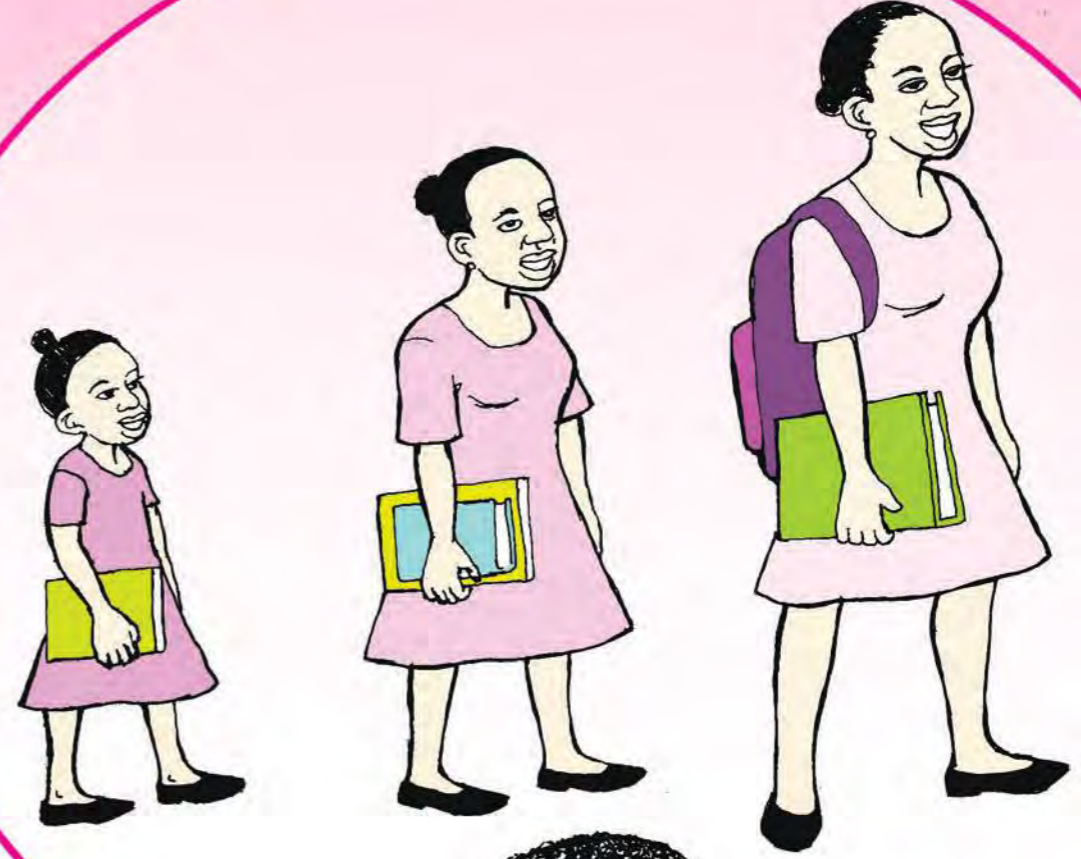


PUBERTY BOOK GIRLS

BUTHU Kabukhu ka Atsikana



Acknowledgements

Thanks to all contributors who have made this book possible. Most importantly the voices of boys and girls from St Martin's Primary School, Nasawa and St Martin's Community Day Secondary Schools who shared their personal stories and questions about puberty. Much thanks to the intern from UK who put the stories together.

Special mention goes to the following books which were used as references:

Government of Nepal, Ministry of Health and Population, National Health Education Information and Communication center's book (2011), **KISHOREE**.

Marni Sommers, Growth and Changes

GEMS Diary by ICRW in India

MIE (2011), Life Skills, Sexual and Reproductive Health for HIV and AIDS Education for Primary Schools in Malawi (2nd edition)

Finally, this book was made possible by Protecting Futures by Always and Tampax and Save the Children

Technical and content advisor

Beth Outterson (SC/USA)

Brad Kerner (SC/USA)

Working group

Doreen Mbendera - Ministry of Youth

Dinah Kapaula - South East Education Division Office

Hilton Mautanga - Zomba District Education Office

Yamikani Nkhoma - Zomba District Health Office

Twesa Mwamlima - Zomba District Youth Office

Masozzi Mkandawire - YONECO

Clifford Masambuka - Ulumba Youth Organization

Emily Maosa - Save the Children

Content check

Clara Chindime – UNICEF

Maria Chikalipo – Kamuzu College of Nursing

Illustrations and design

Montgomery Thunde

Booklet produced by

Save the Children

Date of production

December, 2013

Kuthokoza

Tikuthokoza onse amene anathandizapo polemba bukhuli. Koma tikuyamika koposa anyamata ndi atsikana ochokera ku sukulu za St Martin's Primary, Nasawa ndi St Martin's Community Day Secondary amene anatifotokozera nkhani zawo komanso mafunso awo pa nkhani zokhudzana ndi kutha msinkhu. **Tikuthokozanso amene anatithandiza kusonkhanitsa nkhanizi.**

Mwapadera tikuyamika chifukwa chotilora kugwiritsa ntchito mabuku awa:

Government of Nepal, Ministry of Health and Population, National Health Education Information and Communication center's book (2011), **KISHOREE**.

GEMS Diary by ICRW in India

Growth and Change's by Marni Sommers

MIE (2011), Life Skills, Sexual and Reproductive Health for HIV and AIDS Education for Primary Schools in Malawi (2nd edition).

Pomaliza tikuyamika a Protecting Futures by Always and Tampax ndi Save the Children amene anapereka chithandizo cha ndalama zimene tinagwiritsa ntchito polemba bukhuli.

Alangizi pa kakonedwe ka bukhuli

Beth Outterson (SC/USA)

Brad Kerner (SC/USA)

Anthu omwe anali m'gulu lokonza bukuli

Doreen Mbendera - Ministry of Youth

Dinah Kapaula - South East Education Division Office

Hilton Mautanga - Zomba District Education Office

Yamikani Nkhoma - Zomba District Health Office

Twesa Mwamlima - Zomba District Youth Office

Masozzi Mkandawire - YONECO

Clifford Masambuka - Ulumba Youth Organization

Emily Maosa - Save the Children

Owunika nkhani zonse za m'bukhuli

Clara Chindime - UNICEF

Maria Chikalipo - Kamuzu College of Nursing

Wojambula zithunzi ndi kuyala bukhuli

Montgomery Thunde

Womasulira m'Chichewa

Alick Kadango Bwanali (akbwanali@yahoo.co.uk)

Wosindikiza bukhuli

Save the Children

Tsiku Losindikiza

December, 2013

BUTHU

Kabukhu ka Atsikana



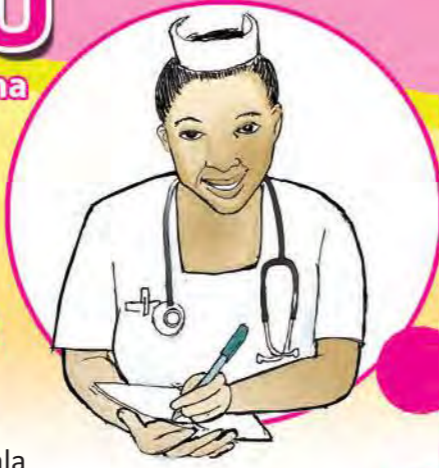
MALOTO ANGA

Aliyense amakhala

ndi **ZIKHUMBOKHUMBO** ndi **MALOTO** pamoyo wake
Kodi inu **Zikhumbokhumbo** zanu komanso **Maloto** anu ndi otani?

Mumalalaka mutachita chiyani m'moyo mwanu?

Jambulani chithunzi kapena lembani mawu angapo oyimira zikhumbokhumbo ndi maloto anu. Afotokozereni anzanu, abale anu komanso makolo anu. Anthu amenewa angathe kukuthandizani kwakwaniritsa **zikhumbokhumbo** zanu ndi **maloto** anu.



PUBERTY BOOK

GIRLS

MY DREAMS

Everyone has HOPES and DREAMS for their life.

What are your hopes and dreams?

What do you want to achieve in life?

Draw a picture or write a few words of your **hopes** and **dreams**. Share it with your friends, siblings, and parents. They can help you make your hopes and dreams come true.



Growth and Development

What is puberty?

This is the time in a girl's life when she starts to experience changes in her body. This usually takes place between ages 10 to 14. Everyone experiences these changes, but some girls experience them earlier than others.

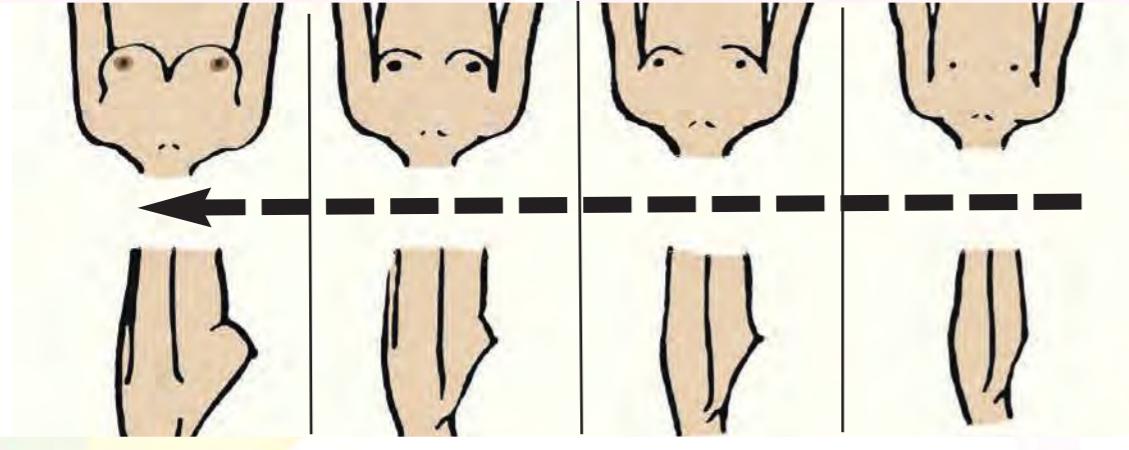
Who is an adolescent?

An adolescent is someone who is undergoing puberty, but is not a grown up person or not matured yet. They pass through a period known as adolescence, which is a journey from being a child to being an adult. This lasts from about 9 or 10 years old, all the way to 18 or 20 years old. It is marked by dramatic physical, psychological and social changes.

You will see the following body changes during puberty:



- You will grow taller
- You are likely to gain weight
- Hair will grow in and around your pubic area and armpits
- Your hips will get bigger
- Your breasts will grow and become more sensitive
- Your voice will become soft
- You may start to sweat more which can make you smell bad if you do not wash yourself
- Your face will become oily which may cause pimples
- Your labia and clitoris will grow bigger
- You will begin to experience menstruation



Kodi kutha msinkhu ndi chiyani?

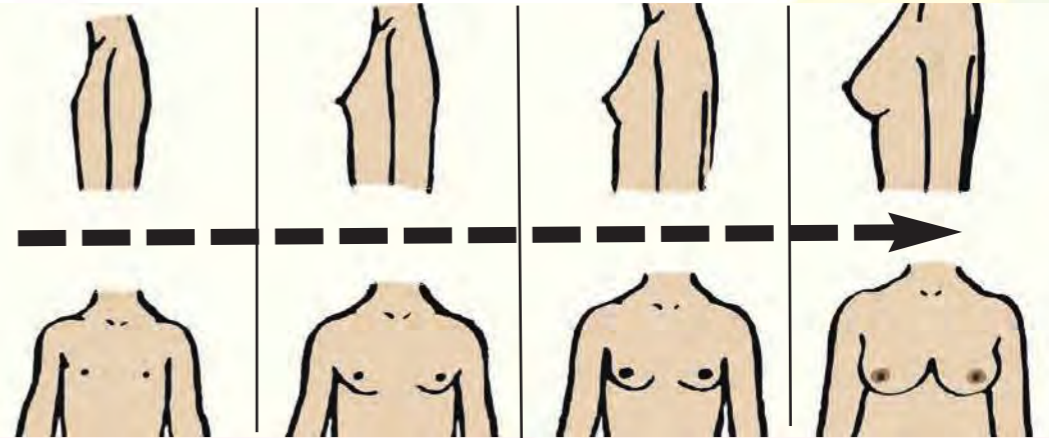
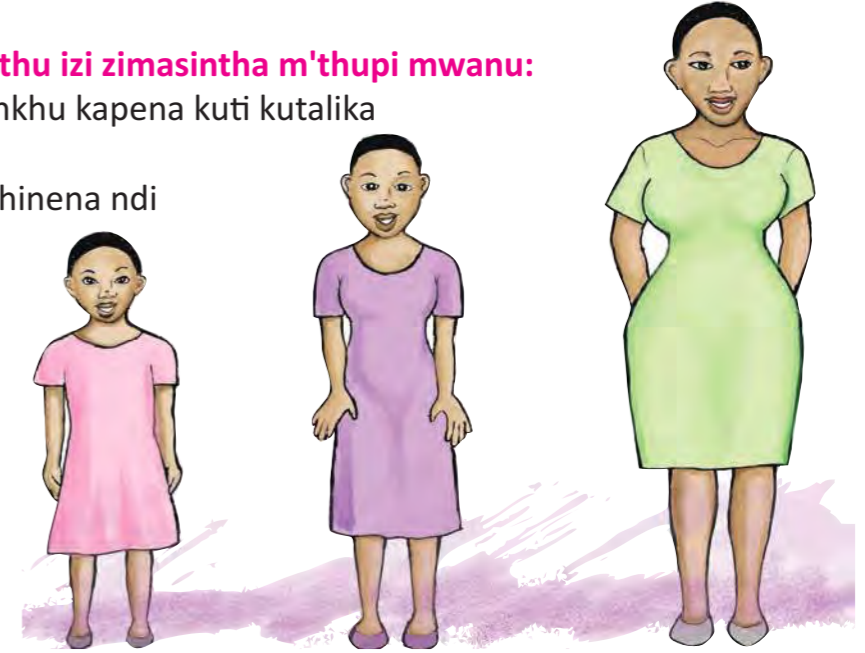
Iyi ndi nthawi imene zinthu zina zimayamba kusintha m'thupi la mtsikana. Kusinthaku kumayamba mtsikana akafika zaka 10 mpaka 14. Zimenezi zimachitika kwa mtsikana aliyense koma ena zimawayambira mofulumirako poyerekeza ndi anzawo.

