

# ***CELEBRATION DAY FOR GIRLS***

## ***with Jane Bennett***

10.00am to 4.00pm

At the **Celebration Day** girls enjoy lively discussion, fun activities, women's stories and gentle celebration of the magical threshold of puberty and menarche.

Celebration and positively presented information around these topics has profound impact on body image, emotional health and menstrual experiences, which in turn empowers young women in their relationship, fertility and sexuality experiences later on.

The **Celebration Day for Girls** is designed for girls in Year 5, or thereabouts. We can include girls in years 4 or 6, for whom the day may seem timely. The day can be held for the girls of a class, a group from a particular community or girls who have no prior connection for whom the time is right.

While I don't cover sexuality and contraception as such during the **Celebration Day for Girls** there is a connection of course, as menarche is a signpost at the beginning of a girl's fertile years, and menstruation an intrinsic aspect of her female sexuality. By enabling a healthy and grounded experience of the menstrual cycle we can assist girls' self-esteem and self-awareness in a profound way, well before they are involved in romantic or sexual relationships. In this way we can support a physical and psychological integrity that underpins healthy decision making around relationships, sex and fertility when that time comes, as well as other life choices.

The first part of the day I spend with the girls on their own and, just before lunch, the mothers\*, will join us for the rest of the day (and grandmothers who are available and wish to participate).

## ***And, for Mums***

Given the relatively short time that I can be with the girls there is an obvious limit to what I can cover of this vast, fascinating and vital subject. Much of the role of provider of information, wisdom and guidance will fall, naturally and rewardingly, to mothers\*. For this reason we meet on our own for a two hour evening (or daytime) session a week or so before the **Celebration Day**. This is session one of the **Celebration Day** and is an important preparation for the **Celebration Day** and has ongoing benefits for mothers\* and daughters.

\*or female carers

*I find women of any age, from girls through to grandmothers, are always interested in hearing positive, unembarrassed information about the amazing processes of the menstrual cycle and be able to talk about their experiences in a supportive non-judgemental environment.*

Jane Bennett

**Cost:** \$150 per mother and daughter (and grandmother), including mothers' evening/afternoon.

For more information about, or to schedule, a **Celebration Day**, call or email me on:

**Ph:** (03) 54743213 or **Email:** [hijane@vic.chariot.net.au](mailto:hijane@vic.chariot.net.au)

*"Thank you for giving us the opportunity to share this wonderful day with our precious daughters" Sandra, Karen, Andrea, Deb, Janice, Iona, and Paula 2005*

*"Since the Celebration Day Sophie has been so chatty and open - asking questions about menstruation and talking about all the changes and experiences of puberty. I'm so pleased."  
Caroline*

*"Can we stay here and have a sleep over?", "Yeah, this is great, can we just keep doing this forever?"*

Girls' comments during the Celebration Day

I also offer **A Blessing Not a Curse** one day workshops for mothers and other women in which we explore the riches hidden within our own experiences, the historic and current cultural contexts of menstruation, the incredible design of the menstrual cycle and natural remedies for menstrual health. Through this process, and the positive information and practical guidelines offered, you'll be empowered to offer the girls in your care a graceful entry into, and positive unfolding of, their menstrual journey as they blossom gorgeously into strong and centred women.

