



Biblical Description of Curriculum

Maidens by His Design is a curriculum for young ladies that teaches how our Creator has fearfully and wonderfully created their bodies. It is a biblical approach to teaching daughters 8 and up, as well as mothers/mentors, how their bodies are created to function.

We know that most moms need support and guidance on how to begin this conversation with their daughters and we are sure you will learn something too. This course instructs them on how we are all “fearfully and wonderfully made”, beyond basic biological “facts”. This knowledge is essential to understanding the other phases of womanhood.

Chapter 1 & 2:

- **Female Reproductive System & Anatomy**
- **Periods**
- **Blood Function & Significance**
- **Gear for Our Cycles**
- **Phases of Monthly Cycle**

Where do you begin? You begin by tackling basic knowledge and terminology surrounding their own bodies. Getting facts about anatomy and physiology is essential in building a foundation that will last into other phases of womanhood. We cover how blood is used during our cycle but have significance in the Bible. It has historically been used as a cleansing agent, a way to heal or clean a wound, and important for renewal. Then lastly, in this chapter, we discuss the tools and gear used for their monthly menstruation. Encouraging girls at a young age to be mindful of chemicals and products made with ingredients that might be harmful for their bodies.

Chapter 3 & 4:

- **Fear**
- **Mental Health**
- **Steps to Help Your Thoughts & Moods**
- **PMS**
- **Hormones**
- **Scriptures & Encouragement From God's Word**

Women have fear and anxiety surrounding their cycles going into them for the first time. Why is that? This chapter explores possibilities of this engrained mind-set and helps give resources and tips for erasing a spirit of fear, but embracing the design of their bodies, during cycling, that it is good and has purpose. We talk about how mental well-being plays a huge part in our anxiety or concern. We discover tools to help us see our cycle in a positive light, as well as give us resources to change our brain, our thoughts, and thought patterns. We introduce to the young women (and mothers) about hormones, how they work and play a central part in their whole cycle health.

Chapter 5 & 6:

- **Physical Development & Changes**
- **Peer Influences**
- **Body Image**
- **History of Menses**
- **How Different Cultures Experience Cycle Health**

So many changes in all systems of our body happen when we begin our cycle. We learn in this chapter about those changes taking place to show that our bodies are cycling in a healthy way. We talk about how this age group is influenced by so many outside factors that inhibit or help their cycling. We also introduce the concept of cultural competency to the girls in our country, allowing them to see how different cultures cycle and what resources are available to them.

Chapter 7 & 8:

- **Diet & Nutrition**
- **Herbs for Cycle Health**
- **Recommended Supplements for Women**
- **Alternative Therapies & Essential Oils, Massage, Chiropractic, etc.**
- **Exercise**
- **Hydration**

We teach contrary to a standard Western Medical worldview in that we are teaching girls that their cycle health depends on their diet and nutrition, exercise, and mental well-being. We are mind, body and spirit creatures created to obtain balance in all areas of life and health. We talk about deficiencies we come into contact with due to our current environmental state of being, as well as recommendations for healthier options for whole body health.

Chapter 9 & 10:

- **Abnormalities**
- **Amenorrhea**
- **Dysmenorrhea**
- **Endometriosis**
- **Self-Care & Hygiene**
- **Celebration with Blessingway Instructions**

What if things are not right? We talk about the abnormalities compared to what is normal so they can be more in-tune with their bodies and know when something could be off or not healthy. We discuss some major concerns women and daughters have in our culture today. We encourage them to seek professional help if experiencing any of these abnormalities. At the end of it all, we teach and encourage women of all ages to celebrate this coming of age, and coming into puberty. We give God the glory for the design and thank Him for having information and resources to enable us to continue in full body, holistic health, as women.