Kodi buthu ndani?

Buthu ndi mtsikana amene akukula kufika pa namwali koma sanafike pokhala mzimayi. Atsikana amadutsa nthawi ya ubuthu yomwe thupi lawo limasintha kuchoka ku ubwana kupita ku ukulu. Gawo limeneli la moyo wa munthu limayambira zaka 9 kapena 10 mpaka zaka 18 kapena 20. Pa nthawi imeneyi zinthu zambiri zimasintha m'thupi, maganizo komanso pa kakhaliidwe.

Pamene mukukula zinthu izi zimasintha m'thupi mwanu:

- Mumakula mu msinkhu kapena kuti kotalika
- Mumanenepa
- Tsitsi limamera pachinena ndi m'khwapa
- Mbina imayamba kukula
- Mabere amakula ndipo amanyerenyesa
- Mawu amamveka mwanthetemya
- Mumatuluka thukuta lochuluka lomwe limayambitsa fungo loipa ngati simudzisamalira
- Nkhope yanu imachita mafuta omwensu amayambitsa ziphuphu
- Ziwalo zina za kumaliseche monga bumbu ndi kanyemba (nanyongo/mkongo) zimakula



- Mumayamba kusamba kapena kutaya magazi kuchokera kumaliseche mwezi uliwonse

Zinthu izinso zitha kumakuchitikirani:

- Kukwiyakwiya komanso kukondwa pang'ono kenako kukwiyanso
- Kuchita chidwi ndi maonekedwe komanso zochitika zanu
- Manyazi
- Kutengeka ndi anyamata
- Kufuna kukhala odzidalira
- Kukhudzidwa ndi zokunenani anthu ena
- Kulakalaka kukondedwa kapena kukonda ena
- Kulakalaka kusangalatsa anzanu ena
- Kuziyerekeza ndi ena
- Kusafuna kusiyana ndi anzanu ena
- Kufunitsitsa kuti ena azikumvetsani pa zofuna zanu
- Kufunitsitsa kukhazikitsa magulu anuanu a atsikana okhaokha
- Chilakolako chogonana



Nkhani ya Faith

Pamene ndinkakula, ndinaona zinthu zambiri zikusintha pathupi panga. Tsitsi linayamba kumera kumaliseche kwanga, mabere anayamba kukula, nkhope imachita mafuta, thupi linayamba kufewa, mawu anasintha kenako ndinayamba kutulutsa magazi kumaliseche. Ndinaopa kuganiza kuti mwina ndadya china chake chimene chinkayambitsa zonsezi. Ndinamufotokozera mnzanga wamsinkhu wanga amenenso sankadziwa chifukwa chimene zinthu zimasinthika m'thupi mwanga. Kenako ndinawafotokozera amayi anga ndipo anandiuza kuti ndisadandaule chifukwa sikuti ndimadwala koma kuti izi zimachitika mtsikana akamakula.



Ndikulangiza atsikana onse amene sanathe msinkhu motere: Mukayamba kumva kapena kuona kusintha m'thupi mwanu, fotokozerani mtsikana wamkulu kapena mzimayi amene mumamukhulupirira komanso kumasuka naye. Adzakuthandizani ndikukuyankhani mafunso amene mungakhale nawo.

My advice to younger girls who have not gone through puberty yet is: When you start to feel changes in your body, tell an older girl or woman you trust and feel comfortable with. She will listen and help answer your questions.



When I was growing up, I noticed different changes on my body. Hair started to grow in my private parts, my breasts became bigger, my face became oily, my body became soft, my voice changed, and I started menstruating. I thought I had eaten something which was causing these changes, so I was frightened. I told my friend who was the same age as me who also did not know why I had these changes. I then told my mother, who said I should not be worried, as it was not a disease but menstruation and it happens when a girl is growing up.



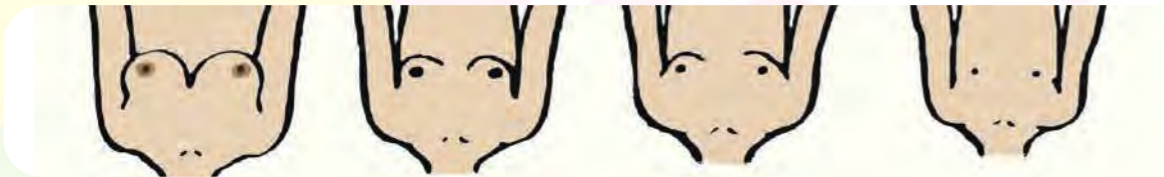
Faith's Story

- You might also experience the following:
 - Mood swings - happy today and sad tomorrow
 - Become more concerned about your appearance and actions
 - Shyness
 - Become attracted to boys
 - Desire for independence
 - Sensitive to comments
 - Desire to be loved or to love
 - Desire to please others
 - and not feel different from friends
 - Desire to want others to understand your feelings
 - Desire to form your own groups with girls only
 - Sexual desire



An itchy pubic area is most likely the start of pubic hair, which is part of puberty. If the itching lasts past when the hair has fully grown, then talk to a health worker or an adult.

I am experiencing itchy pubic areas?



Do not worry. Your breasts will grow during puberty and this is one of the many body changes that happen. It is normal.

I begin growing breasts?

No. There is no specific age for reaching puberty. Everyone's body is different and every boy and girl starts puberty at a different age. Puberty is more of an ongoing process. Someone knows they're going through puberty by experiencing things like development of pubic hair, soft voice, development of breasts and menstruation.

gone through it yet?

There is a specific age for reaching puberty and I have not

Absolutely not! Puberty means you are going to start a long journey from childhood to adulthood. During this journey, your body and mind will go through changes. All your friends will be experiencing the same thing. So, do not worry as this is normal.

I have not gone through puberty yet?

Should I worry if...

Three horizontal lines for writing answers to the questions: 'What have you learnt from the story?', 'Who did Faith tell when she saw the body changes? Did this person help her?', and 'What are the body changes Faith experienced when she was growing up?'

Questions to consider

Mafunso oyenera kuganizira

Ndi zinthu ziti zimene zinasintha m'thupi mwa Faith pamene amakula?

Two horizontal lines for writing an answer to the question about Faith's body changes.

Kodi Faith anafotokozero ndani ataona kusintha m'thupi mwake. Kodi anathandizidwa?

Two horizontal lines for writing an answer to the question about Faith's support.

Mwaphunzirapo chiyani pankhaniyi?

Two horizontal lines for writing an answer to the question about the topic.

Ndide nkhowa ngati...

Sindinathe msinkhu?

Ayi ndithu! Kutha msinkhu kuli ngati kuti mwayamba ulendo wautali wochoka ku ubwana ndikusanduka munthu wamkulu. Paulendowu zinthu zambiri zidzakhala zikusintha m'thupi komanso m'maganizo anu. Anzanu ena onse zimenezi zidzawachitikiranso. Osadandaula, palibe choopsa.

Pali zaka zimene munthu amayenera kutha msinkhu ndipo ine sindinafikepo?

Ayi sichoncho. Palibe zaka zenizeni zimene mtsikana amayenera kutha msinkhu. Anthu onse ali ndi matupi osiyana ndipo mtsikana kapena mnyamata aliyense amatha msinkhu panthawi zosiyanasiyana. Kutha msinkhu sikuchitika tsiku limodzi. Mtsikana amazindikira kuti akukula akamaona zinthu zina zikusintha monga kumera tsitsi pachinena, mawu amamveka anthetemya, kumera mabere mapeto ake kuyamba kusamba.



Ndiyamba kumera mabere?

Osadandaula. Mabere anu adzakula mukamakukula ndipo chimenechi ndi chimodzi cha zinthu zimene zidasinthe pathupi panu. Sizoopsa ayi.

Ndikumva kunyerenyesa kumaliseche?

Ngati kumaliseche kukunyerenyesa ndiye kuti mwina tsitsi layamba kumera. Ngati kumaliseche kukupitirira kunyerenyesa tsitsi litamera kale, pitani kuchipatala kapena fotokozerani munthu wachikulire.



Ndikutuluka ziphuphu. Ndiye kuti ndiyenera kukwatiwa?

Ayi sichoncho. Kutuluka ziphuphu ndiye chizindikiro chakukulako ndipo zimayamba chifukwa chakuti nkhope yanu imatulutsa mafuta ambiri. Koma zimenezi sizitanthauza kuti mukwatiwe. Muyenera kudikira mpaka mutaphunzira mokwanira ndikukhala ozidalira.

Ndizomvekadi kuti atsikana ndi anyamata ambiri amada nkhwana akamatha msinkhu koma zinthu zimene amada nazo nkhwana sizoopsa ndipo zimachitika kwa wina aliyense. Koma ngati mukudabwa kapena kusowa mtendere chifukwa cha zimene zikukuchitikirani, khalani omasuka kukafunsa akulu amene mumawadalira, makolo, azakhali, aphunzitsi komanso ngakhale achipatala.

Nkhani ya Thoko

Tsiku limene ndinatha msinkhu sindinkadziwa chilichonse za kusamba. Ndinali ndi zaka 15. Ndinangoona magazi papanti wanga. Ndinangoganiza kuti mwina sindinadzisamalire mokwanira. Ndiye ndinasamba kambirimbi kudziyulanyula thupi lonse. Koma magazi sanasiye kutuluka. Ndinayamba kuopa. Ndinapita kwa agogo anga kukawafotokozero zomwe zimandichitikirazo. Anandifotokozero kuti sizachilendo chifukwa mtsikana aliyense zimamuchitikira. Anati zimenezi zikusonyeza kuti tsopano ndikukula kusanduka mzimayi. Koma anandichenjeza kuti popeza ndayamba kusamba sindiye kuti ndakhwima ngati iwowo. Anandiphunzitsanso momwe ndingayikire kansalu (nyanda) kothandiza kuti ndisaziongere ndikuti ndizikachapa ndikukayanka. Anandipatsanso ndalama zoti ndikagulire mapadi kuti ndizikagwiritsa ntchito kusukulu kuti ndisamadensu nkhwana kuti ndiononga zovala. Anandilangizanso kuti ndiyenera kusamala ndi anyamata chifukwa ngati ndigonana ndi mnyamata nditha kutenga mimba.

Malangizo anga kwa atsikana ndiakuti kusamba kumachitika kwa **ATSIKANA ONSE** m'moyo mwawo, choncho zikakuchitikirani musakhale ndi nkhwana.

Kumbukirani kuti mukayamba kusamba sindiye kuti **MWAKHWIMA**.

Zimatenga nthawi kuti munthu afike pokhwima ndikukhala wozindikira, choncho muyenera kudekha mpaka mutafika pokhala paubwenzi wokhazikika musanayambe zogonana.



I'm starting to get pimples? Does it mean that I need to get married?

No. Pimples are part of puberty, and begin because you will start to produce more oil on your face. It should not mean that someone needs to get married right away. It is best to wait until you attain a good education and you are independent to get married. It's understandable that most girls and boys worry about are during puberty, but most of the things they worry about are overwhelmed and confused by what you are going through, feel free to ask questions to older siblings, parents, aunts, teachers, and even health workers.



Thoko's Story

I did not know anything about menstruation before it happened to me. I was 15 years old. I saw the blood on my panties and just thought that I was not keeping myself clean. So I bathed several times, scrubbing my body to take the dirt away. But the blood kept on coming. That is when I got scared. I went to find my grandmother to tell her about what was happening. She told me that this is something that every girl goes through. It means that I am growing up and becoming a woman. She reminded me that just because I had started menstruating, this didn't mean that I was an adult yet, like her. She also showed me how to use cloth to absorb the blood and to wash and dry the cloth. She even gave me some money to buy some sanitary pads so I could use them in school and not worry about soiling my clothes. She also told me that now I have to keep myself safe from boys because if I have sex with a boy, I could become pregnant.



My advice to girls is that menstruation is something that ALL GIRLS experience in their lives, so you should not fear when it comes. Remember that having your monthly menstrual period does NOT mean you are suddenly an adult. It takes time to become a mature and responsible adult, so you should take your time and wait until you are in a long term, loving relationship to have sex.



For your information

What problems does a person have when they reach puberty?

Girls experience different problems when they reach puberty. Some girls have fear because of the changes they are going through. Most girls do not have information on growing up and they do not know whom to discuss with. Some girls experience mood swings which may cause them to feel happy one moment and sad the next. Some feel withdrawn and they experience peer pressure leading to problems such as substance abuse, school dropout, rudeness, desire for independence, concern about appearance, curiosity to know more about sex and start to have sex.

What should I do when I reach puberty?

Tell someone close to you like an adult or reliable older adolescent. If you don't feel okay doing that, then try speaking to someone at a youth center or youth club, teacher, peer educators, Youth Friendly Health Service Provider, Youth Community Based Distribution Agent (YCBDA) or an adult or a reliable adolescent.

Why is it that the mature girls do not want to play with the

Younger girls?

Maybe because they want to associate with those who have had the same experience as them. Although they are not adults yet, they may start to feel older and feel more comfortable with other older girls who have been through the same experiences.



What does menstruation mean?

Menstruation is a special sign for a girl that her body is growing and preparing to have children in the future. During menstruation, every month, blood will trickle out of the vagina for three to five days. Do not be scared the first time this happens. It happens to all girls at puberty.

Zoyenera kudziwa

Ndi zovuta zanzi zimene munthu amakumana nazo akatha msinkhu?

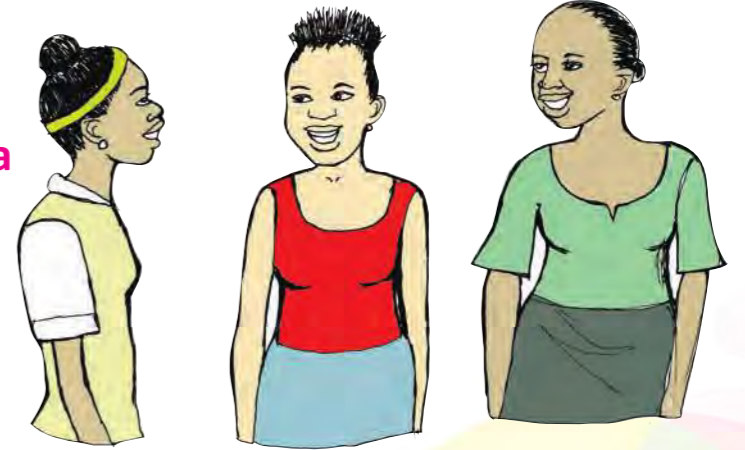
Atsikana amakumana ndi mavuto osiyanasiyana akatha msinkhu. Atsikana ambiri sadziwa zambiri za zomwe zimachitika m'thupi mwawo munthu akamakula, sadziwa kuti angathe kukambirana ndi yani za kusinthaku. Atsikana ena amasinthasintha kakhalidwe kawo, zomwe zimachititsa kuti pena akhale osangalala komanso sachedwa kukwiya. Ena amangokhala duu! osaonetsa chidwi pa china chilichonse, ena amatsatira makhalidwe a anzawo zomwe zimayambitsa mavuto ena monga kugwiritsa ntchito mankhwala osokoneza bongo, kusiya sukulu, kuchita mwano, kufuna kukhala odziimira paokha, kukhala ndi chidwi ndi maonekedwe awo, chidwi chofuna kudziwa zambiri za kugonana ndikuyamba mchitidwe wogonana.

