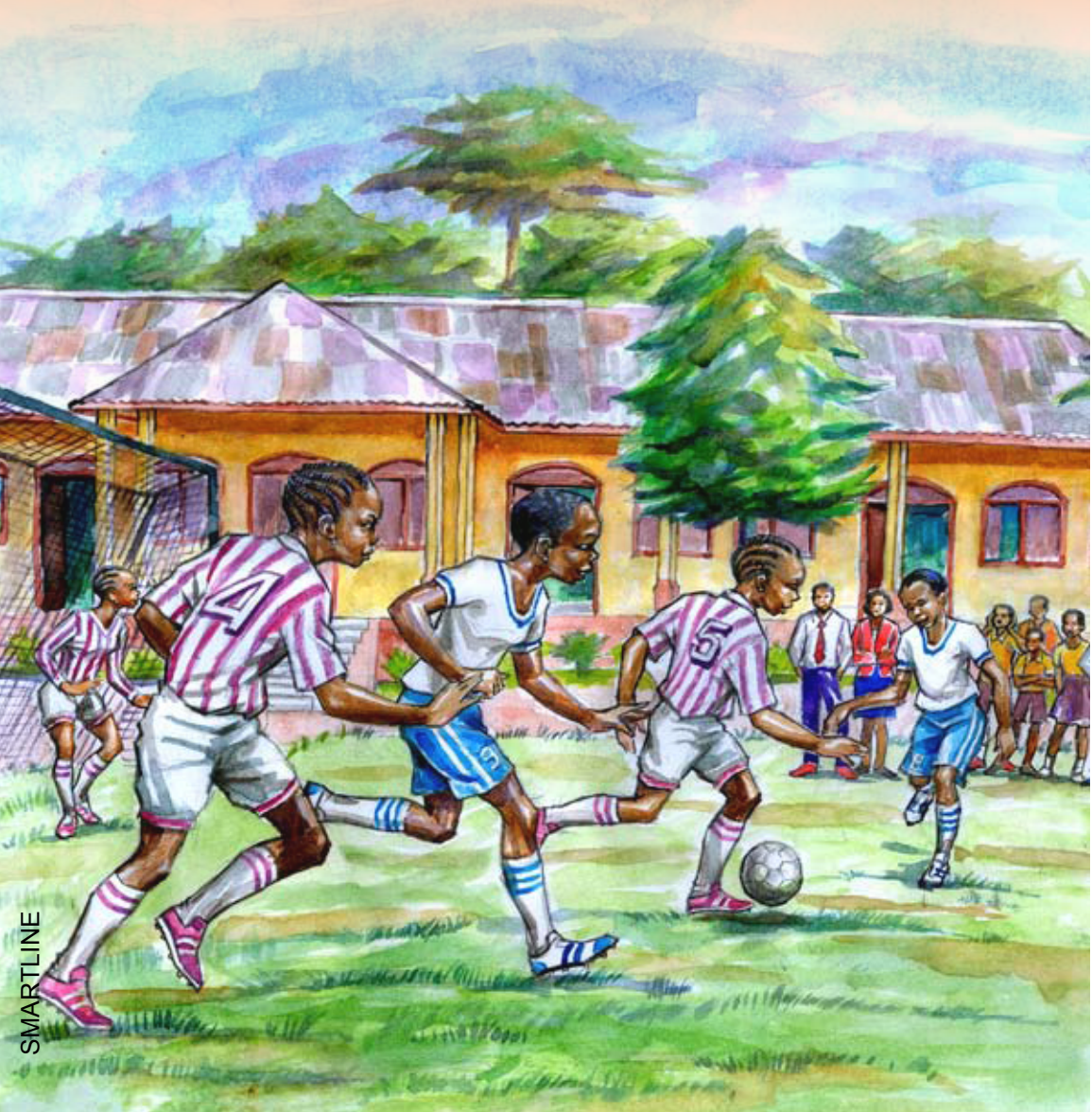


Growth and Changes

Onyini ne Nsakraeε



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Smartline



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 sometimes called “**puberty**” or “**adolescence**,” and girls and boys at this age are often called “**adolescents**.”

Ɛden ne mpanyinɛ?

Ɛfiri mfeɛ 10 kɔsi 14 no nsakraɛ bi kɔ so wɔ mmaayewa ne mmarimaa nnipadua mu. Saa honam mu nsakraɛ ahorɔɔ yi kɔ so mfeɛ pii.

Ɛto da bi a yɛfrɛ saa nsakraɛ yi “**mpanyinɛ**” anaa “**mpanyingyinabɛ**” na mmaayewa ne mmarimaa a wɔduru saa gyinabea yi nso yɛfrɛ wɔn “**mmabunu**.”



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, angry, sad or confused the next moment.

Mpanyinye hye aseɛ bere a nipadua no anya ɔhonam mu nnuro bi a ye fre no “**hormones**” ma eboro so. Saa "hormones" yi na edi nsakraeɛ ahodoɔ ba onipadua no mu.

Onipadua mu nsakraeɛ yi akyi no, "hormones" no de atenka ahodoɔ nso ba. Enti abaayewa a wasi onyin kwan mu no ani tumi gye bere bi, eto da bi nso a ne bo fu, bere foforo mu nso n'adwene ye no basaa.



Puberty is the time at which 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 very special time, and it is our bodies' way of maturing so that one day we can have children and start our own families.

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

Mpaninye ne bere a mmaayewa hye aseɛ hyehye mmadwoa na mmarimaa nso nya nkwammoa. Saa bere yi na yefiri aseɛ nyini beye mmaa ne mmarima mpanimfoɔ.

Eye bere sononko a yen nnipadua no nyini duru gyinabere bi a etumi ma yewo mma na yefiri aseɛ kyekyere yen ankasa yen abusua.

Ewom se mmaayewa nnipadua no duru gyinabere yi a etumi ma wowo dee, nanso enkyere se mmaayewa no aduru gyinabere a ese se wowo.



When does puberty begin and how long does it take?

