

PURPOSE

To continue to support students in charting their health.

To emphasize the important impact of adequate nutrition, exercise, and sleep.

LEARNING OBJECTIVES

By the end of the lesson students will be able to:

1. Chart their cycles, recognizing that it can be normal if they have not yet reached an ovulatory cycle.
2. Understand the importance of exercise for their body.
3. Recognize what is normal and healthy for their body.

MATERIALS & RESOURCES

- Lesson 7 teenFEMM powerpoint
- Worksheet: Sienna's Health + Cycle Chart + Answer Key
- Review Rush Relay Race + Answer Key
- Social Media Journal

VOCABULARY

- **Habit:** something you do so often that it becomes natural to you.
- **Health Pillars:** nutrition, exercise, and sleep are necessary to maintain good health.
 - **Nutrition:** foods that nourish the body, necessary for health and growth:
 - Proteins:** build and maintain cells, help make hormones.
 - Carbohydrates & fats:** provide energy, balance hormones.
 - Vitamins & minerals:** build and maintain cells, balance hormones.
 - Water:** carries nutrients, energizes muscle, clears waste.
 - **Exercise:** physical activity to improve overall health (30-60 min/day)
 - **Sleep:** when the body renews and repairs itself (need 8-10 hrs/night)

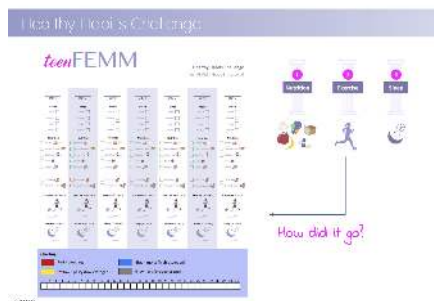
PREPARATION

- ☐ Print the **Worksheet: Sienna's Health + Cycle Chart** for each student.
- ☐ Print the **Review Rush Relay Race + Answer Key**
Cut along dotted lines (2 questions for each group, per team). Pens or pencils required.
- ☐ Print the **Social Media Journal** (3 pages per student to form a booklet).

PROCEDURE

Step 1 (2 minutes): *Healthy Habits Challenge Review*

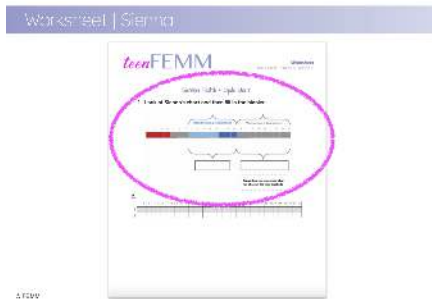
Last lesson, we talked about how charting can help you to “see” on paper what is going on with your hormones inside your body. We also assigned the **Healthy Habits Challenge**! How did it go? Did you notice any connections between your nutrition, exercise, sleep and how you felt emotionally or physically?



Discuss the **Healthy Habits Challenge** from the previous week. If there was a prize associated with the assignment, award the winner.

Step 2 (10 minutes): **Worksheet: Sienna's Health + Cycle Chart**

Let's look at the cycle of another 8th grade girl named Sienna who is friends with Addison.

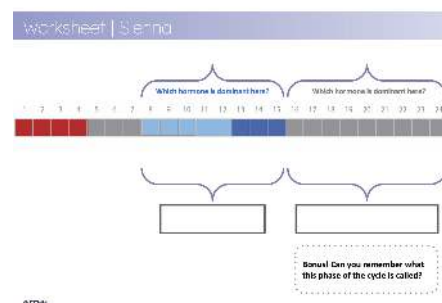


Hand out the **Worksheet: Sienna's Health + Cycle Chart** to each student in the class. Answers to the Worksheet are on the following slides or can be found in the materials.



Sienna is on the cross country team and her family has a dog, a black lab named Riley. She is not ovulating yet, but she has been charting for 6 months. As you can see from her chart, Sienna's **hormonal axis** is continuing to wake up and she is, like Addison, getting closer to having an ovulatory cycle. Let's take a couple of minutes to fill in the answers to Question 1. on your worksheet.

Questions can be displayed and read aloud from the following slide.



Once students have answered the questions individually on their worksheet, go through

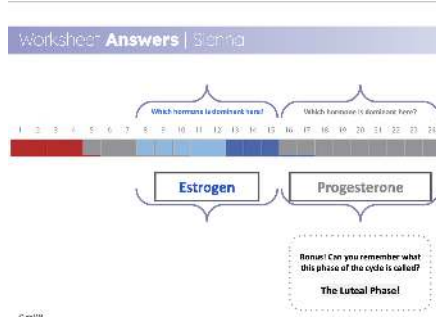
the following answers together.

Sienna's period lasted four days. Then her brain sent Follicle Stimulating Hormone to the ovaries to begin to develop an egg. As that egg started to develop, it produced which hormone....? That's right, *estrogen*. This is where we see the *light blue on day 8* on Sienna's chart. Light blue for rising estrogen and blue for high estrogen. **"Which hormone is dominant during this part of the cycle?" Estrogen!**

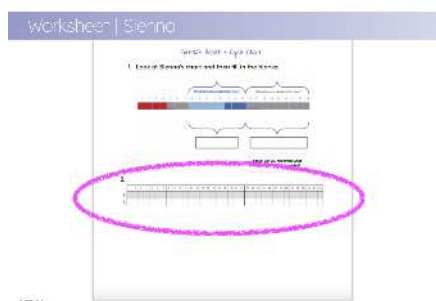
Even though the egg grew, and produced estrogen which is great for Sienna's growth and development, it didn't mature enough to trigger LH and Sienna didn't ovulate. Progesterone took over after the egg stopped progressing towards ovulation (this is why she experienced dryness). **"Which hormone is dominant during this part of the cycle?" Progesterone!**

Bonus: this phase of the cycle is called the *luteal phase*.

