

The Fertility Education and Medical Management (FEMM) Foundation is a knowledge-based health program for women inspired by women's right to be informed participants in their own healthcare and to make voluntary decisions based on options, information, and understanding. The Foundation is dedicated to health education, medical research, and to improving reproductive health care to advance women's health.

According to the United Nations Population Division, the global average median age is 30 years old. Half of the 8 billion people in our world are over this age and the other half is below it. There have never been so many young people in the history of our planet. With this in mind, it is essential to prioritize the fertility awareness education of adolescent girls and adult women as it empowers them to understand how their bodies work, it helps them become informed participants in their healthcare, and it calls for a redefinition of the standard of care. This fertility awareness education, already provided by organizations like FEMM, is a key component to fostering healthy societies where women are empowered to reach the highest level of their reproductive health and where medical systems are designed to prioritize this.

Fertility awareness education empowers women and girls by teaching them how

