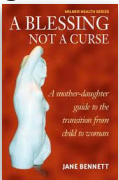

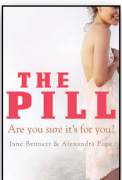
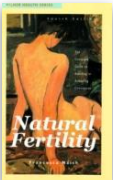

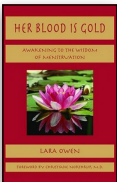




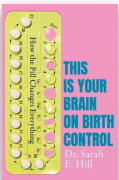
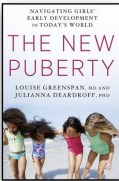


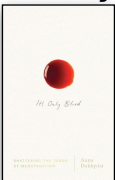

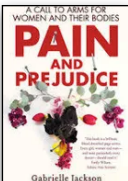
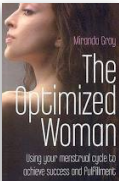
Celebration Day For Girls RESOURCES

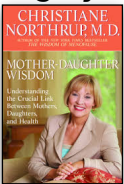

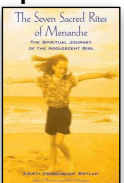

Menarche/Menstruation/The Menstrual Cycle/Menstrual Wellbeing and Health

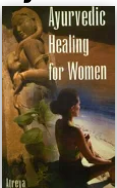
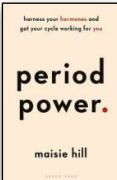
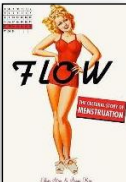
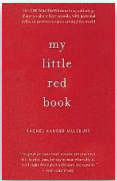
Jane Bennett (2002)	<p>A Blessing not a Curse: A Mother daughter guide to the transition from girl to woman</p> 	<p>'A sensitively written book for parents that dispels the notion of the curse, replacing it with a positive view of menarche and menstruation. It offers practical advice on how to explain menstruation to your daughter, practice menstrual wellbeing together and know when to seek expert help for health issues that trigger cyclic mood swings and pain.'</p>
Karen Pickering and Jane Bennett (2019)	<p>About Bloody Time: The Menstrual Revolution We Have to Have.</p> 	<p>About Bloody Time makes the case for menstrual revolution as an essential key to unlocking gender equality. Thousands of women and girls shared their experience of menstruation and menopause. The results were clear. Shame. Stigma. Humiliation. Disgust. Negative attitudes are pervasive, entrenched, and harmful.</p> <p>An initiative of the Victorian Women's Trust, and with the great support of VWT staff, many volunteers, 3460 survey respondents and a team of experts this book digs deep into the menstrual taboo: where it exists, how it came to be and why it's so resilient. Our culture asks women and girls to view their bodies through a prism of negativity and fear. We want to change that.' The definitive text for those working in the realm.</p>

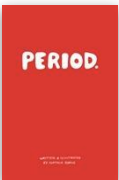
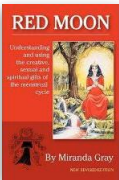
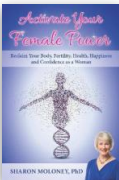
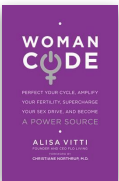
Jane Bennett, & Alexandra Pope (2009)	The Pill: Are you sure it's for you? 	<p>'Accessible and informed, this insightful guide examines how the pill works, its advantages and dangers, and the best ways to remain healthy during and after use. Alternative contraceptives are also examined, making this the complete guide for women looking to make the difficult choice about contraceptives'.</p>
Francesca Naish (2005)	Natural Fertility - 4th UK ed 	<p>'Many women have problems with their fertility at some time in their lives. Solutions and preventative advice here will contribute to women's well-being, and help to overcome problems with contraception, infertility, reproductive and hormonal health'.</p> <p>See also: fertility.com.au</p>
Lara Briden (2017)	Period Repair Manual: Natural Treatment for Better Hormones and Better Periods 2nd Edition 	<p>'Period Repair Manual is your guide to better periods using natural treatments such as diet, nutritional supplements, herbal medicine, and natural hormones. It contains advice and tips for women of every age and situation. If you have a period (or want a period), then this book is for you'.</p>
Lara Owen (2009)	Her Blood is Gold : Awakening to the Wisdom of Menstruation 	<p>'We menstruate more now than at any time in human history. Girls are starting to menstruate earlier due to protein-rich diets and hormones in food; women are less likely to die young; we have fewer children and therefore spend less time not menstruating. Increased work and family stresses, in addition to more periods, mean that women are more physically and psychologically vulnerable to negative attitudes to menstruation. So it is more important than ever that we investigate ways to make our periods physically, emotionally, and spiritually healthy.'</p>

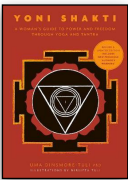
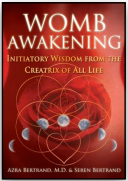
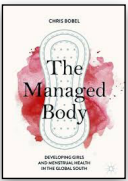
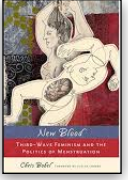
<p>Alexandra Pope & Sjanie Hugo Wurlitzer (2017)</p>	<p>Wild Power: Discover the Magic of Your Menstrual Cycle and Awaken the Feminine Path to Power</p> 	<p>'Few women really know about the physiology of their cycle, and many do not see it as an integral part of their health and wellbeing, let alone as a potential guide to emotional and spiritual empowerment. Wild Power tells a radical new story about feminine power'.</p> <p>https://redschoollonline.net/courses</p> <p>redschooll.net</p>
<p>Pope, Alexandra (2014)</p>	<p>The Wild Genie</p> 	<p>'...a self-care guide for all women who want to enjoy their cyclical nature and experience a fulfilling and healthy life.presents a unique approach to menstruation that moves beyond biology to restore a dignity and deep meaning to a woman's cyclical nature.'</p>
<p>Dr Sarah Hill (2019)</p>	<p>How The Pill Changes Everything</p> 	<p>'...Until recently we knew very little about how the Pill affects the non-reproductive systems of the female body, because research on these other systems was conducted almost exclusively on men. In her trailblazing book, Dr Sarah Hill uses the latest science to reveal how the Pill is changing women and the world, for better and worse.'</p>
<p>Ngāhuaia Murphy (2014)</p>	<p>Waiwhero https://waiwhero.com/buy-te-awa-atua-the-book/</p>	<p>'Information about traditional Māori attitudes, beliefs, stories, ceremonies and practices regarding menstruation. Reclaiming traditional Māori korero about menstruation'.</p>
<p>L Greenspan & J. Deardorff (2014)</p>	<p>The New Puberty: How to navigate early development in today's girls.</p> 	<p>'In this reassuring and empowering guide, two leading experts on the root causes and potential consequences of early puberty in girls—deliver vital advice on how to prevent and manage early puberty'.</p>

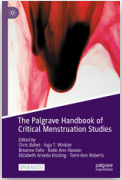
Anna Dahlqvist (2018)	It's Only Blood 	Every day 800,000,000 people menstruate. Yet menstruation is still seen by many as a mark of shame. We are told not to discuss it in public, that tampons and sanitary pads should be hidden away, the blood rendered invisible. Anna Dahlqvist tells the shocking but always moving stories of why and how people from the United States to Uganda, Sweden to Bangladesh, are fighting back against the shame.'
Lisa Hendrickson-Jack (2019)	The Fifth Vital Sign: Master Your Cycles & Optimize Your Fertility 	'Your menstrual cycle is a vital sign, just like your pulse, temperature, respiration rate, and blood pressure. And it provides you with essential information about your health. This book brings together over 1,000 meticulously researched scientific references in a textbook-quality guide to understanding your menstrual cycle'.
Gabrielle Jackson (2019)	Pain and Prejudice 	Fourteen years after being diagnosed with endometriosis, Gabrielle Jackson couldn't believe how little had changed in the treatment and knowledge of the disease. In 2015, her personal story kick-started a worldwide investigation into the disease by The Guardian; thousands of women got in touch to tell their own stories and many more read and shared the material. What began as one issue led Jackson to explore how women - historically and through to the present day - are under-served by the systems that should keep them happy, healthy and informed about their bodies.'
Miranda Gray (2009)	Optimized Woman – using your menstrual cycle to achieve success and fulfillment 	'A flexible plan of practical daily actions for self-development, goal achievement and work enhancement, aligned to the phases of the menstrual cycle. This book will totally change how women think about their cycles. It will change how they live their lives, achieve their goals, plan their work and careers, and create happiness and wellbeing'.

