

Part 1: WHAT A GIRL NEEDS TO UNDERSTAND ABOUT HER BODY

Teen Girls Talk

in

We Care Groups

Jifahamu

Part 1: What a girl needs to understand about her body

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Part 1: WHAT A GIRL NEEDS TO UNDERSTAND ABOUT HER BODY

FRONT - seen by the Girls

What is special and what is difficult about being 15 to 19 years old?



Part 1: WHAT A GIRL NEEDS TO UNDERSTAND ABOUT HER BODY

BACK – seen by facilitating volunteer

Understanding Adolescence

Facilitator Explain:

Being 15 to 19 years old or in adolescence is a unique stage in life.

You are halfway between childhood and adulthood and this creates *special possibilities* and *special challenges* for you as you grow up.

Facilitator Read the story below out loud and then hold a discussion about the story:

Hogla has just turned 16 and a boy two classes above her at school has been friendly and offering to buy her sanitary pads. He has become more and more keen and he has talked about wanting to have sex with her. Hogla feels confused, she still has lots of questions about her body, about how sex happens, even about her menstruation and how to manage hygiene. She has heard girls talking about the menstrual cycle and safe days and also about protecting from pregnancy using pills from the clinic and she has heard her brothers talking about condoms to protect from diseases. Hogla went to the clinic to ask about those pills because she must not get pregnant or she will be thrown out of school. Hogla missed school because the clinic is only open during the week when she is in school. When she finally sat with the nurse, the nurse told her she shouldn't be thinking about these things and should be in school. Hogla doesn't know where to find the answers to her questions and she feels ashamed for thinking these things – am I normal she asks?

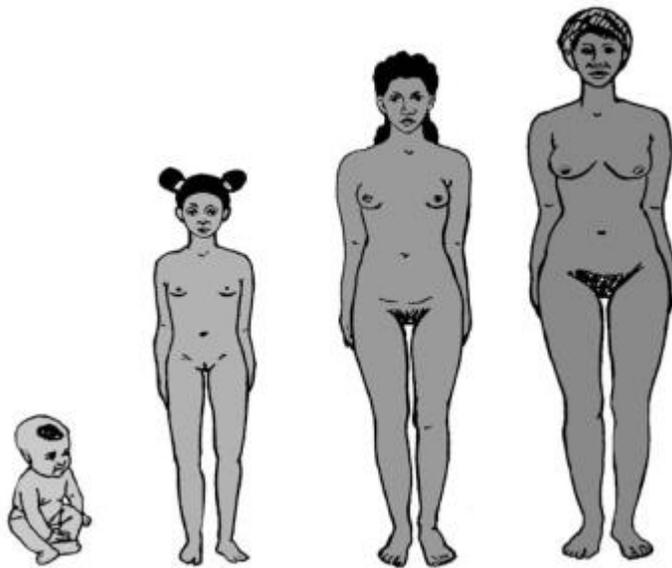
Facilitator Ask:

How can we help Hogla? Is it normal for Hogla to feel these things? Can any of you share some experiences that may help us find a way to reassure Hogla that she is not alone with these challenges?

