

SENATE JOINT RESOLUTION 5

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By: **Senator Reilly**

Introduced and read first time: January 15, 2021

Assigned to: Education, Health, and Environmental Affairs

SENATE JOINT RESOLUTION

1 A Senate Joint Resolution concerning

2 **Comprehensive Health Education Program – Female Monthly Cycle Tracking**
3 **for Adolescent Girls**

4 FOR the purpose of emphasizing the General Assembly’s support, and urging the support,
5 of female monthly cycle tracking education for adolescent girls; encouraging the
6 State Board of Education to update the comprehensive health education program to
7 include certain standards for instruction on female monthly cycle tracking for
8 adolescent girls; and generally relating to the comprehensive health education
9 program and female monthly cycle tracking education.

10 WHEREAS, The American College of Obstetricians and Gynecologists identifies the
11 female monthly cycle as a vital indicator of health, especially in adolescent girls; and

12 WHEREAS, The American College of Obstetricians and Gynecologists recognizes
13 that the identification of abnormal female monthly cycle patterns in adolescence may
14 improve identification of potential health concerns in adolescence and in adulthood; and

15 WHEREAS, The female monthly cycle is a result of ovulation that reflects the normal
16 functioning of internal hormonal changes; and

17 WHEREAS, The female monthly cycle produces observable signs that adolescents
18 can learn to identify and use in order to track the health of their monthly cycle, including
19 using natural or fertility awareness–based methods; and

20 WHEREAS, Adolescent girls can be taught to recognize their cervical mucus
21 patterns and distinguish normal from abnormal monthly cycles; and

22 WHEREAS, Tracking her monthly cycle can provide an individual with information
23 about her ovarian function; and

24 WHEREAS, Learning about fertility awareness, female monthly cycle tracking, and
25 observing cervical mucus patterns as an adolescent is an invaluable tool for identifying



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1 abnormalities early and maintaining a healthy reproductive system; now, therefore, be it

2 **RESOLVED BY THE GENERAL ASSEMBLY OF MARYLAND**, That, to promote an
3 understanding of the female monthly cycle as a vital indicator of health that facilitates
4 early diagnosis of common medical concerns, the General Assembly emphasizes and urges
5 support of female monthly cycle tracking education for adolescent girls; and be it further

6 **RESOLVED**, That the General Assembly encourages the State Board of Education
7 to update the comprehensive health education program to include standards for instruction
8 on female monthly cycle tracking for adolescent girls, including instruction on how to track
9 a monthly cycle using natural or fertility awareness–based methods and observing cervical
10 fluids; and be it further

11 **RESOLVED**, That a copy of this Resolution be forwarded by the Department of
12 Legislative Services to the Honorable Lawrence J. Hogan, Jr., Governor of Maryland; the
13 Honorable William C. Ferguson, IV, President of the Senate of Maryland; and the
14 Honorable Adrienne A. Jones, Speaker of the House of Delegates.