Ndiyenera kuchita chiyani ndikatha msinkhu?

Fotokozerani munthu amene mumasukirana naye kwambiri monga munthu wamkulu kapena wachinyamata amene mumamudalira. Ngati mukuona kuti zimenezi ndizovuta, yesani kukambirana ndi munthu wina wake wa ku Malo a azachinyamata (youth center), kapena kalabu ya achinyamata, mphunzitsi, wothandizira aphunzitsi (teacher aide), mlangizi wa zachinyamata (YCBDA), mlangizi wazaumoyo (HSA), kapena munthu wamkulu kapena wachinyamata mzanu wodalilika.

N'chifukwa chiyani atsikana amene anatha msinkhu safuna kusewera ndi atsikana aang'ono?

Mwina chimakhala chifukwa chakuti amafuna azicheza ndi amene anakumana ndi zimene iwowo zinawachitikiranso. Ngakhale kuti atsikanawa siakulu amayamba kudziwa ngati aakulu ndikumamasukirana ndi atsikana ena amene anakumana ndi zofanana ndi iwo m'moyo wawo.



Kodi kusamba n'kutani?

Kusamba ndi chizindikiro chakuti thupi la mtsikana likukula ndikukonzekera kudzakhalala ndi ana m'tsogolo. Pamene mtsikana akusamba, mwezi uliwonse magazi amatuluka kumaliseche kwa masiku atatu kapena asanu. Zimenezi zikakuchitikirani koyamba, musaope. Zimachitika kwa mtsikana aliyense amene watha msinkhu.

Kodi kusamba kumachitika bwanji?

M'thupi la mtsikana mumakhala mazira amene amatuluka mtsikana akafika msinkhu wosamba (pamene mtsikana wayamba kutuluka magari kumaliseche). Dzira limodzi limatuluka mwezi uliwonse kuchokera ku nkhoekwe ya mazira ndipo zikaterere khoma la chiberekero limakandapala pokonzekera kuti dziralo likumane ndi umuna mtsikana akagonana ndi mamuna . Mtsikana akapanda kugonana ndi mamuna ndipo sanatenge mimba, dzira lija silikulanso ndipo magari amayamba kudontha kudzera kumaliseche. Izi zimachitika mwezi uliwonse ndipo pa Chichewa amati kusamba (msambo).

Amayi ambiri amachita msambo wawo masiku 28 kapena 30 alionse. Panthawi imeneyi amayi osiyanasiyana amamva zinthu zosiyanasiyana m'thupi mwawo. Ena amamva kupweteka m'mimba, ena amafowoka kwambiri pamene ena samva chilichonse. Choncho atsikana asamade nkhwawa chifukwa ululuwu umatha akangomaliza kusamba.

Kodi atsikana onse amasamba?

Atsikana onse amasamba akangotha msinkhu koma mtsikana aliyense amamva kapena kukumana ndi zinthu zosiyana ndi wina. Atsikana ena amasamba kwa nthawi yaitali kusiyana ndi anzawo. Ena amataya magari ambiri ndipo ena sasamba mwezi uliwonse. Ngati muli ndi nkhwawa pa za kusamba kwanu kambiranani ndi munthu wina wamkulu womudalira.

Chimayambitsa kusamba ndi chiyani?

Msambo umayamba malinga ndi kusintha kwa michere yam'thupi (hormones) la mtsikana pamene watha msinkhu. Michere imeneyi imapangitsa chiberekero kukandapala, kenako kusamba. Ngati mtsikana sanatenge mimba. Zimenezi zimachitika mwezi uli onse mpaka mutafika zaka zapakati pa 39 ndi 50.

Mtsikana akangoyamba kusamba mwezi uliwonse, ayenera kusamala kwambiri kuti asatenge mimba. Akagonana ndi mnyamata mosadziteteza (monga kugwiritsa ntchito kondomu kapena mapilitsi) angathe kutenga mimba. Mtsikana akagonana osadziteteza, dzira lija limakumana ndi umuna wa mnyamata. Dzira ndi umuna zikakumana mtsikana uja amakhala ndi mimba.

Ndichinthu choopsa kwambiri kwa mtsikana kukhala ndi mimba asanakwanitse zaka 18. Mtsikana akabereka asanakwane zaka 18, mtsikanayo ngakhale mwanayo amakhala ndi mavuto osiyanasiyana. Mtsikana amakumana ndi mavuto osiyanasiyana panthawi imene ali ndi mimba, pobereka komanso kulera mwana obadwayo.



It is very dangerous for a girl's body to become pregnant before she is 18 years old. The girl experiences a lot of problems during pregnancy, delivery and caring for the baby. Babies born to mothers under 18 also have more health problems. The most important message here is that it is better to wait until your body—and you mind—are mature enough to be a mother. So this means the best time to get pregnant is after you have reached 18 years of age and have attained a good education and you are independent.

When a girl has unprotected sex, the egg which is released from the girl's body every month meets up with the sperm from the boy. This process, called fertilization, starts the development of a baby which means the girl has become pregnant.

Once a girl starts having her period every month, she must be careful to avoid pregnancy. If she has sex with a boy without a method of protection (such as a condom or use of birth control pills) she could become pregnant.

Menstruation is caused by the change in hormone levels in a girl's body during puberty. These hormones are the body's natural chemicals that lead to a layer of tissue in the uterus that is shed every month when a girl has her menstrual period. This process will continue until you are between 39 and 50 years.

What is the cause of menstruation?

All girls will menstruate when they start puberty but every girl's experiences are different. Some girls' menstruation last longer than others, some girls see more blood and some girls do not get their menstruation every month. If you are concerned about menstruation, try talking to a Peer Educator, Youth Community Based Distribution Agent (YCBDA), teacher or teacher aide, Youth Friendly Health Service provider or an adult that you trust.

Will all girls menstruate?

There is a monthly cycle of when women have their menses (also called menstrual period). Most women have their periods every 28 to 30 days. During this time, different women feel different things. Some may have abdominal pain, others feel very weak, while others may not feel ill at all. Girls should not get worried because the pain goes after your monthly period has finished.

In a girl's body there are eggs that start to be produced when one reaches menarche (when a girl has her first menstrual period). One egg is released each month from her ovaries, and the lining of the uterus thickens in preparation for fertilization. If a girl does not become pregnant, the egg does not develop and blood trickles out through the vagina. There is a monthly cycle of when women have their menses (also called menstrual period). Most women have their periods every 28 to 30 days. During this time, different women feel different things. Some may have abdominal pain, others feel very weak, while others may not feel ill at all. Girls should not get worried because the pain goes after your monthly period has finished.



How does menstruation happen?

Puberty can be a confusing and overwhelming time in an adolescent's life and having people there to support them is a huge help. Teasing boys or girls because of the changes they are going through is mean. Talking and helping friends during puberty will earn you respect.

How do you help those adolescents who have reached puberty?

Girls need to start learning about body changes so that they are prepared when the time comes. Girls must specifically learn how to handle menstruation so they are prepared each month and they do not soil their clothes. They may need to bring extra cloth with them to school in a bag with an extra pair of panties. Some girls even make a point of wearing dark colored pants or skirt on the days when they have their greatest flow of blood (this will be the first 2-3 days). She should also think about which teacher she would ask for information.

How can one take care of herself when approaching puberty?

There are so many reasons why boys and girls leave school. Starting puberty should not be one of those reasons. What is your plan to stay in school.

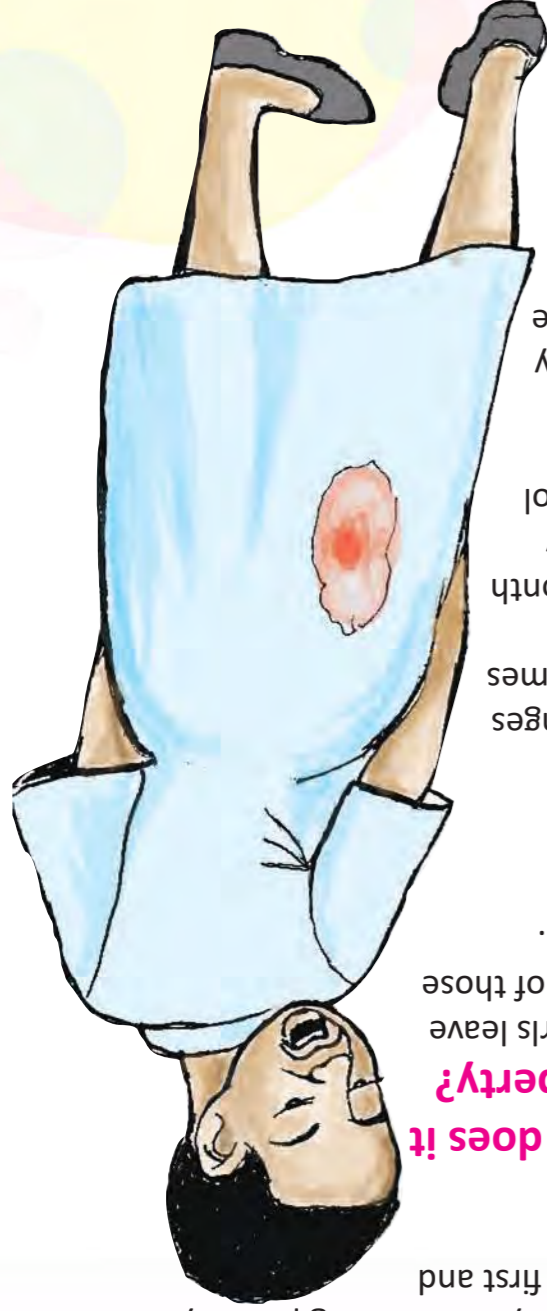
When somebody stops schooling does it mean that they have reached puberty?

Marriage does not automatically start puberty. And starting puberty does not mean you should get married. Finish school first and try to achieve your hopes and dreams.

When a boy or girl gets married does it mean that he/she has reached puberty?

It is not a must to get married when one reaches puberty. Puberty only means that one's body is maturing but not emotionally or physically ready to be a mother. In fact, boys and girls start puberty when they are very young when they are not ready to take on the responsibilities of marriage and parenthood.

Is it a must to get married when one reaches puberty?



Mwanayo amakumananso ndi mavuto paumoyo wake. Choncho, chofunikira kwambiri ndikudikira osatenga mimba mpaka thupi lanu ndi maganizo anu atakhwima kufika pa mayi. Choncho nthawi yabwino kukhala ndi mimba ndi pamene mwapitilira zaka 18.

Kodi ndiye kuti aliyense amayenera kukwatiwa akatha msinkhu?

Simukakamizidwa kukwatiwa mukangotha msinkhu. Kutha msinkhu kumangosonyeza kuti thupi lanu ndi limene likukhwima koma osati maganizo. Zoonza zenizeni ndi zakuti anyamata ndi atsikana amayamba kutha msinkhu akadali aang'ono, asanafike pokhala ndi maudindo a banja kapena kukhala makolo.

Kodi mnyamata kapena mtsikana akakwatira kapena kukwatiwa ndiye kuti watha msinkhu?

Kukwatiwa sindiye kuti munthu watha msinkhu. Komanso mukatha msinkhu sindiye kuti mukwatiwe. Muyenera kutsiriza maphunziro anu ndikukwaniritsa maloto anu.

Kodi munthu akasiya sukulu ndiye kuti watha msinkhu?

Pali zifukwa zosiyanasiyana zimene anyamata ndi atsikana amasiyira sukulu. Kutha msinkhu sichifukwa chosiyira sukulu. Malingaliro anu ndi otani pankhani yopitiliza sukulu?

Mtsikana angadzisamalire bwanji pamene akuyandikira kutha msinkhu?

Atsikana ayenera kuyamba kuphunzira za zinthu zimene zimasintha m'thupi kuti azikhala okonzeka nthawi yotha msinkhu ikafika. Ayenera kudziwa momwe angadzisamalilire ikafika nthawi yosamba kuti asamaonongere zovala zawo. Angathenso kumatenga nsalu (nyanda) kapena panti wapadera popita kusukulu. Atsikana ena amavala panti kapena siketi yamtundu wakuda nthawi imene akusamba makamaka pamasiku amene akutaya magari ambiri (masiku awiri kapena atatu oyambirira). Ayeneranso kuganizira za aphunzitsi amene angakafunseko nzeru.



Anyamata ndi atsikana amene atha msinkhu mumawathandiza bwanji?

Nthawi yotha msinkhu imakhala yozunguza pamoyo wa anyamata ndi atsikana ndipo ndikofunika kukhala ndi anthu ena amene angawathandize. Sibwino kumayankhula zachipongwe pamene anyamata kapena atsikana atha msinkhu. Chofunika ndikucheza nawo ndikuwathandiza. Mukatero adzakupatsani ulemu.

Kodi makolo amawauza chiyani ana awo akatha msinkhu?

Makolo ena amauza ana awo zonse zimene zimasintha m'thupi mwawo koma makolo ena samasuka kukambirana ndi ana awo za kutha msinkhu chifukwa chakuti panalibe amene anawakambirapo za nkhanayi pamene iwo ankatha msinkhu. Ndi bwino kufunsa nzeru kwa anthu aakulu monga amalume, aphunzitsi kapena azaumoyo. Muthanso kufunsa makolo anu mafunso amene mungakhale nawo.

Ndibwino kufunsa anzathu za kutha msinkhu?

Anzanu angathe kudziwa zina zokhudzana ndi kutha msinkhu chifukwa amakhala kuti nawonso zinawachitikira koma ndibwino kufunsira nzeru kwa anthu aakuluakulu chifukwa amakuwuzani zoon.

