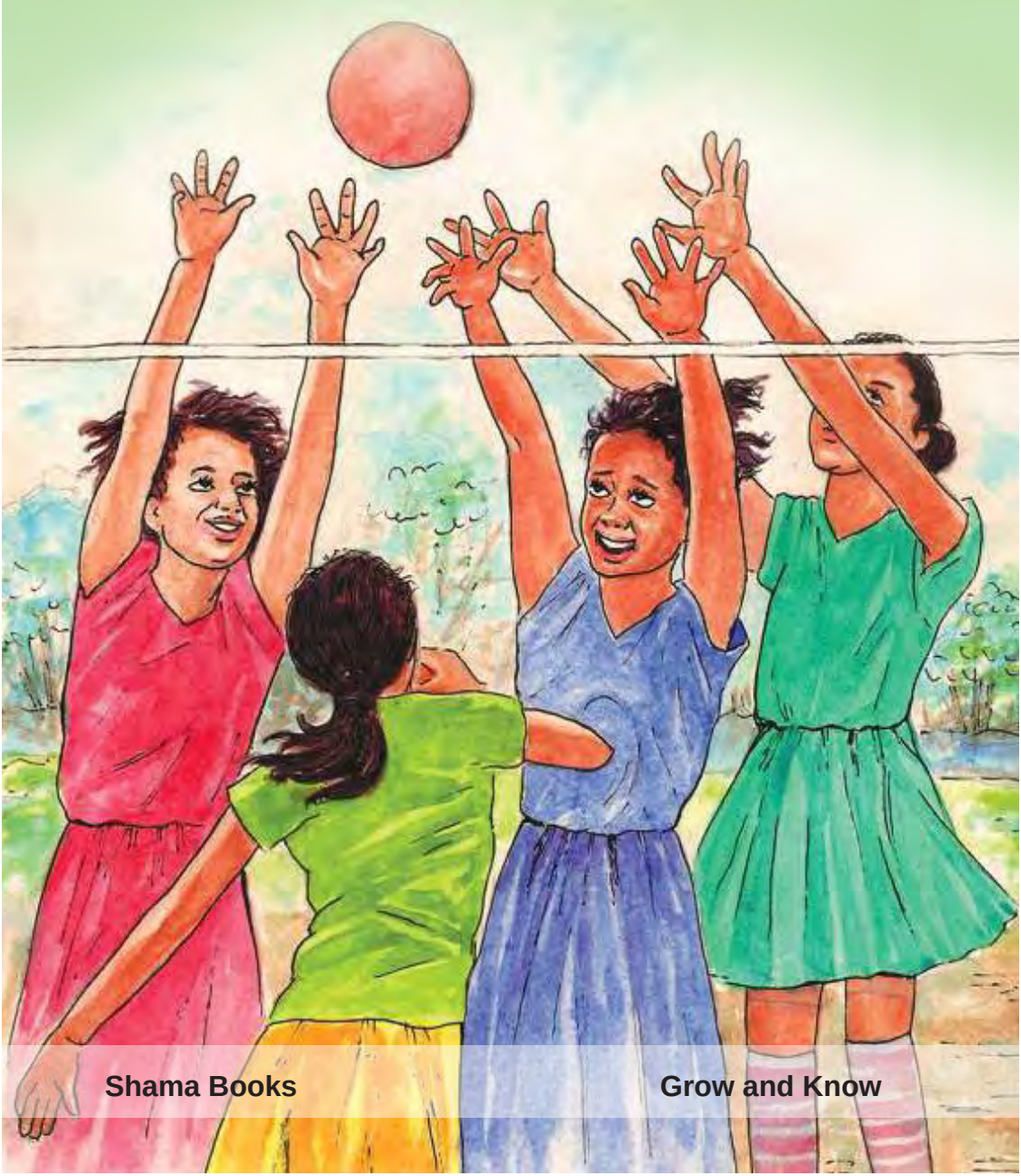
Growth and Changes
Guddinaa fi Jijjiirama



Shama Books

Grow and Know

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Shama Books

Message from Ministry of Education

This book is valuable and the first of its kind to provide information about the biological and psychological progress that happens in the life of girls as a result of their physiological development. The purpose of the book is to support girls at puberty on how they need to respond to the wonderful changes that happen in their life. It teaches them how to manage their menstruation and to cope with the accompanying everyday challenging social, physical and psychological effects, so that they can confidently continue their everyday in and out of school life.

Further, the book is an important tool for families to create open discussions about the normal changes their girls face, and the accompanying responsibilities that each family member should take in welcoming these changes. Teachers can also use it as a supplementary material in life skills education. The stories that are included in the book come directly from Ethiopian girls aged between 10 and 14. The book is developed in a simplified and understandable way with illustrations so that girls can read with interest and understanding.

Dhaamsa Ministeera Barnootaa

Kitaabni kun sababa guddina qaamaarraa kan ka'e fooyya'insa baayoloojikaalaafi xiinsammuutiin jijjiirama shamarran irratti mul'atu irratti odeeffannoo kennuu keessatti faayidaa olaanaa kan qabuufi haala qophiitiinis isa jalqabaa kan ta'edha. Kaayyoon kitaaba kanaa shamarran yeroo saafelummaasaanii jijjiiramni gaarii jireenyasaanii keessatti yeroo uumamu isaan deeggaruufidha. Shamarran yeroo saafelummaatti laguun ji'aa isaanitti dhufu dhiibbaa hawaasummaa, qaamaafi xiinsammuu damdamatanii jireenyasaanii mana barumsaa keessaafi alattis ofitti amanamummaa gabbisatanii akka jiraatan isaan barsiisa.

Kana malees, kitaabni kun maatiin waa'ee jijjiirama uumamaa shamarran isaanii mudaturratti marii iftooma qabu akka baratan taasisa; miseensonni maatii hundi jijjiiramoota kanneen keessummeessuu keessatti itti gaafatamummaasaanii akka ba'an gargaara. Barsiisonnis barnoota ogummaa jireenyaa yeroo barsiisan akka deeggarsaatti itti fayyadamuu danda'u. Seenaan kitaaba kana keessatti barreeffaman hundi shamarran Itoophiyaa umurii 10 hanga 14 ta'an irraa kan walitti qabamanidha. Kitaabichi akka salphaatti hubatamutti fakkiiwwaniin deeggaramee kan qophaa'eefi shamarran fedhiidhaan dubbisanii akka hubatan kan gargaarudha.

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."

Saafelummaa jechuun Maal Jechuudha?

umuriin isaanii 10 hanga 14 gidduutti shamarranii fi dardarran baay`een sqaama isaanii irratti jijjiirama guddaa argu. Jijjiiramni qaamaa fi miiraa kunis waggoota muraasaaf itti fufee mul'ata.

Jijjiiramni kun yeroo tokko tokko " saafelummaa ykn. "Dargaggummaa" jedhamee waamama. Umurii kana keessa yeroo ga'an yeroo baayee dubarri "shamarran" yommuu jedhaman dhiironni immoo "dardarran" jedhamu.