Christiane Northrup (2005)	Mother-Daughter Wisdom: Creating a Legacy of Physical and Emotional Health 	<p>'Introducing the 'five facets of feminine power' that range from the basics of physical care to the discovery of passion and purpose in life. This blueprint allows any woman - whether or not she has children - to repair the gaps in her own upbringing and create a better adult relationship with her mother'.</p>
Christiane Northrup (2020)	Women's Bodies, Women's Wisdom 	<p>'...covers the entire range of women's health--from the first menstrual period through menopause. It includes updated information on pregnancy, labor, and birth, sexuality, nutrition, hormone replacement therapy, treating fibroids, avoiding hysterectomy, and maintaining breast and menstrual health. Fully revised and updated to include the very latest treatment innovations and research data, and reflecting today's woman's proactive involvement in her own health care.... contemporary medicine at its best, combining new technologies with natural remedies and the miraculous healing powers within the body itself.'</p>
Kristi Meisenbach Boylan (2003)	The Seven Sacred Rites Of Menarche: The Spiritual Journey of the Adolescent Girl 	<p>'This is a beautifully written, insightful book about menarche - the first menstrual cycle - and its effect on a young girl's spiritual journey from maidenhood to motherhood. Author Kristi Meisenbach Boylan outlines the seven rituals, or stepping stones, that a young girl faces during her voyage through adolescence.'</p>
Jane Hardwick Collings (2011)	Becoming A Woman 	<p>'A booklet written for girls and their parents who are looking for some easy-to-understand information about the menstrual cycle. For Parents, the book includes a ceremony - "SpringMoon - Welcoming our Daughters to Womanhood" to conduct for your daughter to honour and celebrate her Menarche.'</p>

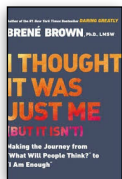
Atreya (2008)	Ayurveda Healing for Women 	<p>‘Written for women who want to find their own solutions to their health issues, it addresses the need to treat the cause of feminine problems. It rejects the notion that discomfort, pain and emotional swings are normal to a woman's life. With this self-help guide, you'll learn how to devise a treatment plan that is right for your constitution and to use dietary changes and supplements to treat and reverse many ailments’.</p>
Maisie Hill (2019)	Period Power: Harness Your Hormones and Get Your Cycle Working For You 	<p>‘Maisie Hill is an acupuncturist, women’s health practitioner and doula, and applies the principles of Eastern and Western medicine to give women all they need to make sense of their cycles, as well as accessible and practical suggestions through which readers can improve their physical symptoms, and stop berating themselves because of the way that they evolve through each menstrual month’.</p>
Elissa Stein & Susan Kim (2009)	Flow: The Cultural Story of Menstruation 	<p>‘In this hip, hilarious and truly eye-opening cultural history, menstruation is talked about as never before’.</p>
Rachel Kauder Nalebuff (Ed) (2009)	My Little Red Book 	<p>‘An anthology of stories about first periods, collected from women of all ages from around the world’.</p>




Natalie Byrne (2018)	Period 	<p>'Period. is everything you need to know about periods. PERIOD. Period. is a book for everyone; for children and adults, mums and dads, womb-owners and ex-womb-owners. There is no beating around the bush in this funny and informative book written and illustrated by Natalie Byrne, full of practical tips and advice from what a period actually is, to who and who doesn't have them.</p> <p>For each book sold we will donate menstrual supplies to asylum seekers, refugees and those who can't afford them through Bloody Good Period.'</p>
Miranda Gray (2009)	Red Moon – Understanding and using the creative, sexual and spiritual gifts of the menstrual cycle 	<p>'Miranda Gray introduces modern women to their unique cyclic nature and guides them in accepting and expressing a passionate and creative cycle-empowered life. She explores the women's wisdom contained in western mythology and traditional stories and offers practical exercises and methods'.</p>
Sharon Maloney (2018)	Activate Your Female Power 	<p>'International author and inspirational speaker, Sharon Moloney PhD, has spent a lifetime exploring what it means to be female, including a doctorate in women's health and spirituality. As a women's health practitioner and clinical hypnotherapist, she has supported hundreds of women to learn how to love, enjoy and celebrate being female.'</p>
Alisa Vitti (2014)	Woman Code 	<p>'Holistic health coach Alisa Vitti shows women how to maintain health and vitality with a food-based program to rebalance their hormones. Whether you are suffering from irregular periods, fertility issues, depression, or lack of sex drive, Alisa Vitti says that meds and anti-depressants aren't the only solutions.'</p>



Yoni Shakti (2020)	Yoni Shakti 	<p>'.....explores the sexual politics of yoga from the perspective that women's spiritual transformation is the most potent revolutionary forceinstructions for womb-friendly asana and pranayama practices, including restorative yoga, for every part of a woman's life and menstrual cycle'</p>
Ezra Bertrand & Seren Bertrand (2017)	Womb Awakening : Initiatory Wisdom from the Creatrix of All Life 	<p>'Revealing how we must reconnect with the Divine Feminine to rebirth the Divine Masculine and restore balance to our world, they show how, as we reawaken the powerful ancient path of the Womb Mysteries, we help return our world to harmony with the wild, untamed creative flows and cyclical rhythms of the cosmos.'</p>
Chris Bobel (2019)	The Managed Body - Developing Girls and Menstrual Health in the Global South 	<p>'The Managed Body productively complicates 'menstrual hygiene management' (MHM)-a growing social movement to support menstruating girls in the Global South. Bobel offers an invested critique of the complicated discourses of MHM including its conceptual and practical links with the Water, Sanitation and Hygiene (WASH) development sector, human rights and 'the girling of development.'</p>
Chris Bobel (2010)	New Blood - Third Wave Feminism and the Politics of Menstruation 	<p>'New Blood offers a fresh interdisciplinary look at feminism-in-flux. For over three decades, menstrual activists have questioned the safety and necessity of feminine care products while contesting menstruation as a deeply entrenched taboo. Chris Bobel shows how a little-known yet enduring force in the feminist health, environmental, and consumer rights movements lays bare tensions between second- and third-wave feminisms and reveals a complicated story of continuity and change within the women's movement.'</p>

Bobel, C., Winkler, I.T., Fahs, B., Hasson, K.A., Kissling, E.A., Roberts, T.-A. (Eds.) (2020)	The Palgrave Handbook of Critical Menstruation Studies (**Free to download**) 	‘Multi-disciplinary, genre-spanning and critical examination of the cultural, psychological, political and social aspects of menstruation. An invaluable resource for researchers across fields, policy makers, practitioners, and activists alike’ 72 chapters/ >1000 pages
Hilde Atalanta (2019)	A Celebration of Vulva Diversity https://www.thevulgagallery.com/	‘The Vulva Gallery is an educational platform centred around illustrated vulva portraits and personal stories, and a wonderful, supportive and positive community – celebrating the vulva in all its diversity all over the world’.
Abigail Radnor: The Guardian (2017)	https://www.theguardian.com/society/2017/nov/11/periods-menstruation-liberation-women-activists-abigail-radnor?CMP=Share_iOSApp_Other	‘Article summarizing the world’s awareness of periods’.
Anna Migeon (2014)	Five reasons all teen girls should learn fertility charting	https://s3.amazonaws.com/naturalwomanhood/wp-content/uploads/Five-reasons-all-teen-girls-should-learn-fertility-charting.pdf Also: https://naturalwomanhood.org/cycle-mindfulness-what-happens-when-you-teach-fertility-awareness-to-teen-girls/
Rachel Judkins (2020)	FILM: “About Bloody Time”	https://loadingdocs.net/aboutbloodytime/ 10 min documentary film about one woman’s journey from a place of “period cringe”/ menstrual shame to liberation. “After 300 periods you’d think she’d be cool about it”
Kayla-Leah Rich (2017)	The Cost Of Menstrual Shame	TEDX Boise: here

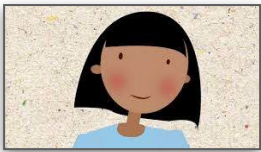
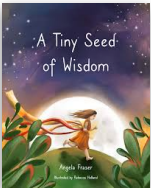

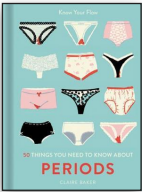
Dear Kate (2015)	The First Time	https://www.youtube.com/watch?v=ClZsJK9Cx8U (3mins)
Blood Normal (2018)	Fear Going To School Less Watch the clip here (5mins 36secs)	72% of boys have not received dedicated education on periods. If we're going to tackle the period taboos head-on, we need to be in it together. We spoke to teenagers from around the country to find out why so many are missing school because of their periods' #bloodnormal
Gabrielle Lichterman	Homonology	Website here
Brené Brown (2015)	I Thought It Was Just Me (But It Isn't) : Telling the Truth About Perfectionism, Inadequacy and Power https://brenebrown.com/books-audio/ by Brene Brown Her TedX Talks: "The Power of Vulnerability" "Listening To Shame"	https://www.youtube.com/watch?v=iCvmsMzIF7o https://www.ted.com/talks/brene_brown_listening_to_shame/transcript?language=en 'There is a constant barrage of social expectations that teach us that being imperfect is synonymous with being inadequate. Everywhere we turn, there are messages that tell us who, what and how we're supposed to be. So, we learn to hide our struggles and protect ourselves from shame, judgment, criticism and blame by seeking safety in pretending and perfection. Based on seven years of her ground-breaking research and hundreds of interviews, I Thought It Was Just Me shines a long-overdue light on an important truth: Our imperfections are what connect us to each other and to our humanity. Our vulnerabilities are not weaknesses; they are powerful reminders to keep our hearts and minds open to the reality that we're all in this together.'


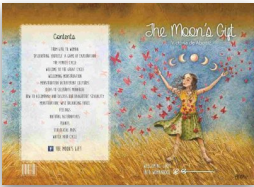
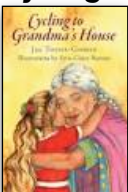
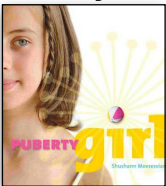


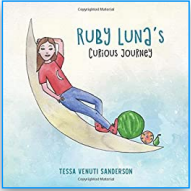



Diana Fabianova (2009)	DVD: "The Moon Inside You" 77mins 	https://dafilms.com/film/8636-the-moon-inside-you ‘.....a fresh look at a taboo that defines the political and social reality of both women and men in a more profound way than society might be willing to admit. Facing the menstrual etiquette with doses of humour and self-irony, the documentary approaches the subject through both personal and collective references, thus challenging our preconceived idea of womanhood.’
Sophia Bender (2020) (release pending)	FILM: "Endo Girl" 	An Australian film, about endometriosis described as a "docu-dance drama" aiming to raise awareness of the individual impact of this disease on the 1/10 who suffer it. Was due to be released in March 2020 but with film festivals cancelled due to COVID-19, everything is on hold. Watch the trailer here (1min 26secs)
<h2 style="text-align: center;">Some Menstrual Anatomy Animations / Artworks / Poetry</h2>		
Womens Health Victoria	The Labia Library 	https://whv.org.au/resources/labia-library