Part 1: WHAT A GIRL NEEDS TO UNDERSTAND ABOUT HER BODY

FRONT – seen by the Girls

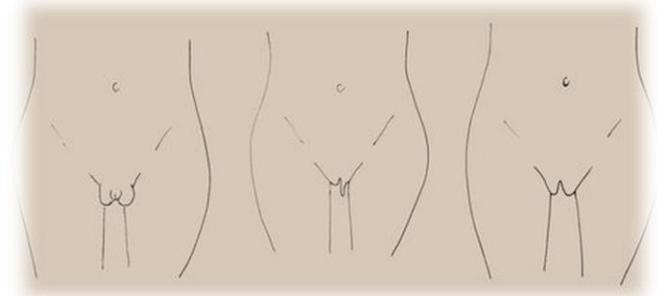
LET'S UNDERSTAND THE PARTS OF OUR BODIES THAT MAKE US FEMALE



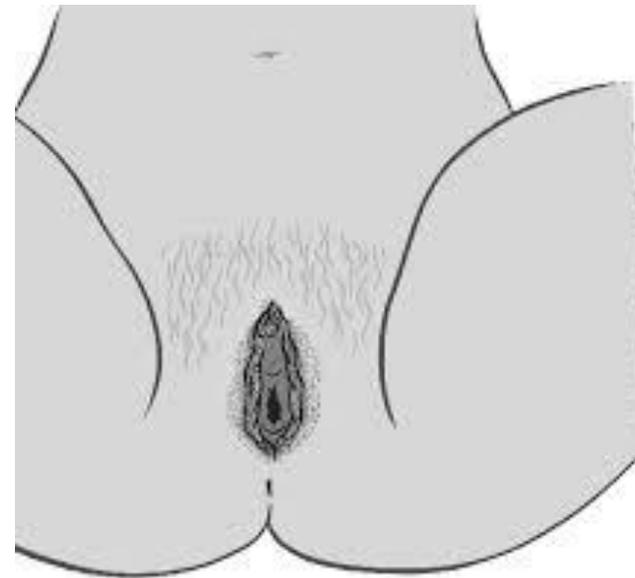
Picture 1: Our bodies are changing as we mature



Picture 5: Our breasts grow, and the nipple darkens as we mature. Breasts come in all shapes and sizes.



Picture 2: Between our legs, is the Vulva – here there are folds of skin, called Labia, none are the same, some small and some big. Between the lips is the entrance to the vagina where both blood and a baby can pass. Above the vagina is a small hole where urine can pass. Above that hole is the clitoris that when touched can bring pleasure.



Part 1: WHAT A GIRL NEEDS TO UNDERSTAND ABOUT HER BODY

BACK – seen by facilitating volunteer

Understanding our female bodies

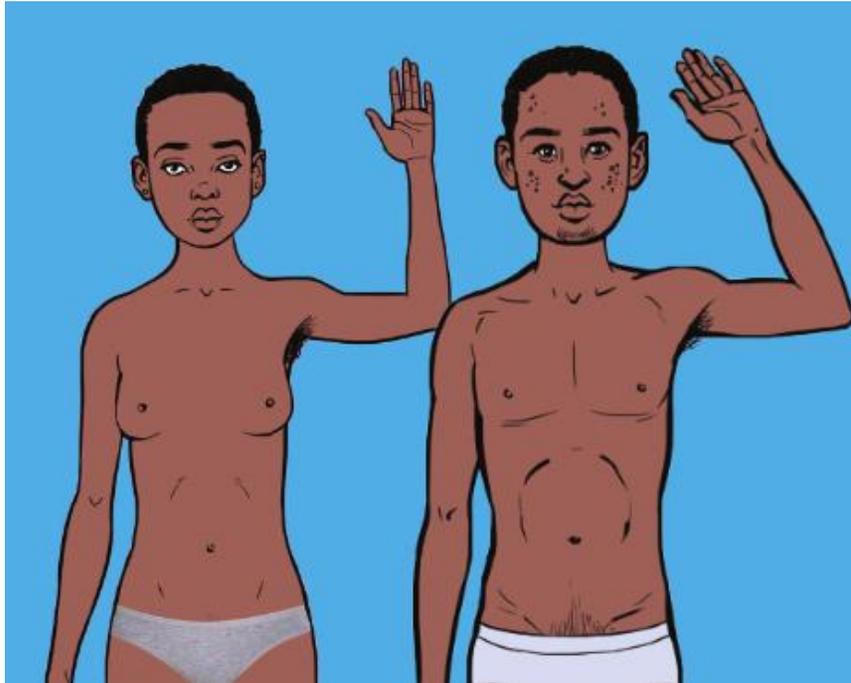
Facilitator Explain: slowly and carefully – like you are telling a story.

