



Be Girl is redefining periods with smart educational tools designed to keep you **informed, confident, and in control.**

## THE SMARTCYCLE® TRAINING MANUAL & CURRICULUM

Refined through workshops with over 20,000 adolescents in multiple countries, the complete SmartCycle® Training Manual & Curriculum enables organizations and educators to deliver interactive, age-appropriate menstrual health education to both girls and boys.

**The Curriculum is FREE and PUBLIC  
because we believe everyone has  
the right to menstruation education.**



**DOWNLOAD THE GUIDE:**  
[www.BeGirl.org/SmartCycle](http://www.BeGirl.org/SmartCycle)



[BeGirl.org](http://BeGirl.org) | [hello@begirl.org](mailto:hello@begirl.org) | [@BeGirlOrg](https://www.instagram.com/BeGirlOrg)

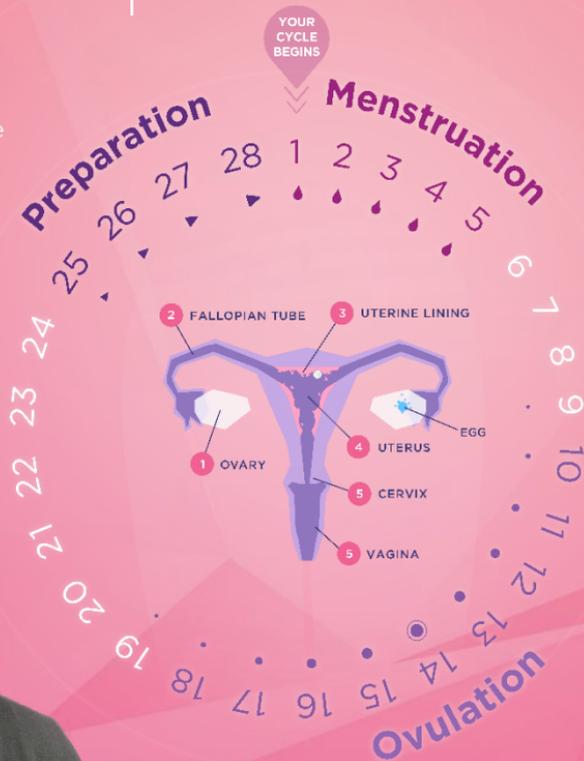
# SmartCycle®

## NECKLACE

Numbers on the front represent the days of the menstrual cycle for an average 28-day cycle. On the back, icons represent each phase of the cycle according to the day.



The SmartCycle® Menstrual Tracker is a user-friendly educational tool designed to teach adolescents about the menstrual cycle in a way that's simple and engaging.



**CONTROL**  
YOUR FLOW



**KNOW**  
YOUR BODY





Be Girl is redefining periods. Our beautiful PeriodPanties™ are designed to keep you **protected, comfortable, and free - anytime, everywhere.**



#### **FLEXIBLE**

The unique, flexible pocket is designed to fit any type of absorbent material of your choice: cloth, tissue paper, cotton, etc.



#### **LEAK-PROOF**

Made to keep you safe, stain-free, and worry-free all day long, the PeriodPanty™ provides protection for light to heavy flows.



#### **LIGHT & PERFECT FIT**

Breathable fabrics keep you feeling fresh, and a stretchy waistband provides a seamless and comfortable fit.



#### **EASY WASH & DRY**

High-performance materials allow you to wash with little water and dry indoors or outdoors in record time.



#### **SAVES MONEY**

One PeriodPanty™ is designed to provide period protection for 2 years or more.



[BeGirl.org](http://BeGirl.org) | [hello@begirl.org](mailto:hello@begirl.org) | [@BeGirlOrg](https://www.instagram.com/BeGirlOrg)

# PeriodPanty™

## SPORT

The PeriodPanty™ is a revolutionary 2-in-1 solution for period protection.

The patented Be Girl PeriodPanty™ is colorful, breathable, high-performance menstrual underwear designed to keep you protected and comfortable all day.



### FOLD

Take the included towel or any clean piece of cloth, cotton, or toilet paper and fold it to use as an absorbent filler.



### INSERT

Hold the mesh pocket facing up. Insert the absorbent filler until it covers the full length of the pocket.



