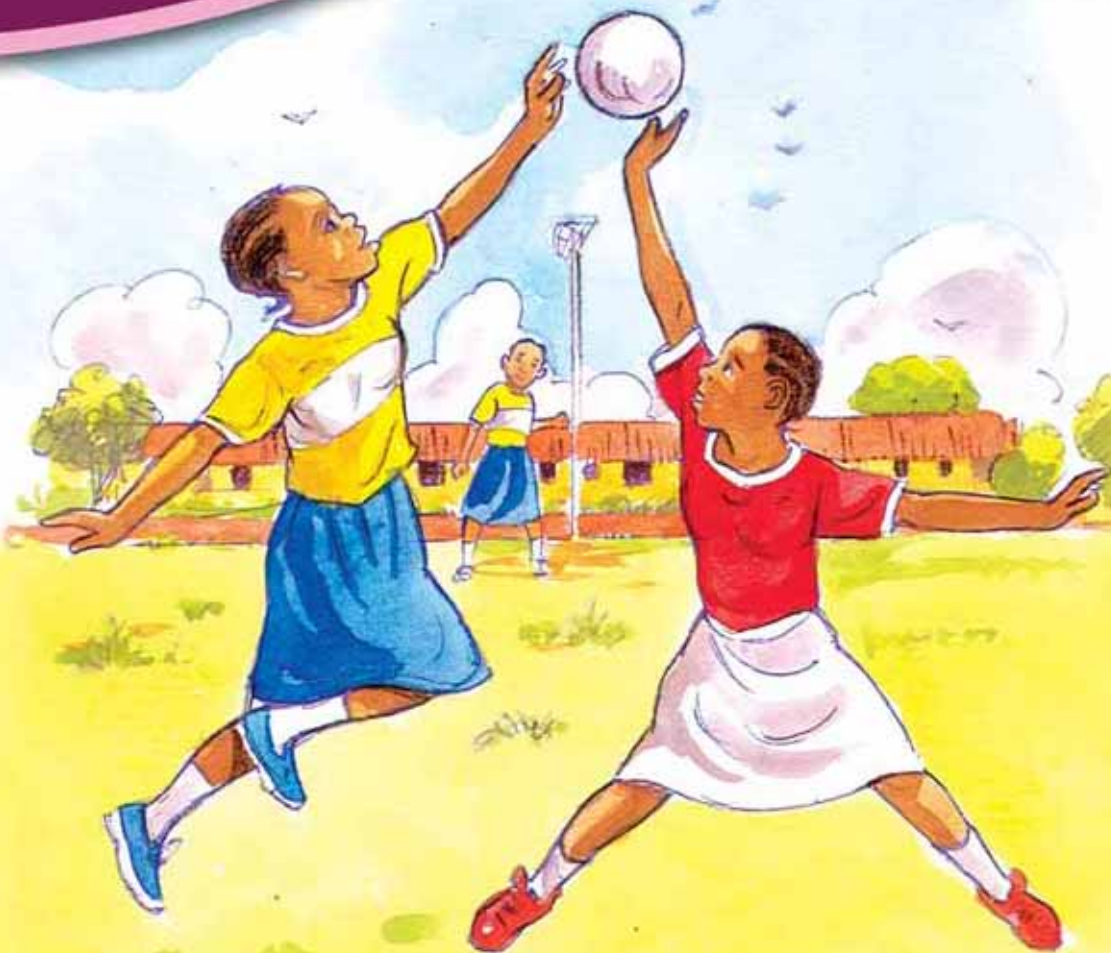


Vipindi vya Maisha



Growth and changes

Acknowledgements

Our greatest thanks to the MEES (Moral Ethics and Environmental Education Committee of the Ministry of Education, Zanzibar) Curriculum publication from Femina HIP, UNFPA, UNIFEM, UNICEF for providing effective puberty guidance for girls on which this book is based; to all the Tanzanians who helped in producing this book, especially Dr. Stella Bendera, Proscovia Mujumba, and Mary Katemana; and to UNICEF for the generous support of this publication.

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Layout and Design: Macmillan Aidan Ltd
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P. O. Box 75773, Dar es Salaam

Printing funded by: UNICEF Tanzania

ISBN: 978 9987 37 349 9

What is puberty?

Between the ages of 10 and 14 most girls and boys begin to notice changes in their bodies. These physical and emotional changes take place over a number of years.

These changes are called “**puberty**” or “**adolescence**” Girls and boys at this age are often called “**adolescents**”.



Balehe ni nini?

Kati ya umri wa miaka 10 na 14 wasichana na wavulana wengi huanza kuona mabadiliko kwenye miili yao. Mabadiliko haya ya kimwili na kihisia huchukua miaka kadhaa.

Mabadiliko haya huitwa “**balehe**” ama “**kupevuka**”, wasichana na wavulana kwa umri huu huanza kuitwa “**vijana**”.

Puberty starts when extra amounts of chemicals called “**hormones**” begin to be produced in the body. These hormones lead to changes in the body.

Apart from causing physical changes, the hormones cause emotional changes too. So a growing girl may feel happy one moment, and angry, sad or confused the next moment.



Balehe huanza wakati ambapo kemikali (vichocheo) ziiwazo homoni huanza kuzaliana ndani ya mwili.

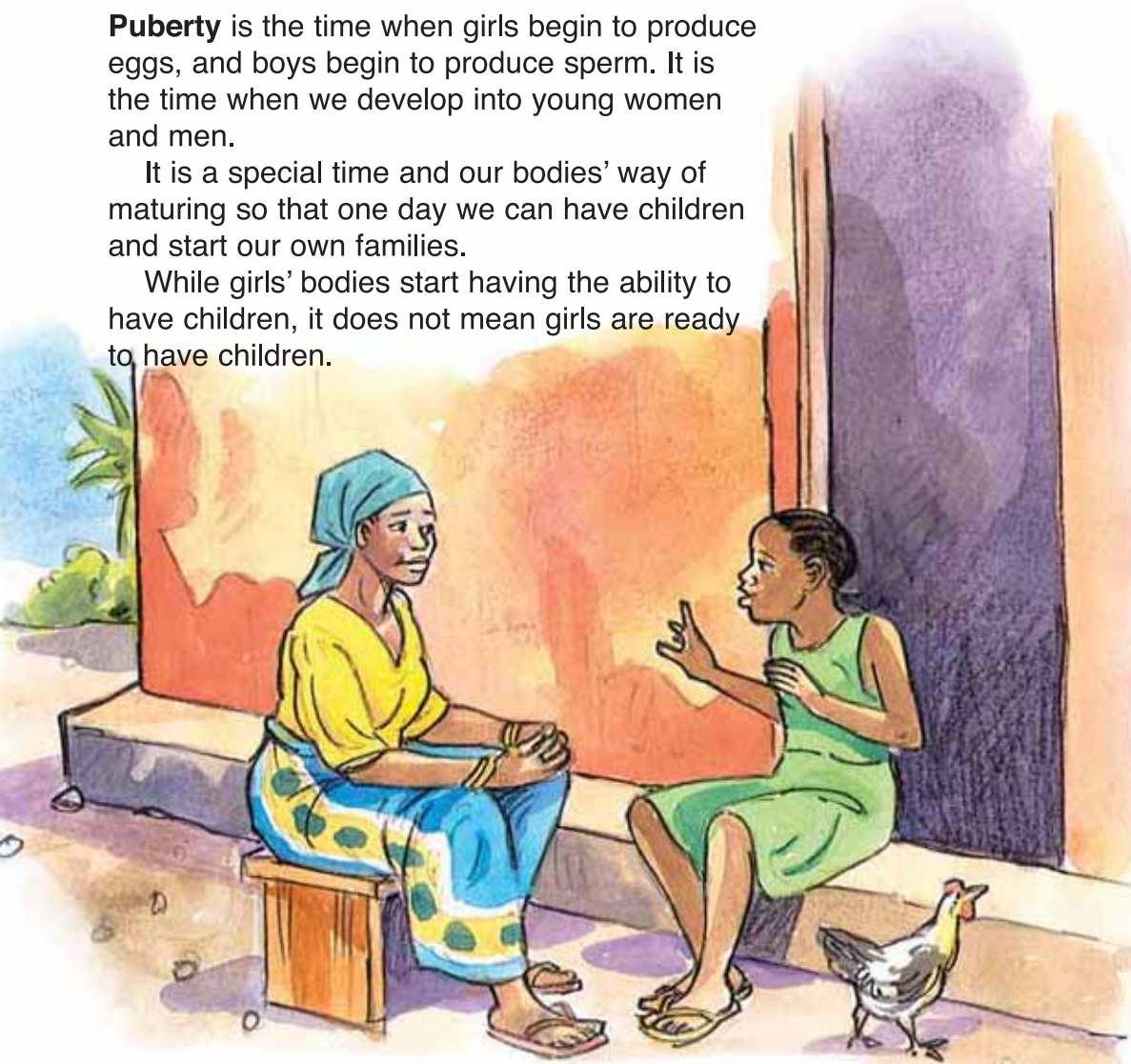
Hivi ndiyo chanzo kikuu cha mabadiliko mwilini.

