

GUIDE FOR RESOURCES




- ✓ Self-Care Tools
- ✓ Tips for Healthy Relationships
- ✓ Resources for LGBTQ Youth
- ✓ Period Self-Care
- ✓ Period Care Products
- ✓ Books About Puberty

TOOLS FOR SELF CARE



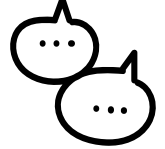
- 1 Humming Body Scan
 - 2 Calming Breaths (in 3, out 3)
 - 3 Love You Body Scan
 - 4 Self-compliments
 - 5 Positive Affirmations
 - 6 Meditation
 - 7 Create Art: paint, write, sculpt, dance
 - 8 Journal
 - 9 Emotional Release Sounds
- (Hiss for stress, Shhh for anger, Ha for sadness)

TIPS FOR HEALTHY RELATIONSHIPS



- 1 Set Boundaries!
What is comfortable for you?
- 2 Speak up for yourself!
When someone doesn't respect your boundaries.
- 3 Speak up for others to encourage them to maintain their boundaries.
- 4 Ask for support when you can't handle a situation on your own.

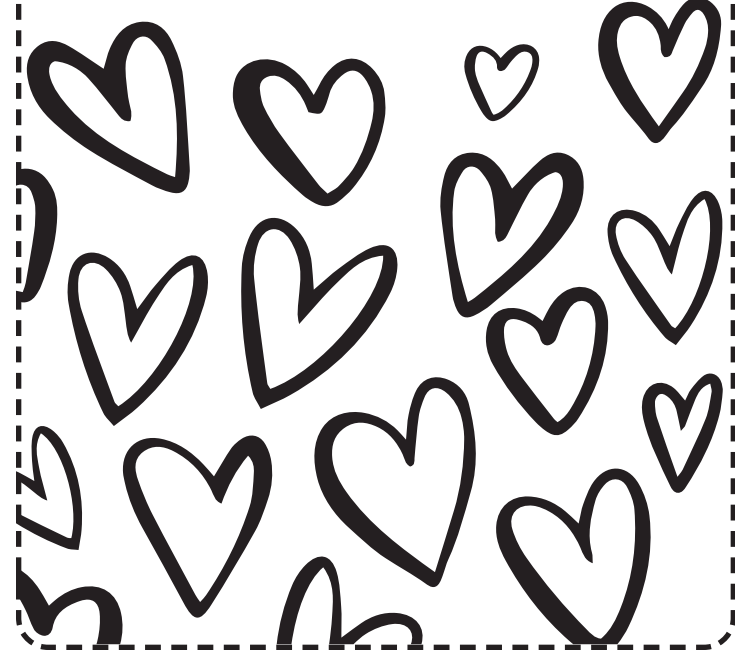
RESOURCES FOR LGBTQ YOUTH



- Pizza Klatch**
(360) 339-7574
Pizaklatch.org
- Stonewall Youth Olympia**
StonewallYouth.org
Lots of events and peer support for teens.
Also check their website for LGBTQ supportive doctors and therapists.
(360) 888-4273 (call or text)
- Emergency - Trevor Hotline**
24 hour suicide hotline for LGBTQ youth
1-800-850-8078

Empowerment4Girls Conscious Minds Conscious Bodies™

INTENTIONAL SEXUALITY EDUCATION



BOOKS ABOUT PUBERTY



- It's Perfectly Normal**
by Robie Harris and Michael Emberley
- What's Happening to My Body?**
by Lynda Madaras
- The Care and Keeping of You**
by Valorie Schaefer
- Reaching For the Moon**
by Lucy H. Pearce
- Celebrate Your Body**
by Sonya Renee Taylor

PERIOD CARE PRODUCTS



- 1 Tampons and Disposable Pads
Look for 100% organic cotton. Seventh Generation, Natracare, Organyc, Cora, Honest Company
- 2 Cloth Pads
Lunapad, Gladrags, Hannahpad, or make your own
- 3 Period Underwear
Lunapad, Thinx, Knixteen
- 4 Menstrual Cups
Check out Previous Star Vlogs on YouTube and PutaCupInt.com for tips. DivaCup, Fun Cup, Lily Cup, June Cup.

PERIOD SELF-CARE



- 1 Stay Hydrated
- 2 Eat Healthy Fats
Like avocados, salmon and nuts
- 3 Take Space When Needed
Journal, meditate and read
- 4 For Help With Cramps:
✓ Remember to Listen to Your Body
✓ Heating Pad
✓ Cramp Bark Tea
✓ Gentle Yoga or Exercise
✓ Rest