- 1) Between 15 and 19 years our bodies are changing and maturing until we become women at 22 years
- 2) There are important parts of our bodies that make us female. Some we can see, on the **OUTSIDE** and some we cannot see, on the **INSIDE**.
- 3) **OUTSIDE:** Between our legs, there are outer folds of skin like two thick lips often covered with hair. Underneath these two thick lips of skin are two inner smaller lips of skin, they cover and protect the **VAGINA**.
- 4) The vagina is the passage through which *blood passes from during menstruation, where a baby passes through when born and where during sex, the penis enters* with our permission.
- 5) Under the thin inner lips at the very top is the **CLITORIS**. This is a small, very sensitive place above the vagina that when touched by us or by someone else with our permission with or without sex - it can be pleasurable for us.
- 6) Our **BREASTS** grow as we grow into women.
- 7) The nipple and the skin around the nipple get darker as we mature. Often, both breasts swell slightly during the menstrual period. In many women, one breast is larger than the other. The shape of our breasts is unique to us and all breasts are different.
- 8) **INSIDE** our body, through the **VAGINA** are different parts of our bodies that we cannot see.
- 9) We have two **OVARIES**, one on the left and one on the right, that make our eggs. This is where the eggs that form part of any children we might carry are made. These eggs are released each month after we have passed through puberty. These eggs must join with the sperm from men, to create a baby.
- 10) There is the **UTERUS** or the womb, where a baby can one day grow.
- 11) Every month that we are not pregnant, the uterus does a house clean and sweeps out the womb – we bleed in the form of **MENSTRUATION**.

FRONT – seen by the Girls

Part 1: WHAT A GIRL NEEDS TO UNDERSTAND ABOUT HER BODY

Understanding the changes that happen in Puberty



Boys and Girls pass through puberty

Puberty changes

- ▶ Your skin makes more oils so you may get pimples.
- ▶ Your nipples will get darker in color.
- ▶ Your breasts will grow larger and be more sensitive.
- ▶ Hair will grow under your arms and in your "secret" place (pubic area).
- ▶ Sweat glands under your arms will be more active so you will smell more like an adult.
- ▶ Your hips will become wider.
- ▶ You grow taller more quickly than you grew before.

Mabadiliko wakati wa balehe

- ▶ Ngozi yako inatengeneza mafuta zaidi hivyo waweza kupata chunusi.
- ▶ Chuchu zako zinakuwa nyeusi zaidi.
- ▶ Maziwa yako yataongezeka na yanaweza kuuma.
- ▶ Unaota nywele makwapani na sehemu zako za siri.
- ▶ Tezi za jasho makwapani zinafanya kazi kwa nguvu hivyo utatoa harufu ya kiutu uzima.
- ▶ Nyonga zako zitatanuka.
- ▶ Utakua kwa kasi zaidi.

Part 1: WHAT A GIRL NEEDS TO UNDERSTAND ABOUT HER BODY

BACK – seen by facilitating volunteer

Understanding the changes that happen in Puberty

Facilitator Explain: slowly and carefully – like you are telling a story.

- 1) Between the ages of 10 and 14 most girls and boys begin to notice changes in their bodies and in their feelings.
- 2) These physical and emotional changes take place over some years.
- 3) It is a normal growing up process and it is all part of becoming ready for adulthood.
- 4) Changes take place at different ages for all of us. Some of us develop faster than others.

Facilitator Summarize: (using the green & purple boxes for reference)

Changes in Girls

- Breasts start to develop
- Girls gain weight, particularly on the hips
- Menstruation starts
- Bodies become curvier and hips widen
- Hair grows in pubic area and armpits
- Muscles get bigger and stronger