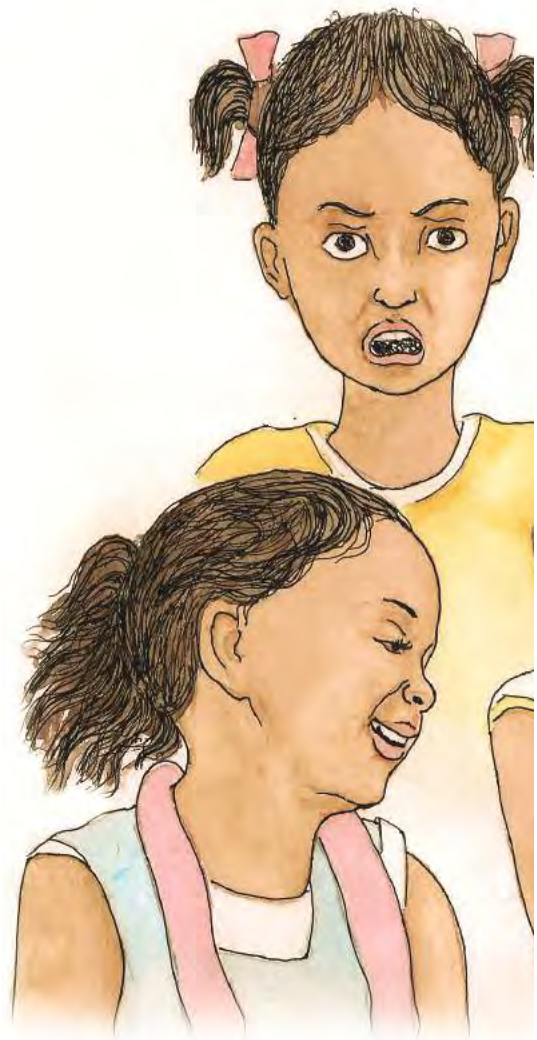
Puberty starts when extra amounts of chemicals called "hormones" begin to be produced in the body.

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.

Saafelummaan kan eegalu keemikaalonni "hormoonii" jedhaman baayinaan qaama keessatti yeroo oomishamuu eegalani dha. Hormoononni kunneen jijjiiramoota qaama keessatti kan fidancdha.

Hormoononni kunnnen jijjiirama qaamaa fiduu irra darbanii jijjiirama miiraas nifidu. Kanaafuu, shamarreen guddina irra jirtu tokko yeroo tokko gammachuu guddaan itti dhaga'amee, yeroo biraa immoo aaruu, gadduu ykn joonja'uu malti.



Guddinaa fi Jijjiirama

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 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.

Saafelummaan yeroo itti shamarran firii hormaataa dubaraa (Hanqaaquu), fi dardarran firii hormaataa dhiiraa (mi`oo) oomishuu itti jalqabanii dha.

Yeroon Kun, dhalaafis ta`e dhiiraaf yeroo nuti gara dargaggummaatti guddannu dha.

Yeroon kun yeroo addaati. Sababni isaas, yeroo itti qaamaan guddachaa adeemuun guyyaa tokko daa'imman godhannee jireenya maatii mataa keenyaa itti eegallu waan ta'eef. Qaamni shamarranii yeroo kanatti daa'imma qabachuuf dandeettii horachuu yeroo itti eegalan haata`uyyuu malee daa'ima godhachuuf qophaa'oodha jechuu miti.

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.

Saafelummaan yoom eegala; hagamis turaa?

Jijjiiramni kun shamarranii fi dardarran irratti yeroo garaa garaatti raawwata. Akka waliigalaatti, jijjiiramni kunneen dardarran irra shamarran irratti dursee jalgaba.

Tokko tokko umuriin isaanii utuu 10 hinta'iin eegala; kaan immoo umuriin isaanii 14 eega darbee eegala.

Shamarran tokko tokkoof, jijjiiramni kunneen waggaa tokko ykn isaa gadi keessatti raawwataaf. Warra kaan immoo, hanga waggaa ja'aa fudhata.

What are the physical changes that take place in girls?

A girl's breasts start to grow and her hips get wider.

Hair starts to grow under her arms. Hair grows in her pubic area.

She starts to menstruate (have her period or bleed every month).

Jijjiiramni Qaamaa Shamarran irratti ta'u Maal Fa'i?

Harmi shamarranii guddachuu eegala. Kana malees, tafi isaanii bal'achuu jalqaba. Bobaa isaanii jalatti rifeensi biqiluu eegala. Naannoo qaama hormaataa isaaniittis rifeensi biqiluu jalqaba.

Laguun ji'aas mul'achuu eegala.

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 4-7 days and usually happens every month.

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

Laguu jechuun maal jechuudha?

Laguu jechuun qaamni shamarree tokkoo guddachaa adeemuu, fi gara fuulduraa yeroo ulfooftuu fi mucaa deessuuf qophii ta'aa jiraachuu ishee kan agarsiisudha.

Yeroo laguu, aguuggiin gadameessaa dhiiga laguu sana faana haxaa'amee gadi ba'a. Laguun shamarree tokko irra yeroo baay'ee guyyoota 4-5 kan turu ta'ee ji'a ji'aan kan mudatudha.

Dhiigni ji'a ji'aan ba'u kunis uumamaan kan jiruu fi nagummaa kan argisiisu waan ta'eef sodaachuun hinbarbaachisu.

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 your 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. This is normal.

Shamarran irra caalaan laguu jalqabaa umurii waggaa 11 hanga 14 gidduutti argu. Shamarran tokko tokko dursanii waggaa 8 tti arguu kan eegalan yoo ta'u kaan immoo 17 fi isa booda arguu eegaluu danda'u.

Yeroon laguu jalqabaa agartu (dhiigni dhangala'uu eegaluu) kaasee hanga laguu lammataatti yeroo baay'ee guyyoota 28 (ji'a tokko)tura. Haata'u malee, guyyaan isaa 21 hanga

35 gidduutti ta'uu mala. Shamarreen tokko laguu erga agartee booda, waggaa dheeraadhaaf ji'a ji'aan arguu dhiisuu malti. Kunis waan barameef rakkoo kan hinqabnedha.

When a girl has her period, she should wash at least twice a day with soap and water in the area around the vagina.

She can use cotton cloth or sanitary 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, or sanitary 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 scarf or sweater around her waist, and ask a friend or a teacher to help.

Wayitii laguu ji'aa argaa jirtu, shamarreen tokko hanga danada'ametti guyyaatti yoo xiqqaate yeroo lama bishaanii fi saamunaadhaan qaama hormaataa ishee dhiqachuu qabdi.

Dhiiga dhangala'aa jirus, huccuu jirbiirraa dha'ameen ykn moodesiidhaan qulqulleeffachuu/qoorfachuu dandeessi. Yeroo mana barumsaa deemtu huccuu jirbii ykn moodeesii dabalataa qabattee deemuun jijiirrachuu dandeessii.

Shamarreen tokko otoo mana barumsaa jirtuu uffaannaa danbii (uniform) mana barumsaa tasa yoo dhiigni itti bu'e, shaarbii ishee mudhiitti hidhachuudhaan hiriyyaa ishii ykn barsiisaa/tuu gargaarsaaf haagaafachuu dandeessi.

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 her period every month misses a period, it may mean that she is pregnant. But girls can also miss periods if they are feeling stress, if they become too thin, or if they have been traveling.

Laguu arguu jechuun shamarreen tokko qaamaan guddattee mucaa da'uu danda'uu ishee kan agarsiisu yoo ta'eyyuu, shamarran hanga umuriin isaanii 18 guututti mucaa akka da'an hinjajjabeefamu.

Kunis sababni isaa, jijjiiramoonni biroon qaama ishee keessatti adeemsifamaa waan jiraniif. Shamarreen tokko osoo qaamni shee qophii hinxumuratiin mucaa yoo deesse mataa ishee fi mucaa ishee irratti rakkoo fayyaa heddun irra ga'uu ni danda'a.