Ndichifukwa chiyani achinyamata amachita mwano akatha msinkhu?

Pamene achinyamata akutha msinkhu maganizo awo amasinthasintha ndipo nthawi zina amachita zinthu mosinthatanso. Lero atha kuoneka osangalala, tsiku lina n'kukhala wosakondwa kapena kuoneka ozunguzika. Izi sizachilendo kapena zodabwitsa koma nthawi zina zimafika poipa.

Tiyambe zibwenzi tikafika pamsinkhu wanjji?

Mutha kuyamba zibwenzi mukaona kuti mwakhwima m'thupi ndi m'maganizo momwe. Koma muyenera kuzindikira zotsatira za zochitika pachibwenzi monga kugonana. Zimenezi mungathe kutenga nazo mimba zomwe zingakupatseni chiudindo chachikulu chosamalira mwana. Mungathenso kutenga matenda opatsirana pogonana kuphatikizapo kachiroambo ka HIV. Choncho ndi bwino kudikira mpaka mutakula ndikudziwa momwe mungapewere kutenga mimba komanso matenda opatsirana pogonana.

What happens when somebody gets married very young?
When someone gets married too young, it can stop their schooling, and get in the way of achieving hopes and dreams. It often leads to having children early and taking on adult roles before you are an adult. One can also contract STI including HIV as they usually have unprotected sex. It is much better to get married after you have attained a good education and you are independent.

At what age should one start having boy/girl relationship?
One can start having a boy/girl relationship when one is physically and mentally mature. One should be able to know the consequences of the relationship such as having sex. Unprotected sex can lead to pregnancies ending up with big responsibilities of taking care of the baby. It may also lead to getting Sexually Transmitted Infections (STIs) including HIV. Preferably it is better to wait until you are older and know how to prevent pregnancy and STIs.

Why do adolescents become rude when they reach puberty?
Puberty can cause great mood swings which may cause adolescents to act in new and different ways. So you may feel happy one day then isolated and confused the next day. You might even feel angry but not understand why. These changes in moods are all normal but it can feel very overwhelming.

Is it good to get information about puberty from your friends?
Friends may know some good information because chances are that they are experiencing the same thing and can share what they know. However, it is always better to get more advice from trusted adults because they tend to have more correct information.

What do parents tell their children when they reach puberty?
Some parents tell their children all about the body changes but some parents do not feel comfortable discussing puberty with their children because no one ever talked to them about it. It is OK to seek information from other trusted adults in your life, like aunts, teachers, or health care providers. You can even try asking your parents questions.



A boy or girl should tell a trusted adult, such as: parents, uncle, auntie, a teacher, a child protection officer or a health worker. They should make sure to tell someone so that they can get appropriate care and support.

Where should a boy or girl go to report when they have been raped?

This is also known as sexual abuse. Some grown-ups like to take advantage of children because they are powerless and easily manipulated with gifts like sweets and biscuits. Some grown-ups believe that children are free from STIs and HIV. This should not be tolerated because people need to be able to consent to having sex, and children can usually not consent to this. Should this happen to you or to a friend, report to an adult or to a child protection worker around your school or even at the Community Victim Support Unit (CVSU).

Why do grown-ups force children to have sex with them?

Unfortunately, parents may feel pressure from the community to get their daughters married early. This tradition can change and you can help change it. When girls marry early, they miss out on being an adolescent, and they are more likely to live in poverty.

Why do parents force older girls to get married?

Absolutely not. This would be considered sexual violence. No one should ever force someone to have sex or be forced to have sex. If you have been forced, you should tell a caring adult you trust or report to police, social welfare or any other organization available.

Should a girl be forced to have sex with an older man after puberty?

Chimachitika ndi chiyani munthu akakwatiwa ali wamng'ono?

Mtsikana akakwatiwa akadali wamng'ono angathe kusiya sukulu ndikulephera kukwaniritsa maloto ake. Kukwatiwa muli aang'ono kumachititsa kuti mukhale ndi ana mwachangu ndikukhala ndi udindo wa munthu wamkulu musanakhwime komanso mutha kutenga matenda opatsirana pogonana ndi HIV. Choncho ndi bwino kukwatiwa mutaphunzira komanso mukuzidalira.

Kodi mtsikana akatha msinkhu awumirizidwe kugonana ndi munthu wamkulu?

Ayi! Zimenezo ndi nkhanza. Wina aliyense asakuwumirizeni kugonana nanu. Ngati wina wakuwumirizani kuti mugonane naye mufotokozere munthu wamkulu womvetsa amene mumakhulupirira kapena mukanene kupolisi, kwa ogwira ntchito zothandiza anthu ovutika (Social worker / Child protection worker) kapena bungwe lina lililonse limene lili pafupi.

Ndichifukwa chiyani makolo amaumiriza ana awo kukwatiwa?

Ndi zachisoni kuti nthawi zina makolo chifukwa chotsatira miyambo ya m'dera lawo amaumiriza ana awo kukwatiwa mwachangu. Miyambo yotere ingathe kusintha ndipo mutha kuisintha ndinu. Atsikana akakwatiwa mwachangu sadyerera chinyamata chawo ndipo kawirikawiri amadzakhala osauka.

Ndi chifukwa chiyani anthu akuluakulu amaumiriza ana kuti agonane nawo?

Mchitidwe umenewu ndi nkhanza zachisembwere. Akuluakulu ena amapezerapo mwayi pa ana chifukwa chakuti anawo alibe mphamvu zodzitetezera ndipo nkosavuta kuwanyengerera ndi zinthu monga masiwiti ndi mabisiketi. Akuluakulu ena amakhulupirira kuti akagonana ndi mwana wamng'ono ndiye kuti angathe kuchizidwa ku matenda opatsirana pogonana ndi HIV. Osalola mchitidwe woterewu chifukwa pogonana pamafunika kuvomereza ndipo ana sangathe kupanga chisankho choyenera. Koma zimenezi zikakuchitikirani kapena zikachitikira mnzanu kaneneni kwa munthu wamkulu wodalirika kapena wogwira ntchito zoteteza ana amene ali pafupi ndi sukulu yanu kapena ku komiti yothandiza anthu ozunzidwa m'dera mwanu.



Kodi mtsikana kapena mnyamata akagwiridwa akanene kuti?

Mnyamata kapena mtsikana ayenera kufotokozerana munthu wamkulu amene amamukhulupirira monga makolo, azakhali, aphunzitsi kapena mkulu woona zoteteza ana kapena azaumoyo. Muyenera kuonetsetsa kuti mwafotokozerana munthu wina wake kuti mulandire chisamaliro ndi chithandizo choyenerera.

Ndi chifukwa chiyani atsikana akuluakulu saloledwa kuthira mchere m'chakudya?

Munthu akavinidwa amatengedwa kuti ndi wamkulu ndipo mtsikana amaganiza kuti sangapitenso kusukulu chifukwa chakuti tsopano ndi wamkulu. zimenezi sizoonana. Anyamata ndi atsikana ayenera kupitiriza sukulu chifukwa ndi imene idzawathandize kukhala moyo wabwino mtsogolo.

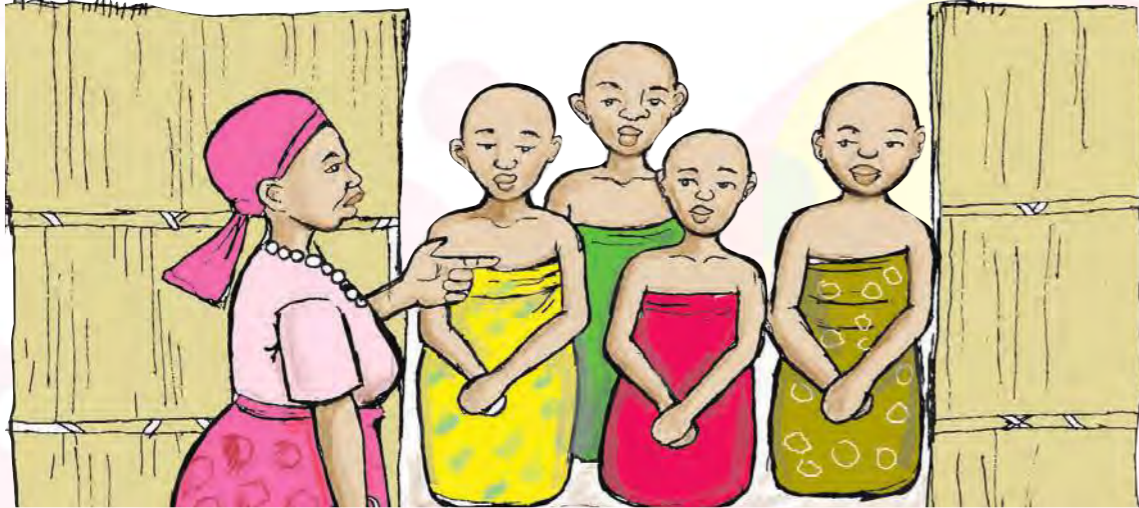


Ndichifukwa chiyani achinyamata akatha msinkhu saloledwa kulowa kuchipanda cha makolo awo?

Munthu akatha msinkhu amatengedwa kuti ndi wamkulu ndiye amaletsedwa kulowa kuchipanda cha makolo pofuna kupereka ulemu kwa makolowo.

Ndi chifukwa chiyani anyamata ndi atsikana amasiya sukulu akavinidwa?

Munthu akavindiwa amatengedwa kuti ndi wamkulu ndipo mtsikana amaganiza kuti sangapitenso kusukulu chifukwa chakuti tsopano ndi wamkulu. Zimenezi sizoonana... anyamata ndi atsikana ayenera kupitiriza sukulu chifukwa sukulu ndi imene idzawathandize kukhala moyo wabwino m'tsogolo.



This could be because girls and boys think they are adults when they undergo initiation. This is not right as their bodies and minds are not matured yet. They need to continue with education to fulfill their future dreams.

Why do boys and girls get married after initiation?

When somebody undergoes initiation, they are considered as an adult and the girl thinks that she cannot go back to school because she is an adult now. This is not true, boys and girls should continue school as this will help them learn and have a good life.

Why do boys and girls stop schooling after initiation?

When one reaches puberty is considered to be starting a journey of becoming a grown-up and this is done as a way of respect to the parents.

are not allowed to enter into their parents' bedroom?

who have reached puberty

Why is it that adolescents

When a girl is having menstruation, she may not be allowed to put salt in food because of tradition. This is meant to promote hygiene (many people consider menstruation as dirty, but it is not dirty, it is natural part of all women's lives). There is no harm to put salt in food when one is having menstruation.



Why is it that big girls are not allowed to put salt in the food?



How do you overpower sexual feelings?

Sexual feelings are natural. It usually happens when one reaches puberty. Both boys and girls experience this. This does not mean an adolescent should start having sex. There are different ways a boy or a girl can overpower these feelings. It is advisable to divert one's mind by preoccupied yourself with other activities such as playing football or netball, reading books and playing board games. Some people advise on taking a bath. If one fails to overpower the feelings by preoccupied the mind, may do masturbation. Masturbation is normal but can be used after trying the other ways as mentioned above. This is done as a way of promoting abstinence from sex. If you cannot abstain from sex, use a condom correctly and consistently.

In some communities, it is believed that it happens but it is dangerous because one can contract STIs including HIV and unwanted pregnancies. Girls and boys are advised not to have sex against their will. They need to use protection (condoms) to prevent contracting STIs including HIV and unwanted pregnancy when they have sex.

Is it true that people are forced to have sex after undergoing initiation?

Ndi chifukwa chiyani anyamata ndi atsikana amakwatira kapena kukwatiwa akavinidwa ?

Munthu akavinidwa ena amamuona ngati wakula, izi zimachititsa anyamata ndi atsikana kuganiza kuti tsopano akula . Koma izi sizabwino chifukwa matupi awo amakhala asanakhwime. Amayenera kupitiriza maphunziro kuti adzathe kukwaniritsa maloto awo.

Kodi ndi zoonna kuti anthu amaumirizidwa kugonana akangovinidwa?

M'madera ena zimachitika koma ndizoopsa chifukwa chakuti mutha kutenga nazo matenda opatsirana pogonana kuphatikizapo HIV ndi mimba zosakonzekera. Atsikana ndi anyamata sayenera kukamizidwa kuchita mchitidwe wogonana. Ayenera kugwiritsa ntchito makondomu pogonana kuti adziteze kumatenda opatsirana pogonana kuphatikizapo HIV ndi mimba zosakonzekera ngati sangathe kudziletsa.



Mungathane bwanji ndi chilakolako chogonana (nyere)?

Ndichilengedwe kukhala ndi nyere. Zimenezi zimachitika kawirikawiri munthu akangotha msinkhu. Zimachitika kwa anyamata ndi atsikana omwe. Koma sizitanthauza kuti achinyamatawo ayambe kugonana. Pali njira zosiyanasiyana zimene anyamata kapena atsikana angathanirane ndi chilakolako chogonana. Achinyamata ayenera kumayika chidwi chawo pa zinthu zi monga kusewera mpira wamiyendo kapena wamanja, kuwerenga mabuku, kusewera masewero monga bawo, chess, scrable, draft ndi ena. Ena amati kusamba kumathandizanso. Koma ngati zikuvuta kuthetsa chilakolakochi mungathe kubunyula. Kubunyula ndi kwabwino koma muchite zimenezi pokhapokha pamene njira zinazi zalephereka. Imeneyi ndi njira yopewera mchitidwe wogonana. Ngati simungathe kudziletsa mchitidwe wogonana muyenera kugwiritsa ntchito kondomu nthawi zonse komanso molondola.

Nkhani ya Maggie

Ndisanayambe kusamba ndinaona mtsikana wina wake ali ndi magazi pamalaya ake ndipo ndinamfunsa kuti magaziwo akuchokera kuti. Anangondiyankha kuti zimachitika kwa atsikana onse. Koma ine sindinamve chimene amathanthauza. Nditakwani zaka 13 ndinaona magazi pamalaya anga ndipo sindinadziwe komwe magaziwo amachokera. Ndinamufotokozeramnzanga wina wake ndipo anandiuza kuti zimenezi zizindichitikira mwezi uliwonse ndipo anandikumbutsa zomwe tinaphunzira mu std 5. Nditafika kunyumba ndinapita kuchimbudzi kukakodza ndipo ndinaonanso magazi akutuluka. Magazi amangotulukabe osasiya. Ndinkaganiza kuti mwina ndikudwala matenda oopsa kwambiri. Ndinayamba kuopa kuti mwina ndimwalira. Ndinayenda mwachangu kukawauza amayi anga ndipo anandilangiza kuti ndipite kwa agogo anga akazi. Agogo anandiuza kuti kusamba ndi pamene magazi amatuluka kumaliseche kwa masiku angapo mwezi uliwonse. Apa ndi pamene ndinamvetsetsa za kusamba.