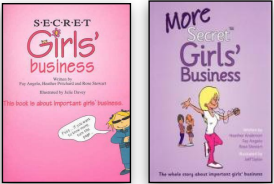
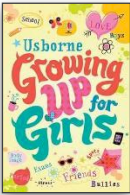
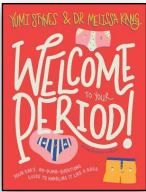

3.17 mins by Lori Malépart- Traversy (2016)	Le Clitoris - Animated Documentary https://vimeo.com/222111805 (choice of language subtitles) 	'Women are lucky, they get to have the only organ in the human body dedicated exclusively for pleasure: the clitoris! In this humorous and instructive animated documentary, find out its unrecognized anatomy and its unknown herstory.'
Jamie McCartney English artist.	The Great Wall of Vagina - plaster casts of 400 women's vulvas. http://www.greatwallofvagina.co.uk/home 	'Changing female body image through art. A sculpture made from plaster casts of 400 women's vulvas. Spectacle & education together. Knowledge is power. Freedom from genital anxiety is the goal.'
Hilde Atalanta (2019)	the.vulva.gallery on Instagram by @Hildeatalanta	Instagram account of illustrations celebrating vulva diversity.
by Glamour (2016)	This is your period in 2 minutes by Glamour https://www.youtube.com/watch?v=WOi2Bwvp6hw	Learn about the science and symptoms of a woman's 28-day menstrual cycle, hormones & period. (2 mins.16secs)
Armando Hasudungan (2014)	Female Reproductive System - Menstrual Cycle, Hormones and Regulation https://www.youtube.com/watch?v=2_owp8kNMus	Female Reproductive System - Menstrual Cycle, Hormones and Regulation Excellent graphics (15 mins)
Ninja Nerd Lecture (2017)	Female Reproductive Cycle Ovulation https://www.youtube.com/watch?v=pzgUbyD6mCM	Bit technical but still great for the graphics (34 mins)


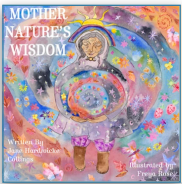
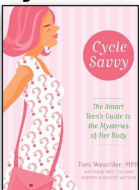
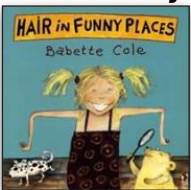
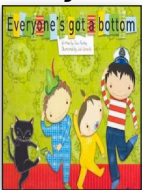
O'Neill	Beautiful Cervix Project https://www.beautifulcervix.com	Includes Photo Gallery of the cervix at different stages of the menstrual cycle
Emma Bryce (2016)	How Menstruation Works (A good one for Mums)	Link: HowMensWorks
Lucy Peach (2018)	The Power Of The Period	TedX Perth: here
Aranya Johar (2018)	To Bleed Without Violence	https://vimeo.com/267435390 A teenager boldly tells us that girls' monthly periods shouldn't cause them shame or prevent them from going to school. A powerful spoken word poem. (2mins 15secs)
Angèle Marrey, Justine Courtot et Myriam Attia.	28 Jours - Film Documentaire (2018)	https://www.youtube.com/watch?v=X1R5pBpKgVE French with English subtitles (31mins 28secs)
John O'Donahue (2010)	"On The Threshold Of Womanhood" 	A poem from the book: Benedictus John O'Donohue is an Irish poet and philosopher, and the author of the internationally acclaimed bestsellers, Anam Cara, Eternal Echoes, Divine Beauty and the collection of poetry, Conamara Blues.
For Girls on Menstruation/Puberty: Books+ Magazines+ More		

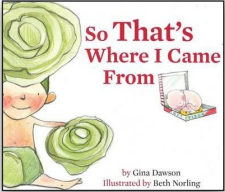
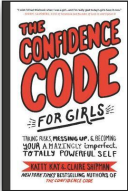
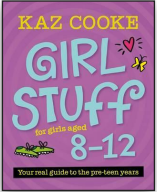
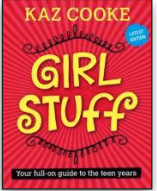
<p>The Waratah Project Victorian Womens Trust (2014)</p>	<p>"Celebrating Your First Period"</p> 	<p>https://www.youtube.com/watch?v=szjEBgO61b4 (1min 25 secs)</p> <p>This short animation shows affirming traditions from around the world that welcome a girl's first period. This is the first animation from The Waratah Project, an Australian initiative supporting women and girls by exploring and reframing menstruation and menopause in a positive and contemporary context.</p>
<p>Angela Fraser and Illustrated by Rebecca Holland (Fiction)</p>	<p>A Tiny Seed of Wisdom https://angelafraser.nz/atinyseedofwisdom/</p> 	<p>'A Beautifully illustrated children's book celebrating Stella's Menarche Journey.'</p>
<p>Kate Waud (2013)</p>	<p>Welcoming Womanhood</p> 	<p>....a beautiful book about the transition from girl into young woman. It challenges us to acknowledge how amazing our bodies are and to develop a positive image of ourselves.....covers the changes of adolescence, the menstrual cycle, feminine hygiene and ideas on looking after yourself during your cycle. There are also sections to plan for menarche, share stories and become familiar with your body through a cycling journal.'</p>
<p>Claire Baker (2020)</p>	<p>50 Things You Need to Know About Periods : Know your flow and live in sync with your cycle</p> 	<p>'Taking you through her 50 best pieces of advice, Claire explains the 'four seasons' of our menstrual cycle and how they vary hormonally to affect everything from mood, motivation and memory, to energy levels, confidence, focus and stress. You'll learn how to chart your cycle to identify your unique superpowers in each hormonal phase, the tools you need to work with your body rather than pushing against it, and that you're not crazy: it's completely natural to feel different from week-to-week.'</p>

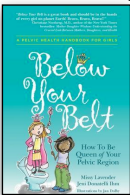
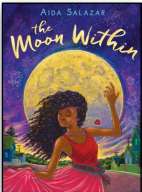
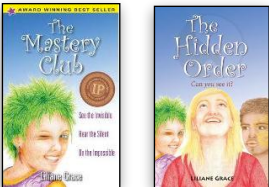
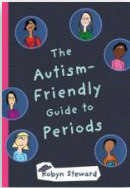
<p>Christiane Northrup (2020) (Fiction)</p>	<p>Beautiful Girl: Celebrating the Wonders of Your Body</p>  <p>(2013)</p>	<p>'Dr. Northrup believes that helping girls learn at a young age to value the wonder and uniqueness of their bodies can have positive benefits that will last throughout their lives'.</p>
<p>De Aboitiz, Victoria (2017)</p>	<p>The Moon's Gift</p> 	<p>'Aimed at girls age 11+ and their families, the book offers a simple, kind and holistic approach to the Female Cycle. The Moon's Gift addresses feelings, includes hands-on exercises, stories, images and portrays the cycle in a positive, dignified and powerful way.</p>
<p>Jac Torres-Gomez and illustrated by Erin-Claire Barrow (2014) (Fiction)</p>	<p>Cycling to Grandma's House</p> 	<p>'Luna has just been assigned a challenging school project: to find the most incredible characteristic about being a girl and then present it to her class. As she summons the courage to talk to other girls and women from various cultures about their first period, she embarks on an exciting journey that will change her life forever'.</p>
<p>Shushann Movsessian (2005)</p>	<p>Puberty Girl</p> 	<p>'Offering a fun, sassy, and girl-power-inspired approach to understanding puberty, this guide offers tweens an appealing and fresh take on entering adolescence. This celebration of maturing bodies and spirits is invariably positive, while providing factual information on menstruation, pubic hair, acne, eating disorders, and other issues essential to girls entering puberty.'</p>

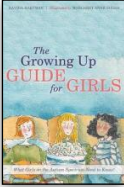

<p>Tessa Venuti Sanderson PhD (2019)</p>	<p>Ruby Luna's Curious Journey: A girls' anatomy book covering puberty and periods</p> 	<p>'Ruby Luna is curious about bodies and particularly about the lower part of her body and what she cannot see inside. This illustrated children's book introduces the correct words for female anatomy through humour, fun actions and watercolour paintings, giving children a language for girls' bodies and their cyclical nature, and a knowledge of what is where!'</p> <p>For approx. 5-10 yr olds</p>
<p>Tessa Venuti Sanderson PhD (2020)</p>	<p>Ruby Luna's Moontime</p> 	<p>Ruby Luna starts her period at 10 years old and keeps a diary for the next two years all about the menstrual products she tries and the things that happen to her and her friends. It is aimed at 10-12 year olds, but would be suitable for any girl starting her period earlier than that. It also covers the transition from primary to secondary school.'</p>
<p>Sarah O'Mahoney (2016)</p>	<p>Making Pink Lemonade</p> 	<p>'O'Mahoney believes that 'this most important and life defining rite of passage is largely uncelebrated. Our periods need to be honoured and recognised fully in this world. She challenges us to reconsider our relationship with menstruating'.</p>
<p>Dr Becky Martin (2018)</p>	<p>Menstrual Doodles</p> 	<p>'An informative, heart-warming and inspirational illustrated guide to the menstrual cycle. Menstrual Doodles dives deep into the emotional aspects of womb life, exploring ways to enjoy the fluctuating energies of the cycle to live a happier, more fulfilled and easier life.'</p> <p>Free on-line or purchase workbook via Amazon</p>