Shamarreen tokko laguu ji'aa ishee ji'a ji'aan dhufaa turee addan yoo cite ulfooftee ta'uu danda'a. Kanaa ala, shamarran yoo baay'ee kan dhiphatan ta'e, qaamni isaanii yoo baay'ee hirrisee qal'atan, ykn yoo karaa dheeraa deemaa turan laguun ji'aa akka hafuuf sababii ta'uu ni danda'a.

Does having a period hurt?

Some girls do not feel pain when they have their period, 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.

Laguu arguun nama miidhaa?

Shamarran tokko tokko yeroo laguun itti dhufu isaan hindhukkubu. Kaan immoo handhuura isaanii jalaa fi dugda isaanii gara gadii xiqqoo xiqqoo isaan dhukkuba. Tokko tokko immoo baay'ee waan isaan dhukkubuuf qoricha miira dhukkubbii balleesssu fudhachuun isaan barbaachisa ta'a.

Yeroo baay'ee dhukkubbiin yeroo laguu hamaaf kan nama kennuu fi kan namarra turu miti.

Dhukkubni laguu "ciniinnaa" dha. Sababiin, ciniinnaan itti uumamu maashaaleen gadameessaa waan walitti butamaniifidha.

Garmalee walitti butachuun maashaalee kunis danaaleen gadameessaa dhiibuudhaan laguun ji'aa akka ba'u godha.

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.

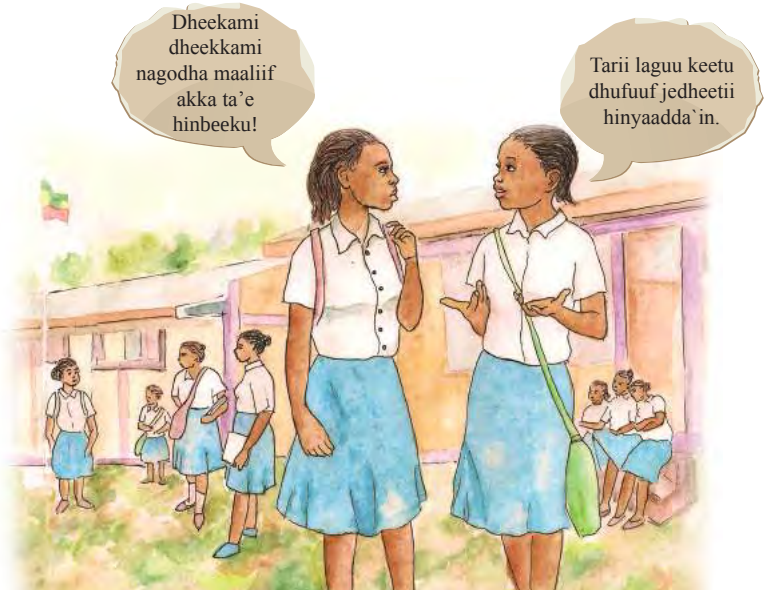
Some girls feel sad. Others feel irritable, and get angry for no real reason.

Some girls' breasts feel swollen and sore. This is all normal and natural and should not worry you.

Mallattoolleen dhukubaa laguu duraa maal?

Miirrii dhukkubbin laguu duraa yeroo muraasaaf tura. Miir kun shamarran hunda kan mudatu miti. Haata'u malee, baay'een isaanii laguun dura guyyoota muraasaf miiri kun irratti mul'ata. Kunis kan ta'uu danda'uuf jijjiiramni lakkoofsa hormoonotaa amala isaanii Jijjiiruu waan danda'uufi. Tokko tokkoo hin gaddu; kaan ni rifatu; warri kann imoo sababa tokko malee aaru.

Shamarran tokko tokko immoo harmi isaanii dhiita'uun madaa xiqqoo godhachuu danda'a. Kun hundi, nagaa fi uumaman jiru waan ta'eef yaadda'uu hinbarbaachisu.



Talk to your mothers, grandmothers, sisters, aunts, female teachers, or older women in your community.

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.

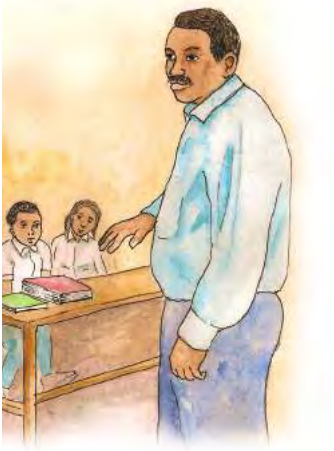
Normally when you have your period, you may need to change your cloth or pads 3-4 times a day. If you need to change more times, you may be bleeding too much so ask an older woman, a nurse, or doctor for advice.

Haadha, akkoo, obboleettii, adaadaa, barsiiftota dubartootaa angafoo kee hawaasa keessaa waliin mari'adhu.

Yeroo laguun kee sitti dhufu nageenyi kan sitti hindhaga'amne yoo ta'e akka waan addaatti hinfudhatiin. Haata'u malee, yoo baay'ee sidhukkuba ta'e yaalamuun sibarbaachisuu waan maluuf dubartoota umuriin angafa kee ta'a akka si gorsan godhi. Yeroo laguu ji'aa kee uffat ykn moodessi kee al 3 hanga 4 jijjiirrachuun si barbaachisa ta'a. Kanaa ol jijiirrachuun yoo dirqama sitti ta'e, dhiigni garmalee si dhangala'aa jiraachuu waan danda'uuf dubartii umuriin si caaltu, narsii, ykn ogeessa fayyaa gaafadhuu gorsa fudhadhu.

Story 1

The first time I menstruated, I had stomach cramps and I was very shocked! It lasted for four days. I told my friend that I had started menstruating because my mother did not tell me about it before. This is because my mother never learned about it and it is very taboo. Mothers do not usually talk about menstruation or puberty with their daughters. Instead we tell our friends our secrets. Although I was in school and shocked, I still told my friend and asked the teacher for permission to go home. I learned about menstruation in school, but I was still shocked! I went home, hid from my mother, and tore an old scarf. I used this to manage my menstruation. I couldn't attend class because I was sick. I told my biology teacher who I was close to and he told me to go home and rest. I did not go to class for three days. My advice to my younger sisters is that menstruation is natural and happens to girls from age 9-17. At this age, they should be ready by preparing the materials to use without being shocked or stressed. They should also know that it is normal. Mothers should discuss this issue with their daughters. They should discuss menstruation at different times and should not think that it is bad. Girls should share what they learn in school and from friends with their mothers and explain everything. They should be very close like a hand and glove. It should not be considered embarrassing and taboo. Girls can buy modern sanitary pads from shops and use them. To be prepared, we can keep them in our bags whenever we go out. If we have stomach cramps we can find painkillers by going to the health station. We can prevent body odor by keeping our personal hygiene.