Show the next slide to reveal the answers.



Step 3 (10 minutes): Mature Ovulatory Cycles

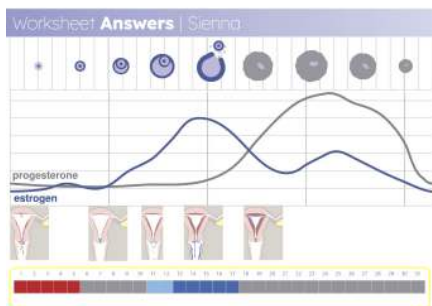


A few months later, Sienna began to take notice of the link between the types of food she was eating and how she felt during her period. She tried to eat less candy, especially before her period. From this, she noticed less cramping and overall tiredness during her period. The next cycle, Sienna also noticed that if she prioritized getting 9 hours of sleep each night, she was less worn out during her period and her cramps weren't as bad. It was exciting for her to notice these correlations and be able to see how changing her habits really helped her to be more self-aware and feel better about herself.

About 6 months later, Sienna noticed her cycles getting longer and longer. Question number two on your worksheet is a blank chart, so we'll help Sienna fill in her chart. *Have students use their pencil crayons to fill in the chart for Sienna's cycle.*

Day 1- Sienna had moderate bleeding, day 2- heavy bleeding, day 3- moderate bleeding, day 4- light bleeding, day 5- light bleeding. Days 6-10- dry, day 11- she felt a change to moisture, day 12- that moisture continued, day 13 she felt wetness and noticed some clear mucus, days 14-15 same, day 16- she saw more of the clear mucus, day 17- she noticed clear, stretchy, slippery mucus, days 18-31- she felt dry.

Have students check their charting with the following slide.



Do you remember how long the luteal phase should be in a healthy and mature ovulatory cycle? **9-18 days**. How long is Sienna's luteal phase? **14 days**. Sienna's chart shows a very normal and healthy *ovulatory cycle*!

Step 4 (5 minutes): Normal + Healthy Cycles

Now that we have journeyed first with Addison and now Sienna as they charted the healthy progression of their cycle, you might be wondering how to know if a cycle is healthy, and if every girl's chart will look the same?

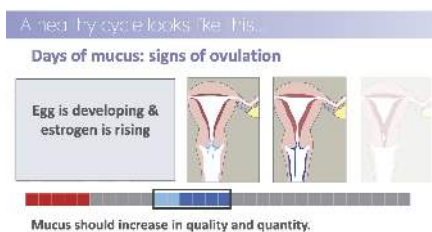
There is a healthy range of normal for mature cycles. A healthy cycle looks like...



Day 1 of each cycle starts on the first day of your period or menstruation; this will be lighter now, but last a little bit longer and be a little bit heavier as you begin to ovulate. A healthy menstruation should be 3-7 days.



Then, some girls experience dryness before the onset of mucus. The number of days of dryness can be different for each woman. Some might have a day or two, others might notice mucus right away after bleeding slows. Totally normal.



If you are ovulating and your cycles become regular, you will notice the first day that you see and/or sense mucus that will increase in quantity and quality (become more stretchy, clear, and slippery). Then, ovulation will occur.



After ovulation, it is normal to experience dryness, because the empty follicle (which contained the egg as it developed) turns into the corpus luteum and produces progesterone.

Now you've seen an example of a healthy, ovulatory cycle. As you continue to chart, you can pay attention to your nutrition, the type of physical movement and exercise you do, how much sleep you get, and try to notice how these relate to how you feel, both emotionally and physically, at different parts of your cycle.

A healthy cycle looks like this...



teenFEMM notice:

If your cycle isn't regulating by the age 14 OR you are already experiencing pain, irregular bleeding, or mood issues like anxiety or depression, you should talk to your parents about seeing a FEMM doctor.

A FEMM medical doctor will look at your chart and work to treat the underlying hormonal health issues.

Appointments can be made online at femmhealth.org

Maintaining a healthy lifestyle and forming positive habits will support your health, but if you don't see your cycle regulating by the age of 14 or you are already experiencing pain, irregular bleeding, or mood-related issues like anxiety or depression, you can talk to your parents about seeing a FEMM doctor. A FEMM medical doctor will look at your charting and treat the underlying hormonal health issue.

Appointments can be made online by visiting femmhealth.org

Step 5 (8 minutes): Review Rush Relay Race

Review Rush Relay Race!



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Divide students into two teams. Depending on the class size, teams can consist of four students, four pairs, four small groups, etc. Have the questions for each team printed, cut and ready to hand to each group. Pen or pencils will be needed. Refer to the [Answer Key](#)

provided in the materials.

In this teenFEMM Relay Race, each team will need to correctly complete eight questions in total, to finish the race. There are four legs of the race, with two questions each. To start, the first group from each team will come forward and receive their questions. When they have answered the questions, each team will need to have me check their answers. If they are correct, they will return to their team and tag the next group to come forward. However, if both answers are not correct, they have to stay until they get the answers correct before they can tag the next group on their team. The first team to finish with all of their questions correct, wins! *At the end of the game, if there is any confusion as to correct answers, read the explanations provided on the **Answer Key**.*

CONCLUSION

Hand out a **Social Media Journal** booklet for each student. This week, we're going to take on a different kind of health challenge. At the end of each day, check your settings to see how much time you spent on your phone and then answer the journaling prompts. We'll discuss this in the next class!

This week: Take the Social Media Challenge



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