<p>Angelo, Fay, Anderson, Heather & Stewart, Rose (2004)</p>	<p>Secret Girls' Business</p>  <p>More Secret Girls Business</p>	<p>'Intended for young children (8 years +) that explains the changes girls undergo at puberty, using simple text and colour illustrations. Provides easy-to-understand information about growing up and the changes that happen to their bodies such as the advent of periods. Will enable girls to face this important transition without fear'</p> <p>'In addition to information about periods, More Secret Girl's Business includes details about physical and emotional changes. It will give girls greater understanding and deeper knowledge about puberty and sexuality.'</p>
<p>Felicity Brooks (2013)</p>	<p>Usborne Growing up for Girls</p> 	<p>'A clear and straight-talking guide to the ups and downs of the teenage years, covering body changes, mood swings, exercise, healthy eating, self-confidence, periods, bullying, social networking, drink, drugs, stress, STIs, hormones, relationships, sex, contraception, brain changes, feelings, friends, break-ups, fashion, safety, spots, exams...and more.'</p>
<p>Dr Melissa Kang & Yumi Stynes (2019)</p>	<p>Welcome To Your Period</p> 	<p>A frank, funny, age-appropriate guide for pre-teens about getting your period..... packed with honest advice on all the things you need to know: from what cramps feel like to whether you can feel it coming out, to what you should do if your pad leaks onto your clothes.</p>
<p>Lucy H Pearce (2015)</p>	<p>Reaching for the Moon</p> 	<p>'For girls aged 9-14 as they anticipate and experience their body's changes. A beautiful, sensitive and nurturing celebration of a girl's transformation to womanhood'. www.thehappywomb.com</p>

Carolyn Danckaert and Aaron Smith	A Mighty Girl https://www.amightygirl.com/ 	'The world's largest collection of books, toys and movies for smart, confident, and courageous girls'.
Jane Hardwick Collings (2018)	Mother Nature's Wisdom 	Mother Nature's Wisdom is an educational and interactive children's book teaching the wisdom of the cycles.
Tori Weschler (2006)	Cycle Savvy 	'The book specifically designed to teach young women about the practical benefits of charting their cycles. Explore the fascinating world of ovulation, fertility, and why you even have periods.'
Babette Cole (2001)	Hair In Funny Places 	The text takes the form of a conversation between a small girl and her teddy bear, and is ingenious and funny. It is the behaviour of Mr and Mrs Hormone (wonderfully depicted) which is responsible for and plays havoc with the physical and emotional states of girls and boys throughout puberty.'
Tess Rowley & Jodi Edwards (Illustrator) (2007)	Everyone's Got A Bottom 	A story about Ben and his brother and sister learning and talking together about bodies. It is a tool for parents and carers to gently start a conversation with children about self protection. It's about children keeping safe in a style that is fun, positive and protective. Ages 4+.'

<p>Gina Dawson Illustrated by Beth Norling</p>	<p>So That's Where I Came From</p> 	<p>' A book that explains facts to children in a simple and direct way. Although it is essentially about reproduction, and those facts have not changed, any child reading So That's Where I Came From will be reassured to find themselves in it-- adopted, fostered, living with a grandparent, with two mothers or two fathers be they step parents or same sex. All children will see this book as an affirmation of their family.</p>
<p>Katty Kay (2018)</p>	<p>The Confidence Code for Girls: Taking Risks, Messing Up, and Becoming Your Amazingly Imperfect, Totally Powerful Self</p> 	<p>'Packed with graphic novel strips; appealing illustrations; fun lists, quizzes, and challenges; and true stories from tons of real girls, The Confidence Code for Girls teaches girls to embrace risk, deal with failure, and be their most authentic selves.</p>
<p>Kaz Cooke (2016)</p>	<p>Girl Stuff 8-12</p> 	<p>'Body changes * dealing with friends & bullies * getting confident * first periods * pimples * hair (wherever it is) * phones & being online * what to eat * being fit & healthy * the best books & movies * how to be happy with your own true self * & lots more!'</p>
<p>Kaz Cooke (2013)</p>	<p>Girl Stuff (13+)</p> 	<p>With more than 600 pages and heaps of cartoons, Girl Stuff 13+ has everything girls need to know about- friends, body changes, shopping, clothes, make-up, pimples (arrghh), sizes, hair, earning money, guys, embarrassment, what to eat, moods, smoking, why diets suck, handling love and heartbreak, exercise, school stress, sex, beating bullies and mean girls, drugs, drinking, how to find new friends, cheering up, how to get on with your family, and confidence.</p>

Missy Lavender and Jeni Donatelli Ihm (2015)	Below your Belt: How to be Queen of Your Pelvic Region 	'A pelvic health handbook to teach women and girls about the WHOLE picture – about the other things going on "down there" in addition to menstruation'.
Aida Salazar (2019) Fiction	The Moon Within 	'Celi Rivera's life swirls with questions. About her changing body. Her first attraction to a boy. And her best friend's exploration of what it means to be genderfluid.'
Liliane Grace (2014) (2014 Fiction	The Mastery Club (a novel) The Hidden Order (a novel) 	Two coming-of-age novels with part emphasis on personal growth, strength and resourcefulness.
Robyn Steward (2019)	The Autism-Friendly Guide to Periods 	'Written by autistic author Robyn Steward, this is a detailed guide for young people aged 9 to 16 on the basics of menstruation.'

<p>Davida Hartman (2015)</p>	<p>The Growing Up Guide for Girls: What Girls on the Autism Spectrum Need to Know!</p> 	<p>'Is a one-stop guide for young girls on the autism spectrum explaining all they need to know about puberty and adolescence.'</p>
<p>Natural Fertility Info</p>	<p>6 Surprising Facts About the Female Egg Everyone Should Know</p>	<p>https://natural-fertility-info.com/facts-about-the-female-egg.html</p>
<p>Zadie McCracken // Photograph by Sandra Lazzarini.</p> <p>Freya Bennett et al. (2017)</p>	<p>www.ramonamag.com/2017/10/bloody-hell-part-one/#comment-935</p> <p>Ramona Magazine https://ramonamag.com/about/</p> 	<p>'Ramona Magazine has a new series of interviews with girls about their periods: Talking to various girls and women about their monthly visitors.</p> <p>Ramona Magazine for Girls is <i>for</i> you, <i>by</i> you. It is a one-of-a-kind, collaborative, and creative community in the form of an online magazine.'</p>





	<p>Kookie Magazine (print)</p> <p>New Moon Girls Magazine  newmoon.com</p> <p>Tchika Magazine</p> <p>Teen Breathe (Aust)</p>	<p>Aimed at 7-12+ yrs UK and Australian versions. Ships worldwide</p> <p>USA-based print or digital magazine for tween and teen girls Moderated on-line forum for girls. Print version ships worldwide</p> <p>French magazine launched June 2019 for girls 7-12yrs Positive and empowering; ships worldwide</p> <p>For teen and tween girls of ages 8 to 15+, encouraging health, happiness, creativity and mindfulness.</p>
<h2 style="text-align: center;">Period Undies/Swimwear, Pads, Tampons and Menstrual Cups</h2>		
Menstrual cup reviews.net	https://menstrualcupreviews.net/best-period-panties-reviews	For reviews on cups/pad/period undies etc this is a very comprehensive website
Precious Star Pads	https://www.youtube.com/watch?v=X4idRtbYagE	How to choose your first menstrual Cup (There are heaps of websites and videos on this topic).
Sustainable Period Project (Aust)	➤ https://sustainableperiodproject.org/resources/	Great for explanatory clips on using menstrual cups
Facebook Group	https://www.facebook.com/groups/1425498001035771/	NZ Cloth Pads, Cups and companion's discussion group
Menstrual cup reviews.net	https://menstrualcupreviews.net/period-swimwear/	2019's Best Period and Leak Proof Swimwear


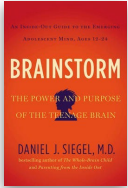
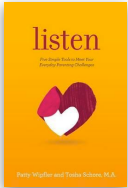
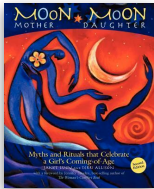
Sea Sponges	http://jadeandpearl.com/sea-pearls-reusable-sea-sponges/	
Lunette Website		https://www.lunette.com/pages/your-body
Podcasts		
Kate Clancy	Period.	'PERIOD is a podcast where we explore anything and everything to do with the menstrual cycle, most especially the bloody bits'
Amanda Laird	The Heavy Flow	'Heavy Flow is a feminist, body positive podcast about periods, reproductive health and health and wellness topics.'
Lisa Hendrickson-Jack	Fertility Friday	'From author of The Fifth Vital Sign: Master Your Cycles & Optimize Your Fertility – Lisa Hendrickson-Jack helps health conscious women discover the connection between their menstrual cycles and their overall health so they can ditch hormonal birth control forever.'
<p style="text-align: center;">Cycle Tracking Apps</p> <p style="text-align: center;">(Please note A Celebration Day for Girls does not affiliate with or advocate for, any of these apps. Ensure you read all terms and conditions of the app prior to submitting any data.)</p>		
Clue	Menstrual Calendar	Menstrual Cycle Tracker
Flo Period and Ovulation Tracker	Eve	Cycles Period and Cycle Tracker

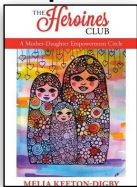
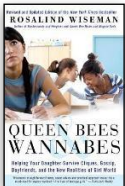
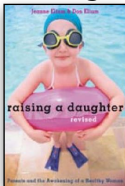
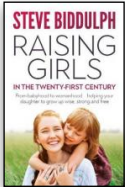
Period Tracker - Menstrual and Ovulation	Life – Period & Health Tracker	
EverCup	4 Best Period Tracker Apps in 2019	https://myevercup.com/blogs/news/period-tracker

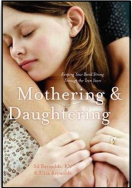
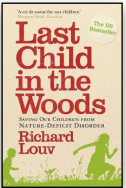

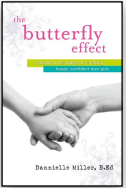
Philanthropy

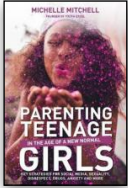
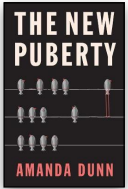