Pamoja na kusababisha mabadiliko mwilini, (vichocheo) homoni hizi husababisha mabadiliko ya hisia.

Puberty is the time when girls begin to produce eggs, and boys begin to produce sperm. It is the time when we develop into young women and men.

It is a special time and our bodies' way of maturing so that one day we can have children and start our own families.

While girls' bodies start having the ability to have children, it does not mean girls are ready to have children.



Balehe ni wakati ambapo msichana anaanza kuzalisha mayai ya uzazi, na mvulana anaanza kuzalisha mbegu za uzazi. Ni kipindi ambacho tunapevuka na kuwa vijana.

Hiki ni kipindi muhimu, na ni wakati ambapo miili yetu hupevuka na kuashiria siku moja tutaweza kupata watoto na kuanzisha familia zetu.

Wakati mwili wa msichana unaanza kuwa na uwezo wa kupata watoto, haimanishi kuwa ni wakati mwafaka kwa msichana kupata mtoto.

When does puberty begin and how long does it take?

Changes take place in girls and boys at different times. Generally changes start later for boys than girls. Some start before the age of 10, while others start after the age of 14 years.

For some, changes may take place in one year or less. In others, they can take as long as six years.



Balehe huanza muda gani na huchukua muda gani?

Mabadiliko hutokea kwa msichana na mvulana kwa nyakati tofauti. Kwa kawaida mabadiliko huchelewa kwa wavulana kuliko wasichana. Kwa watu wengine huanza mapema wakiwa na umri wa kati ya miaka 10 - 14.

Kwa watu wengine mabadiliko hayo huchukua mwaka mmoja tu au hata chini ya hapo. Kwa wengine inaweza kuchukua hata miaka sita.

What are the physical changes that take place in girls?

A girl's breasts start to grow and her hips get rounder. Hair starts to grow under her arms. Hair grows between her legs. She starts to menstruate (have periods or her "M.P." monthly period).



Ni mabadiliko gani mwilini mwa msichana?

Maziwa ya msichana huanza kukua na mifupa ya nyonga zake hutanuka. Nywele huanza kuota kwenye makwapa yake na nywele nyingine huota sehemu zake za siri.

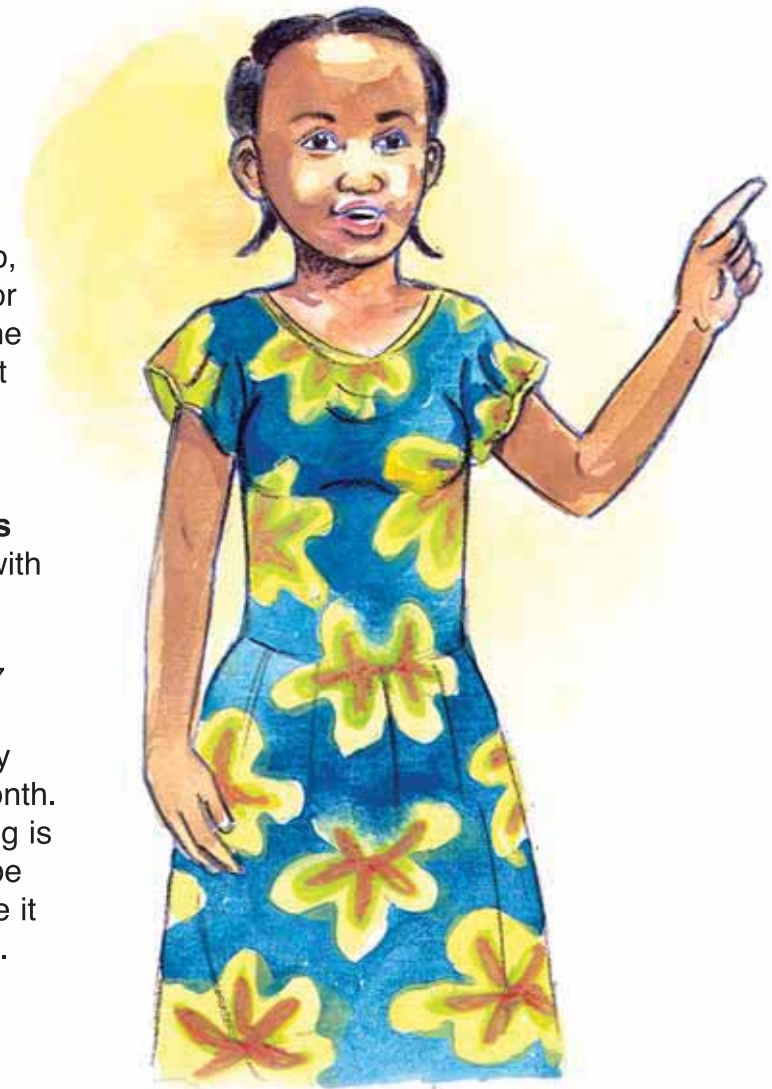
Na hapo msichana huvunja ungo na kuanza kupata hedhi. Huanza kuingia kwenye siku zake (kuingia mwezini).

What is menstruation?

Menstruation means that a girl's body is growing up, and is preparing for the future when she might get pregnant and have a baby.

During menstruation, the lining of the **uterus** comes out along with blood through the **vagina**. Bleeding usually lasts 4 to 7 days (but can last longer) and usually happens every month.

Monthly bleeding is not something to be scared of, because it is perfectly normal.



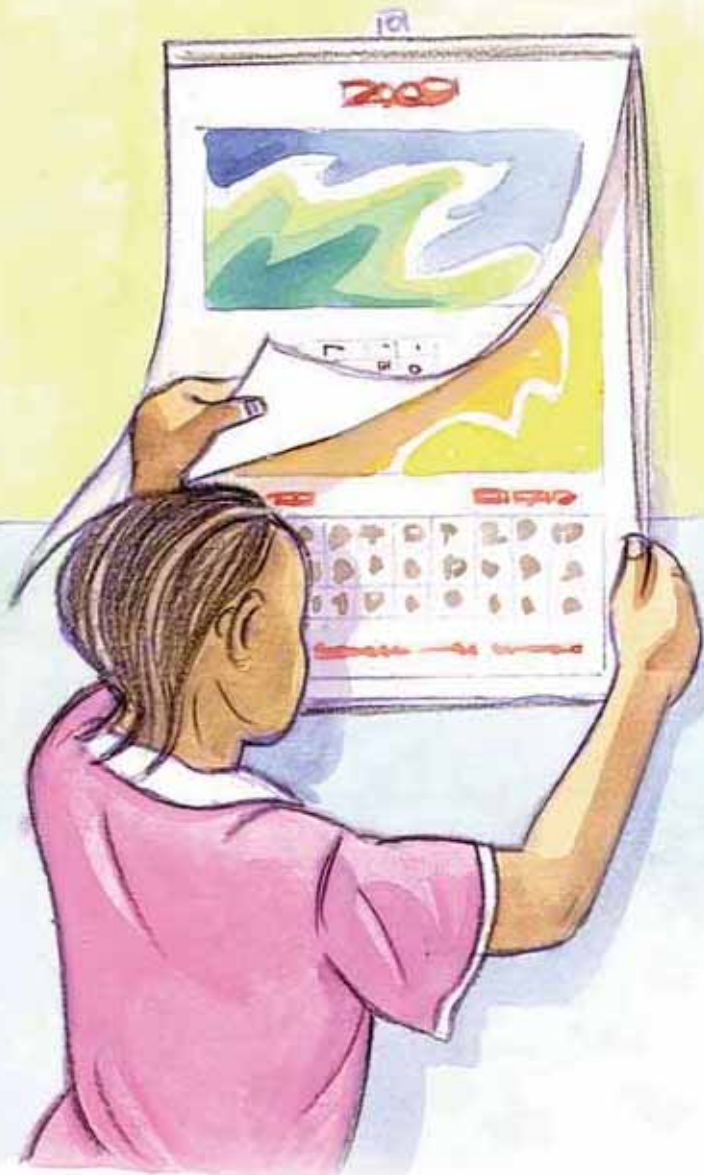
Hedhi ni nini?