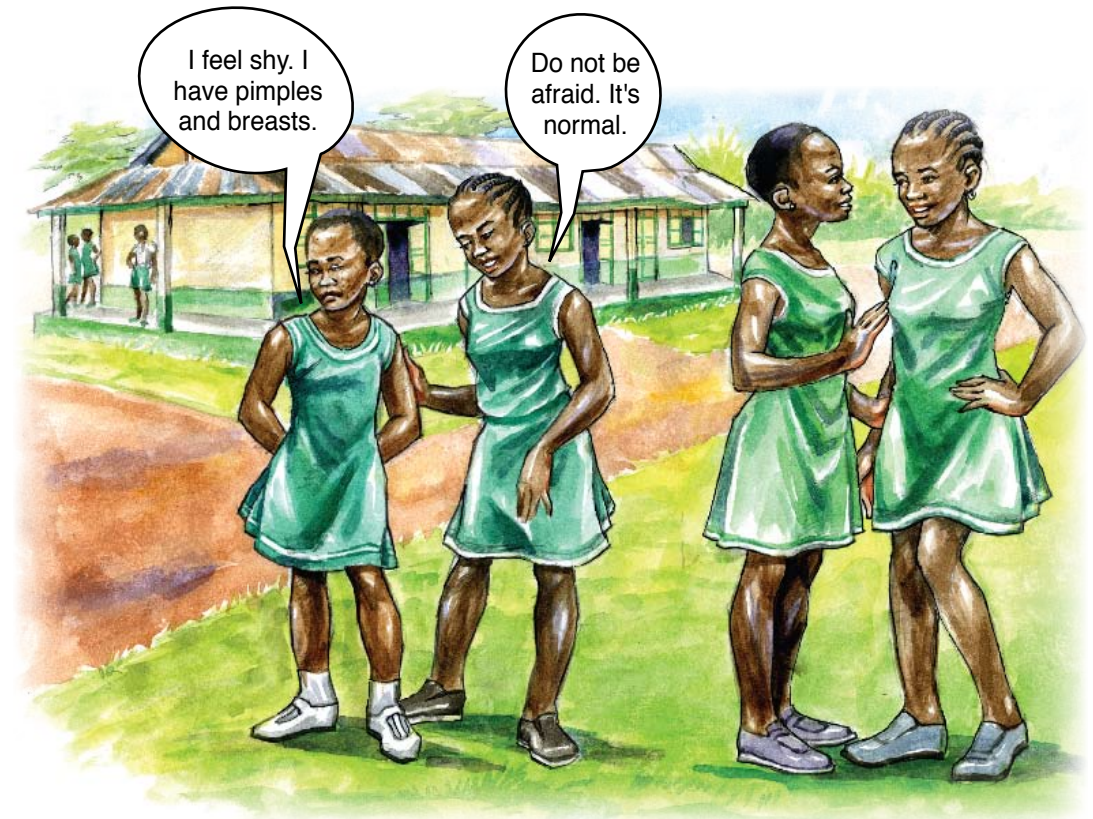
Changes take place in girls and boys at different times. Generally changes start earlier for girls than for boys. Some start before the age of 10, while others start after age 14.

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

Ebere ben na mpaninye hye aseɛ na mfee dodoɔ sen na edi?

Nsakrae a ekɔ so wɔ mmaayewa ne mmarimaa nnipadua mu no nyinaa mma bere korɔ mu. Mpen pii no ehye aseɛ ntem wɔ mmaayewa mu kyen mmarimaa. Ebinom dee tumi hye aseɛ ansa na wɔadi mfee 10, afoforɔ nso dee hye aseɛ bere a wɔadi mfee 14 ne akyire koraa.

Mmaayewa no bi wɔ ho a, nsakrae no di afe baako anaa dee ennuru saa. Afoforɔ nso dee kɔ so kyere beye mfee nsia.

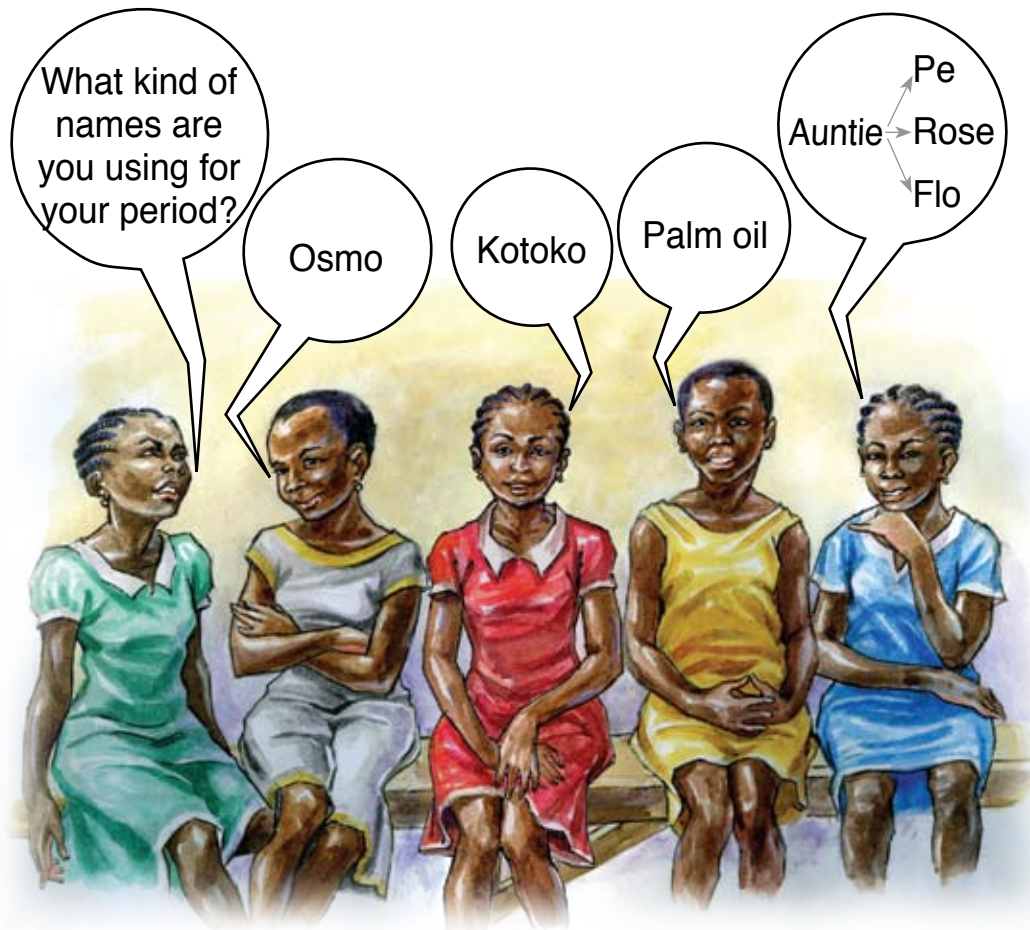


What are the physical changes that take place in girls?

A girl's breasts start to grow and her hips get rounder. Hair starts to grow under her arms. Hair grows on and around the vagina. She starts to menstruate (have her period).

Onipadua mu nsakrae ben na eko so wo mmaayewa mu?

Abaayewa no nufu firi ase e bobo na ne sisi mu tre ma obo kurukurwa. Ne mmotoa mu firi ase e fu nwi. Na n'ase firi ase e fu. Saa bere yi na ohye ase e ye bra (Obu ne nsa).



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 for 4-7 days and usually happens every month.

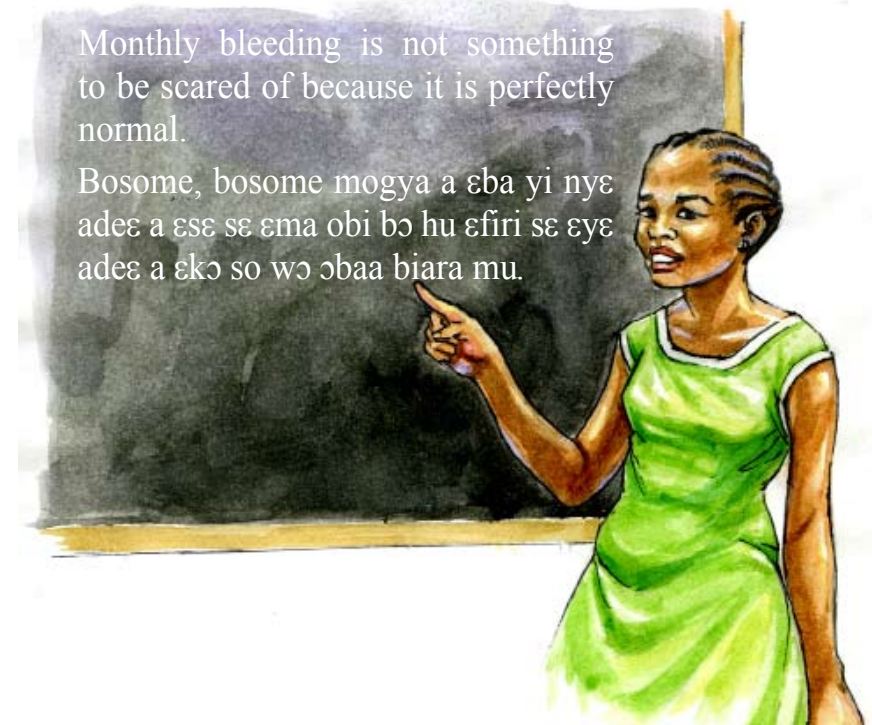
Monthly bleeding is not something to be scared of because it is perfectly normal.