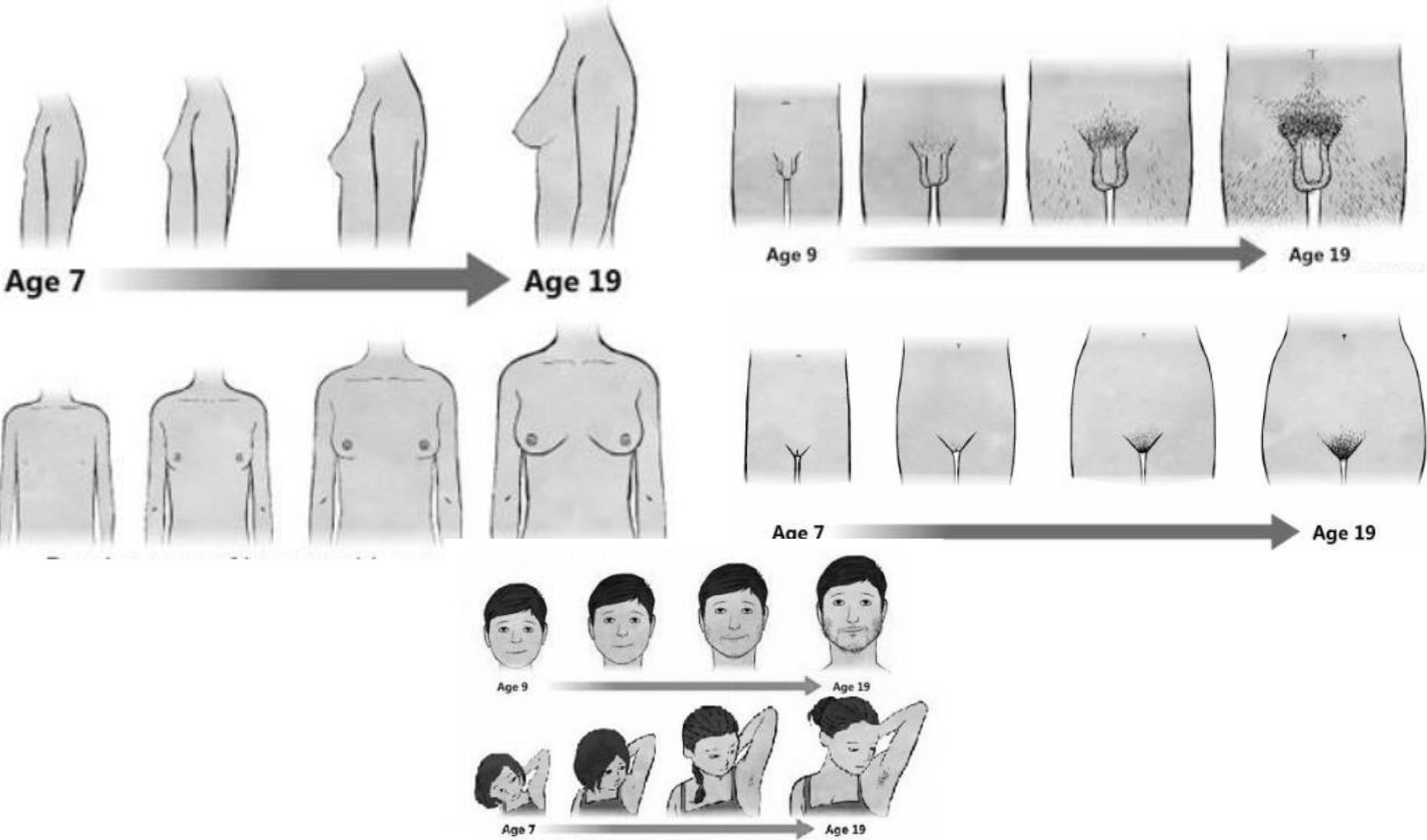
Changes in Boys

- Breasts look like they're developing a bit
- Chest broadens
- Penis and testicles drop
- Ejaculations begin – wet dreams
- Voice deepens
- Get taller
- Body and facial armpits, pubic, area
- Shoulders get wider, muscles start to get bigger and stronger

Part 1: WHAT A GIRL NEEDS TO UNDERSTAND ABOUT HER BODY

FRONT - seen by the Girls

Many Changes happen in our bodies during Puberty



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BACK – seen by facilitating volunteer

Understanding the changes that happen in Puberty

Facilitator Ask: (encourage the girls to talk freely about the changes they are experiencing or experienced in their bodies).

- 1) What changes took place in your body – how do you remember this time?
- 2) Which ones are you experiencing now or are ongoing?

Facilitator Summarize: Invite some of the girls to answer some of these questions

Question & Answers

Question: What is the age range at which puberty typically occurs?

Answer: The age range of 8 to 16 years.

Question: Name 2 things that happen to both girls and boys during puberty.

Answer: Changes that happen to both boys and girls: Get taller. Skin gets oilier and is more prone to acne. Grow hair under armpits and around pubic area. Hormones start developing. Start to develop body odor.