No More Taboo	https://www.nomoret taboo.org 	No More Taboo is a not-for-profit social enterprise which creates long-term, sustainable solutions which tackle period poverty, challenge taboos around menstruation and empower people to build a period-friendly society.
Days For Girls	https://www.daysforgirls.org/ 	Days for Girls provides a safe, beautiful, washable, and long-lasting pads along with vital health education. Girls Kits are made by Chapters and Teams around the world.
Share The Dignity	www.sharethedignity.org.au/ 	Our work directly benefits those in crisis experiencing period poverty. We believe that everyone deserves to be afforded the dignity so many of us take for granted'


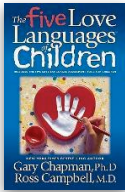
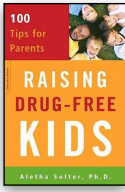
Melbourne Period Project	https://www.facebook.com/PeriodProjectMelbourne/ 	Supporting women, transgender men and GNC & NB people experiencing homelessness
Gift Box	https://www.giftboxorganic.com/ 	'...for every box of our 100% organic tampons you purchase, we promise to donate a box to a woman in need.'
SHE - Sustainable Health Enterprises	https://sheinnovates.com/ 	Based in Rwanda... Providing menstrual products while enabling women to help themselves in finding financial independence for improved livelihoods
One Girl +initiative Launch Pad	onegirl.org.au 	LaunchPad has provided training for 15 women in rural communities across Sierra Leone; empowering them through business management, financial literacy and menstrual hygiene management training, that will assist them in their role as a LaunchPad Champion – selling disposable, biodegradable pads for a small profit.
On Parenting		

Steve Biddulph (2018)	10 Things Girls Most Need Most: To Grow Up Strong and Free 	<p>.....offers an interactive experience for parents to explore the relationship with their girls from the cradle to the teenager. It is a guided journey of exercises, conversations, reflections and self-rating questionnaires that builds the inner capacities in a parent, targeted at each stage of their daughters growing up.</p> <p>Every aspect - love and security in babyhood, mindfulness, setting boundaries, emotional well-being and emotional literacy, education and learning in primary and secondary school, friendship, puberty and adolescence, sexuality and sexualization, choosing partners and negotiating equality and respect.</p>
Dr. Daniel Siegel (2015)	Brainstorm: The Power and Purpose of the Teenage Brain 	<p>‘Drawing on important new research in the field of interpersonal neurobiology, Siegel explores exciting ways in which understanding how the brain functions can improve the lives of adolescents, making their relationships more fulfilling and less lonely and distressing on both sides of the generational divide’.</p>
Patty Wipfler & Tosha Schore (2016)	Listen: Five Simple Tools to Meet Your Everyday Parenting Challenges 	<p>‘Listen introduces parents to five simple, practical skills to help strengthen their connection with their child and help build their child's intelligence, cooperation, and ability to learn as they grow’.</p>
Terri Allison, & Janet Lucy (2012)	Moon Mother, Moon Daughter 	<p>‘With the moon as a guide and a symbol, Moon Mother, Moon Daughter introduces a whole new approach to the coming of age years, a time to strengthen the mother-daughter connection with the support of community, and celebrate female gifts and wisdom. Moon Mother, Moon Daughter is a practical and concrete guide rooted in ancient traditions and timeless wisdom’.</p>

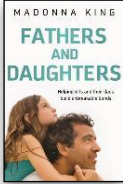
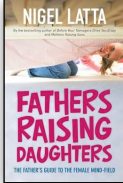
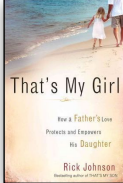
Melia Keeton-Digby (2016)	The Heroines Club: A Mother-Daughter Empowerment Circle offers nourishing guidance and a creative approach for mothers and daughters aged 7+, to learn and grow together through the study of women's history. Each month focuses on a different heroine, featuring athletes, inventors, artists, and revolutionaries from around the world – including Frida Kahlo, Rosalind Franklin, Amelia Earhart, Anne Frank, Maya Angelou and Malala Yousafzai as strong role models for young girls to learn about, look up to, and be inspired by.'
Rosalind Wiseman (2016)	Queen Bees and Wannabes, 3rd Edition: Helping Your Daughter Survive Cliques, Gossip, Boys, and the New Realities of Girl World 	'This book will help you understand how your daughter's relationship with friends and cliques sets the stage for other intimate relationships as she grows and guides her when she has tougher choices to make about intimacy, drinking and drugs, and other hazards. With its revealing look into the secret world of teenage girls and cliques, enlivened with the voices of dozens of girls and a much-needed sense of humor.'
Jeanne Elum and Don Elum (2003)	Raising a Daughter 	'Girls are born believing that they can do anything, but our media-driven culture of mixed messages and conflicting values can make growing up a confusing and risky business. And for parents, it is a daunting responsibility to raise confident, independent daughters while still keeping them safe.'
Steve Biddulph (2019)	Raising Girls in the 21st Century: Helping Our Girls to Grow Up Wise, Strong and Free 	'Is both a guidebook and a call-to-arms for parents. The five key stages of girlhood are laid out so that you know exactly what matters at which age, and how to build strength and connectedness into your daughter from infancy onwards.'

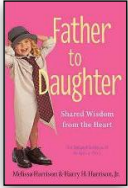

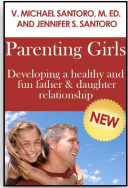
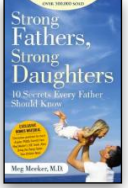
<p>Sil Reynolds & Eliza Reynolds (2013)</p>	<p>Mothering and Daughtering : Keeping Your Bond Strong Through the Teen Years</p> 	<p>Mothers and daughters share, and want, a bond for life—one that can remain positive and grow stronger with each passing year. Sil and Eliza Reynolds have designed a set of tools to assist you in nurturing that bond. If you're locked in a clash of wills or fear the prospect of getting into one, with Mothering and Daughtering you can learn how to build the foundation for a deep and lasting relationship that is a source of support, joy, and love throughout your lives.'</p>
<p>Richard Louv (2010)</p>	<p>Last Child In The Woods: : Saving our Children from Nature-Deficit Disorder</p> 	<p>'Camping in the garden, riding bikes through the woods, climbing trees, collecting bugs, picking wildflowers, running through piles of autumn leaves... These are the things childhood memories are made of. But for a whole generation of today's children the pleasures of a free-range childhood are missing, and their indoor habits contribute to epidemic obesity, attention-deficit disorder, isolation and childhood depression.'</p>
<p>Evelyn Resh (2009)</p>	<p>The Secret Lives of Teen Girls: What your Mother Wouldn't Talk About but your Daughter Needs to Know</p> 	<p>'Explores the mysterious world of female, adolescent sexuality and how parents—especially mothers—can help their daughters through this tumultuous time.'</p>
<p>Dannielle Miller (2009)</p>	<p>The Butterfly Effect: A Positive New Approach to Raising Happy, Confident Teen Girls</p> 	<p>'Offers a positive approach to raising girls. The challenges and pressures faced by girls and their parents are explained and backed up with research as well as Miller's own extensive experience. '</p>

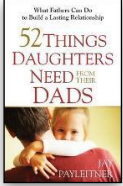

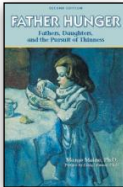
Michelle Mitchell (2017)	Parenting Teenage Girls: In the Age of a New Normal 	'In this book, teenage expert and author Michelle Mitchell draws upon decades of experience to reveal her top parenting strategies in response to the biggest issues impacting today's teenage girls'.
Amanda Dunn (2017)	The New Puberty 	'Emily is a happy ten-year-old who wears a size 12B bra and has tampons nestled in her school bag beside her play lunch. She isn't alone. Children are going through puberty earlier than ever before. How does this affect them? What does it mean for their parents, friends and society?'
Maggie Hamilton (2009)	What's Happening to Our Girls? 	'Over two years Maggie Hamilton interviewed girls, teachers, school counsellors, psychologists, and law enforcement and medical personnel to get an insider's view on what girls are experiencing at present, from birth to the teenage years.'
Joyce McFadden (2011)	Your Daughter's Bedroom: Insights for Raising Confident Women 	'Offering a fresh perspective on the fraught mother-daughter relationship, McFadden shows how mothers can create the right environment for their daughters to grow into self-assured women.'

Dr Leonard Sax (2006)	Why Gender Matters 	<p>An avalanche of research over the past twenty years has shown that sex differences are more significant and profound than anybody guessed. Sex differences are real, biologically programmed, and important to how children are raised, disciplined, and educated.....</p> <p>.....addresses a host of issues, including discipline, learning, risk taking, aggression, sex, and drugs, and shows how boys and girls react in predictable ways to different situations.'</p>
Gary Chapman & Ross Campbell (1997)	The Five Love Languages of Children 	<p>'Since 1992, Gary Chapman's bestselling book "The Five Love Languages" has helped more than 300,00 couples develop stronger, more fulfilling relationships by teaching them to speak one another's love language. Now Chapman teams with Ross Campbell, author of best-seller "How to Really Love Your Child," to help parents speak their child's love language.'</p>
Aletha Solter (2006)	Raising Drug-Free Kids 	<p>'....provides parents with simple, easy-to use tools to build a solid foundation for children to say "no" to drugs. Organized by age group, from preschool through young adulthood, the handy 100 tips will show parents how to help their children to: Feel good about themselves without an artificial high. Cope with stress so they won't turn to drugs to relax. Respect their bodies so they will reject harmful substances. Have close family connections so they won't feel desperate to belong to a group. Take healthy risks (like outdoor adventures) so they won't need to take dangerous ones.'</p>
Girlology	girlology.com	<p>Website with general info/"Mom Minute" 2min clips with practical advice etc on a range of issues related to girls</p>

For Dads Of Daughters


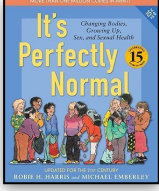
Madonna King (2020)	Fathers and Daughters: Helping girls and their dads build unbreakable bonds 	'This book reveals why daughters turn against their fathers, teen rebellion, discipline, sexual education, the impact of broken families, how much influence a father can/should have and what you can do to repair a broken relationship'
Nigel Latta (2013)	Fathers Raising Daughters 	'If you want effective strategies instead of platitudes, real solutions instead of catchphrases, and a book with chapters on 'What dads want', 'Girl-talk: communicating with the other side', 'Mean girls - the new cult of bitchiness', 'Every dad's nightmare: sex, drugs, and parties', 'Puberty - it's not as scary as it seems' and 'How to be a cool dad', then welcome to the real world of raising girls. Respected clinical psychologist Nigel Latta specializes in working with children with behavioural problems, from simple to severe.'
Rick Johnson (2012)	That's My Girl: How a father's Love Protects and Empowers His Daughter 	'A father impacts every aspect of his daughter's life--for her entire life. Fathers model for their daughters how women should be treated, how men should act, and how a man shows healthy love and affection toward a woman. And, perhaps most importantly, he sets the standard for how his daughter feels she deserves to be treated by men.'

