



TEACHING THE MAIDENHOOD COURSE

Thank-you for responding to the calling to bring *Maidens by His Design* to your local neighborhood! You need no special skills or training to teach this course; any adult woman is equipped to teach this course. It is a privilege to impact the future generations of women through the lives of the young girls and mothers you will be teaching. We hope that women and girls will come out of this course with a positive attitude about their bodies and confidence in the knowledge of how they were created. Please let us know when you plan to host your local Maiden's by His Design Course so that we can help you advertise on the Blessing God's Way website and also so that we can pray for you as you teach the class.

Deciding on a Timeline

Teaching this class is very flexible. It can completely fit your schedule no matter the nature of the group you are teaching. The teaching timeline depends on availability of location and your preference.

Timeline Recommendations:

1. All day class - Sign in at 8:30 am, begin class at 9:00 am. Have short breaks throughout the day, with an hour-long lunch break. You may go out to dinner as a group or finish before the dinner hour. You may consider not including the lap-book project during class, but students can create the project on their own (go over instructions in class). We have a sample schedule for a one-day intensive course.
2. 5 week class - Five classes of two hours each over a 5 week period. Cover two chapters per class.
3. 10 week class - Ten classes of one hour each over a 10 week period. This is good for homeschool groups, churches, girl scouts or other organizations that may meet that frequently already.

Location of class

The location can be your home, a friend's home, a local church, a local school, a library, etc. It should be a place that is convenient to the majority of the local population. The facility should accommodate up to 35 people, depending on how many registrations you plan to accept. Use your best judgment for location size.

Registering students

It is a good idea to allow no more than 16 girls to schedule the class at the same day. You will not only need space for the 16 girls, but also 16 mothers, yourself, and possibly the hostess or anyone else you may be teaching with. As you can see the class can get large rather quickly! This is why we have put together teachers packages with 16 workbooks. The nature of the course lends itself more readily to a smaller intimate group, which allows girls and women to feel more comfortable and naturally open up more during discussion.

You may want to wait to see how many people register for the class so you know how many workbooks to purchase. If you do not receive enough registering students to have a class, reconsider your marketing plan and reschedule the class for a future date. We can put your registration information on our website to help you advertise!

Advertising

There are many ways of advertising your *Maiden's by His Design* workshop. Word of mouth is always a great tool to use! Encourage women telling other women about this class throughout your community. Tell a few people who you feel would be excited enough to tell others about it. Create flyers and post these in churches, daycares, schools, Christian businesses, health food stores - anywhere that you are able to post flyers and have them seen.

Make sure your event is easy to find online! Use social media to your advantage. Include your event on Twitter, Facebook, Pinterest, Instagram, Yahoo Groups, Meetup, Linked In, Craigslist or any other services you like to use. Send e-mails to friends, groups, schools, churches and other acquaintances to spread the word about the upcoming class. You can even create your own event page on Facebook especially for your workshop. Let us know and we will link you to our Maidens Facebook Page as well!

Make sure that your class is posted on the Blessing God's Way website calendar! If not, send details about your class to melissa@blessinggodsway.com. We have a variety of marketing resources available to help you in your advertising efforts, including a Wave file with a song you can use, a PDF file of testimonials, a PDF file of frequently asked questions and a sample outline of the class schedule. Contact us by email to have these files sent to you!

Collecting Payments and Registration Fees

To purchase a teachers kit, visit www.blessingGodsway.com and click on the "Shop" tab and then click on the "Maidens by His Design Curriculum - Teachers Package." This kit was created for teaching a group of 16 students and their mothers. We have options available that include "My Personal Proverbs" charting kits or a package that does not include the charting kit. You can order additional workbooks or "My Personal Proverbs" charting kits through the website as well.

It is up to you to set the price for your workshop's registration fees. We recommend an amount of \$85 per pair with the "My Personal Proverbs" charting kit included in that fee. Additional daughters could be asked to pay \$60 with the kit included (or charge less if you do not include the "My Personal Proverbs" charting kit). Your expenses include the teacher's guide, workbooks, "My Personal Proverbs" kits, materials for crafts, herbal samples, location fees, technology used to show video clips, resources to take and print a group photo and obtaining samples of personal care items for demonstrations and samples to handout if desired and creating fliers, if desired. As you can see, the girls are getting a real bargain! Anything you have left over is yours to keep!

Materials and projects

My Personal Proverbs - In the Teacher's Package, you will find one set of My Personal Proverbs. Go through the directions on the card before class so you know how it works. You will be demonstrating the kit to the students in Chapter 4. Extra kits can be ordered online through blessingGodsway.com for \$15 each. You may wish to order one for each girl attending and account for that in your registration price or you may wish to have some extras on hand to sell to interested girls the day of your event. The kit is a useful tool to learn to chart our cycle and help understand how the body is designed.

Herbal Products - You will need to purchase teas or herbal remedy products for use as samples in Chapter 7. We recommend visiting your local health food store to see if they can provide samples. Or you can create your own samples by purchasing small amounts and packaging them in small bags with ribbon. You can also search online for companies that sell the herbs and order from there. For example one company online is "Mountain Rose Herbs" and there are many others as well. If you intend to teach more than one class, this is a good idea. If you are unable to find samples, you may simply have pictures of different herbs taken from websites, books or magazines. You may be able to find books on herbs from your local library so that the students can see various photos of plants and dried herbs.