### SECURE

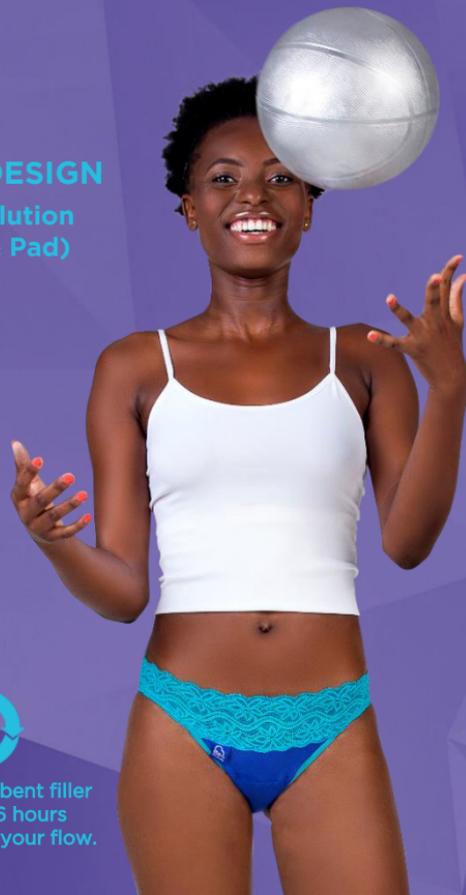
Adjust the absorbent filler until it lays flat inside the pocket.

### SMART DESIGN

2-in-1 Solution  
(Panty & Pad)



Change absorbent filler  
every 3 to 6 hours  
depending on your flow.





Be Girl is redefining periods. Our beautiful FlexiPads™ are designed to keep you **protected, comfortable, and free – anytime, everywhere.**



### **FLEXIBLE**

The unique, flexible pocket is designed to fit any type of absorbent material of your choice: cloth, tissue paper, cotton, etc.



### **LEAK-PROOF**

Made to keep you safe, stain-free, and worry-free all day long, the FlexiPad™ provides protection for light to heavy flows.



### **LIGHT & PERFECT FIT**

FlexiPads™ are incredibly strong and lightweight.



### **EASY WASH & DRY**

High-performance materials allow you to wash with little water and dry indoors or outdoors in record time.



### **SAVES MONEY**

One FlexiPad™ is designed to provide period protection for 2 years or more.



# FlexiPad™

## SMALL & LARGE

The FlexiPad™ is a high-performance, reusable sanitary pad designed to fit comfortably onto your underwear.

The FlexiPad™ is available in two sizes to fit your needs: the small is a sustainable alternative to traditional disposable pads, and the large is ideal for heavy bleeding, overnight, and postpartum use.



### FOLD

Take the included towel or any clean piece of cloth, cotton, or toilet paper and fold it to use as an absorbent filler.



### INSERT

Hold the mesh pocket facing up. Insert the absorbent filler until it covers the full length of the pocket.



### SECURE

Adjust the absorbent filler until it lays flat inside the pocket. Then attach the FlexiPad™ to the underwear using the buttons on the wings.





Be Girl is redefining periods. Our sustainable FitCup™ Menstrual Kit is designed to fit your active lifestyle and keep you **protected, comfortable, and confident.**



### HIGH-QUALITY MATERIAL

Made in the USA from medical-grade silicone, the FitCup™ is safer for you because, unlike many disposable products, it doesn't contain harmful chemicals that can be absorbed by your body.



### LEAK-PROOF

Made to keep you stain-free and worry-free all day long, the FitCup™ holds up to 30ml of fluid (an average monthly flow is 10-35 ml total).



### FITS YOUR ACTIVE LIFESTYLE

The FitCup™ can be worn for up to 12 hours, allowing you to be active without stress. You control your period, not the other way around.



### EASY WASH & STORE

Equally beautiful and functional, the case allows you to easily clean and sterilize the FitCup™ and discreetly store it between cycles.



### SAVES MONEY

The FitCup™ can last up to 10 years – think how many disposables you would have to purchase during that time!



### HELPS THE ENVIRONMENT

Switching to reusable menstrual products can save the planet over 1 million metric tons of waste each year.



# FitCup™

The FitCup™ Menstrual Kit comes with a reusable menstrual cup and sterilizing case made of medical-grade silicone for safe and long-lasting period protection.



## FOLD

Fold the cup in on itself to make it flat, then fold in half again to form a C shape.



## INSERT

Keep the cup folded and gently guide it rim-first into the vagina. To position the cup, grasp the ribbed area then slightly rotate the cup to ensure it's fully open and that suction has occurred.



## WEAR

Empty your cup 2-4 times a day, depending on your flow. It's safe to wear the FitCup™ for up to 12 hours, including overnight.



## REMOVE & EMPTY

Guide the cup closer to the bottom of the vagina. Pinch the ribbed base of the cup to break seal.



## CLEAN, STERILIZE & STORE

Rinse the cup with clean water and place it into the sterilizing case. To sterilize, fill the case with boiling water and let sit for 10 minutes. Discard water. After the FitCup™ has cooled, it's clean and ready to use or store in the case until next time.

