



The ENPOWR Project's Endo EduKit

Adolescent Outreach and Education Program

What is endometriosis?

- A painful health condition affecting 1 in 10 girls and women of reproductive age
- Often causes adolescents to miss school or social engagements
- If allowed to progress it can be physically, emotionally, socially, academically, professionally, and financially crippling
- Early intervention is the key to improving quality of life

What is The ENPOWR Project? What is the Endo EduKit?

- ENPOWR is the EFA's school- and community-based education program. To date, ENPOWR has reached over 15,800 adolescents throughout New York State. The EFA is expanding its reach nationwide through use of its new Endo EduKit.
- The Endo EduKit provides schools with all of the materials needed to educate adolescents about endometriosis signs and symptoms in one simple lesson.
- The Endo EduKit can be implemented in two different ways in any classroom:
 - **Teacher-based** – Teachers will be provided with a 45-minute differentiated and interactive lesson plan that was designed using evidence-based teaching methods
 - **Volunteer-based** – If available, an EFA volunteer can come to your classroom and facilitate an interactive guided reading session with students

Why is it important to bring The ENPOWR Project's Endo EduKit to my students?

- While highly prevalent, endometriosis is largely unknown, particularly among adolescents
- The Endo EduKit will:
 - Increase awareness and improve dialogue about stigmatized issues
 - Encourage males and females to serve as advocates for their own health
 - Promote symptom tracking and treatment-seeking behavior for potential menstrual disorders, specifically endometriosis

How do I request my Endo EduKit?

- Contact EduKit@endofound.org or call 646-854-3309. Visit www.endofound.org/the-enpowr-project for more information.

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