Mudannoo 1

Yeroo jalqabaaf gaafa laguun natti dhufe garaa na ciniinnaan baay'ee nan na'e! Guyyoota afuriif narra ture. Waa'ee laguu haatikoo duraan natti himtee waan hinbeekneef, laguun natti dhufuu isaa hiriyyaa koottan hime. Haatikoo waa'ee laguu ilaalchisee barumsa hinqabdu. Waa'ee laguu haasa'uunis akka safuutti ilaalama. Haadholiin waa'ee laguu ykn umurii dargaggummaa ijoollee durbaraa isaanii waliin faana hinmari'atan. Kanarraa kan ka'e icciitii keenya hiriyoota keenyatti qofa himanna. Wanti mana barumsaa keessatti guyyaa tokko na mudatetti na'us, hiriyaa kootti himeen gara mana kootti akkan galu barsiisaa eyyama gaafadhe. Waa'ee laguu mana barumsaa keessatti kanaan dura bardhus yeroo natti dhufu na'uu irraa hin olle. Manatti galeen haadha koo jalaa dhokadheen shaarbbii koo isa moofaa kukkuteen laguu koon ittiin dhofkadhe. Baay'ee waan nadhukkubeefis, daree taa'ee barachuu hindandeenye. Barsiisaan Baayiloojii koo, naman baay'ee itti dhiyaadhu waan tureef haala kiyya oggan itti himu akkan galee boqadhu natti hime. Guyyoota sadan itti aananifis gara mana barumsaa hindeemne. Gorsi ani obboloota quxisuu koo ta'aniif qabu, laguun uumamaan kan jiruu fi shamarran umuriin isaanii 9 hanga 17 gidduutti jiran laguun yeroo duratiif kan itti dhufu ta'uu beekuu qabu. Umurii kanatti shamarreen kamuu laguu keessummeessuuf meeshaalee kan akka moodesii, ykn huccuu jirbiirraa hojjetame sodaa fi dhiphina tokko malee qopheefachuun qabaachuu qabu. Laguun waan haaraa utuu hinta'iin waanuma jiruu fi barame akka ta'es hubachuu qabu. Haadlioliinis ijoollee durbaa isaanii waliin dursanii waa'ee laguu mari'achuu qabu. Dhimma laguu irratti yeroo kamuu mari'achuu fi laguun waan gadhee akka hintaane wal-hubachiisuun barbaachisaadha. Shamarran waan mana barumsaa keessatti baratan haadha ofiif ibsa ga'aa laachuu qabu. Haatii fi intalli mudannoo akkasii walitti himuu irratti baay'ee walitti dhiyaachuu qabu. Shamarran meeshaalee laguu keessummeessuuf ta'an kan akka moodesii soda tokko malee suuqii irraa bitanii ykn huccu jirbii irraa qopheeffatanii itti fayyadamuu danda'uu qabu. Shamaraan yeroo karaa deemnu hunda korojoo (boorsaa) keenya keessatti moodesii ykn huccuu laguu keessummeessuuf oolu qabannee manaa ba'uun, yoo laguun nutti dhufe itti fayyadamamuuf yeroo mara qophii ta'uu qabna. Yoo ciniinnaa garaa cimaa qabna ta'e gara mana yaalaa dhaqnee qoricha dhukkubbin dhabamsiisu fudhachuu ni danda'ama. Qulqullina keenya eeggachuun foolii hintaane hambisuu nidandeenya.

Story 2

When I first started to menstruate, I did not know what it was. When I was 16 years old my menstruation came suddenly when I was working on the farm with my father. I was very shocked and embarrassed. I was even too embarrassed to tell my mother. I did not tell anyone the first day. The second day the blood came again. I was very embarrassed but I called my mom. I said, “Mom I want to tell you something.” I was very afraid to tell her but I told her. My mom smiled and asked “Why are you shy, I am your mom! This is something that all women experience. You are not the first girl to menstruate.” I told this to my elder sister. She told me to wear underpants and to use a clean piece of cloth. She also said that it would only last for a few days. I was very happy when she told me this. The first time I menstruated I was very shocked because I had never experienced this type of thing before. I would like to tell my younger sisters that menstruation is a gift from God only for women. I would like to tell them that menstruation happens to all women: poor, rich, young, old, white, brown, black, fat, thin, short or tall. It happens to all women! We have to accept it as a gift from God. I accepted this because it is natural. I will teach younger girls and give them advice about the things that they should use to manage menstruation. For example, that they should wear underpants and put a clean piece of cloth or a sanitary pad inside of them.

Mudannoo 2

Yeroon jalqaba laguu argu, maal akka ta'e hinbeekun ture. Yeroo umuriin koo waggaa 16 ta'u abbaa koo faana bakka hojii qonnaa utuun jiruu tasuma laguun koo natti dhufe. Akkuman argeen baay'een na'ee, haadha kootti himuutis nan leeyya'e. Guyyaa jalqabaa nama tokkottuu hinhimne. Guyyaa lammataa, dhiigni ammas nakeessaa ba'uutti ka'e. osoon baay'ee qaana'uun haadhakootti hime. Akkanan jedhe, "harme waa sitti himuun barbaade". Baay'een qaana'e garuu ittan hime. Isheen garuu seeqxee akkana jette, " maaliif qaanoftaa, ani bari haadha keetii! Wanti argite kun waan dubartiin kamuu argitudha. Ati shamarree ishee jalqaba laguu agarte miti." Achiin booda waanuma kana obboleettii koo ishee angafaatis nan hime. Isheenis huccuu keessaa fardaasaa akkan dabalee uffadhufi huccuu gugulluutti akkan tti himte. Itti dabaltees guyyoota gabaabaaf akka ture yeroo natti himtu anis nan gammade. Guyyaan jalqaba laguu kana arge baay'een na'e, sababni isaas duraan argee hinbeeku waanan ta'eef. Kanaafuu, obboloota quxisuu koo ta'aniin laguun kennaa Waaqayyoo biraa dubartoota qofaaf kennamedha jedheen itti hima. Laguu dubartiin kamuu: soorettii, iyyeettii, dagaggeettii, dulloomtuun, adiin, gurraattiin, magaalli, furdoon, qalloon,gabaabduun, akka argitu ittin hima. Dubartii hundatu arga! Kanaafuu, akka kennaa Waaqayyoo biraa nuuf kennameetti haafudhannu. Ani kanan akkanatti fudhadhuuf uumamaan waan ta'eef. Shamarran fi ijoollee dubaraa umurii xixiqqaa akka itti isaan laguu keessummeessuu qaban irratti nan barsiisa nan gorsas. Fkn uffata keessaa dabalachuu, moodesii ykn huccuu qulqulluu jala galfachuu akka qaban ittan hima.

Story 3

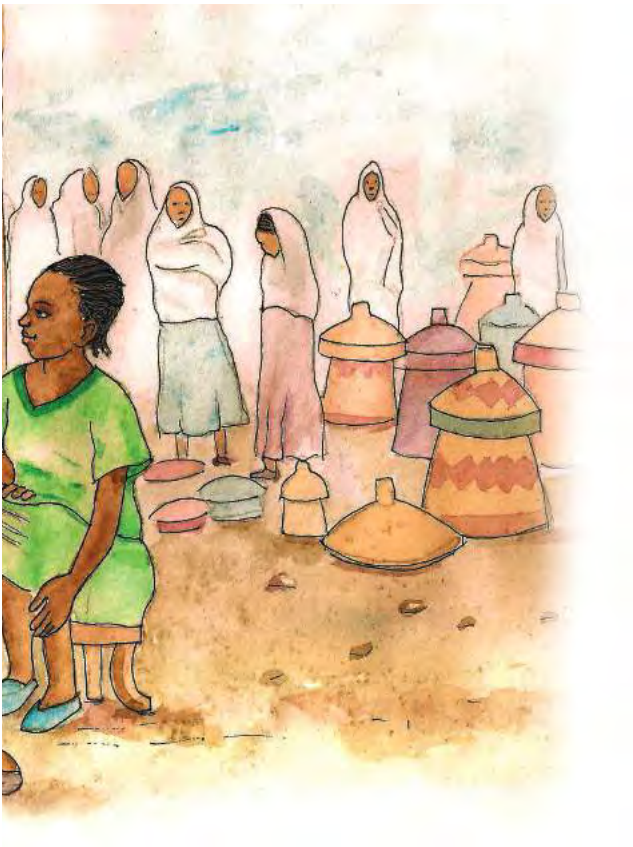
The first time I started menstruating I was very shocked! I had stomach cramps and I told my father. He told me that this is natural, and that I should not be shocked. I was shocked because I did not know how to manage menstruation. I did not know anything about menstruation. I had not even heard other people talking about it. I asked my father to take me to the clinic. The next morning, when I woke up and went to the bathroom, I saw blood. I was very shocked! I told my sister and my father. They told me it is called menstruation. My elder sister told me everything that I should do. She told me that she uses sanitary pads and told me to use sanitary pads as well. My sister gave me her sanitary pads to use. This is how I managed my first menstruation. I was very embarrassed when I menstruated and used sanitary pads. I was afraid to leave the house. I thought people would stare at me and insult me. Whenever I menstruated, I did not go outside of the house. I didn't even to go to school. At that time, this affected everything in my life. When I stopped going to school my sister and my father advised against this. They told me I am not the only girl who menstruates. They also told me that this is a sign of becoming a woman and I should not worry. I took their advice and stopped being afraid. I even gave the same advice to my friends. I would like younger girls to know that they should not be afraid of menstruation. They shouldn't be shocked, upset, or embarrassed. It is a sign of being a woman.