Ndikulangiza anzanga onse amene sanathe msinkhu kuti akaona magazi akutuluka ku maliseche kwawo asamaganize kuti avulala. Zimenezi zimangotanthauza kuti tsopano akula ndipo zoterezi zimachitika kwa mtsikana aliyense.

Mafunso oyenera kuwaganizira

Kodi Maggie anadziwa bwanji za kumene kumachokera magazi amene anawaona pa diresi lake?

Before I started menstruation myself, I saw a girl with blood stained dress and asked my friend where the blood was coming from. She just told me that it was natural for girls, which I did not understand. Then when I was 13 years old, I saw blood on my dress and did not know where it was coming from. I told my friend who told me that I will be experiencing that every month and reminded me what we learned in standard 5. When I got home, I went to the toilet to urinate and I saw blood coming out. The blood continued and did not stop. I thought it was a disease and was very dangerous. I thought I was going to die. I walked very fast, went to my mother to tell her, and she told me to go to my grandmother. My grandmother told me that menstruation is when blood passes through the vagina for a few days each month. This is when I understood menstruation.

My advice to those who have not reached puberty yet is: When they notice blood coming out through the vagina, they should not think that they have hurt themselves. This blood only means that they are growing up. This happens to each and every matured girl.

- When a girl starts menstruation, she should wash herself at least twice a day and keep the vaginal area clean. It is advisable to place soft and clean cloth, cotton, or sanitary pads in your panties to prevent the blood from soiling the clothes. Pads or cloths should be changed when they are wet with blood. It is important to change them often throughout the day to prevent bad smell.
- If you are using a cloth during menstruation, wash it with soap and dry in the sun. If you keep this cloth in the dark and cold rooms, it may not dry properly and can cause infections when you use it again. When you finish your menstruation, keep the cloth clean and dry in a bag so you can use it again.
- If you are using sanitary pads (which have to be bought from the store), you should change them when they get full of blood. You cannot use the same pad again. The pad should then be thrown away properly in a pit latrine.

How to keep clean during your menstrual period

What have you learnt from the story?

Did Maggie get any help from her mum?

How did Maggie know where the blood she saw on her dress was coming from?

Questions to consider

Kodi Maggie analandira chithandizo china chilichonse kuchokera kwa amayi ake?

Mwaphunzirapo chiyani pa nkhaniyi?

Momwe mungadzisamalilire pamene mukusamba

Mtsikana akayamba msambo ayenera kumasamba kosachepera kawiri patsiku ndipo kumaliseche kwake kuzikhala kwaukhondo. Ndikofunikanso kupanira kansalu kofewa (nyanda) komanso kaunkhondo, thonje kapena mapadi kuti magazi asamaonongere zovala zanu. Muyenera kumasintha mapadi kapena nyanda ikanyowa ndi magazi. Ndikofunikanso kumasintha pafupipafupi popewa fungo loipa.



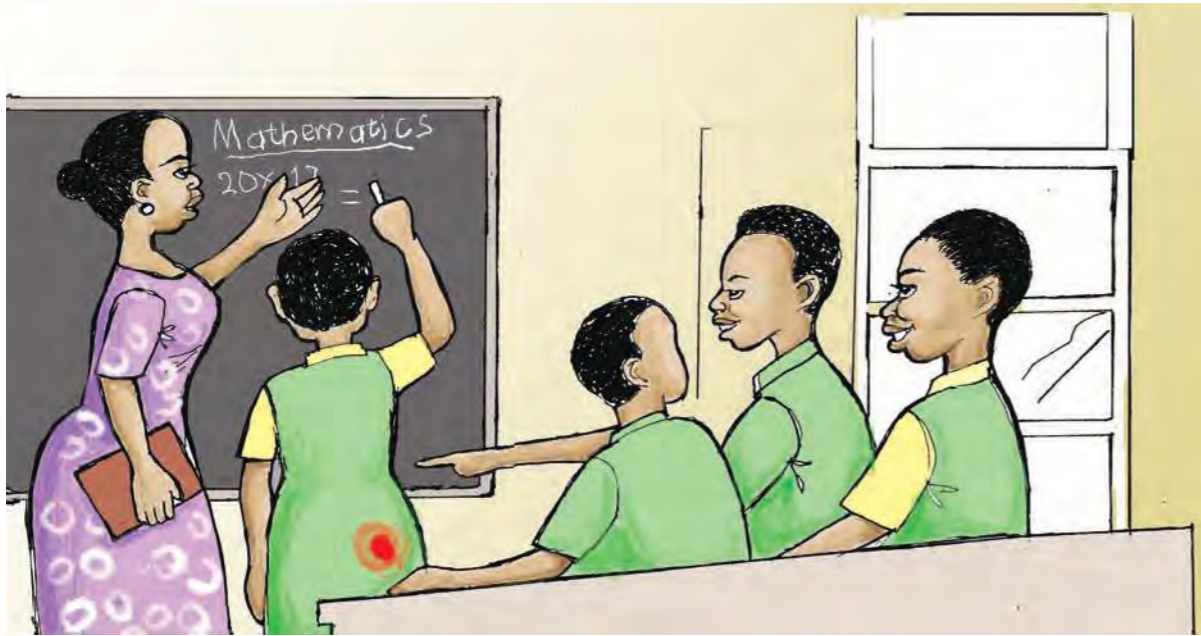
- Ngati mukugwiritsa ntchito nyanda pamene mukusamba, muzichapa ndi sopo ndikuyanika padzuwa. Mukasunga mumtima ndi mozizira singaume bwino ndipo itha kuyambitsa matenda mukagwiritsanso ntchito. Mukatsiriza kusamba, chapani nyanda zanu ndikusunga mchikwama kapena malo abwino ikauma kuti mudzagwiritsenso ntchito.
- Ngati mukugwiritsa ntchito mapadi (ogula kusitolo) muziwasintha akanyowa ndi magazi. Musagwiritsenso ntchito padi kawiri ndipo muyenera kuitaya m'chimbudzi chokumba.

- Ndikofunika kusamba tsiku lililonse pamene mukusamba. Ngati simungakwanitse kuchita zimenezi, tsukani kumaliseche kwanu ndi sopo pamene mukuchokera kuchimbudzi. Zimenezi zimathandiza kupewa fungo loipa komanso matenda.

Nkhani ya Rose

Nditayamba kuona kusinthika m'thupi mwanga ndinanyansidwa. Ndinayamba kuchita manyazi. Ndinayamba kumadzikayikira ndikuyamba kudziiona ngati wonyansa chifukwa chakuti palibe mnzanga amene anakumana ndi zomwe zimandichitikira ine. Sindinawauze anzangawo powopa kundiseka.

Tsiku lina ndili m'kalasi ndinangomva china chake mphechepeche mwangamu ndipo ndinayimirira kupita kuchimbudzi kuti ndikaone chomwe chimachitika. Nditangoimirira anzanga onse anayamba kuseka koma sindimadziwa chomwe ankaseka. Mnzanga wina anandilondola n'kudzandiuza kuti padiresi langa panali magazi. Ndinachita manyazi kwambiri kotero kuti ndinathamangira kukalowa kuchimbudzi.



Malangizo amene ndingawapatse atsikana achichepere ndiakuti kumvetsetsana chifukwa chakuti matupi athu atha kusintha nthawi ina iliyonse. Kusintha kwa m'thupi kumayenera kuchitika ndithu kuti tikule choncho sibwino kumanenana zachipongwe. Ndinaphunziraponso kuti n'kofunika kumakhala okonzeka nthawi zonse poyenda ndi zipangizo zothandiza kuti musadziongere monga nyanda.



Ndimaonetsetsanso kuti ndikutsatira masiku anga osamba mwezi uliwonse. Ngati anyamata akukunenani zachipongwe kusukulu kauzeni aphunzitsi amene mumawadalira kuti muthe kupitiriza sukulu popanda choopa china chilichonse. Musasiye sukulu chifukwa chonenedwa zachipongwe ndi anyamata.



When I started experiencing body changes, I was not happy to see them. I became very shy. I lost confidence in myself, and felt that I was very ugly because none of my friends were experiencing the changes. I didn't tell them because I feared of being teased. One day in class I felt something between my thighs and got up to go to the bathroom to see what was happening. When I got up I heard the class laughing, but I did not know what they were laughing at. My friend came up to me and told me that I had some blood on my skirt. I felt so embarrassed and went quickly to the bathroom.

Rose's Story



- Bathing daily during menstruation is necessary. If it is not possible, then you should clean around the vaginal area with soap and water every time you go to the bathroom. This will prevent you from producing bad smell but also prevent you from developing infections.

26	27	28	29	30	31	
19	20	21	22	23	24	25
12	13	14	15	16	17	18
5	6	7	8	9	X	X
4	3	2	1			

			31	30	29	28
		26	25	24	23	22
		20	19	18	17	16
		X	X	X	X	X
		6	5	4	3	2

CALENDAR

After the first menstruation, it will come every month (although it is normal if it isn't regular). If you keep track of your menstruation dates, you will be more prepared when it comes again. To keep track of your menstruation date, you can make a menstruation calendar. Below is an example of a calendar you can draw and use.

When you get your menstruation, circle the date it starts, and draw an "X" through each day the bleeding continues. Your menstruation will usually come 28 days from when you draw the circle.

Keep a menstrual calendar

What lessons have you learnt from Rose's story?

How did Rose feel when she started experiencing body changes?

Questions to consider

My advice to younger girls is to understand each other because we are at a time where body changes are happening. Body changes are normal for us to become adults, so no one should be teased for it. I also learnt to be prepared always with materials that can absorb blood. I keep track of my cycle and can anticipate when I will menstruate each month. If you are being teased by boys in school, tell a teacher you trust so you feel safe and continue to come to school. Do not let the boys chase you away from school with their teasing.



Mafunso ofunika kuwaganizira

Kodi Rose anamva bwanji atayamba kuona zosinthika m'thupi mwake?

Mwaphunzirapo chiyani pankhani ya Rose?

Muzidziwa ndikutsata masiku anu ochitira msambo

Mukayamba kusamba, muzaona zikupangika mwezi ndi mwezi (ngakhale kuti nthawi zina sizichitika mwezi ndi mwezi). Mukadziwa ndikutsatira masiku anu osambira mumakhala okonzeka nthawi zonse. Kuti mukwanitse kudziwa masiku anu osambira mutha kupanga kalendala yosungira masiku amene mwasamba. Tapereka chitsanzo cha kalendala yomwe mutha kujambula ndikumaitSATira.

Mukayamba kusamba, zunguzani tsiku limene mwayambalo kenako lembani "X" patsiku lililonse limene magari akutuluka. Mudzayambanso kusamba patatha masiku 28 kuchokera tsiku limene munazunguza lija.

Nkhani ya Loneness

Nditayamba kuona zosinthika m'thupi mwanga ndinkachita manyazi kuwauza makolo anga ngakhale kuti ndimadziwa kuti nawonso zinayamba zawachitikirapo. Koma ndinkafunitsitsa nditadziwa zomwe zimachitika m'thupi mwanga ndipo ndinalowa m'kalabu ya achinyamata.

Kalabu ya achinyamatayi inandithandiza kumvetsetsa bwino zimene zimandichitikira ndipo ndinaphunzirako zinthu zambiri zachilendo monga za kachiroombo ka HIV ndi edzi. Ndinaphunzirakonso kuti kudzisunga ndi njira yabwino komanso kuti ndingathe kugwiritsa ntchito kondomu ndikaganiza zogonana ndi mwamuna.



Malangizo anga kwa atsikana amene atha msinkhu ndiakuti sichachilendo kuchita manyazi kufotokozero makolo ako ndi aphunzitsi zomwe zikukuchitikira. Koma ndikofunika kulimba mtima ndikukafotokozero munthu wamkulu. Choyenera kuzindikira ndi chakuti iwowo amadziwa zambiri ndipo atha kukuthandizani. Komanso makalabu a achinyamata amathandizanso kuti mudziwe zomwe mukufuna kuphunzira. Ndichinthu chanzeru kudziwa zambiri zokhudza kusintha kwa thupi lanu ndi zinthu zina.

Mafunso ofunika kuwaganizira

Kodi makalabu a achinyamata angathe kuthandiza pa nkhani za kutha msinkhu?

Makalabuwa amathandiza bwanji?

Mwezi 1

	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	31			

Mwezi 2

			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	31	

How do youth clubs help?

Can youth clubs help you with issues of growing up?

Questions to consider

My advice to adolescent girls is that it is normal to be shy to tell family members and teachers about what you are experiencing but gather courage to tell adults. Be aware that they know a lot of information that can help you, but that youth clubs are also there to help you get the information you want. It is important to be knowledgeable about body changes and other issues.



The youth club helped me to understand what I was going through and taught me more about issues I knew nothing about, like HIV and AIDS. They also taught me abstinence as the best however, use a condom if and when I decide to have sex.

When I started experiencing body changes, I was too shy to tell my parents even though I knew that they had experienced the same thing. I wanted to know more about what was happening to my body and what these changes meant, so I joined a youth club.

Loneliness's Story



• If the problem is too big, a person may get blood transfusion in hospital.

• Taking iron tablets.



• By eating foods rich in iron, or that increase your iron intake. Many fruits such as oranges, vegetables such as bonongwe, red meat like beef, locally available fish like matamba and usipa.

How can anemia be prevented and treated?

- Makes you feel weak
- Makes it difficult to concentrate in school
- Can damage body organs
- Can make it hard to breathe

Why is anemia bad?

Anemia is when a person's body does not have enough red blood cells.

What is anemia?

she does not develop anemia because of menstruation.

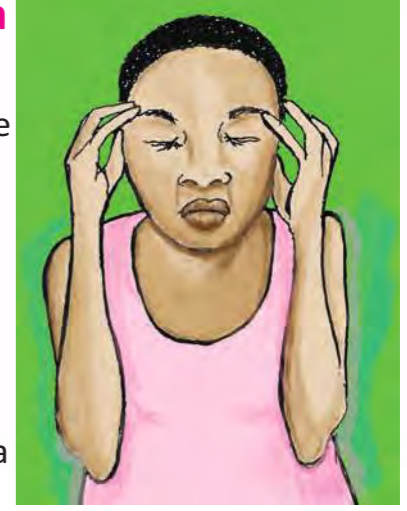
make sure to take care of herself so that

When a girl loses blood every month can end up with anemia. So a girl should

Do you know about Anemia?

