

# Some frequently asked questions for

## *Maidens by His Design:*

### **What age is appropriate for this workshop?**

This is geared toward young ladies from 8 on up – and mothers will learn as well. In our society, girls can begin their cycle as early as 8. Some of the terms and information will go over their heads, yes – but it is never too early to introduce concepts and teach them to be aware that God made their bodies a certain way for His glory.

### **Will you cover any type of birth control?**

NO – we never discuss this issue even with the Maternity Branch. Birth control and family planning is an individual choice between you and the LORD. We do not introduce the male “parts” or terminology either – we believe we can teach the young ladies about their body without having to go there, but instead leave that to you as the mother (or parents) to cover in private.

### **What could possibly fill a whole day’s worth of classes?**

Teaching this course in 5 weeks (2 hour classes) was not even enough time to cover the material well (written in 10 chapters). What the One-Day workshops offer is an overview, a basic beginning and opportunity for the mothers to discuss and go in more depth with their daughters. Taking this course will give you the tools to do just that.

### **Is this type of class REALLY needed?**

YES – because we, as mothers, are well-meaning moms, aren’t we? Time is of the essence. We need accountability, we need support, we need resources to teach this from a Christian perspective. When asking women all over (who were raised in Christian homes) if they were taught this subject matter – 98% of them said NO, they were not. They were left to wonder and read the inserts in the box. We can do better than this for our daughters. By doing this, teaching this now, it will help them for the other cycles in their lives - Maternity and Menopause. It all begins now - we can get our daughters comfortable and knowledgeable about their cycle, before they even come upon those other two cycles.

### **Will my daughter be embarrassed taking this course with other girls?**

No, I do not believe so. At the beginning of class I ask “Who is a little embarrassed to be here today to learn about this?” and maybe one or two will raise their hands (and I am sure there are others not raising their hands) but I quickly say “This is exactly why we are doing this course.” We are offering this course so that it isn’t taboo anymore, so that girls and women can begin to support one another during this time. We encourage discretion at all times and for them not to discuss this issue with just anyone – but encourage them to use this class as an opportunity to ask questions and be comfortable and safe in doing so. Toward the end of the class the daughters are having SUCH a good time together. They will never forget their experience of taking this course, LORD willing.

### **Can mothers take this class by themselves?**

Yes, I have learned through teaching these classes that the mothers learn as much as the daughters. If they would like to attend then go home and teach the course, praise the LORD! We want others to take this course and teach it. If that is one on one with your daughter/s or if it is with a group of young ladies in your church or community – great!