Kuvunja ungo na kuanza kupata hedhi (siku zake) ni dalili kwamba mwili wa msichana umekua na unajiandaa kwa miaka ya baadaye ambapo anaweza kupata mimba na kuzaa mtoto.

Wakati wa hedhi, kuta za mfuko wa uzazi (**uterasi**) hubomoka na kutoka nje pamoja na damu kupitia **uke wake**.

Kutokwa damu hudumu kwa siku 4 hadi 7 (japo yaweza kuendelea zaidi) kwa kawaida hutokea kila mwezi.

Usiwe na wasiwasi unapotokwa damu kila mwezi maana ni jambo la kawaida, ndio maumbile ya kila msichana.



Most girls have their first M.P. between the ages of 11 to 14. Some girls start as early as 8, and some at 17 or older. The time from the first day of your M.P. (when bleeding starts) to the first day of your next M.P. is usually 28 days (one month). For many years after a girl starts having her M.P., she may not get her M.P. every month. This is perfectly normal.

Wasichana walio wengi huvunja ungu kati ya umri wa miaka 11 hadi 14. Wasichana wengine wanavunja ungu hata wakiwa na miaka 8 na wengine huchelewa mpaka miaka 17 au zaidi.

Kwa kawaida muda tangu kuingia kwenye siku zako (damu inapoanza kutoka) mpaka siku ya kuingia kwenye siku zako tena ni siku 28 (mwezi mmoja). Hata hivyo kwa miaka mingi baada ya kuvunja ungu, yawezekena kwamba msichana hataingia kwenye siku zake kila mwezi. Hili ni jambo la kawaida kabisa.



When a girl has her period, she should wash at least twice a day with soap and water in the area of the vagina. She can use cloths, cotton or pads to soak up the blood. These should be changed every few hours. If a girl is going to school, she should take an extra cloth, cotton or pad in a plastic bag so that she can change after a few hours.

If a girl has a leak on her uniform in school, she can tie a kanga or sweater around her waist, and ask a friend or the teacher to help.

Msichana anapokuwa kwenye siku zake anatakiwa kusafisha sehemu zake za siri angalau mara mbili kwa siku kwa sabuni na maji. Anaweza kutumia kipande cha nguo, pamba ama pedi (pamba maalumu iliyotengenezwa kwa ajili hiyo) ili kufyonza damu. Vifaa hivi vinapaswa kubadilishwa kila baada ya saa chache. Kama msichana anakwenda shule, anatakiwa kuchukua kitambaa, pamba au pedi za ziada kwenye mfuko ili aweze kubadilisha baada ya saa chache.

Kama msichana anachafua sare yake ya shule kwa damu, anaweza kujifunga kanga au sweta kwenye kiuno na kuomba msaada kwa rafiki zake ama mwalimu.

Although menstruation means a girl is biologically able to have a baby, girls are not advised to have a baby until they are over 18 years old. This is because other changes in her body are still taking place. Having a baby when your body is not ready can cause many health problems for a girl and her baby.

If a girl who has periods every month misses a period, it may mean she is pregnant. But girls can miss MP's if they are feeling stress, if they become too thin, or if they have been travelling.



Ingawa hedhi inamaanisha kuwa sasa, kimaumbile, msichana anaweza kuzaa mtoto, hata hivyo bado anashauriwa asibebe mimba mpaka atakapofikisha zaidi ya miaka 18. Hii ni kwa sababu mabadiliko mengine katika mwili wa msichana bado hayajakamilika, na kuzaa mtoto kabla maungo yake hayajawa tayari kunaweza kusababisha madhara mengine ya kiafya kwa msichana na mtoto wake.

Kama msichana anayepata siku zake kila mwezi anakuja kukosa inaweza kumaanisha ana mimba. Aidha, msichana anaweza kukosa siku zake ikiwa atapatwa na msongo wa mawazo, akikonda sana, ama kama amekuwa safarini kwa muda mrefu.



Does having a period hurt?

Some girls do not feel pain when they have their M.P., some have slight pains below their naval and in their lower back and some have a lot of pain and may need to take pain killer medicine.

Usually the pain is not very bad and does not last long. The pains are called "cramps" because they are caused by the muscles of the uterus contracting. It is the contraction that pushes out the lining of the uterus each month.

Hedhi inauma?

Wakati wasichana wengine hawasikii maumivu ya tumbo chini ya kitovu ama mgongo, wakiwa katika siku zao wengine huwa na maumivu madogo sana na wengine wanaumwa sana na wanaweza kuhitaji kutumia dawa za kutuliza maumivu.

Kawaida maumivu si makali sana na hayadumu kwa muda mrefu. Maumivu mara nyingi huitwa "mkakamao misuli" kwa sababu husababishwa na misuli ya tumbo la uzazi(uterasi) kujikamua. Ni mkamuo wa uterasi ambao husukuma kuta za uterasi kutoka kila mwezi.

What is PMS?

PMS is short for pre-menstrual syndrome. Not all girls get this, but many do for a few days before they start their M.P. This is because changes in the level of hormones in a girl's body can affect her moods.

Some girls feel sad. Others feel irritable and get angry for no real reason. Some girls' breasts feel swollen and sore. This is all natural and should not worry you.



PMS ni nini?

PMS ni kifupisho cha "Pre Menstrual Syndrome" maana yake ni hali ya kihisia kwa msichana kabla ya kuanza siku zake. Si wasichana wote wanaopata hali hii, wengine hupata kwa muda wa siku chache kabla ya kuingia kwenye siku zao. Kwa muda huo mabadiliko ya kiwango cha homoni mwilini mwa wasichana yanaweza kuathiri "mihemko" au hisia zao.

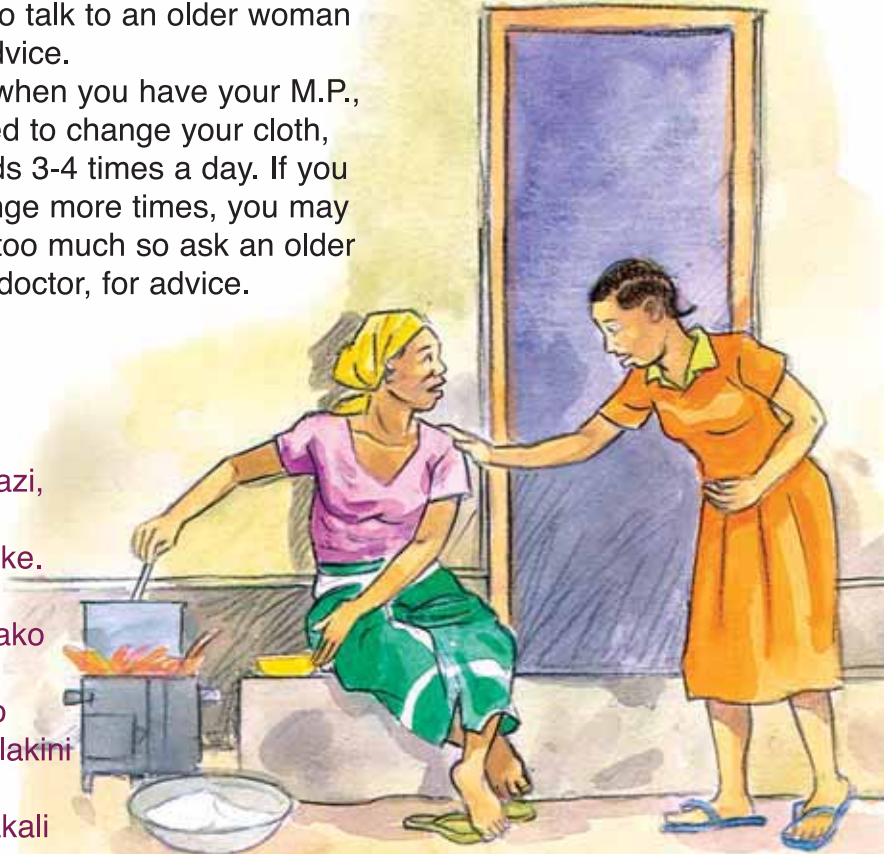
Wengine hukosa raha, wengine husikia hasira bila sababu. Maziwa ya wasichana wengine huvimba na kuwa na maumivu. Usiwe na wasiwasi. Hali hizi zote ni za kawaida. Ni sehemu ya maumbile.