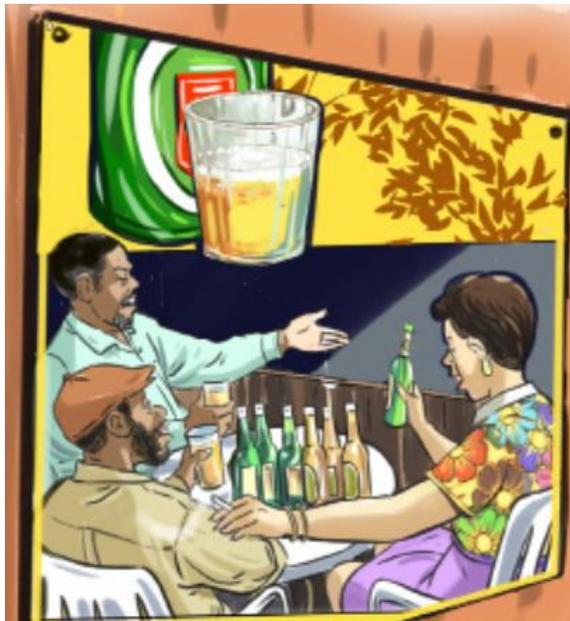
Question: Name 3 changes that happen to girls when going through puberty and 3 changes that happen to boys when going through puberty.

Answer: Physical changes to boys: voice changes, Adam's apple, testicles grow and drop, grow hair under armpits, on chest, and in pubic area, skin gets oilier. Physical changes to girls: Breasts get larger, hair appears under armpits and in pubic area, hips get wider, skin gets oilier, start menstruating.

Part 1: WHAT A GIRL NEEDS TO UNDERSTAND ABOUT HER BODY

FRONT – seen by the Girls

Resisting peer pressure



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BACK – seen by facilitating volunteer

Resisting peer pressure and establishing relationships that are healthy and respectful

Facilitator Explain: slowly and carefully – like you are telling a story.

- 1) In adolescence it is normal to feel pressured to do things by our peers or to pressure others to do things.
- 2) Standing up to peer pressure means valuing your own decisions and not going along with everyone else.
- 3) It helps to: Use a calm voice, look directly at the person pressuring you, move away from the situation.
- 4) When you friends say things that make you feel pressured what are some comebacks you can say to keep them quiet?

Facilitator - Role Play: (invite pairs of girls to try out some role plays, where they feel pressured, support them to standing up for their own decision)

Friend: No one fancies you, that is why you haven't had sex yet!

You: I'm not afraid of saying No! or I have not met the right guy yet! I have a life ahead of me, what is the rush?

Friend: He'll dump you if you don't do it soon!

You:

Friend: We've all been doing these things many times – what are you waiting for?

You:

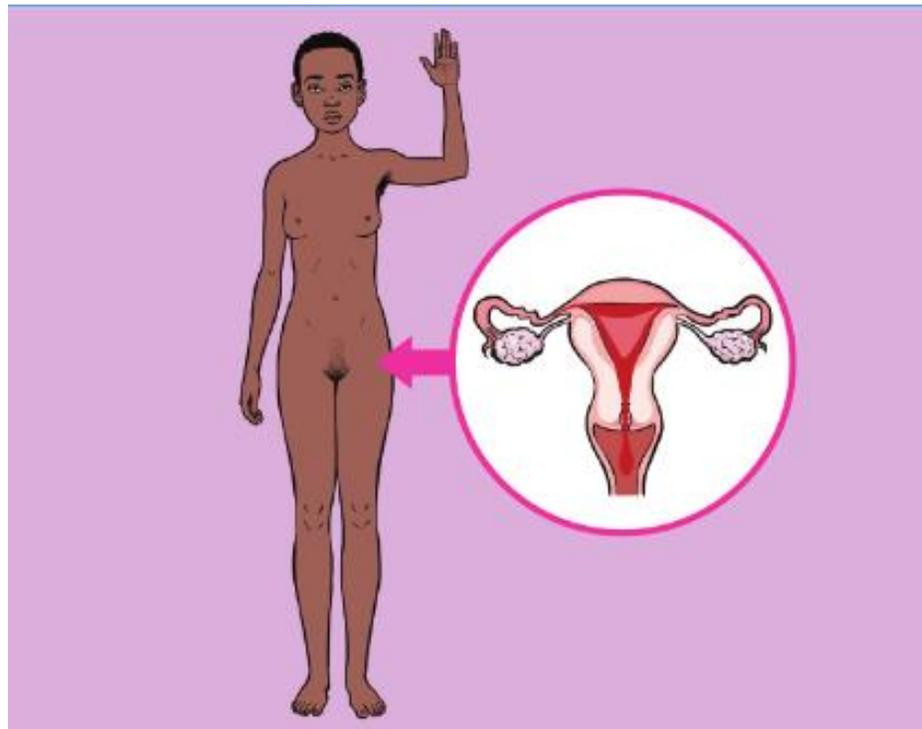
Facilitator Explain:

The more you learn to stand up for yourself and say no, the easier it will become to handle these situations when they come up. The word No! does not mean you're weak, it is actually a very powerful word!

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FRONT – seen by the Girls

Let's talk about Menstruation



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BACK – seen by facilitating volunteer

Menstruation: Why do we menstruate?

Facilitator Explain: slowly and carefully – like you are telling a story.

Understanding why menstruation happens and when to expect it can help us better prepare ourselves each month

- 1) We have learned that as girls we start to develop the body of a woman during puberty, and that includes beginning to have a monthly menstrual period.
- 2) Monthly bleeding is completely normal, it is not something we as young girls should not fear.
- 3) It lasts four to seven days, and usually happens every month.
- 4) Even though it's normal, menstruation can present real challenges for us.
- 5) Menstruation happens because of changes in hormones / chemical messengers in the body as we become women.
- 6) For part of the month the wall of the womb gets thick and builds up in case it will receive a fertilized egg to attach to and start developing into a baby.
- 7) If there is no fertilized egg, the wall of the womb breaks down and is washed out with the blood to prepare the womb for the next month. Then the same process happens all over again every month until we reach around 50 years of age.

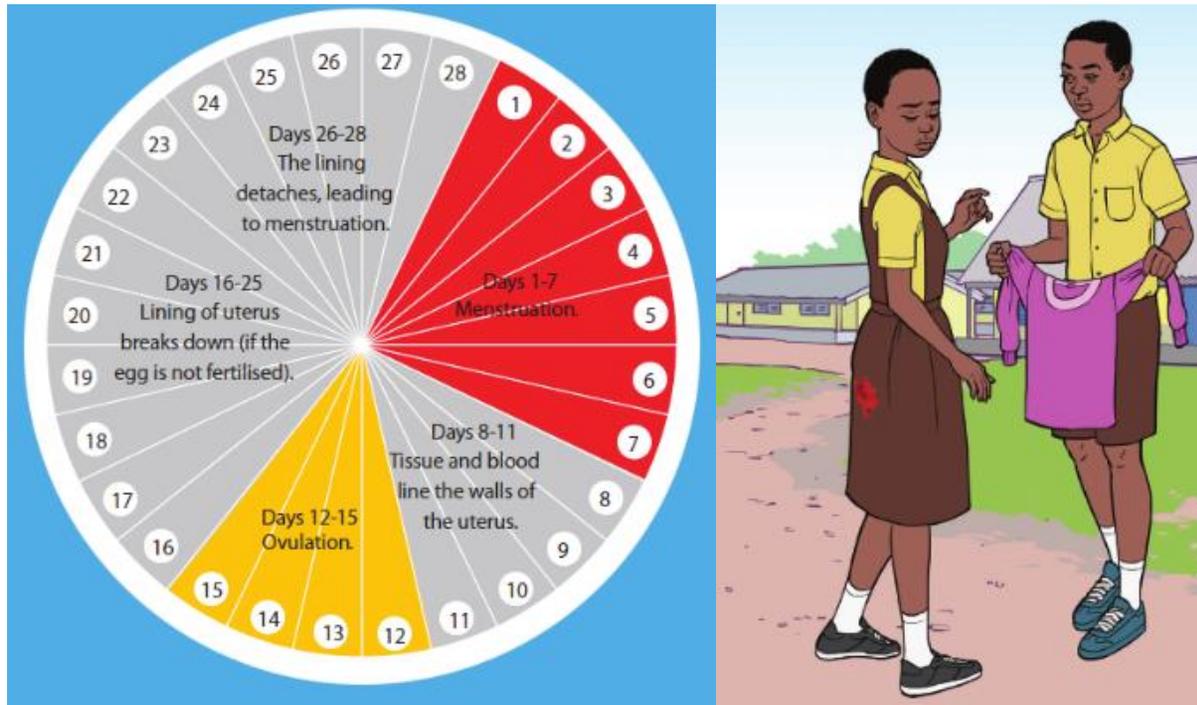
Facilitator ASK: (invite the girls to share some of their challenges & how they solve them)