I like to prepare some NORA tea beforehand and take with me to allow the girls to sample at the event. You will need a pitcher and disposable cups if you choose to do this. NORA stands for Nettles, Oatstraw, Red Raspberry Leaf and Alfalfa. This will be a loose-leaf tea. Order each of the separate herbs online or buy from your local source and then combine in the following proportions: 2 parts Red Raspberry Leaf, 2 parts Nettles, 1 part Oatstraw and 1 part Alfalfa. To brew the tea: boil water in tea kettle or pot, using a thick glass vessel such as a canning jar, add approx. 2 inches of mixed herbs to the bottom of jar and then pour hot water on top, mix well, cover with lid and allow to steep for several hours or overnight, strain herbs out with a fine mesh sieve or clean cloth, carefully saving the tea in your serving pitcher. Sweeten to taste with stevia, coconut sugar or turbinado sugar, as you desire. You can also add fresh lemon juice if you like. Can be served hot or cold. Don't forget to bring paper cups to pass out samples at your event. I recommend that women drink this tea in all seasons of their lives since it has multiple benefits. It is especially helpful

to boost iron levels, stabilize hormones and ease cramps during the menstruation phase of your cycle.

Samples and “Goody bags” - It is nice to have some samples of various tools and gear to demonstrate to the girls. Explain that the girls may wish to have something on hand when they show signs of womanhood, so they are prepared should they start their cycle.

Examples of pads, pantyliners, tampons, menstrual cups, cloth pads and bras for young ladies are all nice to have. These should be clean and unused. You may wish to explain the health benefits of natural and breathable fabrics and materials for these items.

You can order these items online, buy in stores or contact companies and request samples for your maidenhood workshop. Some companies we have worked with include [Natracare](#), [Lifegiving Linen](#), [Kotex Natural Balance](#), [Yellowberry Bras](#), [Diva Cup](#), [La Luna Cup](#), [Floradix](#), [Softcup](#), [Party in my Pants Pads](#) and [Glad Rags](#).

Lapbook Projects - The lapbook projects are a fun way for the girls to create something tangible from what they are learning in this course. You are free to provide any materials for them to use with their projects - get creative! You could purchase supplies yourself from craft stores, dollar stores or online stores. You could include this cost in the registration fee or charge a fee for supplies. Alternatively, you may tell your students to each bring in a donation of craft supplies to share with others.

Suggested materials include printed scriptures, quotes from the workbooks or other uplifting sources, Christian stickers, yarn or ribbon for making borders, colored paper, beads or glitter, etc. You will need glue, scissors, pens/markers and other basic craft tools. Precut all the papers into workable sizes and prepackage everything into plastic baggies. Having a kit with blank booklet, papers, gluesticks and pictures ready to go will make passing out the supplies easy and organized. Have markers or colored pens available for girls to write with as well.

Don't forget to include a photograph of your class in the craft kit so the girls can glue it in their lapbook project and remember the friends they make during the workshop. You will need to plan a way to take and print the photo in advance. One idea is to take the photo with a disposable camera at the beginning of class and run to a photo printing center during the lunch hour to get the images developed. Another way is to bring a digital camera and photo printer with you to the workshop or ask your facility if a color printer is available. If you use a digital camera or your cell phone camera, you can upload your image to a photo printing center such as Walmart or Walgreens using a cell phone app or website and then pick up the prints the same day. Make sure you plan ahead and test that the technology you choose will work the day of your event.

Tips for Teaching

- Introduce yourself and explain why you are teaching the course. Start the workshop off with a fun icebreaker type activity. One example is to have each girl randomly select a colored bead. Each color will correlate with a pre-chosen question that the girl must answer about herself. For example, if the girl chooses a green bead she must name her favorite food or if she chose a red bead she must name the last book she read when she introduces herself. Have this written down beforehand so you remember.
- Take a group photo at the beginning of the class for their craft activity. Have a serious picture and a silly picture. Include the moms in the photo, as well. Select the best image and plan how you will print the photos (one for each girl).
- Try to make teaching the event as fun and engaging for the girls as possible. Depending on the age of the girls, attention spans can be limited. Notify the parents in advance to explain to their girls that the workshop is educational, as well as fun.
- When you explain the “gear and tools” portion of the course (Chapter Two), gather the girls around you so everyone can see the samples that you brought. Allow the girls to touch and ask questions about what they see.
- Encourage a safe intimate atmosphere for asking questions. I like to have girls write down anonymous questions on notecards and collect them. Then you can provide the answers or have the other mothers give answers. (You can do this towards the beginning or middle of the course.) This takes the pressure off the girls and prevents embarrassment. Encourage the young ladies to go to their parents with any questions or concerns they may have in the future.
- Use the quizzes and games provided in the workbooks to your advantage and encourage participation from both moms and girls. I like to have moms competing against the girls in the games to create some competitive incentive. The phase game is in chapter four (page 18), word scramble is in chapter six (page 33) and there is a final quiz on page 53.
- I also make a point to have the mothers share their stories about entering into womanhood, you may start by sharing your own story and then opening up the floor for anyone that would like to share something. Story sharing is discussed in Chapter Six.
- You may choose to include a closing prayer in your teaching, if you feel it is appropriate. There is an example on page 56 of the teacher’s guide.
- Also, don’t forget to take breaks and give the girls a chance to stretch periodically. Hand out certificates at the end of your workshop and congratulate each girl on completing the Maidens by His Design Course!

Evaluation Forms

On the last page of your teacher’s guide is an evaluation form you can copy if you would like. We also have a PDF version available online. This is optional, if you would like feedback on your teaching, to pass out to students at the end of your course.

Thank-you for choosing to teach a *Maidens by His Design* course in your neighborhood! It blesses our ministry and warms our hearts to know that seeds of knowledge are being planted in the minds of young girls near and far. It will bless the lives of each girl you reach to know and understand God’s glorious design for their bodies.