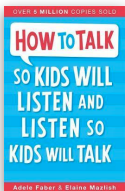
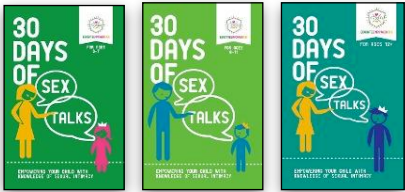
Harry H. Harrison, Jr (2013)	Father to Daughter, Revised Edition: Life Lessons on Raising a Girl 	‘Anchored in values and filled with clear and simple words of wisdom, this small book speaks large truths about raising a daughter. About respect and trust. About unicorns and sports and boys. And about the joys and responsibilities that come with being the first man in her life’
Gina Frangello (Editor) (2004)	Falling Backwards: Stories of Fathers and Daughters 	‘Nineteen vivid and compelling stories explore the often charged and tender relationship between a daughter and her father. Includes such notable authors as Pam Houston, Sandra Cisneros, Aimee Bender, Antonya Nelson, Bliss Broyard, Heather Sellers, Steve Almond, Peter Ho Davies, Dan Chaon and others’
Jennifer Santoro & Michael Santoro (2012)	Parenting Girls, Developing a Healthy and Fun Father & Daughter Relationship 	‘Parenting Girls, Developing a Healthy and Fun Father & Daughter Relationship is written to help fathers and teenage daughters build trust and a better relationship through improving their communication and problem solving skills.’
Meg Meeker (2017)	Strong Fathers, Strong Daughters: 10 Secrets Every Father Should Know 	‘Drawing on her thirty years' experience practicing pediatric and adolescent medicine, teen health expert Dr. Meg Meeker explains why an active father figure is maybe the single most important factor in a young woman's development.’


Jay Payleitner (2013)	52 Things Daughters Need from Their Dads: What Fathers Can Do to Build a Lasting Relationship 	‘Dads will feel respected and encouraged—not made to feel guilty—and they’ll gain confidence to initiate activities that build lifelong positives into their girls.’
Brian A. Klems (2013)	Oh Boy, You're Having a Girl: A Dad's Survival Guide to Raising Daughters 	‘For any person, man or women, who is expecting a daughter to read 'Oh, You're Having a Girl' for a good laugh about the joys and antics that comes with having all girls.’
Margo Maine (2004)	Father Hunger: Fathers, Daughters and the Pursuit of Thinness 	"Father Hunger" is the emptiness experienced by women whose fathers were physically or emotionally absent - a void that leads to unrealistic body image, yo-yo dieting, food fears and disordered eating patterns. The term, which is now part of the psychology lexicon, originated with the first edition of this work in 1991.
Joyce McFadden 18-06-2013	3 Things Girls Need From Their Fathers	Huffington Post article https://goodmenproject.com/featured-content/3-things-little-girls-need-from-their-fathers/
Justin Ricklefs 05-10-2014	15 Things All Dads of Daughters Should Know	Huffington Post article https://goodmenproject.com/families/tmb-15-things-dads-daughters-know/

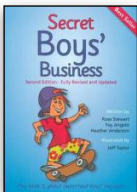
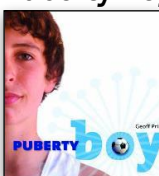
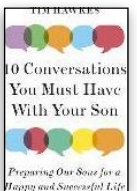
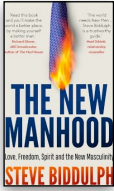
For parents: talking with your kids about Sex, Sexuality and Identity

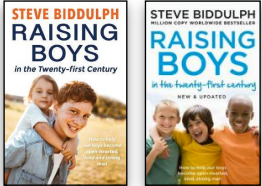

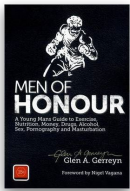
(and many other resources)

Cath Hakansan - Sex Ed Rescue	https://sexedrescue.com/ sexedrescue.com/sex-education-books-for-children	'Helping parents talk more naturally with your child about love, sex, relationships and growing up.' Lots of helpful book reviews - many via YouTube From very young to teens
Sex Positive Families	https://sexpositivefamilies.com/ Also a podcast	'Sex Positive Families provides parents and caring adults with the education, resources and support to raise sexually healthy children using a shame-free, comprehensive and pleasure-positive approach.'
WA Dept Health	Talk Soon. Talk Often. A Guide for Parents Talking to their Kids about Sex 	West Australian Government Dept Health Download the PDF here
Robie Harris & Michael Emberley (2010)	Let's Talk About Sex: Changing Bodies, Growing Up, Sex and Sexual Health 	A completely updated 20th anniversary edition of the definitive book on children's sexual health. Now with expanded information on internet and texting safety, birth control, LGBT (gay, lesbian, bisexual, transgender) issues and more'

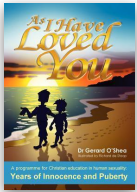

Adler Faber & Elaine Mazlish (2012)	How To Talk So Kids Will Listen and How To Listen So Kids Will Talk 	Learn how to: <ul style="list-style-type: none"> * Break a pattern of arguments * Cope with your child's negative feelings * Engage your child's co-operation * Set clear limits and still maintain goodwill * Express your anger without being hurtful * Resolve family conflicts peacefully'
Alexander Dina & Amanda Scott (2019)	30 Days of Sex Talks  3 books: Ages 3-7 / 8-11 / 12+	This book contains many questions, sample scenarios and conversation starters to launch these essential talks with your child allowing you to interject your personal thoughts, feelings and cultural beliefs. As you start this dialogue with your child, know that you are setting the tone for the future; that you will most assuredly be able to discuss anything that follows as your child grows into the healthy, knowledgeable person he or she will become.'
Maddy Silver	When Can Teenagers Have A Partner Sleep Over?	Sydney Morning Herald article 17-03-2014
Janet McGeever	It's Called Making Love Isn't It?	TedX Talk Noosa YouTube 10min27sec https://www.youtube.com/watch?v=wvXBCSiPRBQ
Family Planning	Ngā Kākano https://www.familyplanning.org.nz/nga-kakano	'A whanau guide to talking with your tamariki about sex and sexuality. This booklet is aimed at any whānau with tamariki aged between 8-12 years. It looks at sexuality from a Māori perspective and gives tips to whanau about how best to communicate with their tamariki'.
Family Planning	THE COLOURS OF SEXUALITY https://www.familyplanning.org.nz/the-colours-of-sexuality	'An electronic resource for use in secondary schools to be used with students with learning disabilities'.
RainbowYOUTH	https://ry.org.nz/	'Supporting queer, gender diverse and intersex youth of Aotearoa, New Zealand'.

InsideOUT	http://insideout.org.nz/	'A national charity providing resources, information, workshops, consulting and support for anything concerning rainbow or LGBTQIA+ issues and education for schools, workplaces and community organisations.'
Laci Green	Laci Green's Youtube channel	For young person-friendly videos on everything to do with sex, relationships, puberty etc
	Love: The Good The Bad and the Ugly	http://lovegoodbadugly.com/ Website with information, support & advice on relationships, aimed at young people
Jo Langford	Be Heroes Website	https://www.beheroes.net/ 'Fantastic resources for parents of tweens and teens, my go-to place for advice and guidance on navigating today's world with a young person around. Sign up for his newsletter, it's brilliant' - Emily
<h2 style="text-align: center;">Puberty - Boys</h2>		
Celia Lashlie (2013)	He'll Be OK: Growing Gorgeous Boys Into Good Men 	'After years working in the prison service, Lashlie knows what can happen when boys make the wrong choices. She also knows what it's like to be a parent - she raised a son on her own and feared for his survival. As a crucial part of the NZ Good Man Project, she talked to 180 classes of boys throughout the country. Her insights into what boys need - and what parents can do to help them - are ground-breaking.'