Mudannoo 3

Yeroon jalqaba laguu argu, baay'een na'e! Garaakoo baay'ee waan naciniineef abbaa koottan hime. Inni garuu kun uumamumaan waan jiru waan ta'eef hin na'iin naan jedhe. Akkatti laguu keessummeessan waanan hinbeekneefan baay'een na'e. Isaan dura namoonni waa'ee laguu haasa'uullee hindhageenye. Abbaan koo mana yaalaatti akka nageessuun gaafadhe. Guyyaa itti aanu ganama yeroon mana fincaanii deemu, dhiigan ofirraatti arge. Kun immoo caalaayyuu na naasise! Ammas irra deebi'ee obboleettii koo fi abbaa koottan hime. Isaanis laguu arguu akkan jalqabe natti himan. Obboleettiin koo isheen angafakoo waanan gochuu qabu hunda natti himte. Ofii ishee gaafa laguu argitu moodesii akka fayyadamtuu fi anis fayyadamuu akkan qabu natti himte. Kana malees, moodesii ofii isheef kaayyatte naaf kennite. Laguu koo jalqabaa kanan keessummeesse haala kanaani. Yeroo laguun natti dhufee moodesii godhadhu nan yeella'e. Manaa gadi ba'uus nan sodaadhe. Namoonni hunduu waan ta'e hunda narratti ilaaluun na arrabsu natti fakkaate. Yeroon laguu argu gadi ba'ee ala hindeemu. Mana barumsaa illee hindeemun ture. Kanarraa kan ka'e yeroo sanatti wanti kun jireenya koorratti dhiibbaa fide. Yeroon mana barumsaa irraa hafu obboleettiin koo fi abbaan koo nagorsan. Laguun ana qofa irratti osoo hinta'iin dubartii kamittuu dhufuu akka danda'u natti himan. Laguu arguun mallattoo dubartummaati malee rakkoo tokko illee akka hinqabnee fi sodaachuu akkan hinqabne natti himan. Anis gorsa isaanii fudhadheen sodaakoo dhiise. Achiin booda anuu hiriyyoota koo gorsuun eegale. Shamarran umuriin naboodaa kan laguu hinargiin sodaachuu fi yaadda'uu akka hinqabne gorsuun barbaada. Laguun mallattoo dubartummaati malee waan nama sodaachisu, yaaddessuu fi qaanessu akka hin taanebeekuun barbaachisaadha.

Story 4

When I first menstruated I was very shocked. I had a headache, stomach cramps, and back pain. I was very confused, so I told my mother. My mother told me that menstruation is natural and that I should not be shocked. She told me to put pieces of cloth in my underpants. I then told my girl friend because when I was walking with her I was afraid that I might get stained. I started putting pieces of cloth in my underpants just like my mother advised me. I have a lot of advice for younger girls. First, girls should not be shocked or afraid when they start menstruating because it is something natural that happens to all girls when they grow to a woman. Second, I would like to tell younger girls to tell their mother or girlfriends when they begin to menstruate and to get the appropriate advice. Third, girls living in a rural area can use pieces of cloth in their underpants if sanitary pads are not available. If a girl is living in a town or city, I will advise her to use sanitary pads.



Mudannoo 4

Yeroon jalqaba laguu argu, baay'een na'e. Mata dhukkubbii, cininnaa garaa fi dhukkuba dugdaatu natti dhaga'ame. Baay'een jeeqame, kanaafuu harmeekoottan hime. Haati koo garuu, laguun uumamaan waan jiruu fi rakkoo kan hinqabne waan ta'eef na'uu akkan hinqabne natti himte. Huccuu qulqulluu paantii koo keessa akkan kaayyadhu nagorsite. Sanaan booda osoon deemuu uffannaan koo dhiigaan akka hintuqamne sodaadheen hiriyyaa koo dubaraattin hime. Akkuma haati koo na gorsite uccuu qulqulluu paantii koo keessa kaayyachuun eegale. Shamarran umuriin isaanii ana booda ta'eef gorsa danuun qaba. Jalqaba, shamarreen kamuu gaafa laguu arguu jalqabdu na'uus ta'e sodaachuu hinqabdu. Laguu arguun ijoollummaa irraa gara dubartummaatti darbuu agarsiisa malee waan nama naasisu miti. Lammaffaa, shamarreen kamuu gaafa laguu arguu eegaltu haadha ishee ykn hiriyyaa dubaraa isheetti himattee gorsa fudhachuu qabdi. Sadaffaa, shamarran baadiyyaa jiran guyyaa laguu argan moodesiin yoo kan hinargamne ta'e huccuu qulqulluu paantii ofii jala kaayyachuun laguu keessummeessuu danda'u. Shamarran magaalaa jiran garuu moodesii bitanii akka fayyadamanan isaan gorsa.

Story 5

When I first started menstruating I was very shocked and I called my mom. While crying, I told my mom that I was bleeding. She comforted me and told me that I should not be shocked because it is normal. She explained that I should keep myself clean and take care of myself so that I will not be stained. She also told me that since I have started menstruating I should be careful of certain things such as unwanted pregnancy. When I menstruated, my father saw me washing my underpants. I was very shocked and did not say a word. He asked me what it was and I told him nothing. He demanded an answer and picked up a stick to hit me. I dropped everything and ran to my mom. My mother told my father not to hit or scare me because it is normal for girls to experience this. My father said, "I send her to school to learn, but instead she goes off to the forest with boys and comes back home." My mother tried to explain, but my father did not believe her. He said that menstruation happens only after a girl has had sex with a man and that I am not ready. Then, he beat me and asked me to tell him how this happened to me. Because of this my mother and my father fought and she left the house. My father then went to a doctor to ask him about menstruation. They told him that it happens when a girl grows up, not because she has had sex with a man. He stopped being angry with me. Now everything is clear. Younger girls should prepare themselves before starting to menstruate and should not be afraid to tell their parents. Girls should have all of the necessary things such as sanitary pads or pieces of cloth. Girls should keep themselves clean when they are menstruating. I also advise them to go and speak with doctors if they have pain during menstruation.