Talk to your sisters, aunties, mothers, grandmothers and female teachers. When you have your M.P., some discomfort is normal, but if you have too much pain, you may need medication so talk to an older woman to ask her advice.

Normally when you have your M.P., you may need to change your cloth, cotton or pads 3-4 times a day. If you need to change more times, you may be bleeding too much so ask an older woman or a doctor, for advice.

Ongea na dada, shangazi, mama, bibi, walimu wa kike. Unapokuwa katika siku zako ni kawaida kujisikia ovyo ovyo kidogo lakini ukiwa na maumivu makali sana, waweza kuhitaji dawa kwa hiyo ongea na wanawake wenye umri mkubwa zaidi ili kupata ushauri wao.

Kwa kawaida kama uko kwenye siku zako waweza kuhitaji kubadilisha nguo za ndani, vitambaa ama pedi mara 3 hadi 4 kwa siku. Na kama unataka kubadilisha mara nyingi zaidi inawezekana unatokwa na damu nyingi mno, kwa hiyo ongea na wanawake wenye umri mkubwa zaidi au daktari kwa ushauri zaidi.



Story 1

The first day I menstruated I felt very bad. I thought I was dying. I didn't know anything about puberty. I thought I wanted to urinate, but when I went to the latrine I saw my underpants were bloody. I told my sister about it. I was afraid to tell my mother about it as she would think I had a bad behaviour.

My sister instructed me to take a bath and throw away the underpants. I followed her instructions and put on the underpants she prepared with a pad attached.

I felt uncomfortable at first, and thought I was going to die because I knew that if a person loses a lot of blood, she becomes anaemic and may die. That is when my sister taught me about puberty and girls. She told me not to tell my father and brothers.

I advise my younger sisters not to be afraid. When they see blood for the first time, they should know it is normal, and they should tell an older woman who is close to them, even a neighbor who can help them. Also, they should get education before the first menstruation, and get advice from sisters and aunts.



Hadithi ya 1

Siku nilipovunja ungo nilijisikia vibaya sana. Nilifikiri ninakufa. Nilipovunja ungo, sikujua ,nilihisi ninataka kukojoa. Nilipoenda chooni niliona chupi yangu ina damu. Nilienda kumwambia dada yangu, niliogopa nikimwambia mama angefikiri nina tabia mbaya. Dada yangu aliniambia nisiwe na hofu, ni kawaida. Nilimuuliza, "Nifanye nini?" Aliniambia nikaoge, na nitupe ile chupi. Nilitupa hiyo chupi na kuoga. Aliweka kitambaa cha kuzuia damu (pedi) kwenye chupi yangu na kunipa nivae. Mara ya kwanza sikujisikia vizuri, nilihisi ningekufa kwa sababu najua mtu akipoteza damu nyingi hupata upungufu wa damu na kufa. Hapo ndipo dada yangu alinieleeza juu ya hedhi na usichana. Aliniambia nisimwambie kaka wala baba yangu.

Ninawashauri wadogo zangu wa kike wasiogope. Wanapona damu kwa mara ya kwanza wajue ni kawaida na wamwambie

mwanamke
mkubwa
waliyenaye
karibu au hata
jirani aneyeweza
kusaidia. Ila
wasiwaambie
wanaume, hata
kama ni baba
yao, hata kama
baadaye atakuja
kujua bila hata
kuambiwa. Pia
wanatakiwa
wapate elimu
kabla ya kuvunja
ungo na kupata
ushauri kutoka
kwa dada zao,
shangazi au
mama zao
wadogo.

Story 2

The first day I menstruated, I really felt bad. I was very unhappy. At first I thought I was sick. I couldn't tell anyone. I kept it a secret because I didn't know what it was. I felt very lonely and unhappy. That day I was not wearing an underwear, so when I sat down and stood up, I had blood on the back of my skirt. I took off the skirt and took a bath. When I finished bathing, to avoid soiling my clothes, I took some cloths and folded them up and put them inside my underpants.

After a while my mother saw the skirt with blood on it. She asked me, "What is this?" I tried to fool her that I cut my finger with a razor blade and had touched my skirt. She didn't believe me and insisted I tell her the truth. But I did not tell her because I did not understand. I thought it was a sickness and if I told her she would beat me. When I saw the blood still coming on the second day, I decided to tell my mother so she could take me to the hospital. She told me this is a stage that every girl has to go through. I felt much better and was not worried anymore. My mother advised me how to protect myself from boys, and how to prevent blood dirtying my clothes.

I advise my younger sisters not to be afraid when they see blood. They should tell a relative, such as a grandmother, mother or sister so they can learn.



Hadithi ya 2

Siku nilipovunja ungo, nilijihisi vibaya sana. Sikuwa na raha. Kwanza nilihisi ninaumwa. Sikumwambia mtu yeyote. Nilificha maana sikujua kilikuwa ni kitu gani, nilijisikia mpweke sana na mnyonge. Siku hiyo nilikuwa sikuvaa chupi, kwa hiyo nilipokaa na kuinuka, nilikuwa na damu kwenye sketi yangu. Nilivua ile sketi yangu na kuoga. Nilipomaliza kuoga, kuepusha kuchafua tena nguo, nilichukua vitambaa na kuviweka kwenye chupi yangu.

Baadaye mama aliweza kuona ile sketi yenye damu. Aliniuliza "Ni nini hiki?" Nilijaribu kumdanganya kwamba nilikuwa nimejikata kidole na wembe na kushika sketi yangu. Hakuniamini na kusisitiza nimwambie ukweli, lakini sikumwambia kwa kuwa nilikuwa sielewi. Nilifikiri ni ugonjwa na kama ningemwambia angenichapa. Nilipoona damu inazidi kutoka siku ya pili, niliamua kumwambia ili aweze kunipeleka hospitali. Aliniambia kuwa hii ni hatua ambayo kila mwanamke ama msichana inabidi apitie. Nilijisikia vizuri na sikuwa na hofu tena. Mama alinishauri jinsi ya kujikinga na wavulana na jinsi ya kuzuia damu isichafue nguo yangu.

Ninawashauri wadogo zangu wa kike wasiogope wakiona damu. Wanatakiwa wawaambie ndugu zao, kama vile bibi, mama au dada ili waweze kujifunza kutoka kwao.

Story 3

The first day I got my period I was in Standard 6. Because I was at school, I had to tell my very close friend. I wasn't able to tell the teacher because I was very afraid. I cried but my friend encouraged me and told me not to cry. I asked for permission to go home. When I got home, I washed my body. I told myself not to be afraid and I told my mother. She congratulated me but I was amazed because I thought it was something extraordinary. She gave me a lot of advice and I realised it was a normal thing.

For myself, I would like to advise my fellow girls who have not reached this stage that they should not be afraid when this happens because it is a normal thing. If they are afraid, I advise them to get rid of their fear because it is not a sickness. It is not a problem of any kind. It is a natural thing which God wanted us girls and women to have. Even if you have never heard anything about this, or if you have never been taught in school or by your parents or relatives, I want you to learn from me and see that it is a normal thing. If you would like to know more, I advise you to read books and attend seminars or ask your older relatives or even your mother.



Hadithi ya 3

Siku nilipovunja ungo nilikuwa shule. Ilibidi nimweleze rafiki yangu ambaye yeye ni rafiki wa karibu sana. Sikuweza kumwambia mwalimu wangu kwa sababu nilikuwa naogopa sana. Si hofu tu, hata kulia nililia sana lakini rafiki yangu alinipa moyo na kunishauri nisilie. Basi niliomba ruhusa nikarudi nyumbani. Nilipofika nyumbani, nilifanya usafi wa kimwili na kujiweka safi. Nikajikaza kuondoa hofu nikamwambia mama yangu. Alinipongeza lakini ilinibidi nishangae kwa sababu niliona ni kitu cha ajabu sana.