Mumadziwa chilichonse za kuchepa kwa magazi m'thupi?

Mtsikana akamataya magazi mwezi uliwonse pamene akusamba, magazi atha kuchepa m'thupi mwake. Choncho, ndikofunika kuti mtsikanayo azionetsetsa kuti akudzisamalira mokwanira kuti magazi asamachepe m'thupi mwake chifukwa cha kusamba.



Kodi kuchepa magazi m'thupi n'chiyani?

Apa ndi pamene gawo lina (red blood cells) likuchepa mthupi la munthu.

Kuopsa kwa kuchepa magazi n'kotani?

Kuchepa magazi m'thupi ndi kooopsa pa zifukwa izi:

- Munthu amafowoka
- Kumakhala kovuta kukhala ndi chidwi ndi sukulu
- Ziwalo zina zimaonongeka
- Kupuma kumakhala kovuta

Tingapewe bwanji kuchepa kwa magazi m'thupi?

- Tidye zakudya zothandiza kuonjezera magazi m'thupi (iron) Monga Zipatso ngati malalanje, masamba monga bonongwe, nyama yofiira monga yang'ombe komanso nsomba monga matamba ndi usipa zimaonjezeranso magazi.



- Kumwa mapilitsi a iron



- Ngati vutoli ndi lalikulu munthu angathe kuonjezeredwa magazi kuchipatala.



Nkhani za jenda

Mafunso okhudza udindo wa anyamata ndi atsikana

Abambo ndi amayi, anyamata ndi atsikana amakhala ndi udindo komanso ntchito zosiyanasiyana m'madera mwawo. N'chifukwa chiyani zinthu zimakhala chomwechi? Mukuona ngati pali chilungamo pamenepa? Ndani anapanga malamulo amenewa? Kodi malamulo amenewa tingathe kuwasintha? M'munsimu tafotokozamo mfundo komanso mayankho a mafunsowa. Chongani funso limene mukuliona kuti ndilofunikira kwambiri ndipo mupereke yankho lake.

1. Anyamata sayenera kutsuka nawo mbale chifukwa...

- Sintchito yawo.
- Sadziwa kutsuka mbale.
- Amayenera kuwerenga za kusukulu.
- Atha kusekedwa

2. Ndibwino kuti atsikana azitsuka okha mbale? Chingachitike ndichiyani mchimwene kapena abambo atakuthandizani kutsuka mbale. Mungawauze chiyani pofuna kuwalimbikitsa kuti azikuthandizani?

Aphunzitsi amayenera kuchita zinthu kwa atsikana mosiyana ndi momwe amachitira kwa anyamata chifukwa....

- Alibe maloto ofanana ndi anyamata
- Sianzeru
- Sangathe kumaliza maphunziro a pulayimale
- Amadziona olephera

Mukuganiza kuti ndichapafupi kwa anyamata kukwaniritsa zofuna ndi maloto awo kusiyana ndi atsikana? Chifukwa chiyani? Chingakulepheretseni ndi chiyani kukwaniritsa zikhumbokhumbo ndi maloto anu?



Gender Issues

A quiz about the roles of boys and girls
Men and women, boys and girls often take on different roles and responsibilities in the community. Why do you think this is so? Do you think it's fair? Who made these rules? Can these rules be changed?

Below are a series of statements and answers. Please mark the one you consider most appropriate and write your answer to the question.

1. Boys do not have to help clean dishes because...

- It is not their job.
- They do not know how to wash dishes.
- They have studying to do.
- They can be laughed at

Is it fair that girls have to do all of the dish washing? What would happen if your brother and father helped you wash the dishes? What could you say to encourage them to help you?

2. Girls deserve to be treated differently than boys by teachers because...

- They don't have hopes and dreams like boys.
 - They are not intelligent.
 - They will never be able to make it through primary school.
 - They feel inferior.
- Do you think it is easier for boys to reach their hopes and dreams than girls? Why? What might get in the way of you achieving your hopes and dreams?





4. When compared to boys, more girls drop out of school because...

- a) Their education is not given as much importance as boys.
 b) They are not expected to go for higher education.
 c) Girls need to be doing household chores instead.
 d) They are not intelligent as boys

Do you think that girls are as intelligent as boys? Are there girls in your school that are really intelligent?

Do you think girls are automatically treated as women when they have a relationship with a boy? Why is this so?



3. Having a relationship with a boy means that...

- a) A girl is now a woman and is ready to have sex.
 b) A girl has the right to tell her boyfriend that she does or does not want to have sex, and that if they are going to, they need to use a condom.
 c) A girl has reached puberty and is ready to give birth.
 d) A girl can drop out of school

3. Kukhala ndi chibwenzi ndi mnyamata ndiye kuti...

- a) Mtsikana tsopano ndi mzimayi ndipo atha kuyamba kugonana.
 b) Mtsikana ali ndi ufulu womuza bwenzi lake kuti akufuna kapena sakufuna kugonana ndipo ngati akugonana ayenera kugwiritsa ntchito kondomu.
 c) Mtsikana watha msinkhu ndipo atha kubereka.
 d) Mtsikana angathe kusiya sukulu.



Mukuganiza kuti atsikana amatengedwa ngati azimayi akangokhala pachibwenzi ndi mnyamata? Ndichifukwa chiyani zili chomwechi? Ndichifukwa chiyani kuli kofunikira kuti atsikana azikambirana ndi abwenzi awo?

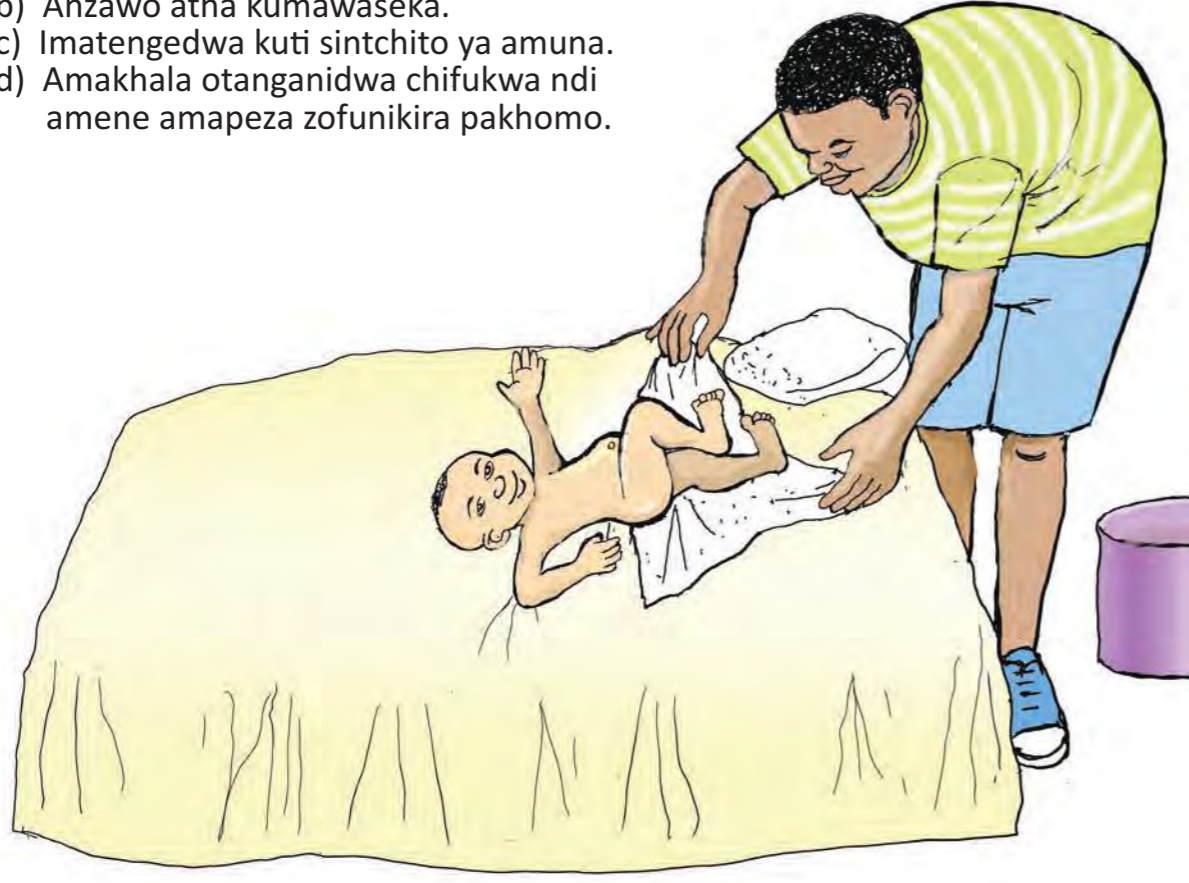
4. Poyerekeza ndi anyamata, atsikana ambiri amasiya sukulu chifukwa...

- a) Maphunziro awo salabadiridwa ngati anyamata.
 b) Sayembekezera kuti angapite patali ndi sukulu.
 c) Atsikana ayenera kugwira ntchito za pakhomo.
 d) Atsikana si anzeru ngati anyamata.



5. Amuna sangathe kusamalira ana chifukwa

- Anabadwa opanda luso losamalira ena.
- Anzawo atha kumawaseka.
- Imatengedwa kuti sintchito ya amuna.
- Amakhala otanganidwa chifukwa ndi amene amapeza zofunikira pakhomu.



Mukuganiza kuti amayi ndi amene angathe kusamalira ana? Mukuganiza kuti ndi udindonso wa amuna?

6. Anyamata amamenyedwa ndi aphunzitsi chifukwa...

- Ndiolimba komanso amapilira
- Atsikana ali ndi khalidwe labwino
- Amayenera kuphunzira mwambo
- Aphunzitsi amadana ndi anyamata

Mukuganiza kuti ndibwino kuti anyamata azimenyedwa kusukulu? Mukuganiza kuti atsikana ali ndi khalidwe labwino ndipo kuti anyamata ayenera kuphunzira mwambo? Kodi kuchita ndewu kumathandiza kuphunzitsa mwambo komanso kuti kumaphunzitsa utsogoleri ndipo anthu azikuopa?

5. Men cannot look after children because...

- They are not born with the skills to be care givers.
- Neighbors will make fun of them.
- It is not considered a man's responsibility.
- They are busy people as they are breadwinners.

Do you think that women are the only ones capable of looking after children? Do you think it should be part of a man's responsibility?



6. Boys are beaten in school by teachers because...

- They are tougher and can take it
- Girls are better behaved
- They need to learn discipline
- Teachers hate boys

Do you think that it's right for boys to be beaten in school? Do you think that girls are better behaved and that boys need to learn discipline? Does violence teach discipline and lead to respect or fear?



All girls have the choice to act in ways that help both boys and girls achieve their HOPES and DREAMS. Is it fair to treat boys and girls unequally? How will your choices earn you respect?

Do you think that you deserve to be as educated as a boy?

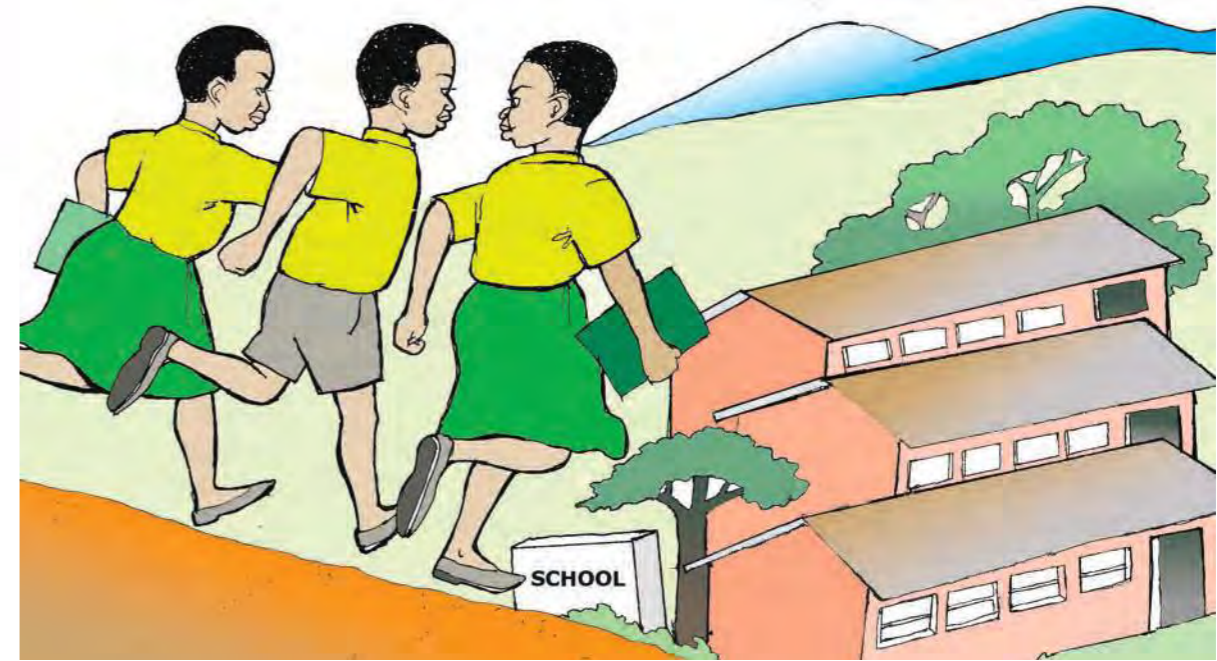


- a) It's their right to the same education as boys?
- b) They have hopes and dreams that will be easier to achieve with education?
- c) Their purpose isn't to only do household chores?
- d) It prevents early marriages?

7. It's important to keep girls in school because...

7. N'kofunika kuti atsikana azipitiriza sukulu chifukwa ...

- a) Ndiufulu wawo kuti aphunzire ngati anyamata
- b) Ali ndi zikhumbokhumbo komanso maloto omwe angawakwaniritse ngati ataphunzira.
- c) Cholinga chawo sikukagwira ntchito zapakhomo.
- d) Zimathandiza kupewa kukwatiwa mwachangu.



Mukuganiza kuti muyenera kuphunzira ngati mnyamata?