Eden ne brayo?

Brayo kyere se abaayewa bi nipadua apagya, na ereye ahoboa ama daakye nyinsen ne awoo.

Eduru brayo bre a, nneema bi yiyi firi **n'awodee** no mu ba, na mogya firi **n'ase** ba. Saa mogya yi ba beye nna 4-7 na eko so saa ara bosome biara.

Bosome, bosome mogya a eba yi nye adee a ese se ema obi bo hu efiri se eye adee a eko so wo obaa biara mu.





Most girls have their first period 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 a girl's period (when bleeding starts) to the first day of your next period is usually 28 days (one month), but can range from 21-35 days. For many years after a girl starts having her period, she may not get her period every month. It can skip months. This is normal.

Mmaayewa no bebreƚ firi brayɔ ase efiri mfeɛ 11 kɔsi 14. Mmaayewa no bi deɛ hyɛ aseɛ ntɛm beyɛ mfeɛ 8, ɛnna ebinom deɛ nso kyere kakra beyɛ 17 anaa deɛ eboro saa.

Nnafua beyɛ 28 (bosome baako) na eɗa bosome brayɔ ntam. Nanso binom deɛ tumi ba nafua 21 ne 35 ntam. Sɛ abayewa bi hyɛ brayɔ ase a, etumi ba ne sɛ ɔrennya ne bra no bosome biara mfeɛ bebreƚ. Bosome bi wɔ hɔ a etumi to fa so. Yei ye adeɛ a ɛnam ne kwan mu.



When a girl has her period, she should wash at least twice a day with water in the area around the vagina. She can use period cloths, cotton wool 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 period cloth, cotton wool or pad in a plastic bag so that she can change after a few hours.

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

Sɛ abayewa ye bra a, ɛsɛ sɛ ɔde nsuo hohoro n'ase beyɛ mprenu da ko biara. ɔbetumi de bratam, asaawa fufuo, anaase paade a ɛnonom mogya no. ɛsɛ sɛ ɔsesa saa nneɛma yi bere ano bere ano. Sɛ abayewa reko sukuu a ɛsɛ sɛ ɔfa bratam, asaawa fufuo anaa paade yi bi hyɛ ne nnoɔma mu a ɔde beɛsa ne ho.

Sɛ eba sɛ mogya ka abayewa bi sukuu ataadeɛ mu bere a ɔwɔ sukuu a, ɔbetumi de ntoma anaa sowata abɔ ne mu na ɔama n'adamfo anaa ne tikya aboa no.

Although menstruation means a girl is biologically able to have a baby, girls are not advised to have a child 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 her periods every month misses a period, it may mean that she is pregnant. But girls can also miss their periods if they are feeling stressed, if they become too thin, or if they have been traveling.

Ɖwom sɛ brayɔ kyere sɛ abaayewa bi aduru bere a ɔtumi wo ba, nanso eyɛ pa ara sɛ ɔtwen kɔsi sɛ ɔbedi mfee 18 ne akyire. Dee enti a ete saa ne sɛ, saa bere no nyinaa na nsakrae ahodoɔ bi reko so wo ne nipadua no mu. Se wowo ba bere a wo nipadua no nnuruu saa gyinabere no a, ede apomuden mu ɔhaw brɛ abaayewa no ne ne ba no nyinaa.

Sɛ abaayewa a ne brayɔ ko so bosome biara no bra pa ho a, ɛtumi ba sɛ wanyinsɛn. Nanso sɛ biribi hye abaayewa bi so, anaa sɛ ɔfɔn boroso anaa mpo sɛ ɔtu kwan a, ne bra no tumi pa ho (a enye nyinsɛn).



Does having a period hurt?

Some girls do not feel pain when they have their period, some have slight pains below the navel and in their lower back and some have a lot of pain and may need to take pain 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 of the uterus that pushes out the lining of the uterus each month.

Ana brayɔ ye ya?

Mmaayewa bi wo ho a, wɔnte yea wo won brayɔ mu, ebinom te yea kakraa wo won ayaase ne won sisi akyi, enna ebinom te yea pa ara a, ehia sɛ wɔnom aduro a ebedwodwo yea ano. Mpen pii no, eyɛ a na yea no mmoro so biara, na enkye nso.

Yɛfre saa yea yi “**ɔdae**” na ema won ayaase we won yayaaya. **Awodee** no mia na ede yea no ba. Eyɛ awodee no mia a emia ne ho no na ema nneema yi yi firi awodee no mu ba bosome biara.



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 period. 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 normal and natural and should not worry you.

Eden ne "PMS"?

PMS yɛ edin a yɛde ma deɛ yɛfrɛ no Pɔtɔkasa mu "pre-menstrual syndrome" (a ɛkyerɛ nsenkyerenne a edi brayɔ anim). ɛnyɛ mmaayewa nyinaa na saa adeɛ yi wɔ wɔn so, nanso dodoɔ no ara nya bi ansa na wɔabu wɔn nsa. Deɛ enti a ete saa ne sɛ "hormones" dodoɔ a ɛwɔ abaayewa bi nipadua mu no nya nsunsuansoɔ wɔ n'adwenem atenka so.

ɛma mmaayewa no bi werɛ ho. ɛmma ebinom nya akoma na wɔn bo fu ntɛntɛm. Mmaayewa no bi te nka sɛ wɔn nufo ahyehyɛ na ɛye wɔn yea. Yɛinom nyinaa yɛ nnoɔma a ɛko so nti ɛnsɛ sɛ ɛha wo.

I feel unhappy, I don't know why.

Maybe you are approaching your period.

