



June 2011

## Available Now: My Changing Body - 2nd Edition

Includes new modules for parents and facilitators!

*My Changing Body, A Puberty and Fertility Awareness Manual for Young People, 2nd Edition* provides accurate information about puberty in objective and reassuring terms for girls and boys aged 10-14. The participatory activities included in the curriculum enable young people to recognize how their sexual and reproductive selves are influenced by gender and social norms. Education about puberty and fertility awareness helps young people understand their maturing bodies, the social changes that occur with the onset of puberty and how to protect their own sexual and reproductive health. What youth learn from this manual can help them become more self confident, practice good health habits, and gain a positive self-image as well as greater awareness of--and skills to challenge--negative gender stereotypes.

This 2nd edition also includes *My Changing Body for Parents*, a companion curriculum, that enables parents to be more prepared to initiate conversations and support young adolescents through the changes of puberty. It allows a safe space for mothers, fathers, and other trusted adults to talk about issues of puberty, gender and sexuality.

**Download *My Changing Body 2nd Edition* online [here](#).**

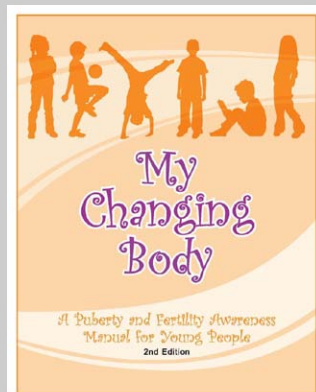
*French and Spanish versions forthcoming.*

The manual was developed by the Institute for Reproductive Health (IRH) under the USAID-funded Fertility Awareness-Based Methods (FAM) Project, and was tested in Guatemala and Rwanda.

### Preparing for the future: How IRH invests in youth

With [World Population Day](#) upon us, we are cognizant that almost half of the world's population is under the age of 25. There is a critical need for sexual and reproductive health programs to reach youth with information and opportunities for the self-reflection they need to lead healthy lives. IRH's *My Changing Body 2nd Edition* manual is just one effort in IRH's project portfolio that contributes to this need. Please read about our youth-focused work and resources below:

- **Project Announcement:** Gender Roles, Equality and Transformations (GREAT) Project in Northern Uganda, funded by USAID [ENG](#)
- **Technical Consultation Report:** Reaching Very Young Adolescents (VYAs): Advancing Program, Research and Evaluation Practices [ENG](#)
- **Literature Review:** Advancing Promising Program and Research/Evaluation Practices for Evidence-Based Programs Reaching Very Young Adolescents: A Review of the Literature [ENG](#)

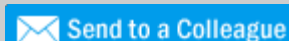


Objectives of the 6-session course:

- Identify specific physical and emotional changes experienced by girls and boys during puberty
- Describe the process of conception and the definition of female and male fertility
- Dispel common myths around female and male fertility
- Develop an awareness of gender roles/expectations and their influence on decision making and interactions
- Become more comfortable communicating with parents and peers about puberty

**Advocacy Brief:** Promoting the Health and Well-Being of Very Young Adolescents (VYAs) [ENG](#) & [SPA](#)

- **Programmatic Brief:** Empowering Young Adolescents through Body Literacy and Fertility Awareness [ENG](#)



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## Announcements

### CycleBeads® Integration Guide: A Toolkit for US-Based Family Planning Programs

IRH, in collaboration with Center for Health Training and JSI Research and Training Institute, is pleased to announce the launch of the [CycleBeads® Integration Guide](#), a resource designed for U.S.-based family planning programs who wish to integrate the Standard Days Method® (SDM), used with CycleBeads, into their services. This 30-page guide is divided into six sections that cover method basics, steps for integrating CycleBeads, an integration planning worksheet, tips from experienced program managers, existing tools and a comprehensive resource list. Programs in other countries will also find this resource useful.

The guide was funded by the U.S. Department of Health and Human Services' Office of Population Affairs. For easy reference, access the guide at

[www.CycleBeadsToolkit.com](http://www.CycleBeadsToolkit.com).

### CycleTel™ nominated for the mBillionth award

CycleTel, the SMS-based mHealth service that facilitates use of SDM, has been nominated for the [mBillionth Award 2011](#). IRH representatives will attend the mBillionth International Mobile and Telecom Congress & Award Gala on July 23rd in New Delhi, India. A brief on CycleTel is available in [English](#) and [Spanish](#).

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## Upcoming Events

Come visit IRH or hear us present at the following upcoming events:

- [Global Implementation Conference](#), Aug. 15-17, 2011, Washington, DC

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Sincerely,  
Your colleagues at IRH

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