Alinishauri mambo mengi nami pia nikaona ni kitu cha kawaida. Kwa upande wangu napenda kuwashauri wasichana wenzangu ambao hawajafikia hatua hii kuwa wasiwe na hofu jambo hili likiwatokea kwa sababu ni jambo la kawaida. Kama wanakuwa na hofu kuhusu jambo hili nawashauri wasiwe na hofu kabisa kwani si ugonjwa wala si matatizo; ni kitu cha kawaida ambacho Mungu alipenda sisi wasichana na wanawake tuwe hivi. Hata wewe ambaye hujawahi kusikia mahali popote wala hujawahi kufundishwa shuleni au wazazi wako au kwenye ukoo wenu, ninapenda ujifunze kutoka kwangu na uone kwamba ni kitu cha kawaida. Na endapo utapenda kujua zaidi nakushauri usome vitabu na kuhudhuria semina au ukipenda zaidi uwaulize ndugu zako wakubwa au mzazi wako.

Story 4

My first menstruation started in the afternoon. I was at home when I began to feel stomach pains and felt as if my underpants were wet. I did not understand, so I went to tell my mother. She explained how a person grows up, and how the stage of moving from childhood to adulthood is and that every girl goes through it. She taught me how to put a pad in my underpants whenever I get my M.P. Every girl goes through this.

“At this stage, my daughter, take care of yourself. Don’t make love with any man. When you reach the age of marriage, that is when you will be allowed to make love.”

I thanked her. Since that day I know all about puberty.

I advise my younger sisters that they should ask their parents to give them advice about growing up. Or if a mother sees that her child has reached puberty, she should educate her. If your menstruation starts at school, ask a female teacher to give you advice. I also advise the government to print books to teach children before they reach the age of puberty, and teachers should give us life planning skills.



Hadithi ya 4

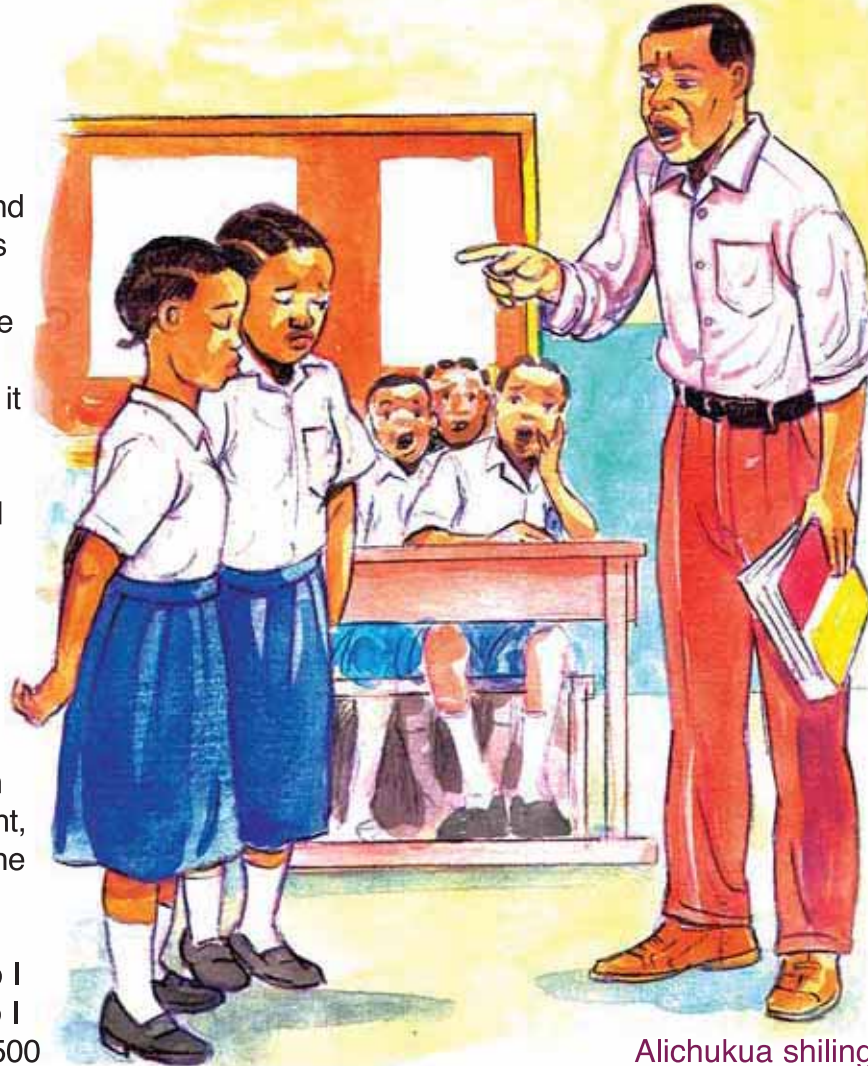
Hedhi yangu ilianza wakati wa mchana. Nilikuwa nyumbani nilipoanza kusikia maumivu ya tumbo na kuhisi chupi yangu kama imelowa. Sikuelewa na hivyo nilienda kumwambia mama yangu. Aliniambia jinsi wanawake wanavyokuwa, na kuwa ni hatua ya msichana kutoka utoto na kwenda utu uzima. Kila msichana hupitia hatua hii. Alipomaliza kunielezea, alinielezea ninapoona kama hivi niweke kitambaa cha kuzuia damu kwenye chupi. Aliniambia, “Katika hatua hii, binti yangu, jilinde. Usiende kufanya mapenzi na mwanaume yeyote. Utakapofikia umri wa kuolewa ndipo unaporuhusiwa kufanya mapenzi.” Alipomaliza kunishauri nilimshukuru. Tokea siku ile nilijua hatua zote za balehe.

Ninawashauri wadogo zangu wa kike, waongee na wakubwa zao ili wapewe ushauri juu ya kukua au mama anapoona binti yake amefikia umri wa kuvunja ungo, anatakiwa aanze kumuelimisha. Na kama utavunja ungo ukiwa shuleni, muulize mwalimu wako wa kike akushauri. Pia ninaishauri serikali kusambaza vitabu kwa ajili ya kufundishia watoto kabla ya kufikia umri wa kuvunja ungo, na itupe walimu wa kutufundisha.

Story 5

I started menstruating when I was 15 and was in Form 2. I was in class and when the bell rang, I went to the toilet and saw a red stain on my underpants. I was shocked but my mother had taught me what to do. I went to tell my friend so she could help me. She took me to the dormitory, took a pad and told me to put it in my underpants. I did as she said because we were taught by a female teacher how to wear a pad so that blood will not escape. We went back to the classroom and found the teacher had already arrived. He asked us where we had been but we did not answer. He got angry and punished us. After the punishment we were allowed to sit. I suddenly felt sharp pains in the stomach below the naval. While the teacher taught, I lay on my desk because of the pain. The teacher asked me why I was sleeping. I didn't know what to answer because he was a male. The teacher sent me out so I went home. My mother was at home, so I told her about the situation. She took 1,500 shillings and bought me pads. Then she gave me painkillers.

I advise my fellow girls, when they see this for the first time, they should not be afraid because it is normal. I now menstruate every month but I don't feel happy because of the sharp pains I get. Usually I take painkillers. Sometimes I do exercise or take a cold bath which makes me feel better. I advise my fellow girls, when they begin their M.P., they should keep clean and should not think about making love with a boy, because they will be in danger of becoming pregnant and cause a lot of problems to their parents.



Hadithi ya 5

Nilivunja ungu nilipokuwa na umri wa miaka 15 na nilikuwa kidato cha pili. Nilikuwa darasani kengele ilipogonga, nilikwenda bafuni na kuona doa jekundu kwenye chupi. Nilistuka ila mama yangu tayari alikwisha niambia ni nini cha kufanya. Kwa hiyo nilienda kumwambia rafiki yangu ili aweze kunisaidia. Aliahidi kunisaidia na kunipeleka bwenini. Alichukua pedi na kuniambia niweke kwenye chupi yangu. Nikafanya kama alivyonishauri kwa kuwa pia tulikuwa tumeshafundishwa na mwalimu wetu wa kike jinsi ya kuweka pedi ili damu isivujie nje ya chupi. Tulirudi darasani na kukuta mwalimu ameshaingia.

Alitueliza tulikuwa wapi na hatukumjibu. Alikasirika na kutuadhibu, na baada ya hapo alituruhusu kwenda kukaa. Ghafla nilihisi maumivu makali sana kwenye tumbo langu chini ya kitovu. Kutokana na maumivu nililala kwenye dawati, mwalimu aliniuliza kwanini nimelala. Sikujua ni nini cha kumjibu kwa kuwa alikuwa ni mwalimu wa kiume. Alinifukuza na hivyo nikaamua kwenda nyumbani. Mama yangu alikuwa nyumbani na nilimsimulia yaliyotokea.