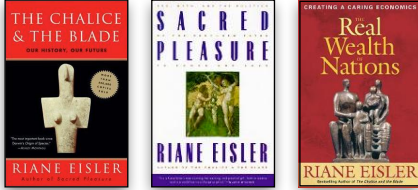
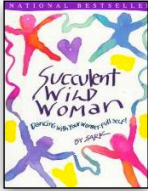
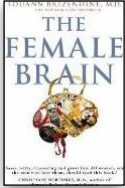
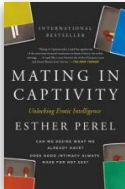
Fay Angelo, Heather Anderson & Rose Stewart (2011)	Secret Boys' Business 	<p>'Presents a simple brief account of changes boys experience at puberty. Celebrate changes to the male body. Dispel myths, legends and fears by presenting accurate information in a colourful, friendly format.'</p>
Geoff Price (2006)	Puberty Boy 	<p>'In this book, real men and boys share their stories about puberty. This lighthearted, plain speaking and honest book tells you what puberty is, when it happens and how your bodies will change. It explores the thinking and emotional changes that are happening alongside the physical and even tackles how to talk to girls!'</p>
Dr Tim Hawkes (2016)	Ten Conversations You Must Have With Your Son 	<p>'A headmaster of 25 years, Dr. Hawkes provides parents with the essential information you need to negotiate your way through what can often be very difficult territory about the why, what, and how of ten key topics: love, identity, values, leadership, achievement, sex, money, health, living together, and resilience. Each chapter offers suggestions for how you can connect with your sons on these issues while sharing your own experiences and knowledge with your boys.'</p>
Steve Biddulph (2019)	The New Manhood 	<p>'This book explores every aspect of a man's life in an honest and uplifting way: love, friendship, sex, marriage, raising children, spirituality and finding your true work - all in plain language and illuminated with powerful, real-life stories.'</p>

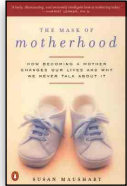

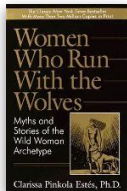
Steve Biddulph (2018)	<p>Raising Boys In The 21st Century: How to help our boys become open-hearted, kind and strong men</p> 	<p>'In response to calls from parents around the world Steve Biddulph has completely updated and revised his seminal work to include all the latest international information and advice for parents on all the key issues of today such as: Gender, Brain and hormonal development including latest , findings on testosterone , Transgender/gay/sexuality development , Boys and crying , Boys and 'bad' behaviour , Reading and communication , Countering the effects of porn. Steve says: "Right now, the world badly needs good men. Your boy can be one of those who grow up so much better, and help to heal the world."</p>
Maggie Hamilton (2013)	<p>What's Happening To Our Boys?</p> 	<p>'Childhood and teenage life is changing rapidly, leaving parents exhausted and confused as to how best to tackle the many issues they face. How does this high-pressure environment affect a boy's confidence, his values and aspirations, his wellbeing, his sense of community, his attitudes to girls and women? In her follow-up book to What's Happening to Our Girls? Maggie Hamilton asks these and many other vital questions'</p>
Glen Gerrey (2012)	<p>Men of Honour: A Young Man's Guide to Exercise, Nutrition, Money, Drugs and Alcohol, Sex, Pornography and Masturbation</p> 	<p>'Men of Honour encourages and inspires young men to take up the challenge to be honourable. Whether at school, in sport, at work or in relationships we must develop our character to achieve success and best experience the thrills life has on offer.'</p>

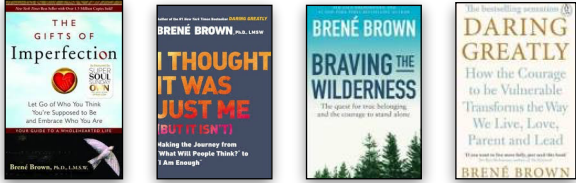
From A Faith-Based Perspective

Gerard O'Shea (2013)	As I Have Loved You 	<p>'Using easy to understand language and graphics, it offers parents advice and materials for training their own children in a well integrated sexuality according to the mind of the Church. The inspiration for this book comes from Pope John Paul II's Theology of the Body, and the specific teaching of the Pontifical Council for the Family's document, "Truth and Meaning of Human Sexuality."'</p>
Dr Patricia Weerakoon (2013)	Teen Sex By The Book 	<p>'This book answers your questions about teenage sexuality and relationships. Renowned sex therapist and educator, Dr Patricia Weerakoon, explores the topics of sexual desire and arousal, falling in love, and dating—things like, 'How far is too far?' You'll also cover topics like cybersex, pornography and homosexuality, and the effects these can have on our sex lives. The discussion is frank and, in parts, explicit.'</p>

General Reading/ Web Browsing

Riane Eisler (1988)	<p>The Chalice and the Blade (Also: Sacred Pleasure and Real Wealth of Nations)</p> 	<p>'First published in 1988, Riane Eisler's The Chalice and the Blade re-examines our societal cultural origins from a gender-holistic perspective, showing that the war of the sexes is neither divinely nor biologically ordained. The Chalice and the Blade presents evidence that for the longest span of our prehistory, cultures in particular regions of the world oriented towards what Eisler calls a partnership model, or gynarchy, to form a society in which relationships between the sexes are an egalitarian partnership. These cultures were matrifocal, focusing on live-giving and nurturing relationships.'</p>
Sark (1997)	<p>Succulent Wild Woman</p> 	<p>'This book is my glowing invitation to you--to live a rich, succulent life! I explore love, sexuality, romance, money, fat, fear and creativity. It's a little bit like reading my diary -- with permission.'</p>
Brizendine, Louann (2010)	<p>The Female Brain</p> 	<p>'In this groundbreaking book, Dr Louann Brizendine describes the uniquely flexible structure of the female brain and its constant, dynamic state of change - the key difference that separates it from that of the male - and reveals how women think, what they value, how they communicate, and whom they'll love. She also reveals the neurological explanations behind why...'</p>
Esther Perel (2006)	<p>Mating In Captivity</p> 	<p>'One of the world's most respected voices on erotic intelligence, Esther Perel offers a bold, provocative new take on intimacy and sex. Mating in Captivity invites us to explore the paradoxical union of domesticity and sexual desire, and explains what it takes to bring lust home.' (Especially Ch 7 Erotic Blueprints: Tell me how you were loved, and I'll tell you how you make love)'</p>

Susan Maushart (1999)	The Mask Of Motherhood: How Becoming a Mother Changes our Lives and Why We Never Talk About It 	<p>'.....takes on the myths and the misinformation, helping women to prepare and deal with the depth of feeling that comes with the experience and perhaps most important, it lets them know that many, if not most, new mothers are feeling the same way..... explores how motherhood affects our marriages and friendships, our relationships with parents, our sex lives, and our self-esteem.'</p>
Katty Kay (2014)	The Science and Art of Self Assurance https://www.youtube.com/watch?v=GIWob_dRSQI (13mins)	<p>For their book, The Confidence Code, authors Katty Kay and Claire Shipman looked at research showing women lack the self-assurance they deserve in their careers – and just as important, examined what they should do about it</p>
Diamant, Anita (1997)	The Red Tent 	<p>'...An extraordinary and engrossing tale of ancient womanhood and family honour. Told in Dinah's voice, it opens with the story of her mothers - the four wives of Jacob - each of whom embodies unique feminine traits, and concludes with Dinah's own startling and unforgettable story of betrayal, grief and love..... rich storytelling with an original insight into women's society in a fascinating period of early history'</p>
Clarissa Pinkola Estes (1997)	Women Who Run with Wolves : Myths and Stories of the Wild Woman Archetype 	<p>'....unfolds rich intercultural myths, fairy tales, folk tales, and stories, many from her own traditions, in order to help women reconnect with the fierce, healthy, visionary attributes of this instinctual nature. Through the stories and commentaries in this remarkable book, we retrieve, examine, love, and understand the Wild Woman, and hold her against our deep psyches as one who is both magic and medicine.'</p>

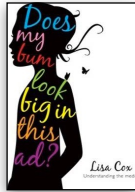
Brené Brown	I Thought It Was Just Me But It Isn't (2008) The Gifts Of Imperfection (2010) Daring Greatly (2015) Braving The Wilderness (2018) Dare to Lead (2019)	
<ul style="list-style-type: none"> • 'An Experiment in Gratitude/The Science of Happiness' 2013 (7mins) https://www.youtube.com/watch?v=oHv6vTKD6lg&list=PLzvRx_johoA_Qzn1VHjbByQdHZAhWRQzr • 'Validation' - short film about self-esteem and social connection. (16mins) Heart warming and clever. https://www.youtube.com/watch?v=Cbk980jV7Ao • Continence Foundation of Australia - good bladder/bowel information https://www.goagainsttheflow.org.au • 'Her First Period' The Frantics (2011) A caring Dad supports his daughter's menarche whilst riding the tube. (4mins 46 secs) https://www.youtube.com/watch?v=sZqPQPhsuX4 • 'How I Started A Pad Revolution' (2012) TEDx Bangalore (9mins) https://www.ted.com/talks/arunachalam_muruganantham_how_i_started_a_sanitary_napkin_revolution?language=en 		
<h2 style="color: #808000;">Body Image/Sexualization of Girls/Pornography</h2> <p style="color: #808000;">(and other resources)</p>		
<ul style="list-style-type: none"> • Dove Legacy: A girl's beauty confidence starts with you..... (2016) https://www.youtube.com/watch?v=zDYV38D-_v8 (3mins) • Dove 'Evolution of a Model' https://www.youtube.com/watch?v=s2gD80jv5ZQ (1min14secs) • Dove 'Beauty pressure' https://www.youtube.com/watch?v=Ei6JvK0W60I, (1min 20secs) • Dove 'Real Beauty Sketches' (2013) https://www.youtube.com/watch?v=litXW91UauE&t=1s (6mins 35secs) • Always #Like a Girl https://www.youtube.com/watch?v=XjJQBjWYDTs 		

- 'The Sexy Lie' Caroline Heldman. TedxYouth San Diego 2013 Looks at sexual objectification. (13 mins)
<https://www.youtube.com/watch?v=kMS4VJKekW8>
- 'Looks aren't everything, believe me I'm a model' Cameron Russell. TedX MidAtlanta 2013 (9mins)
<https://www.youtube.com/watch?v=KM4Xe6Dlp0Y>
- **The Virginity Fraud** Nina Dølvik Brochmann & Ellen Støkken Dahl TEDX Oslo 2017
https://www.youtube.com/watch?v=fBQnQTkhsq4&feature=youtu.be&fbclid=IwAR1RYBCQKw99685sMFQyJKpiat9J0eYok_XPweerkPjeilw6dN8oQwQvxaA

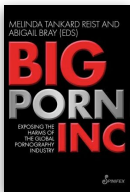
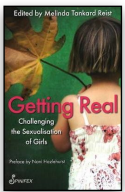
"EMBRACE" - Film by (Aussie) Taryn Brumfitt - founder of Body Image Movement Watch trailer [here](#)

Lisa Cox (2010)

Does My Bum Look Big In This Ad?