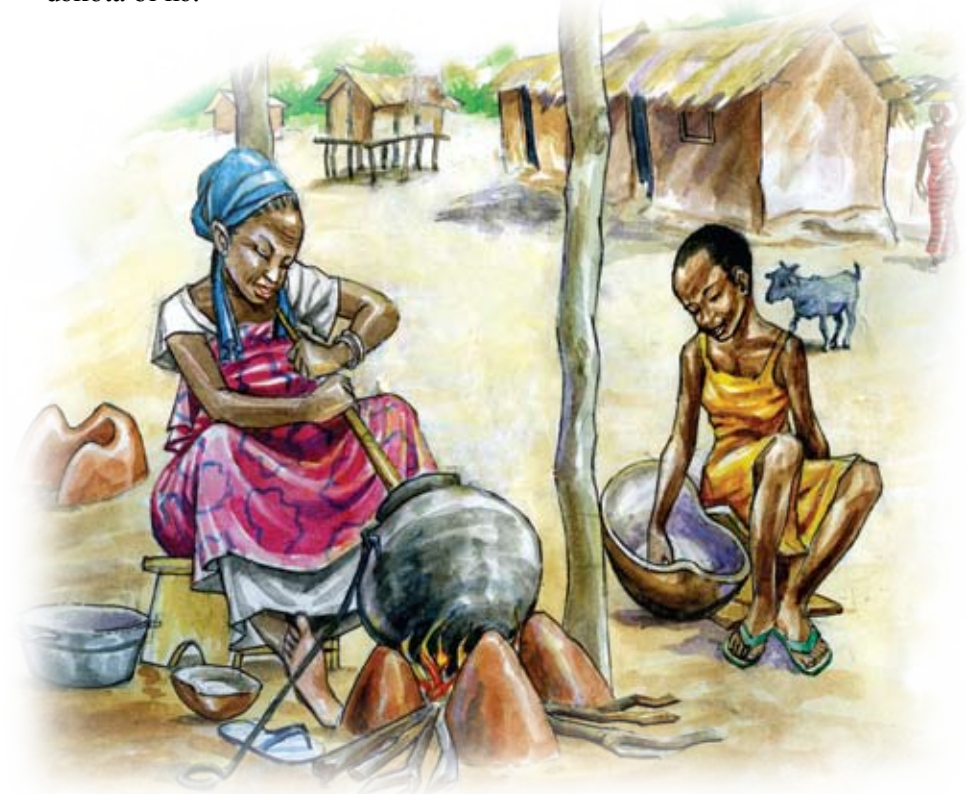


Talk to your mothers, grandmothers, sisters, aunties, and female teachers. When you have your period, some discomfort is normal, but if you have too much pain, you may need medication so talk to an older woman to ask her advice.

Normally when you have your period, you may need to change your period cloth, cotton wool 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, a nurse, or doctor for advice.

Wo ne wo maamenom, nananom, nuammaa, sewaanom ne atikyafoɔ mmaa nni nkɔmmɔ. Sɛ woyɛ bra a, nsakraɛ bi a ɛnyɛ ahomeka tumi ba, nanso sɛ wote yea a ɛboro so a, ɛtumi ba no sɛ wobehia aduro enti wo ne ɔbaa panin bi nkasa na bisa no akwankyerɛ.

Mpen pii no sɛ woyɛ bra a ɛsɛ sɛ wosesa wo bratam, asaawa fufuo anaa paade no mpreɔn 3 anaa mpreɔn 4 da ko. Sɛ ɛba sɛ mogya no ba bebree nti, ɛsɛ sɛ wosesa no mpen pii a, bisa akwankyerɛ firi ɔbaa panin, nɛsɛ anaa ɔkɔta bi ho.



Adjoa's Story

I was in class 4 the first day my menstruation came. I was sitting in class and my stomach was paining me. I did not know what to do. I could not even sit properly on the chair. Master asked me to write on the board. When I got up, people started laughing. Then somebody told me my uniform was wet. I touched my dress and saw there was blood on it. Master did not see but the class saw. I started crying and told master I was sick. He asked what was wrong but I could not tell him because I felt shy. He said if I am sick, I should go home. I did not want to walk on the street with blood on my dress. I asked my friend for a cloth. She is a Muslim and brings cloth to school so she can pray. I covered myself and I got up to go. Everybody was hooting at me. My friend who gave me the cloth got her period last month and so she told me it was my period. She did not laugh but told me I should be careful because now I can get pregnant. I started crying because I thought I was pregnant. When I went home, my sister was there and I told her that there was blood in my dress. She told me not to worry, it means I am mature. If a young girl has not yet gotten her period and sees something, she should not be afraid. She should go to someone who has gotten her period. They will tell her not to worry. It is not a disease. If she has an older sister, she should talk to her.

