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## Introduction

### *Principally for girls*

#### **1. Josie and the Cakes**

*General introduction to the female menstrual cycle: designed for pre-puberty.*

9-11 years

#### **2. Josie Lends a Helping Hand**

*Review of the menstrual cycle in more practical detail for a girl approaching puberty.*

10-12 years

#### **3. Josie's Next Lesson**

*Explanation of the mucus cycle and its purpose.*

11-13 years

#### **4. A Privileged Role**

*Overview of male fertility and the process of conception.*

12-14 years

#### **5. It Helps to Know**

*Dress and teenage relationships; explanation of the chemistry of sexual bonding.*

13-15 years

### *Principally for boys*

#### **6. Michael and Dad Go Fishing**

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10-11 years

#### **7. Michael Shows Off his Knowledge**

*Overview of female fertility and the process of conception.*

12-14 years

## **8. Changed for Life**

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13-15 years

*For both sexes*

## **9. Dad, Is Sex Dangerous?**

*Explanation of sexually transmitted diseases; the complementarity between the sexes.*

13-15 years

## **10. Forgotten Truths**

*Overview of contraception and how it works; understanding how fertility can be managed naturally.*

13-16 years

Endnotes

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