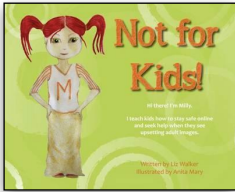


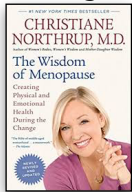
'.....takes a behind the scenes look at how the media industry works. Teaching you to critically and independently evaluate what you see, hear or read in popular culture and the media. You'll learn how to develop and maintain a positive body image as you navigate your way through the media maze.'

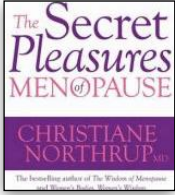
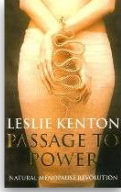

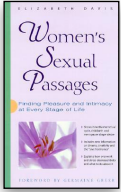
<p>Melinda Tankard Reist (2011)</p>	<p>Big Porn Inc</p> 	<p>'It is now widely acknowledged that the unprecedented mainstreaming of the global pornography industry is transforming the sexual politics of intimate and public life, popularising new forms of hardcore misogyny, and strongly contributing to the sexualisation of children. Yet challenges to the pornography industry continue to be dismissed as uncool, anti-sex and moral panics. With contributions from leading world experts and activists, Big Porn Inc offers a cutting edge expose of the hidden realities of a multi-billion dollar global industry that promotes itself as a fashionable lifestyle choice. Unmasking the lies behind the selling of porn as 'just a bit of fun' Big Porn Inc reveals the shocking truths of an industry that trades in violence, crime and degradation. This fearless book will change the way you think about pornography forever.'</p>
<p>Melinda Tankard Reist (2009)</p>	<p>Getting Real: Challenging the Sexualisation of Girls</p> 	<p>'From advertising and merchandising, to Bratz and Voodoo Dolls, to the Henson affair, Getting Real puts the spotlight on the sexualisation and objectification of girls and women in the media, popular culture and society. Girls are portrayed as sexual at younger ages, pressured to conform to a 'thin, hot, sexy' norm. Clothing, music, magazines, toys and games send girls the message that they are merely the sum of their body parts. The effects of prematurely sexualising girls are borne out in their bodies and minds, with a rise in self-destructive behaviours, anxiety, depression and low self-esteem. Getting Real brings together writers, advocates and academics, including some of the most vocal critics of the widespread pornification of culture. They call corporations, the media and the sex industry to account for creating this toxic environment.'</p>

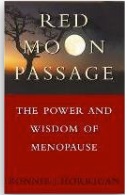
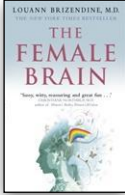
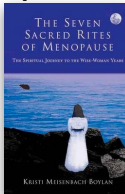
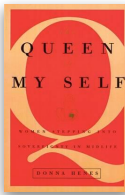
Collective Shout - Organization collectiveshout.org/ - against the exploitation and sexualisation of women - Melinda Tankard-Reist (Australian)

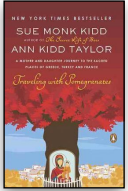

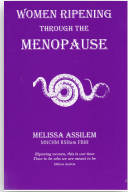
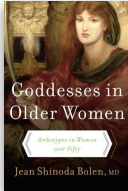
Culture Reframed - NFP responding to the pornography crisis by providing education and support to promote healthy child and youth development, relationships, and sexuality (AUS) Gail Dines/Liz Walker

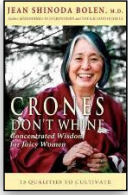
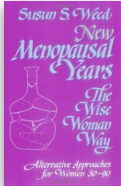
Liz Walker (2016)	Not For Kids 	<p>'Milly loves to explore and learn. One day while using her friend's phone, she sees images that make her feel sick. Milly was lucky to have a safe adult to help her through this experience and she now teaches kids that some adult behaviours can be harmful for kids to see. Milly lets kids know that coming across these images is not their fault and she reminds them to always seek help from an adult if they see things that are not meant for kids eyes.</p>
The Australian Research Centre in Sex, Health and Society 92016	The Practical Guide to Love, Sex & Relationships: Porn - what you should know (Yrs 8 and up)	<p>https://www.youtube.com/watch?v=p-yMI6SG52s (6 mins)</p>
Kate Wilson (2010)	"Sisterhood"	<p>Poem https://www.youtube.com/watch?v=rK46nILY-rw</p>

Looking Glass Pictures and Rendered Visible (2013) Producer Mitzi Goldman	"Love and Sex in an Age of Pornography"	Film https://lookingglasspictures.com.au/films/love-sex/ Deakin University have released some educational support material which can be used in conjunction with the documentary: sexuality-education-matters-april-2013-online
Jennifer Siebel Newsom (2011)	"MissRepresentation" http://therepresentationproject.org/film/miss-representation-film/	Film The media is selling young people the idea that girls' and women's value lies in their youth, beauty, and sexuality and not in their capacity as leaders. Boys learn that their success is tied to dominance, power, and aggression. We must value people as whole human beings, not gendered stereotypes.'
Taryn Brumfitt (2016)	"Embrace"	Film by the founder of the Body Image Movement Watch trailer here
<h2>Menopause</h2>		
Christiane Northrup (2012)	The Wisdom of Menopause (Revised Edition): Creating Physical and Emotional Health During the Change 	'The "change" is not simply a collection of physical symptoms to be "fixed," but a mind-body revolution that brings the greatest opportunity for growth since adolescence. The choices a woman makes now—from the quality of her relationships to the quality of her diet—have the power to secure vibrant health and well-being for the rest of her life'.

Christiane Northrup (2009)	The Secret Pleasures of Menopause 	<p>'It is a long-held misconception that menopause signals "the beginning of the end," and nothing could be further from the truth. In this fascinating work, Dr. Northrup candidly guides you toward experiencing life after 50 as the most pleasurable time of your life!'</p>
Leslie Kenton (1995)	Passage to Power: Natural Menopause Revolution 	<p>'Questioning the benefits of standard Hormone Replacement Therapy (HRT), and examining the politics behind such treatments, Kenton provides the tools that women need to go through menopause naturally'.</p>
Dr Emily Nagoski (2015)	Come As You Are 	<p>'An essential exploration of women's sexuality that will radically transform your sex life into one filled with confidence and joy.'</p>
Elizabeth Davis (2000)	Women's Sexual Passages 	<p>'...explores hormones and menstruation, pregnancy and birth, menopause and aging, fertility management through body awareness....analyzes controversial hormone replacement therapy and looks at what effect stress, overwork, major life events, relationship upheaval, and sexual abuse have on a woman's sexual health. The book features chapters on sexual awakening, sex in the later years, and up-to-date information on the creativity hormone, oxytocin.'</p>

Bonnie J Horrigan (1996)	Red Moon Passage 	‘An inspiring collection of interviews with and profiles of a diverse group of strong, mature, wise women, all of whom view menopause as a life-affirming, spiritually enlightening transformation.’
Brizendine, Louann (2010)	The Female Brain 	‘In this groundbreaking book, Dr Louann Brizendine describes the uniquely flexible structure of the female brain and its constant, dynamic state of change - the key difference that separates it from that of the male - and reveals how women think, what they value, how they communicate, and whom they'll love. She also reveals the neurological explanations behind why...’
Kristi Meisenbach Boylan (2000)	The Seven Sacred Rites of Menopause: The Spiritual Journey to the Wise-Woman Years 	‘A book that will usher in a new way for women to cope with the emotional and physical challenges of menopause. The seven ceremonial milestones should be viewed as celebrations—not as symptoms of an illness—and that the menopausal life passage isn't just about a woman's body fighting to correct hormonal imbalances, but is really about the soul trying to find its spiritual balance.’
Donna Henes (2004)	The Queen of Myself. 	‘Donna Henes proposes a completely original paradigm that of the midlife Queen, a woman in her prime who has achieved wisdom, mastery, and self-esteem - that reflects more accurately the realities and needs of women today. Henes draws on history, mythology, and literature, her own life experience, as well as stories from women in many different societies, situations and stations to provide upbeat, practical, and ceremonial inspiration for all women who want to enjoy the fruits of an influential, passionate, and powerful maturity.’

Sue Monk Kidd & Ann Kidd Taylor (2010)	Traveling with Pomegranates: A Mother and Daughter Journey to the Sacred Places of Greece, Turkey, and France 	'A wise and engrossing dual memoir, Sue and her daughter, Ann, chronicle their travels together through Greece and France at a time when each was on a quest to redefine herself and rediscover each other.'
Barbara Walker (1988)	The Crone: Woman of Age, Wisdom, and Power 	'A probing account of the honored place of older women in ancient matriarchal societies restores to contemporary women an energizing symbol of self-value, power, and respect.'
Melissa Assilem	Women Ripening Through the Menopause 	'She demonstrates the importance of strong and powerful older women in our society, using myth, and archeological evidence, poetry, and remedy pictures.'
Shinoda Bolen MD (2014)	Goddesses In Older Women: Archetypes In Women Over Fifty 	In this celebration of Act Three, Jean Shinoda Bolen, Jungian analyst and bestselling author of Goddesses in Everywoman, names the powerful new energies and goddess archetypes of compassion, outrage, healing laughter, and new layers of wisdom that come into the psyche at this momentous time.... and thus suggests that women have profound and exciting reasons for welcoming the other side of fifty.'

Shinoda Bolen MD (2003)	Crones Don't Whine: Becoming a Juicy Crone 	'Offers mature women thirteen qualities to cultivate personal growth during their crone years.'
Susan Weed (2003)	New Menopausal Years 	'Herbal solutions for osteoporosis, hot flashes, mood swings, fatigue, flooding, fibroids, low libido, incontinence, anxiety, depression. New sections on thyroid health, fibromyalgia, hairy problems, male menopause, and herbs for women taking hormones.'