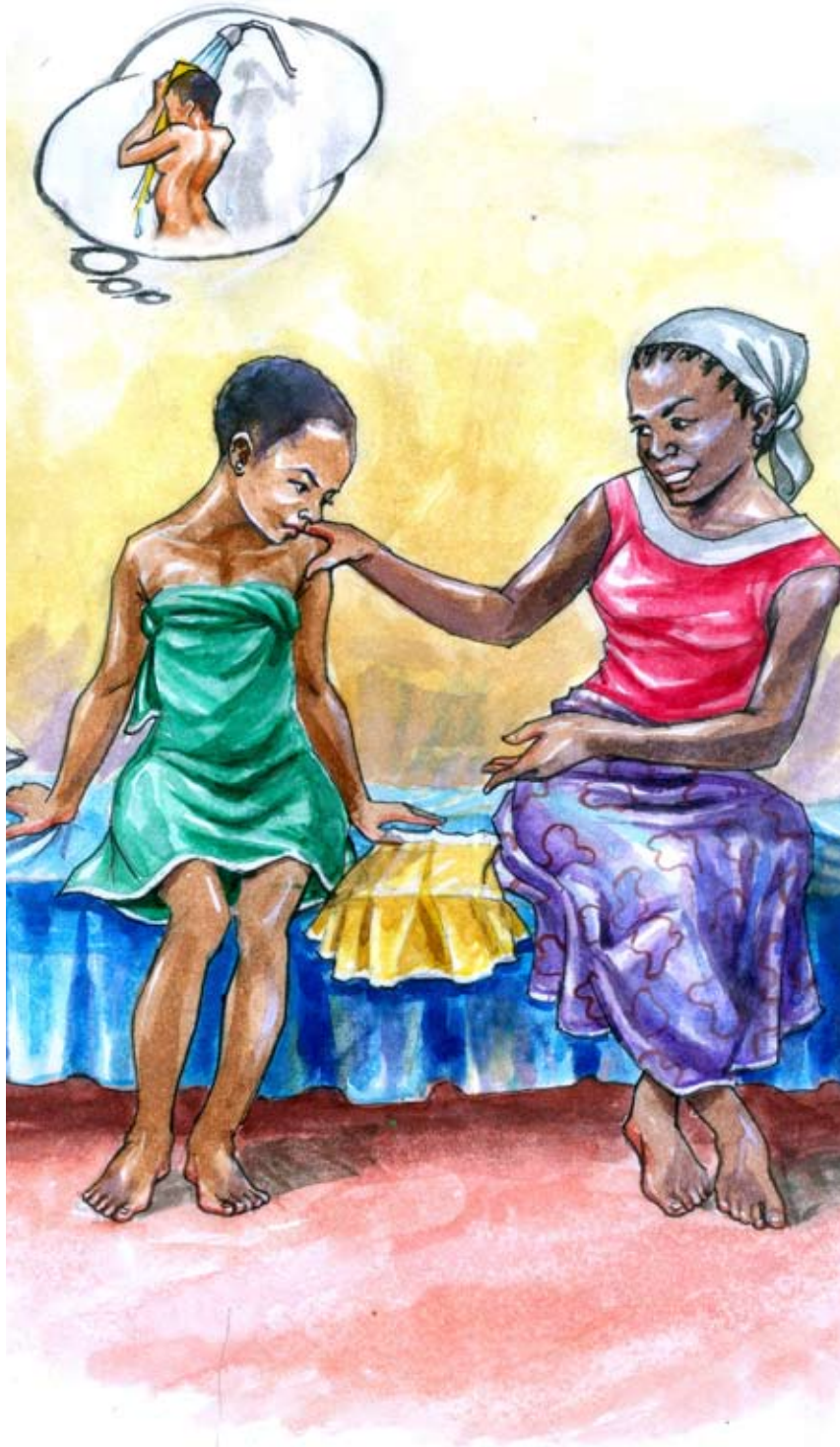


Adjoa Suahu

Na mewo gyniapen 4 na meye bra a edi kan. Na mewo sukuudan mu na metee nka se me yam keka me. Na mennim dee menyee. Na mentumi ntena ase yie wo m'akonnwa so. Maseta frere me se menkotwere wo boodo so. Mesoree pe na nkurofo fii ase se woresere. Enti obi ka kyere me se me sukuu ataadee afo. Mede me nsa kaa m'ataadee na mehuu se mogya wo mu. Maseta dee wanhu nanso sukuufo no dee wohunui. Mefiri ase sui nna meka kyere maseta se meyare. Obisaa me dee ereye me nanso feree nti mantumi anka. Mebisaa m'adamfo se oma me ntoma. Oye kramoni a ode ntoma ba sukuu daa sedge obetumi abo mpaee. Mede kataa me ho na mesore se mereko. Na obiara rehuro me. Na m'adamfo a omaa me ntoma no aye bra bosome a atwamu no enti oka kyere me se maye bra. Wansere me, mmom oka kyere me se menhwe me ho so yie efiri se seesei dee metumi anyinse n. Mefiri ase sui efiri se na medwene se manyinsen. Mekoo fie no, na me nuabaa wo ho enna meka kyere no se mogya wo m'ataadee mu. Oka kyere me se memma no nha me, na ekyere se manyini. Se abaayewa a onyee bra hunu biribi a, ense se obo hu. Ese se okochu obi a waye bra pen. Wobeka akyerere no se ense se osuro. Enye yaree. Se owo onua panin a, one no nkasa.

Abena's Story

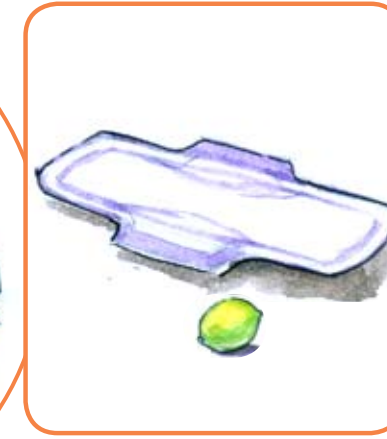
I had been hearing the elderly people discuss menstruation but I did not take them seriously. I thought they were laughing at women when they always talked about the blood. But one day, when I woke up, I saw that my bed was wet with blood. I was surprised. I didn't know where it was coming from. I saw that my dress was wet. I looked down and saw that it was coming from my private part. My underwear was full of blood. I started crying and I ran to my mother. I told her what was happening to me and she said that it is normal. I should not worry but that is all she said. I did not understand it and so I went to my friend. She also told me not to worry and that last month, it happened to her. She is the one who told me what to do and what I can use. I will tell a young girl that when she gets her first menstruation, she should not be surprised. Sometimes, she will have stomach pains but that is normal. I will also make sure that she knows that the blood will be flowing from her vagina and not anywhere else. I will tell her to use period cloth or pad so that she does not disgrace herself. She should make sure she bathes regularly otherwise she may smell and when she walks with friends, she might feel shy.



Abena Suahu

Na metaa te se mpanimfo ka brayo ho asem nanso mamfa no asem biara. Na medwene se woredi mmaa ho few bere a woreka mogya ho asem. Nanso da koro bi meda nyaneee no mehuniie se mogya aye me mpa so. Eyee me nwanwa. Na mennim baabi a mogya no firi reba. Mehunu se m'ataadee nso afo. Mebre m'ani ase na mehuu se efiri m'ase. Na me pioto mu nyinaa aye mogya. Mefiri ase suie enna mede mmirika ko me maame nkyen. Mekaa dee ato me no kyeree no, enna oka kyeree me se eye adee a esi daa. Dee okae ara ne se memma enha me. Mante ase enti meko m'adamfo nkyen. Ono ne onipa a okyeree me dee ese se meye ne nneema a ehia se mede siesie me ho. Dee mepa se meka kyere abaayewa a wasi so ne se, se oye bra a edi kan a, omma enye ne nwanwa. Eto da bi a, ne yafunu bekeka no nanso eye adee a ewo ho ma obiara. Mesan ama no ate ase se omfa bratam anaase paade nsiesie ne ho na n'anim angu ase. Afei metu no fo se ontaa nnware anye saa a nka bone bi beba ne ho a se one ne nnamfonom nam a obefere.

Akua's Story



The first day I had my menstruation, I was in the bathroom when I saw blood in my pant. I became afraid because I didn't have any knowledge about it. Also nobody was in the house and the pain I was feeling in my vagina was too much for me. The blood flow was also too much. So I folded my T-shirt and I sat on it. When my mother came back, I told her and she was happy. I did not understand her. I said to myself, what is wrong with this woman. I am hurt and you are happy. She then asked me to go and take my bath. She took my panties and she fixed a pad in it for me. And then she said, I can see you are very unhappy. This is what we call menstruation. Every girl will get it as she is growing up. It is a mark to show that you are a woman and you can give birth. So cheer up my girl. But there are certain things you should know during that period. You must have a bath twice a day. You should wear dry pants. You should put lemon in your bathing water. All these will prevent you from any bad odour. You must have total control over yourself as an adolescent girl because you can be pregnant when you have sex with someone. My advice to young girls is that menstruation is not anything strange. It is natural. Every young girl will go through it. Just be careful and when you see it, don't be afraid to tell your mother about it. She will show you what to do.

Akua Suahu

Da a edi kan a meye bra no na mewo adwaree na mehuu se mogya wo me pieto mu. Mebo hu efiri se na menni ho nimdee biara. Afei nso na obiara nni fie na mete yea a ano ye den wo m'ase. Mogya a na ereba nso na edoso. Enti meboboo me t-shirt, enna metenaa so. Bere a me maame bae a meboo no amannee no n'ani gye. Na mente ase. Mebisaa me ho se eden na e ha maame yi. Mapira, na w'ani agye. Afei oka kyerere me se menkowane. Ofaa me pieto na ode paade hye mu maa me. Enna oka kyerere me se oju se menni anyigye mu. Yei na yefre no brayo no. Se abaayewa biara renyini a, eto no anaase oko saa tebea yi mu. Eye nsenkyerene a ekyere se woaye obaa na wobetumi awo. Enti ma w'ani nnye. Nanso nneema bi wo ho a ese se wohu fa saa bere no ho. Ese se daa wodware mprenu. Ese se wohata wo pieto ma ewo yie. Ese se wode ankaatwadee gu wo nsuo a wobedware mu. Yeinom nyinaa betu nka anaa pampan bone afiri wo ho. Ese se wohwe wo ho so yie anye saa a wo ne obarima da a wobenyinsen. M'afotuo a mede rema mmabaawa ne se, brayo nye adee biara a eye nwanwa. Eye onipa abosuo no bi. Abaayewa biara a wasi so afa mu da. Ese se se eba a, wohwe yie, na nsuro se wobebwo wo maame amannee. Obekyerere wo dee ye.

Yaa's Story

The first day I had my menstruation, it was on a Sunday afternoon. My mother, my sisters and I were sitting in the room watching a movie. When we were sitting in the room, I felt like urinating. My vagina was feeling different and so I went to the urinal pit. When I got to the pit and took off my panties, I saw that there was blood in my pant. I called my mother to come and see something strange that is happening to me. She came quickly and I told her what had happened to me and she started laughing but she did not say anything. Later on, she called me and she said, my daughter, I want to tell you about menstruation. She also told me that if a man or a boy calls me, I should not go to that man. Some of the men will want to have sex with me but I should not allow them to. If I have sex with a man, I will get pregnant and that will be the end of my education. She said, my daughter, remember that you want to become a medical doctor so you should fear men. She told me not to hurry in life, not to rush. I should learn hard at school.