Anyamata ndi atsikana ndi osiyana koma ndi olingana
 Atsikana onse ali ndi mwayi wosankha kuchita zinthu zimene zimathandiza anyamata kukwaniritse ZIKHUMBOKHUMBO NDI MALOTO AWO. Ndi bwino kuchita zinthu kwa anyamata mosiyana ndi atsikana? Zisankho zanu zingakubweretsereni bwanji ulemu?

Ndi chiyani chimamuchititsa munthu kukhala mnyamata kapena mtsikana? Pa chikhalidwe chathu pali zikhulupiriro komanso ntchito zomwe zimagawidwa kwa anyamata ndi atsikana. Anthu ali ndi maganizo awoawo okhudza momwe atsikana ndi anyamata ayenera kuchitira zinthu. Kodi mukuganiza kuti maganizowa ndi owona?

1. Anthu amanena kuti amayi sangapereke maganizo awo pa mikangano yamalo. Sara amapita ku tawuni kukayendetsa nkhani za malo amene malemu amuna ake anamusiyira.

Kodi ndiye kuti Sara simkazinso tsopano?

2. Anthu amanena kuti akazi ntchito yawo n'kuphika basi. Tadala ndi wapolisi wachikazi ndipo bwana wamkulu wa ofesi ina ya polisi .

Kodi ndiye kuti Tadala simkazinso tsopano?

3. Anthu amanena kuti atsikana ntchito yawo ndikutunga madzi ndikulima kumunda.

John amatunga madzi ndipo amalima kumunda.

Kodi ndiye kuti John si mnyamatanso tsopano?

4. Anthu amanena kuti anyamata ayenera kuphunzira kwambiri kuposa atsikana.

Makolo a Lily anamulimbikitsa kuti apitirize maphunziro ake ndipo panopa ali ku yunivesite.

Kodi ndiye kuti Lily si mtsikananso tsopano?

5. Anthu amanena kuti anyamata okha ndiwo angakhale atsogoleri Grace ndi pulezidenti wa kalabu ya achinyamata.

Kodi ndiye kuti Grace si mtsikananso tsopano?

6. Selina ndi wanzeru kwambiri ndipo nthawi zonse amakhala nambala 1 m'kalasi mwake.

Aphunzitsi amakonda kunena kuti Selina ali ndi nzeru ngati mnyamata.

Kodi ndiye kuti anyamata okha ndi amene ali ndi nzeru?

M'madera ambiri muli zitsanzo za amayi ndi abambo omwe akuchita zinthu ndi kukhala mofanana. M'malo molimbikitsa zogawa ntchito ndi maudindo pakati pa anthu potengera zoti anthuwo ndi aamuna kapena aakazi, anyamata ndi atsikana ayenera kupatsidwa mwayi wofanana wochita zinthu potengera zofuna komanso luso lawo. Mutha kuchita chilichonse chomwe inu mwachikonda komanso mwachifunitsitsa!



In our culture there are different beliefs and roles for boys and girls to follow. People have thoughts about how boys and girls should act. Do you think they are all true? Put a ✓ against the box with the right answer.

1. People say that women do not have a say over land disputes.

True False

2. People say that a woman belongs to the kitchen.

True False

3. People say that girls are responsible for collecting water, and working in the garden.

True False

4. People say that boys should be educated more than girls.

True False

5. People say that only boys have leadership roles.

True False

6. Girls can be very intelligent and can always get first position in class.

True False

Throughout the community, there are examples of men and women living equally. Instead of forcing roles and responsibilities on people based on whether they are a man or woman, boys and girls should get equal opportunities to do work and activities based on their interests and skills. You can do anything meaningful if you put your heart and mind to it!

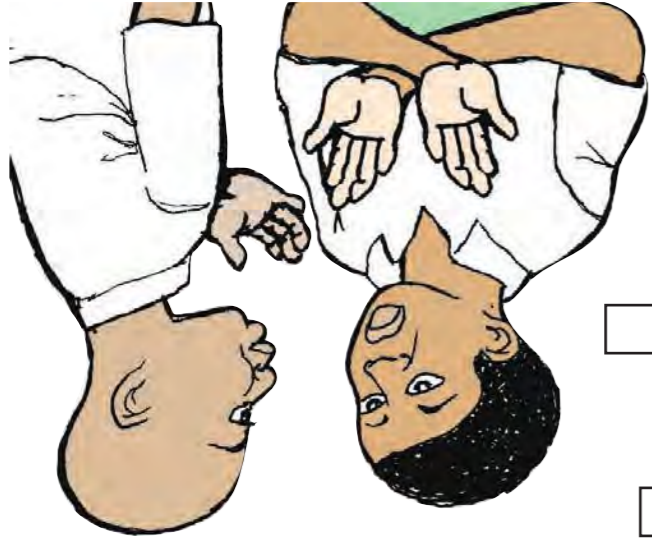
What makes someone a boy or girl?

Journey of Respect

Choose one behavior for each question that you think will earn you the most respect. Put a ✓ against the right answer.

Who is more respectable...

- 1a. Girls who want to go to school every day and try their hardest?
- or
- 1b. Girls who don't try hard in school because they think school will not help them in life?
- 2a. Girls who give up on learning new skills because they are pregnant?
- or
- 2b. Girls who develop and learn skills even though they're out of school?
- 3a. Girls who let her family and friends make her decisions?
- or
- 3b. Girls who make decisions on their own and let family know they have hopes and dreams?
- 4a. Girls who don't feel comfortable asking their brothers to help with homework?
- or
- 4b. Girls who ask their brothers to clean up after themselves?
- 5a. Girls who tell boys they are going to wait to have a relationship?
- or
- 5b. Girls who give in to boys' pressure to be in sexual relationships with them?
- 6a. Girls who give up when they receive a bad grade?
- or
- 6b. Girls who never give up on their hopes and dreams?
- 7a. Girls who go for leadership positions?
- or
- 7b. Girls who are afraid to go for a leadership position?



Kupatsidwa ulemu ndi ena

Sankhani khalidwe limodzi pafunso lililonse lomwe mukuona kuti mungalandire nalo ulemu. Sankhani pochonga ✓ bokosi limodzi mwa mabokosi awiri aliwonse amene ali kutsogolo kwa mafunso.

Ndani woyenera kupatsidwa ulemu...

- 1a. Atsikana amene akufuna kumapita kusukulu tsiku lililonse ndipo amalimbikira m'kalasi?
- Kapena**
- 1b. Atsikana amene salimbikira m'kalasi chifukwa chakuti amaganiza kuti sukulu siingawathandize m'moyo wawo?
- 2a. Atsikana amene amasiya kuphunzira luso latsopano chifukwa chakuti ndioyembekezera?
- Kapena**
- 2b. Atsikana amene amaphunzira luso latsopano ngakhale atasiya sukulu?
- 3a. Atsikana amene amadikira abale awo ndi amzawo kuti awapangire zisankho?
- Kapena**
- 3b. Atsikana amene amatha kupanga wokha zisankho zoyenelera ndikukwanilitsa maloto awo?
- 4a. Atsikana amene samasuka kuwapempha alongo awo kuti awathandize kugwira ntchito zapakhomo?
- Kapena**
- 4b. Atsikana amene amauza achimwene awo kuti akonze pamene adetsa?
- 5a. Atsikana amene amawauza anyamata kuti ayenera kudikira kuti adzayambe chibwenzi?
- Kapena**
- 5b. Atsikana amene amalola anyamata mokakamizidwa kuti akhale paubwenzi wogonana?
- 6a. Atsikana amene amagwa mphwayi akalakwa amayeso?
- Kapena**
- 6b. Atsikana amene sabwerera m'mbuyo mpaka atakwaniritsa maloto awo?
- 7a. Atsikana amene amapikisana nawo pa maudindo?
- Kapena**
- 7b. Atsikana amene amaopa kupikisana pa maudindo?



Kusiyana kwa kubadwa wamkazi kapena wamwamuna ndi Jenda

Kudziwika koti munthuyu ndi wamwamuna kapena wamkazi kumayendera momwe munthuyo wabadwira. Munthu amabadwa wamwamuna kapena wamkazi ndipo izi sizingasinthidwe. Anyamata ndi atsikana amakumana ndi zinthu zosiyana pa kasinthidwe ka thupi akamatha msinkhu. Mwachitsanzo anyamata amadzikodzera umuna kutulo pamene atsikana amachita msambo ndipo izi sizingasinthidwe.

Jenda ya munthu imadziwika kamba ka ntchito zomwe zagawidwa kwa akazi ndi amuna ndi gulu la anthu ndipo imasiyana malinga ndi dera. Zochitika zomwe mnyamata akuyembekezeka kuchita zitha kukhala zosiyana ndi zomwe mtsikana amayembekezeka kuchita. M'madera ena mnyamata sathandiza pa ntchito zapakhomo popeza ntchitozi zimaganiziridwa kuti ndi za atsikana. M'madera ena anyamata ndi atsikana atha kuchita ntchito ina iliyonse. Anyamata atha kuthandiza pa ntchito zapakhomo ndipo amakhalabe anyamata ndithu.



Pamoyo wa munthu chilichonse chomwe mnyamata angachichite mtsikana nayenso atha kuchichita bwino lomwe. Anyamata ndi atsikana ayenera kupatsidwa mwayi wofanana kaya ndi pasukulu kapenanso malo ena alionse. Anyamata ndi atsikana onse atha kuthandiza pa ntchito za pakhomo. Atsikana nawonso atha kukwaniritsa maloto awo, anyamata ayenera kulemekeza zofuna za atsikana ndi kuwalimbikitsa. Anyamata ndi atsikana onse atha kuchita china chilichonse chothandiza chomwe achikonda komanso achifunitsitsa kwambiri!

In life whatever a boy does, a girl can also do as well. Boys and girls should get same opportunities, whether in school or elsewhere. Both boys and girls can help with household work. Girls can also achieve their dreams, boys need to respect the wishes of the girls and support them. Both boys and girls can do anything meaningful they put their heart and mind to!

Equity and Equality



Sexual roles are defined by the way the person was born. One is born a boy or a girl and it cannot be changed. Boys and girls experience different body changes when they reach puberty. For example boys experience wet dreams while girls experience menstruation of which these cannot be changed. A person's gender has to do with roles that are defined by the society and this differs from place to place. Expected activities a boy may do are different from what is expected of a girl. In some communities, a boy does not help with house hold work as it is considered as a girl's duty. In other communities, boys and girls can do any job. Boys can also help with household chores and remain being boys.

The difference between Sexual and Gender roles

What you need to know about HIV/AIDS

Malawi is one of the countries with high rate of HIV infection. Many youth are also affected, some have HIV while others are orphans because of HIV. HIV is the virus that causes AIDS. AIDS is a disease that one suffers when he/she gets HIV. When one has HIV the body becomes weak and fails to fight diseases leading to suffering from different diseases often.

1. How does one get HIV?

HIV can be contracted by having unprotected sex (without a condom) with someone who is HIV positive, by sharing needles with someone who is HIV positive, and by being born to a mother who is HIV positive (though not everyone born to mothers with HIV get it!). You cannot get HIV by hugging, kissing, holding hands, eating together or from mosquito bites.

2. When one goes to the hospital for HIV testing, is it possible not to find the virus despite that one is HIV positive?

HIV tests work very well, but there is also a small chance the test does not work. When the virus has just entered the body, it may not be seen (this is known as window period). This does not mean you should not get tested because the majority of test results are correct. Testing can be repeated after 3 months but regular testing is encouraged. It is important to go for testing if you have had sex without a condom.



3. How can we prevent contracting HIV?

Contracting HIV can be prevented by practicing abstinence (this means not having sex) or using a condom correctly everytime you do have sex. People who are HIV positive can keep from passing the virus to others by making sure they use condoms correctly every time they have sex. They should also not share injecting needles. There are medicines called ARVs that keep HIV positive with other people. Mothers from passing the virus on to their children.

Zomwe Muyenera Kudziwa Zokhudza HIV Ndi Edzi

Dziko la Malawi ndilimodzi mwamaiko amene muli anthu ambiri omwe ali ndi kachiroboko ka HIV. Achinyamata ambirinso akukhuzidwa ndi nkhaniyi. Ena alinako kachiroboko komanso ena ndi amasiye chifukwa makolo awo anamwalira ndikachilomboka.

HIV ndi kachiroboko komwe kamayambitsa Edzi. Edzi ndi matenda omwe munthu amadwala akatenga kachiroboko ka HIV. Munthu akakhala ndi kachiroboko ka HIV thupi lake limakhala lofooka ndipo limalephera kulimbana ndi matenda. Choncho izi zimachititsa kuti munthuyo azidwala matenda osiyanasiyana nthawi ndi nthawi.

1. Kodi munthu amatenga bwanji kachiroboko ka HIV?

Munthu atha kutenga kachiroboko ka HIV pogonana mosadziteteza (osagwiritsa ntchito kondomu) ndi munthu wina yemwe ali ndi kachiroboko, pobwerekana masingano obowolera pathupi monga jakisoni ndi munthu yemwe ali ndi kachiroboko ka HIV, komanso pobadwa uli ndi kachiroboko kamba koti amayi ako anali nako (ngakhale kuti si ana onse omwe amabadwa kuchokera kwa amayi omwe ali ndi kachiroboko ka HIV omwe naonso amakatenga kachiroboko!). Simungatenge kachiroboko ka HIV pokumbatirana, kukhala nyumba imodzi ndi munthu yemwe ali ndi kachiroboko ka HIV, kupsopsonana, kugwirana manja, kudyera pamodzi kapena kulumidwa ndi udzudzu.

2. Munthu akapita kukayezetsa magari kuti adziwe ngati ali ndi kachiroboko ka HIV, kodi ndizotheka osakapeza kachiroboko ngakhale kuti iyeyo ali nako kachiroboko m'thupi mwake?

Kuyezetsa magari kuti munthu adziwe ngati ali ndi kachiroboko ka HIV kapena ayi kumatha kuti zoono koma nthawi zina zotsatirazo zitha kukhala zolakwika. Koma izi sizitanthauza kuti tisamakapimitse magari athu chifukwa nthawi zambiri zotsatira za kupimitsako zimakhala zoono. Ndibwino kupita kukapimitsa magari anu ngati mwagonana mosagwiritsa ntchito kondomu.