- What are some of the challenges you face with menstruation each month?
- How do you overcome these challenges?
- Can others learn from how you overcame these challenges?

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FRONT – seen by the Girls

Menstruation – the menstrual cycle



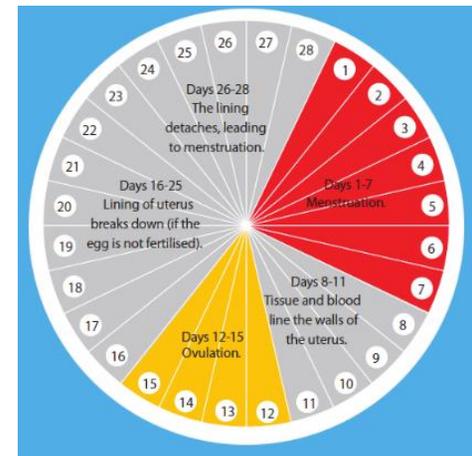
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BACK – seen by facilitating volunteer

Menstruation

Facilitator Explain: (speak slowly and carefully and receive any questions)

- 1) Menstruation – happens every month & becomes more regular over time. This is called the Menstrual Cycle.
- 2) Each day of your cycle something different is happening in your body. The circle in the picture shows you the cycle. The cycle starts on the first day of bleeding. This is an easy day to remember.
- 3) You can always go back to that day and count forward to know when you will begin to bleed again.
- 4) Where you are in the cycle also helps to know when you are at risk of getting pregnant if you have sex.



Facilitator Explain: (use the circle to explain)

Day 1 to 7: Menstruation – bleeding (red color)

Day 8 – 11: RISK of pregnancy if you have sex - because the male sperm can live for 3 days in our bodies

Day 12 – 15: HIGH RISK of pregnancy if you have sex (yellow)

Day 16 – 28: No risk of pregnancy

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BACK – seen by facilitating volunteer

Menstruation

Facilitator Ask: (invite one girl to ask the question and invite the group to answer, course correct if the answer is not correct.)

Questions & Answers

Question: Do Periods Happen Regularly When Menstruation Starts?

Answer: For the first few years after a girl starts her period, it may not come regularly. This is normal at first. By about 2–3 years after her first period, a girl's periods should be coming around once every 4–5 weeks.

Question: Can a Girl Get Pregnant as Soon as Her Period Starts?

Answer: Yes, a girl can get pregnant as soon as her period starts. A girl can even get pregnant right before her very first period. This is because the hormones might already be moving in your body. The hormones may have led to ovulation or the egg release and the building of wombs wall. If a girl has sex, she can get pregnant, even though she has never had a period.

Question: How Long Do Periods Last?

Answer: Periods usually last about 5 days. But a period can be shorter or last longer.

Question: How Often Does a Period Happen?

Answer: Periods usually happen about once every 4–5 weeks. But some girls get their periods a little less or more often.

Question: How Much Blood Comes Out and it it normal to have clots of blood?

Answer: It may look like a lot of blood, but a girl usually only loses a few tablespoons of blood during the whole period. Most girls need to change their pad about 3–6 times a day. It is normal to pass some clots.

Question: Will I Have Periods for the Rest of My Life?