Mudannoo 5

Yeroon jalqaba laguu argu, baay'een na'een harmeekoo waammadhe., utuun boo'uun dhiigaa akkan jiru itti himadhe. Ofitti qabdee na sossobaa, waanuma jiru waan ta'eef boo'uu akkan hinqabne natti himte. Ibsa bal'aa eega naaf kennitee booda qulqullummaa koo eeggachuun uffannaa kootti akka hinbuune gochuu akkan qabu natti himte. Kana malees, laguu arguu waanan eegaleef akka hintaaneen dhiira waliin quunnamtii godhee akkan hin ulfoofnes nagorsite. Yeroon laguu arguu jalqabe, abbaan koo utuun pantii koo miiccadhuu na arge. Baay'ee waanan na'eef jecha tokkollee isatti hindubbanne. Maal akkan hojjedhu na gaafate, ani garuu hoomaa itti hinhimne. Deebbii akkan isaaf kennu barbaadaa na rukutuuf ulee lafaa fudhate. Waanan qabe hunda achumatti gateen gara harmee kootti baqadhe. Haati koo garuu laguu arguun dubartii kamiifuu kan hinoolee fi uumama waan ta'eef narukutuus ta'e sodaachisuu akka inni hinqabne itti himte. Abbaan koo garuu, "Ani akka barattun mana barumsaatti ishii erge. Isheen garuu dardarran waliin bosona keessa ooltee naaf galtee" jedhe. Haati koo haala isaa ibsuufii yaalii gootus inni garuu amanuu dide. Itti fufee laguun kan mul'atu dubartiin tokko dhiira bira yoo geessee akka ta'e dubbate. Baay'ee dheekkamee na rukutuun, akkamitti waanti kun akka natti dhufe nagaafate. Kanarra kan ka'e haati koo fi abbaan koo wal-lollaan haatikoo mana gadhiiftee deemte. Kanaan booda, abbaan koo waa'ee laguu ogeessa fayyaa deemee gaafate. Ogeessichis shamarreen tokko yeroo guddataa deemtu laguu arguu jalqabdi malee dhiira waliiin walqunnamtii saalaa waan gooteef akka hintaane itti hime. Kanumaan natti aaruu fi dheekkamuu dhiise. Amma waan hunduu ifa ta'eera. Kanaafuu, shamarran umuriin ijoollee ta'an waan hundaa maatii isaaniitti himuu sodaachuu hinqaban. Kana malees, shamarran meeshaalee barbaachisoo ta'an kan akka moodesii ykn huccuu qulqulluu ta'e argachuu qabu. Yeroo laguu irra jiran qulqullummaa isaanii eeggachuu qabu. Dabalataanis, yoo yeroo laguu baay'ee kan isaan dhukkubu ta'e ogeessa fayyaa bira deemanii haasofsiisuu akka qaban yaada laachuun barbaada.

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 feel afraid…it can be scary to see the blood on your underpants…but it is normal and natural.
- If you are at school… tell 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 folded piece of cloth or a sanitary pad in your underpants.
- Change the cloth/pad every 2 to 3 hours or if you think that the blood flow is getting heavy.

“Akkamitti!” gaaffiilee jedhan deebisuu.

Laguu kee jalqabaa akkamitti akka keessummeessitu.

- Angafoota kee faana dubbadhu: haadha, akkooa, obboleettii, adaadaa, hiriyaa dubartii ykn dubartoota umuriin decmanii hawaasa keessa jiran faana dubbadhu. Isaanis haala laguun jalqabaa itti keessummeeffamu irratti gorsa siif kennu.
- Hinsodaatiin! paantii keessaa kee dhiiga tuqee arguun kee si naasisuu mala.
- Haata’u malee, kun uumamaan waanuma jiruu fi kan baramedha.
- Yoo mana barumsaa jirta ta’e, barsiiftuu dubartii taate ykn hiriyaa dubaraa kee tokkotti himi. Isaanuu si gargaaruu.
- Qaamni kee garu dubartii geessuutti guddataa jiraachuu isaaf boonuu qabda.

Dhiiga dhangala’u “akkamiin” to’achuun danda’ama?

- Huccuu jirbiirraa hojjetame dadachaasii ykn moodesii paantii kee keessa kaa’i.
- Dhiigni dhangala’aa jiru yoo cimaa ta’e sa’a 2 hanga 3 moodesii ykn huccuu sana jijjiirradhu.

How to dispose of the cloth/ pad?

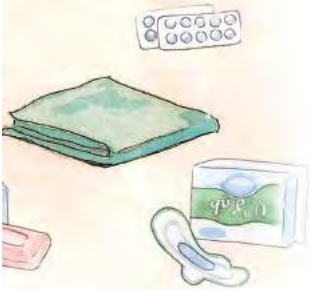
- If you are using a pad, wrap it in paper so it is a clean package and drop it in the latrine or put it into the dustbin so it can be burned/ thrown away later.
- If you are using a cloth, put it into a plastic bag until you can wash it with hot water and soap, and dry it in the sunshine.

How to keep yourself clean during your period?

- Every day (morning and evening) wash your pubic area with soap and water.
- Keep unused cloths and pads clean (wrapped in paper or plastic bag) to use later.
- Pat the area dry with a clean cloth, and put a fresh cloth or pad in your underpants.

How to manage the stomach pain from your period?

- 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 1-2 pain killer tablets every 4 to 6 hours on the most painful days. You can drink a hot cup of water, tea, or oatmeal.



Moodesii / huccuu sana akkamiin gatnaa?

- Yoo moodesii fayyadamte ta'e, waraqaa qulqulluun marii mana fincaanii keessa buusi ykn kuusaa balfaa keessa buusii booda gubamuu ykn gatamuu dandaia.
- Yoo huccuu fayyadamte ta'e p'laastikii itti huccuun miicamu keessa buusii saamunaa fi bishaan bulluqaan miicii aduurratti hafi.

Yeroo laguu akkamitti qulqullummaa kee eeggattaa?

- Guyyaa hundumaa ganamaa fi galgala saamunaa fi bishaaniin qaama saalaa kee dhiqadhu.
- Uccuu fi moodesii itti hinfayyadamiin qulqullummaa isaa eegii waraqaan marii kaa'i.
- Bakka qaama saalaa kee huccuu qoorsii huccuu ykn moodesii qulqulluu paantii jalaan kaa'ii itti fayyadami.

Yeroo laguu Ciniinnaa ykn dhukkubbii garaaf furmaata maaliitu jiraa?

- Yeroo boqottu bishaan ho'aa qaruurraatti naqil garaa kee irra kaayyadhu.
- Sochiiwwan qaamaa sasalphaa hojjadhu.
- Guyyaa baay'ee sidhukkube qoricha kiniinii dhukkuba dhabamsiism dhukkubaa 1-2 sa'a 4-6 gidduutti fudhadhu. Waan ho'aa kan akka bishaa ho'aa, shaayii ykn mooqa dhugi.

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 menstrual 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.

Waanti akkasii ... baramaa dha?

Yoon ji'a ji'aan laguun koo dhufuu baate maal agarsiisa?

Eeyyee, yeroo qaamni shamarranii guddachaa deemu, laguun isaanii yeroo isaa eeggatee hindhufu. Yeroo tokko tokko immoo ji'a illee yeroo dabarsu qaba.

Yoo laguun ji'aa shamarree tokkoo al tokko guyyoota 5f, yeroo biraa immoo guyyoota 6f, gaaf kaan immoo guyyoota 4f tura ta'e kan jiruu fi kan umaamuu danda'udhaa?

