

## My changing body: fertility awareness for young people

Washington DC: Institute for Reproductive Health, Family Health International, 2003. 151 p.

### Title other languages:

[Mon corps qui change : sensibiliser les jeunes aux questions liées à la fertilité](#)

[Mi cuerpo está cambiando: conocimiento de la fertilidad para jóvenes](#)

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### Organizations:

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Family Health International, FHI

### Description:

My Changing Body: Fertility Awareness for Young People is not a comprehensive sexuality education manual, but it goes into detail about one of these topics - fertility awareness. My Changing Body provides accurate, factual information about puberty in objective and reassuring terms for young people. What youth learn from My Changing Body will help them to become more self-confident, practice good health habits, and gain a positive self-image. Each session includes interactive activities, role-plays, games, and craft-making that not only promote the mastery of new knowledge, but also stimulate participants to share feelings and emotions. By engaging the "heart" in addition to the "head" participants hear, learn, and absorb. This manual is designed for adults who teach young people about human development and fertility. Youth group leaders, religious instructors, school teachers, or any adults regularly meeting with and instructing young people can use this manual.

### Links:

[http://archive.irh.org/SDM\\_Implementation/pdfs/FA%20My%20Changing%20Body.pdf](http://archive.irh.org/SDM_Implementation/pdfs/FA%20My%20Changing%20Body.pdf) [1]

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