

England and Wales have one of the highest levels of teenage pregnancy in Western Europe.¹ There is a widespread lack of knowledge about how our bodies work, the changes experienced at puberty and age-related decline in fertility.

The MFM Project addresses these important issues by offering fertility awareness workshops for girls and boys and their parents.

The way we prepare young people for puberty has a substantial impact on their future attitude to health, sexuality and fertility. After participation, the children gain invaluable knowledge about their body, giving them the language and confidence to talk about an intimate subject appropriately and without embarrassment.

**"I CAN ONLY PROTECT
WHAT I VALUE
AND RESPECT!"**

THE MFM PROJECT SUPPLEMENTS THE SCHOOL CURRICULUM BY BUILDING KNOWLEDGE AND SELF-ESTEEM.

We offer:

A workshop for girls: *The Cycle Show* -
understanding my body's secret code.

A workshop for boys: *Agents on a Mission*.

A talk for parents: Many parents do not know how to answer their children's questions about puberty. We offer them support with a two-hour talk. They find out what the boys and girls learn during their workshops and often learn a lot themselves. Most of all, it prepares parents to have these meaningful conversations with their child.

Company information:

Over half a million people have been part of MFM's audience since its launch in Germany in 1999. The programme now runs in the UK, Austria, Switzerland, France, Hungary, Belgium, Latvia, China, Ivory Coast, Mauritius and Italy.

Want to find out more?
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Project
My Fertility Matters



**A pioneering fertility awareness
project to accompany girls,
boys and their parents
through puberty.**



Project
My Fertility Matters

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Using a colourful floorshow, the girls learn the secret clues that show that they are developing into women – changes in their body, the effects of hormones and why menstruation and cervical mucus are so important.

They also learn how the changes in their body make a future pregnancy possible; how the body becomes receptive to sperm, an egg is fertilised and a baby develops.

Feedback:

"The Workshop was excellent. It definitely helped that the material was presented in a style that included lots of interactive elements and regular breaks! I was very glad that my daughter took part, as she seems to know more than she did before and is happy and confident to talk about her periods. I think you did a great job in making the girls feel very special and unique."

"That should have been covered in my school days! Beautifully and clearly explained and not at all awkward!"

"I won't be afraid when my period comes."



"Special guest" implanting into the "luxury suite"

Neutralising and nourishing effects of the "magic potion" (cervical mucus)



OUR INTERACTIVE WORKSHOPS USE A RANGE OF ACTIVITIES, COLOURFUL MATERIALS AND MUSIC TO MAKE LEARNING MEMORABLE AND FUN.



Fertilised egg nestles into the uterine hotel



"The stage of life" used in Cycle Show



Sperm waiting for egg to be released at ovulation



"Progesterone team/party planners"



Secret agent's mission pack

The boys experience a James Bond-style journey through the male anatomy. They learn how the testicles make sperm and why erections and ejaculations happen. They discover that each sperm carries a secret code that has half of the blueprint for the development of a new human being.

Boys find out about the female body and menstruation, how an egg is fertilised and a pregnancy develops. The focus is on learning to care for and respect their own and women's bodies with lots of physical activities to keep them moving.

Feedback:

"My son came back from the day bouncing. He talked with real enthusiasm and fascination with the information and the fun things they had done. I no longer worry that he does not have a positive understanding of reproduction and relationships. This will help so much when exposed to playground gossip. Thank you so much."

"They don't just tell you the information. They do it as a game."



How testosterone changes a boy to a man



The winning sperm fertilises the egg