Eeyyee, laguun shamarree kamiiyyuu garaagaraa fi haaluma guddataa deemaniin guyyaan laguun isaan irra turus garagaradha.

Yoo laguun kee ji'oota garaa garaa keessatti guyyoota garaa garaa irratti sitti dhufe kan jiruu fi baramedhaa?

Eeyyee, Akka saayinsiitti guyyaan itti laguun dhufu guyyaa 28ffaatti yoo ta'u iyyuu gaafa 21- 35 gidduutti yeroo fedhe dhufuu danda'a.

Yoo laguun koo guyyyota 3 qofa narra turee kanhiriyaakoo immoo guyyota 5 ture kan baramee fi kan jirudhaa?

Eeyyee, laguun giddugaleessaan guyyaa 5 kan turu ta'us guyyaa 2-7 gidduu namarra turuu danda'a.

Yeroo guddina irra jirtu, yoo harmi kee sidhukkube kan jiruu fi baramedhaa?

Eeyyee, akkuma qaaqmni kee guddachaa deemeen jijjiiramni keessoo kee irratti uumamaa deema. Kanaaf, dhukubni harmaa xiqqoon kanuma jirudha.

Dhiironni laguu arguu dhaban waanuma jiruu fi baramedhaa?

Eeyyee, qaamni dhiirotaa keessoon kan dubaraa irraa adda waan ta'eef daa'ima hinbaatu. Kanaafuu, laguu hinargan.

Yeroo laguu argan qaana'uun waan jiruu fi baramedhaa?

Eeyyee, shamarreen baay'een akka itti laguu keessummeessan waan hinbeekneef, qaaniitu itti dhaga'ama. Kun waanuma jirudha. Haata'u malee, umuriin isaanii dabalaa akkuma deemeen saalfiin isaanii hir'achaa deema.

Is it normal if….?

Is it normal that some 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 age 9,10, or 11?

Yes, there are a wide range of ages when girls can get their period, 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 colors, including bright red, light pink or even more brown in color.

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.

Waanti akkasii ... baramaa dha?

Yoo laguu argan shamarran baay'een hin aaru. Haaruun isaanii kan jiruu fi baramedhaa?

Eeyyee, yeroo shamarran laguu argan hormoononni qaama isaanii keessa deddeebi'an miira isaanii jeequu danda'u. Jeequmsi hormoonota kanaa immoo aarii fiduu danda'a.

Shamarreen tokko yoo waggaa 9, 10, ykn 11 tti laguu arguu jalqabde, waan jiruu fi baramedhaa?

Eeyyee rakkoo hinqabu. Shamarreen trokko laguu jalqabaa waggaa 8 ykn 9 hanga 17 ykn 18 gidduu jirutti yeroo kamuu arguu dandeesssi.

Yeroo tokko tokko yoo laguu faana dhiigni kantaraan ba'e kan jiruu fi baramedhaa?

Eeyyee, laguu faana yeroo tokko tokko dhiigni kantaraan ititaan furdatee ba'uun waanuma jiruu fi baramedha.Dhiigni akkasii yeroo baay'ee shamarreen laguu argite tokko yoo boqottee kaate ykn ganama yeroo ciisichaa kaatu kan argitudha.

Yeroo laguu finnisni fuula namaa irratti ba'uun waan jiruu fi baramedhaa?

Eeyyee, shamarranii fi dubartoonni baay'een ykn yeroo laguu finniisni fuula isaanii irratti ba'ee arguun waanuma jiruu fi baramedha.

Yoo laguun dhufu ykn duraan dursee dhangala'aan bishaan fakkaatu ykn adiin yoo qaama dubartii keessaa ba'e waanuma jiruu fi baramedhaa?

Eeyyee, qaamni shamarree tokkoo guddachuu eegallaan dhangala'aan bishaan ykn aannan fakkaatu karaa qaama saala ishee ba'uun waanuma jiruu fi baramedha. Yeroo laguus, halluun dhiigaa addaa adda. Ta'uu danda'a Yeroo tokko tokko baay'ee diimaa yoo ta'u yeroo kaan immoo bifa piinkii godhata. Kana malees, takka takka bifa bunaa fakkaachuus nidanda'a.

Yeroo laguu dhukkubni garaa waan baramee fi jirudhaa?

Eeyyee, "ciniinnaan" garaa gara gadii laguu duras ta'e yeroo laguu nama mudachuu danda'a. Dhukkubbiin akkanaa xiqqoon ykn giddugaleessi waanuma baramedha. Haata'u malee, garmalee yoo cimee sidhukkube garuu, dooktorii ykn narsii haasofsiisuun dawaa fudhachuun barbaachisaa ta'a.

Is it true or false?

When you grow up you will stop having stomach pain (cramps) during your period. **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. **False**

You can go to school or participate in any sports during your period. **True**

Bathing while menstruating will make the menstrual blood heavier. **False**

Eating nutritious food such as vegetables will cause a girl to menstruate early or will cause the menstrual blood to be heavy. **False**

If a girl gets her period at a young age, it is because she has been having sexual relations. **False**

Speaking with a man while menstruating will make the menstrual blood heavier. **False**

Dhugaa moo soba?

Yeroo guddattu,ciniinnaan garaa sababa laguuji'aatiin mudatu sidhiisa **Soba**

Harmi shamarree tokkoo guddatee ga'aa ta'uuf giddugalaan, waggoota 3-4 itti fudhata. **Dhugaa**

Yoo heerumte ykn ulfoofte dhukkubbiin garaa sidhiisa. **Soba**

Yeroo laguu mana barumsaa deemuu ykn ispoortii garaa garaa irratti hirmaachuu nidandeessa. **Dhugaa**

Yeroo laguu qaama dhiqachuun dhiiga dhangala'u baay'isa. **Soba**

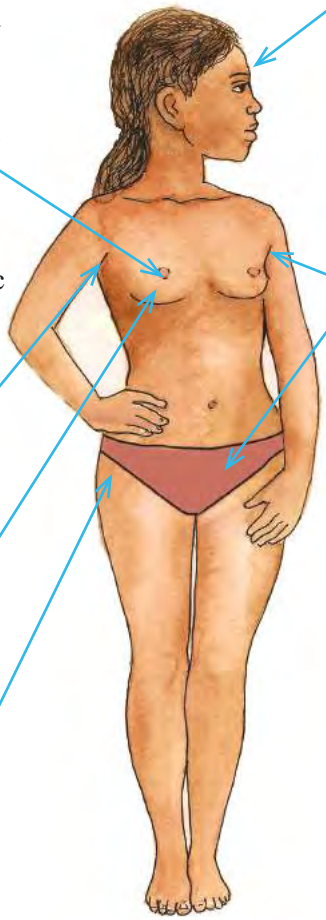
Nyaata madaalamaa kan akka kuduraa fi fuduraa nyaachuun dhufaatii laguu saffisiisa ykn dhiiga dhangala'u baay'isa. **Soba**

Shamarreen tokko umurii jalqabaatti daftee laguu kan argitu taananna wal-qunnamtii Saalaa raawwatteetti jechuudha **Soba**

Yeroo laguu dhiira faana haasa'uun/ dubbachuun dhiiga laguu dhangala'u baay'isa. **Soba**

Puberty Changes

- Your skin makes more oils, so you may get pimples.
- Your nipples will get darker in color.
- Hair will grow under your arms and in your pubic area.
- Sweat glands under your arms will be more active so you will smell more like an adult.
- Your breasts will grow larger and be more sensitive.
- Your hips will become wider.