Yaa Suahu

Da a edi kan a meye bra no, na eye Kwasiada awia. Na me ne me maame ne me nuammaa tete asaso rehwe sini. Na eye me se dwonso de me. Na menya atenka sononko wo m'ase, enti meko baabi a yedwonso. Meduruu ho no, meyii me pieto. Mehuu se mogya wo mu. Mefree me maame se ommehwe adee sononko bi a ereye me. Ntem pa ara na obaee, na mekaa dee ereye me kyeree no pe enna ofrii asee sereee nanso wanka hwee. Akyire yi ofree me na oka kyeree me se, me ba, mepe se meka brayo ho asem kyere wo. Oka kyeree me se, se obarima bi fre me a mennko. Mmarima binom be pe se wone me beda nanso ense se mema ho kwan. Se mema ho kwan a, menyinsen na me sukuu abo me. Oka kyeree me se, kae se wope se woye dokota, enti ese se wosuro mmarima. Otuu me fo se ense se mepere me ho wo abrabo mu. Ese se meyere me ho sua adee wo sukuu.

Afia's Story



On August 12, 2006, it wasn't the happiest day because my uncle's wife was being buried. I took a stroll to forget what was going on. As I was moving, I felt like I had diarrhoea. I rushed home to attend to nature's call. I checked my panties and there were blood stains. My first thought was that I had stomach cancer because my mind was filled with my uncle's wife's illness. I took off my panty and showed it to my female cousins. They burst into laughter. I got angry because I didn't expect that. They asked me to bathe. After bathing I saw my cousin fix a pad in one of my panties. Then I remembered there was something called menstruation. I felt so uncomfortable that day because anytime I sat, I felt like I had stained myself. I also realized I had gotten pimples on my face. When I went to school, I was a little shy but I gathered courage and told my friends. It took a year for me to accept that as a girl, every month, you menstruate. I will advise young girls about how I had mine, the way I felt, and all the things people have been saying about periods which are not true. I will protect her and keep her from soiling herself. She should understand that when she sees blood for the first time, there will be some pains, it's normal, she should not say that she is sick or pregnant. I will help the girl who does not have information know that she should not feel shy to tell the parent because every parent would like to know what is wrong with their child. And she will feel okay everywhere without turning to check her back.

Afia Suahu

Ɔsannaa da a eto so 12 afe 2006 nye da a m'ani gyee koraa; efiri se da no na yesiee me wofa yere. Metuu mpasa sɛdeɛ ebeyɛ a me werɛ bɛfiri dee na erekɔ so no. Berɛ a na menam no, menyaa atenka bi se me yam retu. Mede mmirika kɔɔ fie se merokɔgya m'enan. Mehweɛ me pieto mu no na mogya aye mu. Adwene a edi kan a ebaa me tirim ne se menyaa yafunu mu "cancer" yareɛ, efiri se na m'adwene wo me wofa yere no yareɛ no so. Meyii me pieto no na mede kokyerɛ me nuanom mmaayewa bi. Wɔpaeɛ sereɛ mu. Me bo fuuie efiri se na m'ani nna so se wɔbeyɛ saa. Wɔka kyereɛ me se menkɔdware. Medware wieɛ no mehunu se me nuanom no baako de paade ahyɛ me pieto no mu. Eho na mekaee se biribi wo ho a yɛfre no brayɔ. Meyɛ basaa da no, efiri se bere biara a metena ase no na eye me se maseɛ me ho. Menhunnie se nsaanini abegu m'anim. Mekɔɔ sukuu no na mefere kakra nanso menyaa akokɔduro ka kyereɛ me nnamfonom. Edii afe ansa na meregye atom se maye obaa dee, bosome biara maye bra. Metu mmaayewa wɔasi so fo sɛdeɛ menyaa me dee, sɛdeɛ eyɛɛ me ne nsem a nkurofoɔ keka fa brayɔ ho a enye nokore. Mɛbo no ho ban na maboa no sɛdeɛ ɔrensɛ ne ho. Mema wate aseɛ se, se bere a obɛhunu mogya anim dee edi kan no, obete yea kakra. Saa ara na etee, enti ense se ɔfa no se ɔyare anaa ɔnyem. Mekyerɛ abaayewa a ɔnnim brayɔ ho hwee no se, ense se ɔfere se obɛbo n'awofoɔ amanneɛ, efiri se obaatan biara bɛpe se ɔhunu dee e ha ne ba. Na ne ho betɔ no a, n'ani nye no n'akyi, n'akyi.

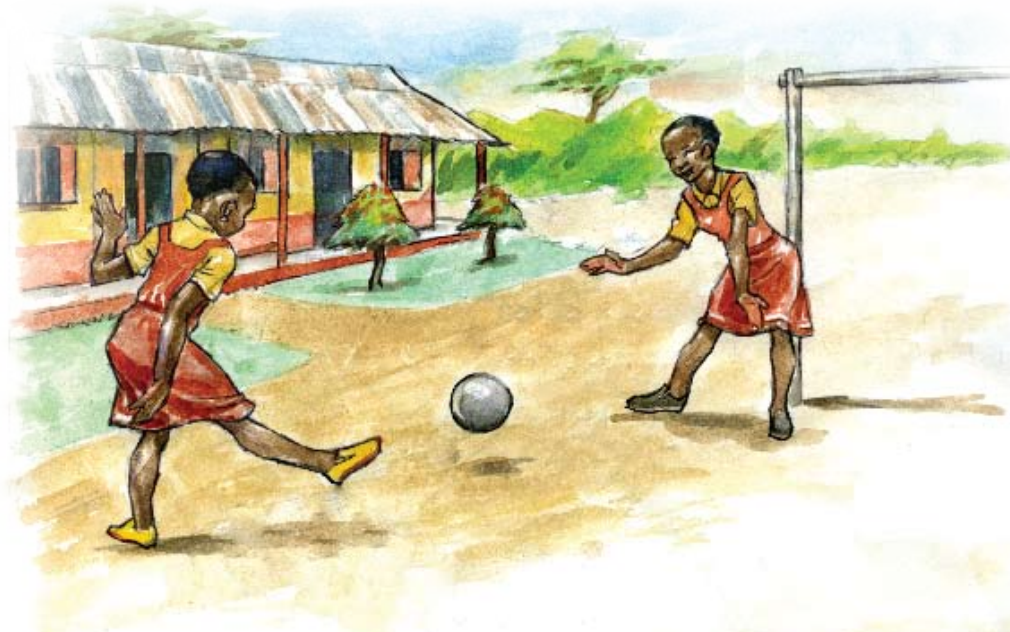
Answering the “how to” questions!

How to manage your first period?

- Talk to your elders...your mother, grandmother, auntie, sister, female friend or an older woman in your community... they will give you good advice.
- Do not feel afraid...it can be scary to see the blood on your panties ...but it is very normal and natural.
- If you are at school...tell the school nurse or 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 period cloth or a pad or cotton wool on your panties.
- Change the cloth/pad/cotton wool every 2-3 hours or if you think that the blood flow is getting heavy.



Asemmisa “deen na ese se meye” ho mmuaee

Edeen na ese se woye wo bra a edi kan ho?