Alichukua shilingi 1500 na kunipa ili nikanunue pedi. Na baada ya hapo alinipa dawa za maumivu.

Kwa hiyo nawashauri wasichana wenzangu, wanapoona hivi kwa mara ya kwanza wasiogope kwani ni kawaida. Kwa sasa ninaingia kwenye siku zangu kila mwezi lakini sijisikii vizuri kwa sababu ya maumivu makali ya tumbo ninayopata. Kwa kawaida natumia dawa za kutuliza maumivu. Mara nyingine nafanya mazoezi au kuoga maji ya baridi ambavyo hunifanya nijisikie vizuri. Ninawashauri wasichana wenzangu, wanapoingia kwenye siku zao wawe wasafi na wasifikirie kufanya mapenzi na wavulana, kwani watajiweka kwenye hatari ya kupata mimba. Na wakipata mimba, watasababisha usumbufu mkubwa kwa familia zao.

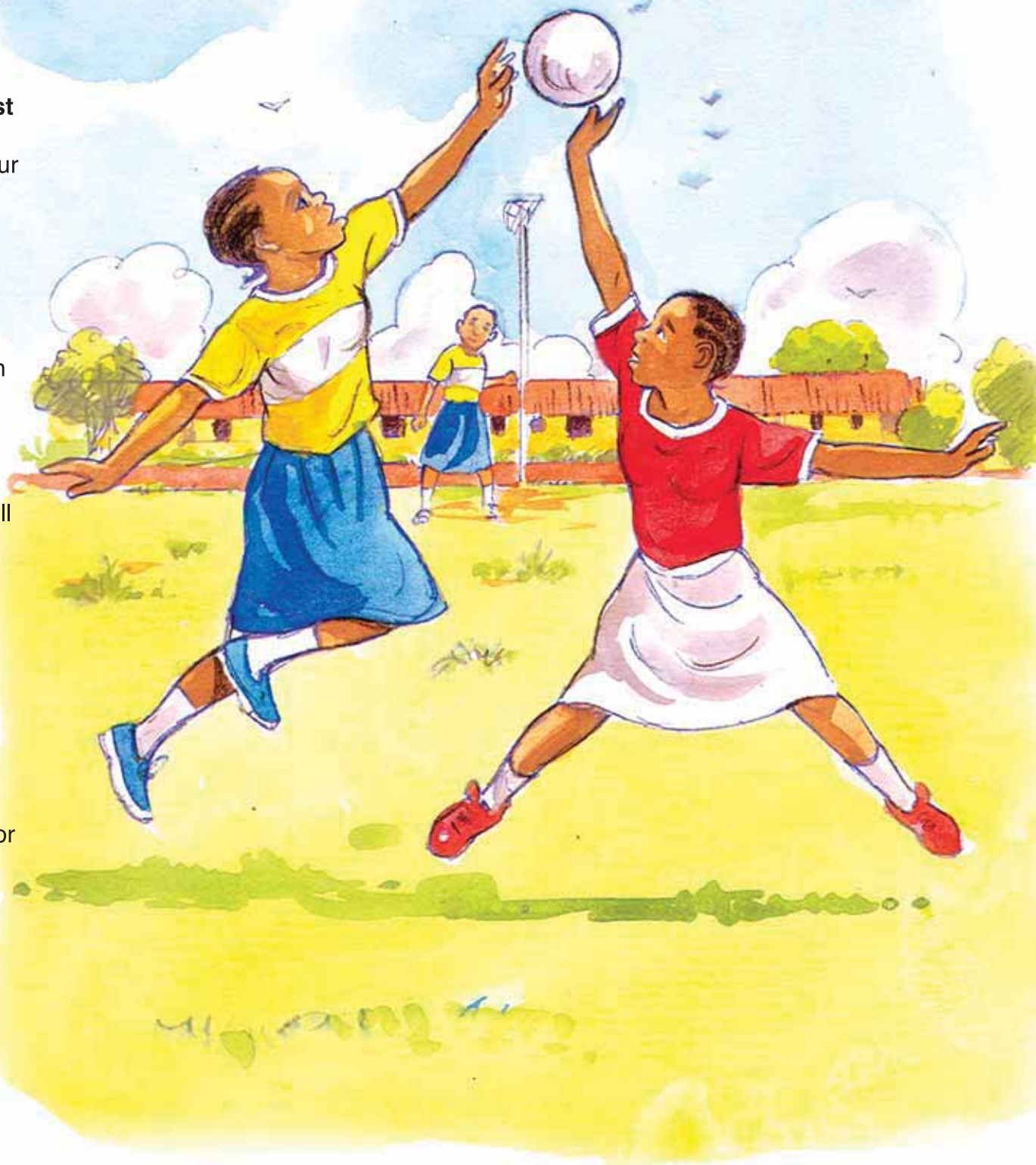
Answering the “how to” questions!

How to manage your first period?

- ▶ Talk to your elders...your mother, sister, aunt, grandmother, female friend or an older woman in your community...they will give you good advice
- ▶ Do not be afraid...it can be scary to see the blood on your underwear...but it is normal and natural.
- ▶ If you are at school...tell the matron, a female teacher or a fellow female student...they will help you.
- ▶ Feel proud...your body is developing into a young woman!

How to capture the blood?

- ▶ Place a cloth or a pad or cotton on your underwear.
- ▶ Change the cloth, pad or cotton every 2 to 3 hours or if you think that the blood is getting heavy.



Nifanyeje kama ...?

...nikivunja ungo?

- ▶ Ongea na wakubwa zako... mama yako, dada, shangazi, bibi, marafiki wa kike, au mwanamke mkubwa katika jamii yako... watakupa ushauri mzuri.
- ▶ Usiogope...inaweza kuogopesha kuona damu ndani ya chupi.... Lakini ni jambo la kawaida kabisa.
- ▶ Kama upo shuleni... mwambie mlezi wako, mwalimu wako wa kike au wanafunzi wenzako wa kike ... watakusaidia.
- ▶ Jivunie ... mwili wako unachipuka kuwa mwanamke!

... kuzuia damu isivujie kwenye nguo?

- ▶ Weka kitambaa au pedi kwenye chupi yako.
- ▶ Badilisha kitambaa / pedi / pamba kila baada ya masaa 2-3 kama unaona damu ni nyingi.

How to dispose of the cloth/pad/tissue/cotton?

- ▶ If you are using a pad or cloth or cotton, wrap it in paper so it is a clean package and drop it in the latrine pit or put into the dustbin so it can be burned later.
- ▶ If you are using a cloth, put it into a plastic bag until you can wash it with hot water and soap, dry it in the sunshine, and iron it.



How to keep yourself clean during your M.P.?

- ▶ Every day (morning and evening) wash your private parts with soap and water.
- ▶ Keep unused cloths and pads clean (wrapped in tissue or plastic bag) for further use.
- ▶ Pat the area dry with a cloth, and put a fresh kanga or tissue or cotton or pad on your underwear.



How to manage the stomach pain from your M.P.?

- ▶ You can put a hot water bottle on your stomach area when you are resting.
- ▶ You can try to do some exercises and keep your body active.
- ▶ You can take pain killer medicines every 4 to 6 hours on the most painful days.
- ▶ You can have a hot cup of tea or water.



Jinsi ya kutupa vitambaa/pedi/pamba

- ▶ Kama unatumia pedi au karatasi laini, ifungie vizuri kwenye kipande cha karatasi na utupe kwenye choo cha shimo ama pipa la takataka ili ichomwe baadaye, kisha osha mikono kwa maji na sabuni.
- ▶ Kama unatumia kipande cha nguo ama kitambaa, hifadhi kwenye mfuko wa plastiki ili baadaye uweze kufua kwa maji ya moto na sabuni, na uanike juani kisha ukipige pasi.

Jinsi ya kujiweka safi ukiwa kwenye siku zako

- ▶ Kila siku (asubuhi na jioni) osha sehemu zako za siri kwa maji safi na sabuni.
- ▶ Kunja na fungia vitambaa au pedi zako ambazo hujazitumia (zikiwa zimekunjwa) kwenye kipande cha karatasi ama mfuko wa plastiki mpaka utakapoitumia.
- ▶ Pangusa sehemu zako za siri kwa nguo kavu na safi na weka kitambaa au pedi au pamba ndani ya chupi yako na uvae.

Jinsi ya kutuliza maumivu ya tumbo ukiwa kwenye siku zako?