Answer: When women reach 45–55 years, their periods will permanently stop. Women also won't have a period while they are pregnant.

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Menstruation - Being Prepared for the Monthly Period



Cleaning reusable sanitary pads



Planning for your period can help prevent surprises and will help you understand your body.

You will need 3 to 6 pads or pieces of cloth read for each day of your period.



Part 1: WHAT A GIRL NEEDS TO UNDERSTAND ABOUT HER BODY

FRONT - seen by the Girls

Menstruation - How to care for ourselves?



Menstruation is normal and natural!



Part 1: WHAT A GIRL NEEDS TO UNDERSTAND ABOUT HER BODY

BACK – seen by facilitating volunteer

Menstruation – How to care for ourselves

Facilitator Ask: What ideas can we share among us, on how to look after ourselves during our monthly periods and how to avoid accidents and shame? (Facilitator - Encourage discussion)

Facilitator Ask: the girls these questions and receive their answers and then provide the correct answer below.

Questions & Answers

Question: Is it normal that I feel unwell during my menstruation?

Answer: Yes it is normal - the hormones that are moving in your body when you're about to have your period or during your period will cause you to feel discomfort in your body and can cause mood swings, worry, sadness and also spots on your skin. These feelings should go away after the first few days of a period.

Question: What Can I Do About Cramps?

Answer: If cramps bother you, you can try a hot water bottle on your belly and take some – you can fill a plastic bottle with warm (not hot) water and wrap it in a kanga and lay it on your belly. Paracetamol or another pain filler from the drug shop, once a day can help when the pain is bad.

Question: How can I protect myself from staining and accidents?

Answer: You have some choices about how to deal with period blood. You may need to experiment a bit to find which works best to protect you. It is helpful to always be ready and to know where you are in your cycle.

Facilitator Explain: Talk with your parents to help you prepare supplies for your period each month. You need 3 to 6 clean pads a day for 5 days. These can be fabric that has been stitched together, or a attached to a belt or it can be a sanitary towel bought at the shop.

Part 1: WHAT A GIRL NEEDS TO UNDERSTAND ABOUT HER BODY

FRONT – seen by the Girls

Facilitator Game:

Puberty & Menstruation

TRUE or FALSE Game
Beating the Myths!

Part 1: WHAT A GIRL NEEDS TO UNDERSTAND ABOUT HER BODY

BACK – seen by facilitating volunteer

Facilitator Ask: the question & check the responses
True or False for Puberty & Menstruation

NO	STATEMENT	TRUE	FALSE
1	Puberty is when adolescents reach sexual maturity and become capable of reproduction.	✓	
2	Puberty occurs in girls between the ages of 10 and 19years and between the ages of 6 and 17years in boys.		✓
3	Development of breasts, growth of pubic hair, widening of hips and vaginal discharge are among some of the biological and physical changes seen in girls during puberty.	✓	
4	Girls menstruate throughout their life.		✓
5	Menstruation is the weekly discharge of blood from the uterus through the vagina.		✓
6	Period or menstrual period is the common name for menstruation.	✓	
7	Making fun of girls during their menstrual period is considered normal and a responsible act		✓
8	Every girl's menstrual cycle varies, and is usually calculated 28days from the first period.	✓	
9	It is not normal for girls to be moody during their period.		✓

NO	STATEMENT	TRUE	FALSE
10	Boys should not tease girls who are menstruating.	✓	
11	It is not necessary to wash your hands under running water with soap, and also bath well to smell good.		✓
12	Some girls get severe abdominal pain when in their period.	✓	
13	Drinking plenty of water is not advisable for girls when menstruating.		✓
14	Girls need boys to be more understanding of what periods are so they can get through it easily.	✓	
15	Boys and girls should not keep their clothes clean and well washed at all times.		✓
16	Girls should wash their private parts at least twice a day when in their period	✓	
17	Girls should wash their private parts at least twice a day when in their period with soap and other detergents.		✓
18	Menstruation is a disease		✓
19	Laughing, exercising, deep breathing and stretching are all ways to better manage mood swings during the menstrual cycle.	✓	
20	Girls should be excluded from activities during their periods		✓