- Wo ne mmaa mpanimfo a e ye – wo maame, wo nanabaa, wo nuabaa, w’adamfobaa anaa obaapanin biara a owo wo mpotam nkasa- wobema wo afotuo a efata.
- Nsuro; eye hu kakra se wobehu mogya wo wo pieto mu nanso e ye adee a ese se eba.
- Se eba se wowo sukuu mu a, ka kyere wo sukuu neese anaase tikya awuraa, anaase wo yonko sukunni baa - wobeboa wo.
- Ma wo ho nsepe wo – se woanyini a woaye ababaawa.

Sen na yebeye mogya no?

- Fa bratam anaa paade anaa asaawa fufuo hye wo pieto mu.
- Sesa bratam/paade anaa asaawa fufuo no donhwere 2 kosi 3 biara; anaase bere biara a wobehu se afo no.

How to dispose of the period cloth/ pad/cotton wool?

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



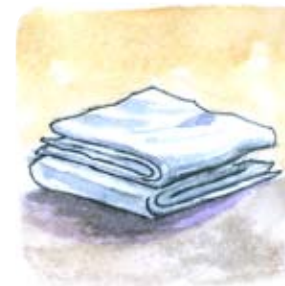
How to keep yourself clean during your period?

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



How to manage the stomach pain (cramps) from your period?

- You can put a warm cloth on your stomach area when you are resting.
- You can try to do some exercises and keep your body active.
- You can drink a warm cup of water.
- You can take pain medicines every 4-6 hours on the most painful days.



Ɛkwan a ɛsɛ sɛ wofa so sie bratam/ paade anaa asaawa fufuo no?

- Sɛ wobɔ paade anaa asaawa fufuo a, fa krataa a ɛyɛ fɛ kyekyere ho, na fa kɔto tiafi amena mu, anaa deɛ yede wura gu mu mu sɛ deɛ wobɛtumi ahye no akyire yi anaa wobɛ to atwene.
- Sɛ wobɔ bratam a, fa hyɛ worɔba baage mu kɔsi sɛ wobɛnya kwan de nsuohyɛɛ ne samena asi ahata no awia mu na to so.

Ɛkwan a ɛsɛ sɛ wodi wo ho ni berɛ a woayɛ bra?

- Fa nsuo hohoro w'ase da biara anɔpa ne anwummɛɛ.
- Di bratam anaa paade a wonnya mmɔ no ni (fa krataa kyekyere ho anaase, fa hyɛ worɔba baage mu).
- Fa towuro popa w'ase ma shɔ nwo yie, na fa bratam anaa asaawa fufuo anaa paade foforo hyɛ wo pieto mu.

Ɛkwan a wobɛfa so asi ayamkeka (ɔdaɛɛ) ano wɔ brayɔ berɛ mu?

- Wobɛtumi de ntoma a emu yɛ hyɛ kakra ato wo yafunu so berɛ a woda ho regye w'ahome.
- Wobɛtumi atenetene wo mpom na woakentene wo ho.
- Wobɛtumi anom nsuo dedɛdedɛɛ kuruwa ma.
- Wobɛtumi anom aduro a ɛma ɔhonam yea kɔ fam dɔnhwere 4 kosi 6 biara, da a wote yea pa ara no.

Is it normal if ...?

Is it normal if I do not get my period every month?

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

Is it normal to get your period 5 days one time, 6 days another time and 4 days another time?

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

Is it normal if you get your period 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 period for 3 days and my friend gets her period for 5 days?

Yes, the average length of a period 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 periods?

Yes, boys' bodies are different inside and they cannot have babies. So they do not get a period.

Is it normal to feel shy when you have your period?

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

Eye adee a enam ne kwan mu se ...?

Eye adee a enam ne kwan mu se merenye bra bosome biara?

Aane, Se mmaayewa renyini a, enye daa na bra no ba, bosome bi wo ho a e tumi to fa so.

Eye adee a enam ne kwan mu se eto da bi a bra no ba nna 5, nna 6, anaa nna 4?

Aane, abaayewa biara bra ye sononko na nna a ede ba tumi sesa bere a orenyini no.

Eye adee a enam ne kwan mu se nna a obi ye bra no tumi sesa?

Aane, mpen pii no brayo no di nnafula 28 nanso etumi sesa ma eba, beye nnafula 21 ne 35 ntam, a saa nsakrae yi gyina sedee abaayewa biara abosuo tee so.

Eye adee a enam ne kwan mu se se menya me bra nnafula 3 na m'adamfo bi dee ye nnafula 5?

Aane, mpen pii no brayo no di nnafula 5 nanso etumi sesa ma ebi tumi di nnafula 2 kosi 7.

Eye adee a enam ne kwan mu se abaayewa bi renyini a, obete nka se ne nufu mu ye ne ya?

Aane, se abaayewa bi renyini a, nsakrae ahodoɔ ko so wo ne nipadua mu na etaa ba se ote yea nkakrankakra.

Eye adee a enam ne kwan mu se mmariamaa nye bra?

Aane, mmariamaa nipadua ne won abosuo no ye sononko a wontumi nwo, enti wonye bra.

Eye adee a enam ne kwan mu se obi ye bra a, ema no fere?

Aane, mmaayewa no bebre taa fere efiri se wonnim sedee wobesiesie won ho. Eye adee a etaa si nanso worennyini no na feree no reko.

Is it normal if ...?

Is it normal that girls get angry easily when they have their period?

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

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

Yes, there are a wide range of ages when girls can get their periods, 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 period?

Yes, thick clumps of blood in your period 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 period?

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

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

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

Is it normal to get stomach pain during your period?

Yes, "cramps" are pains in the lower abdomen that may happen during or just before your period. Small or medium pain is normal but if the pain is very bad, you might want to see a doctor or nurse for medicine. And some girls never have pain.

Ɛye adee a enam ne kwan mu se ...?

Ɛye adee a enam ne kwan mu se abaayewa bi bo befu ntemntem bere a waye bra?

Aane, "hormones" a enenam abaayewa no nipadua mu no betumi ama ne bo afu ntemntem bere a waye bra no.

Ɛye adee a enam ne kwan mu se abaayewa ketewa a wadi mfee beye 9, 10 anaa 11 beye bra?

Aane, mfee a abaayewa bi di a otumi ye bra no nnyina faako, etumi hye ase e firi mfee 8 anaa 9 de kosi 17 anaa 18 mpo.

Ɛye adee a enam ne kwan mu se abaayewa bi ye bra a, mogya a eba no tumi ye ntoa ntoa?

Aane, mogya no bi tumi yiyi ntoa ntoa, a yefre no "mogyatɔ." Etaa ba bere a woda no, enti wobehu no pii bere a woanyane no.

Ɛye adee a enam ne kwan mu se obi ye bra a, nsaanini sisi n'anim?

Aane, mmaayewa ne mmaa mpaninfoɔ bebre wɔ ho a nsaanini taa sisi won anim bere a wɔrebeye bra ne bere a wɔaye awie no.

Ɛye adee a enam ne kwan mu se nsuo anaa biribi fitaa bi gu obi bere a ɔrebeye bra anaase waye awie no?

Aane, bere a abaayewa bi renyini no, etumi ba se nsuo fitaa bi a ete se miliki gu no bere bi mu. Se ɔye bra nso a, mogya a eba no tumi dane dane ye kɔkɔɔ kakra, pinki kakra anaase "brown" kakra.