- ▶ Ukiwa unapumzika, weka maji ya moto kwenye chupa maalumu na uweke kwenye tumbo lako sehemu inayouma(chini ya kitovu).
- ▶ Waweza kujaribu kufanya mazoezi kidogo kuufanya mwili wako uchangamke.
- ▶ Waweza kutumia dawa za kutuliza maumivu kila saa 4 hadi 6 siku ambazo tumbo linauma zaidi.
- ▶ Waweza kunywa chai au maji ya moto.

Is it Normal if...?

Is it normal if I do not get my M.P. every month?

Yes, when girls' bodies are developing, the M.P. is often not regular and can skip months.

Is it normal if my M.P. only last for 2 days?

Yes, every girl's M.P. is different and will last different numbers of days as she is growing up.

Is it normal if you get your M.P. on a different day each month?

Yes, a typical menstrual cycle is 28 days but it can range between 21 and 35 days depending on the girl.

Is it normal if I get my M.P. for 3 days and my friend gets her's for 5 days?

Yes, the average length of an M.P. is 5 days but it can range from 2 to 7 days.

Is it normal to get breast pains when you are growing up?

Yes, as a girl's body is developing, many inside changes are happening and small pains are natural.

Is it normal that boys do not get M.P.s?

Yes, boys' bodies are different inside and they cannot have babies. So they do not get an M.P.

Is it normal to feel shy when you have your M.P.?

Yes, many girls feel shy because they are not used to managing their M.P. This is normal and as you get older, you will feel less shy.

Je, ni Kawaida...?

Je, ni kawaida kama sipati siku zangu kila mwezi?

Ndiyo, mwili wa msichana unapokua, siku zake huwa hazina mpangilio maalum, na zinaweza kupitiliza mwezi ama miezi.

Je, ni kawaida kama siku zangu zitadumu kwa siku mbili tu?

Ndiyo, kila msichana ana siku zake tofauti na idadi ya siku inaweza kubadilikabadilika kwa kadari msichana anavyokua.

Je, ni kawaida kupata siku zako kwa tarehe tofauti kila mwezi?

Ndiyo, mzunguko wa siku zako mara nyingi huwa ni siku 28, lakini yaweza kuwa siku 21 hadi 35 kwa kutegemeana na msichana.

Je, ni kawaida nikipata siku zangu kwa siku 3 na rafiki yangu akapata kwa siku 5?

Ndiyo, siku za wastani ni siku 5 lakini pia zaweza kuwa kati ya siku 2 hadi siku 7

Je, ni kawaida kupata maumivu ya maziwa wakati wa kukua?

Ndiyo, jinsi mwili wa msichana unavyokua, mabadiliko mengi hutokea ndani ya mwili wake na maumivu madogomadogo ni jambo la kawaida.

Je, ni kawaida kwamba wavulana hawapati siku zao?

Ndiyo, miili ya wavulana ni tofauti na hawawezi kuzaa watoto. Kwa hiyo hawawezi kupata siku zao.

Je, ni kawaida kuona aibu unapokuwa kwenye siku zako au unapoumwa maumivu ya mgongo au tumbo?

Ndiyo, wasichana wengi huona aibu kwa sababu hawajazoea kukabiliana na siku zao au kupata maumivu ya mgongo au tumbo. Hii ni kawaida na kwa kadiri unavyokua aibu itapungua na utajua jinsi ya kukabiliana na haya maumivu madogomadogo.

Is it Normal if...?

Is it normal that some girls become rude and stubborn when they have their M.P.?

Yes, the hormones that are moving in a girl's body when she has her M.P. can cause mood swings.

Is it normal if a girl gets her M.P. when she is young, such as ages 9, 10 or 11?

Yes, there are a wide range of ages when girls can get their M.P., from 8 or 9 up until 17 or 18 years of age.

Is it normal that sometimes a girl will get clots coming out with her M.P.?

Yes, thick clumps of blood in your M.P. are normal and are called "clots." They are more frequent when you have been lying down, so you may see more when you wake up in the morning.

Is it normal to get pimples during your M.P.?

Yes, many girls and women will get pimples just before or during their M.P.

Is it normal to get water-like or white discharge right before or after your M.P.?

Yes, once a girl's body starts to develop, having some clear or milky-white discharge is normal. During her M.P., the menstrual blood can be of different colours, including bright red, light pink or even more brown in colour.

Is it normal to get stomach pain during your M.P.?

Yes, "cramps" are pains in the lower abdomen that may happen during or just before your M.P. Small or medium pain is normal but if the pain is very bad, you might want to see a doctor for medicine.

Je, ni Kawaida...?

Je, ni kawaida kwamba baadhi ya wasichana huwa wakali na wakorofi wanapokuwa kwenye siku zao?

Ndiyo, (vichocheo) homoni zinazozunguka kwenye mwili wa msichana wakati akiwa kwenye siku zake zaweza kusababisha mabadiliko ya hisia zake.

Je, ni kawaida kama msichana kuvunja ungo akiwa mdogo zaidi, kwa mfano akiwa na miaka 8, 9,10, au11?

Ndiyo, msichana anaweza kuvunja ungo kuanzia miaka 8 au 10 hadi miaka 17 au 18.

Je, ni kawaida kwamba wakati fulani msichana hutokwa na mabongebonge ya damu akiwa kwenye siku zake?

Ndiyo, mabongebonge ya damu wakati wa hedhi ni jambo la kawaida. Hutokea zaidi ukiwa umelala hivyo waweza kuyaona zaidi utakapoamka.

Je, ni kawaida kupata chunusi ukiwa kwenye siku zako?

Ndiyo, wasichana na wanawake hupata chunusi mara kabla ya siku zao au wakiwa katika siku zao.

Je, ni kawaida kutokwa na majimaji meupe (mtoko) kabla au baada ya siku zako?

Ndiyo, mara msichana anapoanza kukua, kutokwa na majimaji meupe au kama maziwa (mtoko) ni jambo la kawaida. Wakati akiwa kwenye siku zake, damu inayotoka inaweza kuwa na rangi tofauti, ikiwemo nyekundu sana, pinki kidogo au ya kahawia .

Je, ni kawaida kuumwa tumbo ukiwa kwenye siku zako?

Ndiyo, maumivu kwenye tumbo la uzazi yaweza kutokea kabla au wakati wa siku zako. Maumivu madogomdogo ni jambo la kawaida lakini maumivu yakiwa makali sana ni vizuri kumwona daktari ili kupata dawa.

Is it True or False...?

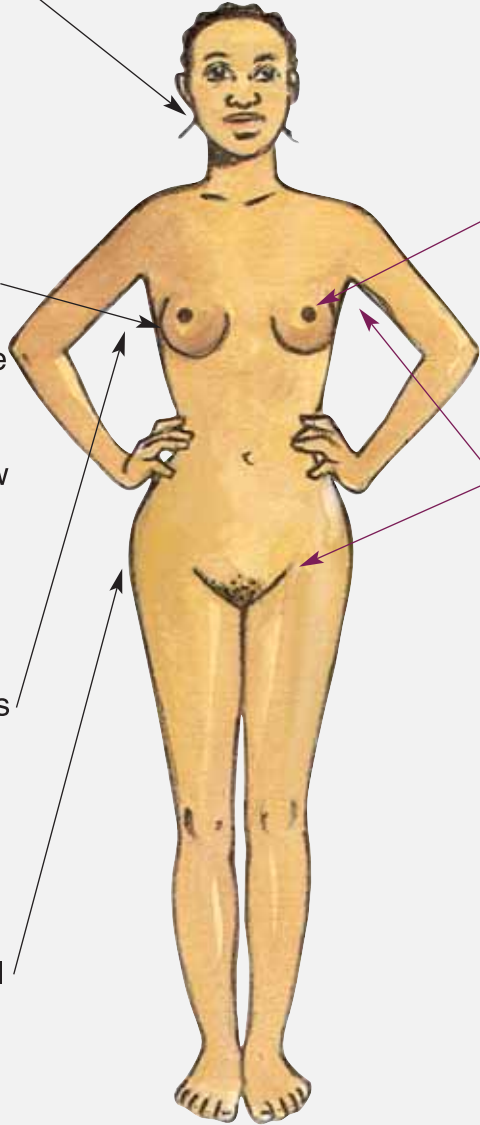
- When you grow up you will stop having stomach pain (cramps) during your M.P.s **False**
- On average, it takes 3-4 years for a girls' breasts to fully develop. **True**
- If you get married or become pregnant, you will stop having stomach pain (cramps). **False**
- If you have sexual relations during your M.P. you stop having pain. **False**
- You can go to school or participate in any sports during your M.P. **True**
- Clean sanitary pads can cause cancer. **False**
- Sanitary pads will make you unable to have a baby. **False**
- If a girl gets her M.P. at a young age, it is because she has been having sexual relations, and the boy or man's semen gave her vitamins to develop early. **False**
- If a girl's egg is mature but she has not yet had her first M.P., she is still able to become pregnant if she has sexual relations. **True**

Je, ni Kawaida...?

