

# Grassroots Health Education Program

NRO provides information and resources to women and their communities about healthy sexuality and reproductive options over a lifetime. We offer workshops, presentations and a resource library to assist women and their allies in learning more about their bodies, their sexuality and their reproductive health.

Workshops and presentations are a way to bring together the diverse experiences of women in our community to learn more about our health and well-being and the vast diversity of women's bodies and experiences.

For more information or to discuss scheduling a presentation or workshop or to get involved, contact our office or email [edu@NROptions.org](mailto:edu@NROptions.org).

Network for Reproductive Options

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☞ ages 12-15 ✕ ages 16 and up ✧ can be made age appropriate

## Getting to Know Me: Cervical Self-Exam

This workshop is designed to give women an introduction to performing self-exams. The workshop emphasizes the importance of greater self-awareness and understanding the range of normal for reproductive health and greater sexual satisfaction. Speculums are provided at-cost. Also, this workshop looks more in-depth at reproductive and sexual anatomy, including the clitoris, g-spot, as well as exploring the vulva, vagina and cervix. ✕



## Menstruation and Fertility Curriculum

We've designed this curriculum to be used in the classroom, either as a full day of discussion about menstruation and fertility or in discreet chunks over the course of a week. We recognize that menstruation and women's fertility are controversial topics in our society. Puberty is a confusing time of rapid and uncontrolled change in a person's life. We believe it can also be a time of tremendous growth and empowerment as young men and women discover who they are and what it means to them to become adults in our society. This curriculum promotes a new way of talking about women's bodies – a new conversation that emphasizes responsibility, respect, communication and healthy sexuality. We believe that by providing young people with holistic, truthful information about their bodies, they will be better equipped to make healthy individual choices. ☞

## Reproductive and Sexual Health Slide Show

Our most comprehensive and asked for presentation, this slide show covers a brief history of reproductive rights in the United States, basic female reproductive and genital anatomy, basic physiology of the fertility cycle, birth control options, and healthy sexuality. The slide show strives to create a safe and empowering environment in which participants share their own experience and knowledge and are inspired to become experts in their own reproductive and sexual health. ✕

## Fertility Awareness for Fun and Good Health

Fertility awareness is more than just a birth control method. This workshop emphasizes the physiology of the fertility cycle. We cover the signs of fertility, how to chart the cycle and reasons why biological women might want to be aware of their fertility. This is a hands-on workshop designed to lay the foundation for charting and understanding anyone's fertility cycle. ✕ ✧