

From Girl to Woman

Preparing pre-adolescent girls for the physical, emotional and psychological changes of puberty

Navigating the physical, psychological, and emotional changes a female goes through in puberty can be difficult, especially in this age of technology where a vast amount of misleading information is readily available and easily accessed. *From Girl to Woman* is a program designed to help girls understand the changes and transition their bodies are or have already gone through, while emphasizing the natural wonder of the human body and the importance of their own self-worth. This program can be tailored to the needs of your community/audience. There are three main parts of the program and either one, two or all of them can be addressed, with an emphasis on one specific topic of your preference.

#1: Transitioning: a general overview of puberty

Transitioning is designed to help pre-teens understand the various physical, emotional, and psychological changes that occur during puberty.

- The different and parallel changes that females and males go through with puberty
- The new emotions they may encounter and their role in human relationships
- The importance of respecting one another during this time and throughout the lifespan



#2: Into the Cycle: the physiologic aspects of the menstrual cycle

A more in-depth look into the menstrual cycle and its role in bodily health. Things covered in this topic include but are not limited to:

- Define the menstrual cycle and its role in normal bodily function
- The bodily process of the menstrual cycle
- How the menstrual cycle is an indicator of health
- General hygiene and maintenance
- The damaging effects of artificial hormones on the body



#3: Beauty from within: emphasizing the self-worth of the person

Understanding their self-worth and dignity plays a key role in influencing the ethical choices a young girl can make. *Beauty from within* is a self-reflective workshop style which hopes to aid the teen and pre-teen girl to see their own worth as they were created while building relationships with others that are more beneficial and less harmful.

- Seeing the good within the self
- Changing the inner monologue from the negative to the positive
- The issues of competition and how to change the narrative
- Understanding the truth of the human heart



Angelica “Angel” Delallana is a family nurse practitioner based out of the Southbay region of Los Angeles. She is currently training in the Creighton Model System, a method of natural family planning. Angel has a passion for holistic women’s health, in which she believes that all dimensions of the person should be cared for; the physiological goes hand in hand with the emotional and spiritual aspects.

In addition to patient care, she is the co-founder of Humana Corpus Dignitate, a non-profit that emphasizes the dignity of the human person. With her co-founder Carlos Solorzano, a theology teacher certified in Theology of the Body, they discuss the difficult topics, using the medical and scientific research to support Church teachings.



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