- Utakapokua hutakuwa na maumivu ya tumbo tena. **Si Kweli**
- Kwa wastani, inachukua miaka 3-4 kwa maziwa ya msichana kukua kikamilifu. **Kweli**
- Unapoolewa au kupata mimba hupati tena maumivu ya tumbo (Mkakamao misuli). **Si Kweli**
- Ukifanya mapenzi ukiwa kwenye siku zako maumivu ya tumbo yanaisha. **Si Kweli**
- Unaweza kwenda shule au kushiriki kwenye michezo ukiwa kwenye siku zako? **Kweli**
- Pedi zilizo safi zaweza kusababisha saratani. **Si Kweli**
- Pedi zaweza kukufanya usiweze kupata mtoto. **Si Kweli**
- Msichana akivunja ungo akiwa na umri mdogo ni kwa sababu shahawa za mwanaume au mvulana zinampa vitamini zinazokuza mwili wake mapema zaidi. **Si Kweli**
- Iwapo yai la msichana limeshapevuka kabla ya kupata siku zake kwa mara ya kwanza, anaweza kupata mimba iwapo amefanya mapenzi. **Kweli**

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.

Keeping a menstrual calendar

To help keep track of your M.P., here is an example of a calendar you can draw and use.

When you get your M.P.:

- ▶ Each time you get your M.P., circle the date it starts, and draw an X through each day the bleeding continues.

Remember, during puberty girls can have irregular M.Ps!

Kutengeneza kalenda ya mzunguko wa siku zako

Ili kukusaidia kufuatiza siku zako, huu ni mfano wa kalenda unayoweza kuchora na kutumia.

Ukipata siku zako:

- ▶ Kila wakati unapoingia kwenye siku zako, zungushia mviringo siku ya kwanza, na chora X kwa siku ambazo damu inaendelea kutoka.

Kumbuka, wakati wa balehe msichana anaweza kuwa na siku zake bila mpangilio maalumu.

			1	2	3	4
January	5	6	7	8	9	10
	12	13	14	15	16	17
	19	20	21	22	23	24
	26	27	28	29	30	31

						1
February	2	3	4	5	6	7
	8	9	10	11	12	13
	16	17	18	19	20	21
	23	24	25	26	27	28

						1
March	2	3	4	5	6	7
	8	9	10	11	12	13
	16	17	18	19	20	21
	23	24	25	26	27	28
	30	31				

			1	2	3	4
April	5	6	7	8	9	10
	13	14	15	16	17	18
	20	21	22	23	24	25
	27	28	29	30		



Menstrual Myth ... True / False

If you get pimples during puberty, you will get pimples for the rest of your life. **False**

Girls may get pimples around the time of their M.P.s **True**

Eating cold food while you have your M.P. can give you cramps. **False**

Stress can cause you to miss a period. **True**

Drinking sugary drinks while you have your M.P. can make the menstrual blood heavier. **False**

If a menstruating girl touches a green plant, it will become dry. **False**

Yasemwavyo kuhusu hedhi ... Kweli / Si kweli

Ukipata chunusi wakati wa balehe, utakuwa nazo maisha yako yote. **Si kweli**

Wasichana wengine hupata chunusi wanapokaribia siku zao. **Kweli**

Ukila chakula cha baridi wakati wa siku zako utaumwa tumbo. **Si kweli**

Msongo wa mawazo unaweza kusababisha ukose siku zako. **Kweli**

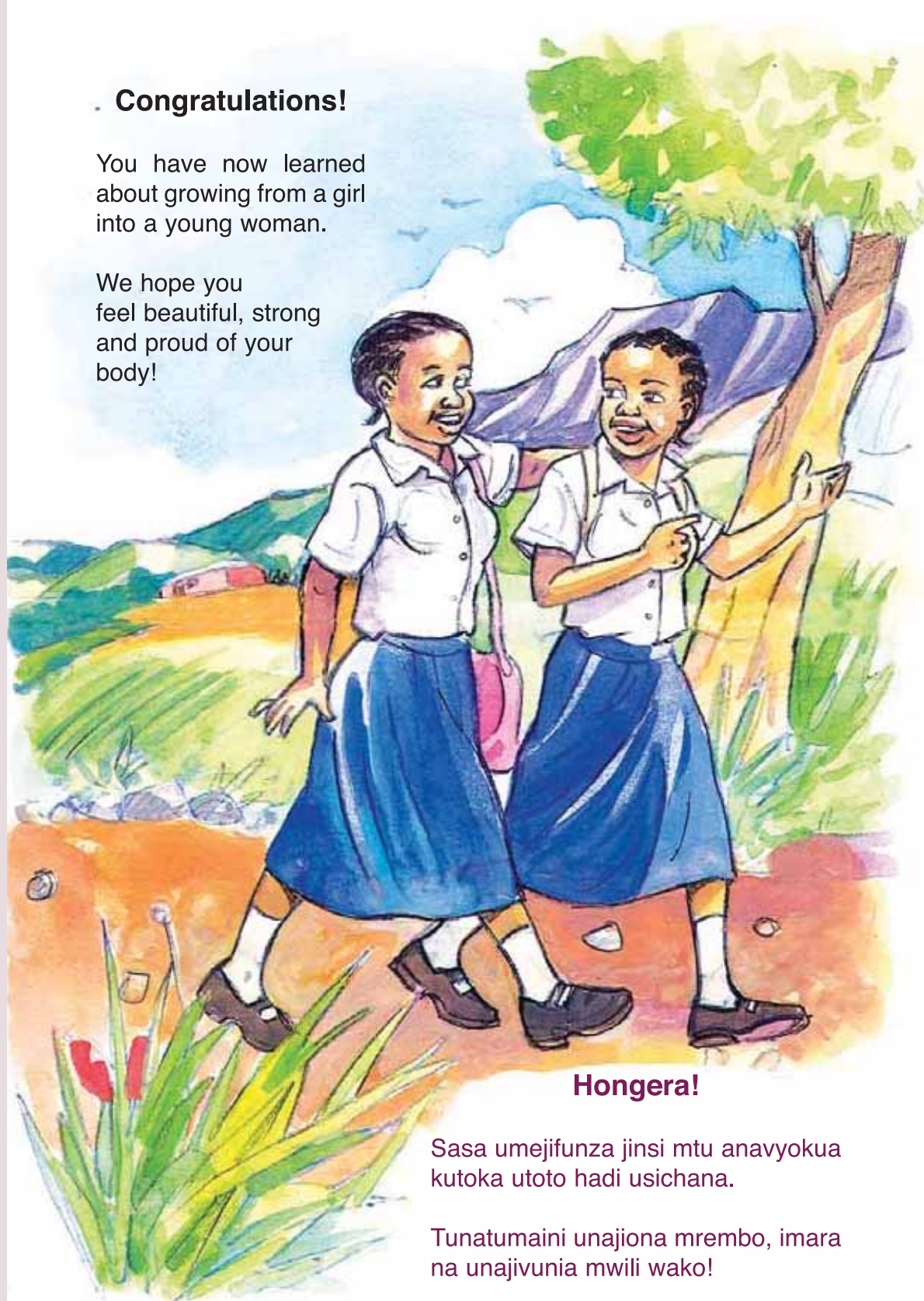
Kunywa vinywaji vyenye sukari nyingi ukiwa katika siku zako inaweza kufanya damu iwe nzito zaidi. **Si kweli**

Kama msichana aliye kwenye siku zake atagusa mmea wa kijani, mmea utakauka. **Si kweli**

Congratulations!

You have now learned about growing from a girl into a young woman.

We hope you feel beautiful, strong and proud of your body!



Hongera!

Sasa umejifunza jinsi mtu anavyokua kutoka utoto hadi usichana.

Tunatumaini unajiona mrembo, imara na unajivunia mwili wako!



This book tells
the stories of
young Tanzanian
girls



Kitabu hiki
kinaelezea kuhusu
wasichana wa
Tanzania

