. We also encourage you to do yoga/walks/stretches to look after your needs.

Accommodation: We recommend staying with the group wherever possible. Training days are big, and it's also nurturing to build connection with others in the course – they often become an ongoing source of inspiration, support and resources!