Mallattoolee saafelummaa Jalqabaa

- Gogaan qaama kee garmalee cululuqee finnisa akka baaftu godha.
- Fiixee harma kee gurraacha'aa deema.
- Bobaa jalaa fi qaama hormaataa kee cinaatti rifeensa biqilchuu eegalta.
- Xannachoonni bobaa kee jalaa (sweat glands) hojii waan eegalaniif dafqikee foolii nama guddatee godhachaa deema.
- Harmoonni kee guddataa deemuun miira godhachuu eegalu.
- Cinni kee bal'ataa deema.

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, and draw an X through each day that the bleeding continues.

Remember, during puberty girls can have irregular periods!

Fulbaana

D	W	Ki	R	Ka	J	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

Onkoloolessa

D	W	Ki	R	Ka	J	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Sadaasa

D	W	Ki	R	Ka	J	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

Muddee

D	W	Ki	R	Ka	J	S
	1	2	3	4	5	6
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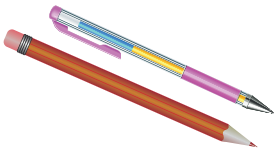


Guyyaawwan Laguu Lakkaawwachuu

Guyyaa fi yeroo laguun kee dhufu beekuuf, fakkeenya lakkoofsa laguu kana ilaali

Yeroo laguunkee dhufu:

- Yeroo laguunkee dhufu guyyaa isaa Qalamaan itti mari. Guyyaa dhiigni siba'u Hunda mallattoo X itti godhi.

Shamarran yeroo dargaggumma saaii marsaan laguusaaii garagara ta'uu Akka danda'u hubadhn.

Menstrual Myths....True or False?

Eating spicy food will cause a girl to reach puberty at an early age and will make the menstrual flow heavier.	**False**
Drinking local alcoholic beverages such as tela, tej, areke or gin will make the menstrual flow heavier or cause menstruation to start at an early age.	**False**
Consuming hot food and drinks while you have your period will make the menstrual flow heavier or cause a girl to reach puberty at an early age.	**False**
Girls can get pregnant if they have sex while menstruating.	**True**
Menstrual blood is dirty and will cause health problems if it does not leave the body.	**False**
Eating sugary food while you have your period can make the menstrual flow heavier.	**False**
Physical work such as exercise or carrying heavy objects will make the menstrual flow heavier or cause menstruation to start at an early age.	**False**

Barmaatilee waa'ee Laqguu... Dhugaa ykn Soba?

Nyaata urgooftuun itti baayyate shamarran nyaachisuun dafanii akka dargaggooman isaan taasisa. Kana malees, yeroo laguu isaanii dhiigni gar-malee akka itti baay'atu godha.	**Soba**
Yeroo laguu nyaataa fi dhugaatii ho'aa fudhachuun dhiigni baay'een akka dhangala'u ykn shamarran akka dafanii dargaggooman taasisa.	**Soba**
Dhugaatiiwwan biyya keessaa kan akka farsoo, daadhii, araqee fi jiinii dhuguun dhiigni baay'een akka ba'u ykn laguun umurii dursee akka dhufu taasisa.	**Soba**
Shamarran osoo laguu irra jiranii wal-qunamtii saalaa yoo godhan ulfaa'uu danda'u.	**Dhugaa**
Dhiigni laguu xurii waan ta'eef yoo nama keessaa ba'uu baate Rakkoo fayyaaf nama saaxila.	**Soba**
Yeroo laguu nyaata shukkaara qabu nyaachuun dhangala'uu dhiigaa baay'isa.	**Soba**
Sochii qaamaa kan akka Ispoortii hojjechuun ykn waan ulfaataa baachuun laguun akka baay'inaan yaa'u yookiin ammoo akka yeroo malee jalqabu taasisa.	**Soba**

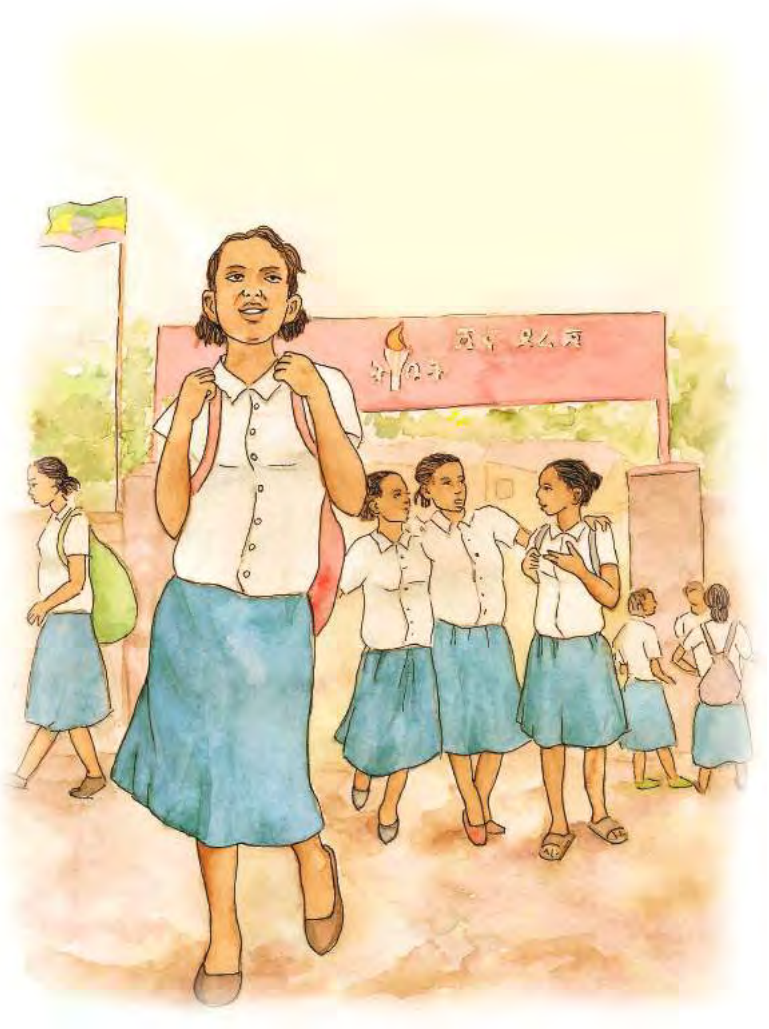
Congratulations!!

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

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

Baga Gammadde!!

Amma egaa waa'ee shamarrummaa irraa gara dubartii geessuutti guddachuu barttee jirta. Miidhagina, ciminaa fi guddina qaama keetti akka boontu abdii guddaa qabna.



Galata:

Uummata Itoophiyaa hunda- barsiisota, maatii barattootaa, hawaasa guutummaa, Ministeera Barnootaa Itoophiyaa, UNICEF fi UNFPA hubannoo waa'ee dhimma dargaggummaa shamarranii isa kitaabni kun irratti xiyyeeffatee baraa'e irratti waan muuxannoo nuuf qoodaniif guddaa galateeffanna.

Keessattuu Maqdas Eyyo'eel, Ministeera Barnootaatti Daarekteera, dhimma Koorniyaa irraatti Daayirecteera, Miiz Hassaab, irraa Dr. Akiliiluu Kidaanuu Wiirtuu Qorannoo fi Faaxumaa Omerf galatni keenya guddaadha. Dhuma irratti, shamarran Itoophiyaa muuxannoo isaanii nuuf qoodanii fi kitaaba kana akka barreessinunt yaada kennuun qooda fudhatan hundaaf galata guddaa qabna.

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