Ɛye adee a enam ne kwan mu se abaayewa bi ye bra a n'ayaase ye no ya?

Aane, "ɔdae" ye yea bi a obi te wɔ n'ayaase bere a ɔrebefiri bra ase anaase waye awie no. Se yea no ano nye den a, enye hwee; nanso se ano ye den bebre a, ese se wokohunu dokota anaa neese na oma wo aduro. Mmaayewa bi nso wɔ ho a, wɔnte yea biara koraa.

Is it True or False ...?

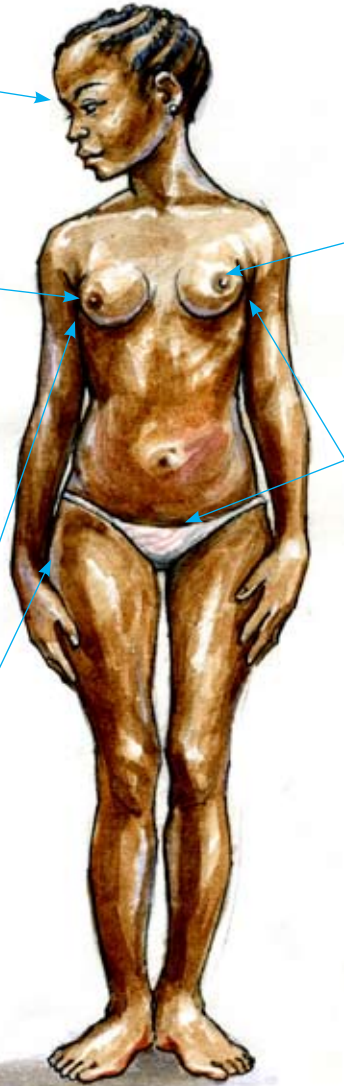
- On average, it takes 3-4 years for a girl's breasts to fully develop. **True**
- If you get married you will stop having stomach pain (cramps). **False**
- If you have sexual relations during your period you stop having pain. **False**
- You can go to school or participate in any sports during your period. **True**
- Washing your vagina with an antiseptic/disinfectant is good for your vagina. **False**
- Using sanitary pads will make you unable to have a baby. **False**
- If a girl gets her period at a young age, it is because she has been having sexual relations. **False**
- If a girl's egg is mature but she has not yet had her first period she is still able to become pregnant if she has sexual relations. **True**
- Drinking alcohol cures period pain and allows the blood to flow better. **False**
- When you grow up, you will stop having stomach pain (cramps) during your period. **False**

Ɛye nokore anaase ɛnye nokore ... ?

- Mpen pii no edi mfeɛ 3 kɔsi 4 ansa na mmaayewa nufɔ abobɔ awie. **Ɛye nokore**
- Sɛ wɔware a, w'ayaase a ɛwe wo no (ɔdaɛɛ) no begyae. **Ɛnye nokore**
- Sɛ woye bra na wo ne ɔbarima da a w'ayaase yea no begyae. **Ɛnye nokore**
- Sɛ woye bra a, wobɛtumi de akɔ sukuu anaase wobɛtumi aye apom tenetene akanise biara. **Ɛye nokore**
- Sɛ wode nnuro ahodoɔ a ɛyi fi ne pampan hohoro wase a ɛye ho yie. **Ɛnye nokore**
- Sɛ wobɔ paade a esiesie wo ho a, worentumi nwo. **Ɛnye nokore**
- Sɛ abaayewa bi firi brayɔ ase ntɛm a na ɛkyerɛ sɛ ɔne mmarima da. **Ɛnye nokore**
- Sɛ abaayewa bi mmadwoa anyini nanso ɔmfirii brayɔ ase na sɛ ɔne ɔbarima da a, ɔbɛtumi anyinsɛn. **Ɛye nokore**
- Sɛ wonom nsa a ɛboa ɛma brayɔ mu yea gyae na ɛma mogya no ba yie. **Ɛnye nokore**
- Sɛ wonyini a, w'ayaase a ɛwe wo brayɔ mu (ɔdaɛɛ) no begyae. **Ɛnye nokore**

Puberty Changes

- Your skin makes more oils, so you may get pimples.
- Your nipples will get darker in colour.
- Your breasts will grow larger and be more sensitive.
- Hair will grow under your arms and in your 'private' part (pubic area).
- Sweat glands under your arms will be more active so you will smell more like an adult.
- Your hips will become wider/broader.
- You will grow taller more quickly than you grew before.



Nsakrae a eba wo mpaninye mu

- Wo honam ani ye sɔsɔsɔ, enti nsaanini betumi asisi w'anim.
- Wo nufu ano ye tumtum.
- Wo nufu ye akese ema wonya atenka yie.
- Nwi fu wɔ wo mmotoam ne w'ase (w'ayaase).
- Wo mmotoam be firi mfifire bebree na pampan bi beba wo ho se ɔpanin.
- Wo sisi mu betre (ebeye kese).
- Wobeye tentene na woanyini ntemntem akyen kane no.

Keeping a menstrual calendar

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

When you get your period:

- Each time you get your period, circle (○) the date it starts for that month, and draw an (X) through each day that the bleeding continues.

Remember, during puberty girls can have irregular periods!

Ekwan a wobefa so ahye wo brayo nna nso

Sede ebeboa wo ma woabu nna a wode ye bra ho nhwesɔ a ebeboa wo ni.

Bere a woye bra:

- Bere biara a wobeye bra no ye kanko (○) fa 'date' a wohyee ase no ho wɔ bosome biara mu, na da biara a mogya no beba no, ye (X) twa ho.

Kae se se abaayewa duru mpaninye mu a, ne brayo no nnyina faako daa.

January

			1	2	3	4
5	6	7	8	X	X	X
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

February

						1
2	3	4	5	X	X	X
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

March

						1
2	3	4	5	6	7	8
9	10	11	X	X	X	X
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

April

			1	2	3	X	X
6	X	X	X	10	11	12	
13	14	15	16	17	18	19	
20	21	22	23	24	25	26	
27	28	29	30				



Menstrual Myths... True or False?

- Girls may get pimples around the time of their menstrual periods. **True**
- If an animal (dog/goat) picks up your pad, you will not have children. **False**
- Stress can cause you to miss a period. **True**
- Eating sugary foods and drinking sugary drinks will make your period irregular. **False**
- Girls need to have children shortly after getting their period because girls have a limited number of eggs and lose one each period. **False**

Brayɔ ho gyedie ahodoɔ bi ... Eye nokore anaa Enye nokore?

- Mmaayewa nya nsaanini wo won anim bere a woye bra no. **Eye nokore**
- Se aboa bi (okraman/ abirekyie) fa wo paade no ko a, worentumi nwo. **Enye nokore**
- Obre dodoɔ tumi ma wo bra no pa ho. **Eye nokore**
- Wodi asikyire aduane anaase wonom nneema a eye dokodoko bebre a, ema wo brayɔ tumi sesa. **Enye nokore**
- Ehia se mmaayewa ye bra pe a, wofi aseɛ wo ntemntem efiri se won mmadwoa no sua na bere biara a wobeye bra no wohwere baako. **Enye nokore**

Congratulations!!

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

Mo ne yo!!

Sesei dee woasua biribi afa sedee worenyini afiri mmofra mu abeye ababaawa.



This book tells the stories of young Ghanaian girls



Nwoma yi ka
nsem fa Ghana
mmaayewa ho

Smart*line*

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