3. Tingapewe bwanji kutenga kachiroboko ka HIV?

Mutha kupewa kutenga kachiroboko ka HIV podzisunga (osagonana) kapena kuonetsetsa kuti mukugwiritsa ntchito kondomu moyenera pa nthawi iliyonse yomwe mukugonana. Anthu omwe ali ndi kachiroboko ka HIV atha kupewa kupatsira anthu ena kachiroboko pogwiritsa ntchito makondomu moyenera nthawi ina iliyonse akugonana. Anthuwa asabwerekanenso majekiseni ndi anzawo. Pali mankhwala otchedwa ma-ARV omwe amathandiza kuti amayi omwe ali ndi kachiroboko asawapatsire ana awo.

4. Kodi ana ali ndi ufulu wokapimitsa magazi awo kuti adziwe ngati ali ndi kachiroboko ka HIV?

Ana ali ndi ufulu wokapimitsa magazi awo kuti adziwe ngati ali ndi kachiroboko ka HIV kapena ayi kuti adziwe zoti ayambe kumwa mankhwala kapena ayi. Komabe nthawi zonse zimakhala bwino kupempha munthu wamkulu wachikondi kuti akuperekezeni kokayezetsa magaziko.



5. Kodi ndi zoonza kuti kachiroboko ka HIV kamatha m'thupi la munthu wamkulu iyeyo akagonana ndi mwana wamng'ono?

Ili ndi bodza lamkunkhuniza. Ichi ndi chikhulupiriro choopsa chomwe chachititsa kuti atsikana ambiri apatsidwe kachiroboko ka HIV.

Mankhwala othandiza kuletsa kutenga Kachiroboko ka HIV mwangozi

Mankhwala othandiza kuletsa kutenga kachiroboko ka HIV mwangozi ndi mankhwala omwe munthu amapatsidwa kuti athe kupewa kutenga kachiroboko. Mankhwala amaperekedwa kwa munthu yemwe alibe kachiroboko koma wakhudzana ndi madzi a m'thupi la munthu yemwe ali ndi kachiroboko ka HIV kapena a munthu yemwe sakudziwa momwe m'thupi lake mulili. Munthuyu atha kukhudzana ndi madziwa kudzera mu kugonana kapena magazi. Mumayenera kulandira mankhwalawa pasanathe maola 72 (masiku atatu) kuchokera pa nthawi yomwe mwakhudzana ndi madzi am'thupiwo. Musanapatsidwe mankhwalawo adzayamba akupimani kuona ngati muli ndi kachiroboko ka HIV kapena ayi kamba koti mankhwalawa amaperekedwa kwa anthu okhawa omwe alibe kachiroboko ka HIV n'cholinga choti asakatenge kachiroboko. Mankhwala sachiza HIV koma amaletsa kachiroboko kuswana m'thupi la munthu yemwe alibe.

Achinyamata omwe agwiridwa ayenera kupita ku chipatala kuti akalandire mankhwala othandiza kuletsa kutenga kachiroboko ka HIV.

- Avoid stress and worry – mix with friends!
 - Do regular physical exercises and have adequate time to rest
 - Avoid smoking and drinking alcohol to remain healthy
 - Practice good personal hygiene
 - Eat well balanced diet
 - Go to hospital when sick
 - getting more viruses in their bodies (re-infection)
 - Abstain from sex or use a condom correctly and consistently to prevent
- They should:
- continue with education and do any job they dream about.
- others. We should support and help them to achieve their dreams. They can
- When a boy or a girl is HIV positive should not be discriminated against by

Positive living

- fluids
- When one was involved in an accident and there was a mixture of body
- When a condom breaks while having sex
- When one has been raped with a person who is HIV positive or negative
- When one had unprotected sex with an HIV positive person

When should a person get PEP?

Post-Exposure Prophylaxis (PEP) is the treatment given to a person to reduce the chance of getting HIV. PEP is given when a person who is HIV negative has been in contact with body fluids of the person who is HIV positive or who does not know his/her HIV status. The contact of body fluids could be through sex or blood. This treatment is supposed to be taken within 72 hours of being in contact with the body fluids. Before you are given the treatment, you will be tested for HIV since the treatment is only given to those people who are HIV negative so that they do not get the virus. The treatment does not cure HIV but prevents HIV to multiply in the body of the person who is HIV negative.

Post exposure prophylaxis (PEP)

This is absolutely false. This is a terrible myth that has led to many girls being infected with HIV.

5. Is it true that when an HIV positive older man sleeps with a child, the virus will disappear?



Children have every right to go for HIV testing so that they can see if they should be treated or not. However, it is always good to ask a caring adult you trust to go with you for the test.

HIV testing?

4. Do children have the right to go for

Growing up is a process, there are a lot of challenges adolescents meet, such as peer pressure and fear of unknown. They may do things that they may not like but just to please others and feel accepted by friends.

Taona's story

One day Taona was coming from the river where she was washing clothes. Two of her friends were chatting and she stopped to greet them. The girls were discussing their boyfriends and they asked her about her boyfriend. Taona told them that she does not have a boyfriend. The girls laughed and said she should not talk to them until she has a boyfriend. Taona has seen many girls who had boyfriends failing to continue with school due to pregnancy but she is afraid that if she does not have a boyfriend she will lose her friends.



Kukhala moyo wangwiro (Kuvomereza kupezeka ndi kachiroombo ka HIV)

Mnyamata kapena mtsikana akakhala ndi kachiroombo ka HIV sayenera kusolidwa. Tiyenera kuwalimbikitsa ndi kuwathandiza kuti akwaniritse maloto awo. Atha kupitiriza maphunziro awo ndi kugwira ntchito iliyonse yomwe amailakalaka. Iwo ayenera:

- Kupewa kugonana kapena kugwiritsa ntchito makondomu nthawi zonse pofuna kupewa kuonjezera tizirombo ta HIV m'matupi awo
- Kupita ku chipatala akadwala
- Kudya zakudya za magulu onse
- Kukhala ndi kuchita zinthu mwaukhondo: kusamba m'manja asanayambe kudya komanso pochokera ku chimbudzi
- Kupewa kusuta fodya ndi kumwa mowa kuti apitirire kukhala ndi umoyo wabwino
- Kuchita masewero olimbitsa thupi ndi kukhala ndi nthawi yokwanira yopuma
- Kupewa kukhala ndi nkhowa komanso wodandaula – osadzipatula

Kodi munthu ayenera kupita kukalandira mankhwala othandiza kuletsa kutenga kachiroombo ka HIV nthawi iti?

- Munthu akagonana mosadziteteza ndi mnzake yemwe ali ndi kachiroombo ka HIV.
- Munthu akagwiridwa ndi wina yemwe ali ndi kachiroombo ka HIV ngakhalenso yemwe alibe komanso amene sakudziwa kuti ali ndi kachilombo kapena ayi.
- Kondomu ikang'ambika pa nthawi yogonana.
- Pamene munthu anachita ngozi ndipo panali kusakanikirana kwa madzi a m'thupi.

Kudzikhulupirira

Kukula ndi chinthu chomwe chimachitika nthawi yayitali, pali zovuta zambiri zimene achinyamata amakumana nazo monga kuwumirizidwa kuchita zomwe anzawo akuchita komanso kungoopa zinthu zomwe sakuzidziwa n'komwe. Atha kuchita zinthu zomwe iwo sakuzifuna pongofuna kukondweretsa anthu ena kuti anzawo awalandire.

Nkhani ya Taona

Tsiku lina Taona ankachokera kumtsinje komwe anakachapa zovala. Anzake ena awiri ankacheza ndipo anaima kuti awalonjere. Iwo anakambirana za zibwenzi zawo ndipo anamufunsa Taona za bwenzi lake. Iye anawayankha kuti alibe chibwenzi. Anzakewo anamuseka namuza kuti asadzacheze nawonso mpaka atapeza chibwenzi. Taona wakhala akuona atsikana ambiri amene anali ndi zibwenzi akulephera kupitiriza sukulu chifukwa chotenga mimba koma akuopa kuti akapanda kupeza chibwenzi ndiye kuti sakhalanso ndi anzake.



Kuopa zinthu zosaoneka

Munthu akamakula amakumana ndi zopinga zosiyanasiyana m'moyo mwake. Ndi udindo wa munthu wina aliyense kulimbana ndi kugonjetsa mavuto amenewa. Achinyamata monga munthu wina aliyense athanso kukumana ndi zopinga zina zosaoneka koma zovuta kwambiri kuti athane nazo. Kodi munayamba mwamvapo za mawu oti zopinga zosaoneka? Zopingazi zatizinga tonsefe. Zopinga zimenezi zimatilepheretsa kulimbana ndi zikhulupiriro komanso zofuna zathu. Werengani nkhanu zomwe zili m'munsizi kuti muone momwe zopinga zimenezi zimalepheretsa achinyamata kukambirana maganizo awo.



When one is growing up, he/she meets different obstacles in life. It is one's responsibility to stand up for himself/herself to overcome the obstacles. Adolescents just like any other person face invisible walls which are very difficult to defeat. Have you ever heard of an invisible wall? They are all around us. They are the walls that keep us from standing up for our beliefs and feelings. Read the story below to see how invisible walls keep girls from sharing their opinions.

Invisible Wall

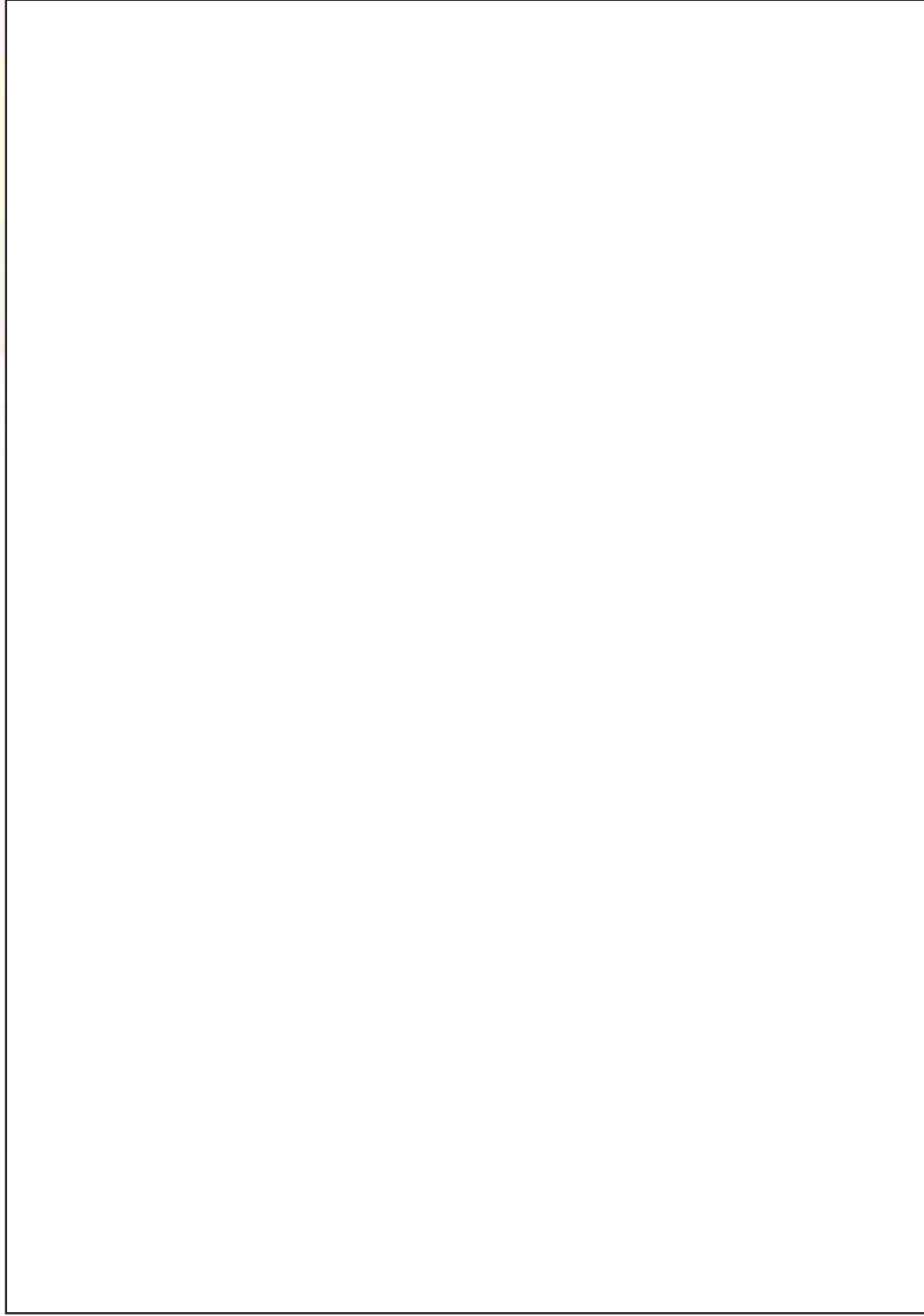
Lila's story

Lila is in form 1 and has a large family with 3 brothers and 3 sisters. She is the oldest of all her siblings, and her parents want her to drop out of school and get married to start her own family. They believe that she is ready to become a woman even if that means dropping out of school.



Lila does not want to do this because she likes school very much and wants to become a teacher. She is afraid of going against her parents' wishes because she fears it will embarrass them. Lila is feeling the invisible wall at work. She doesn't know how to express her thoughts or feelings.

How should Lila tell her parents that she has real hopes and dreams? What would you do in this situation?



Draw a picture of the situation below and share it with your friends and family.

Have you ever experienced an invisible wall that made it hard for you to do something you knew was right but you feared that you would be teased for it?

Nkhani ya Lila

Lila ali mu fomu 1 ndipo banja lakwawo ndilalikulu. Ali ndi achimwene atatu ndi achemwali atatunso. Iyeyo ndiye woyamba ndipo makolo ake akufuna kuti asiye sukulu ndikukakwatiwa. Makolowa akuona kuti Lila tsopano wakula ndipo wafika pokhala mayi ngakhale atasiya sukulu. Lila sakufuna kusiya sukulu chifukwa amaikonda kwambiri ndipo akufuna adzakhale mphunzitsi. Sakufuna kukhumudwitsa makolo ake chifukwa akuopa kuwachititsa manyazi. Lila akukumana ndi zopinga zosaoneka! Sakutha kudziwa momwe angafotokozere maganizo ake. Kodi Lila awafotokozere bwanji makolo ake kuti ali ndi zikhumbokhumbo ndi maloto enieni? Mukadakhala inu mukadatani?

Kodi inu munayambapo mwachita mantha ndi zinthu zimene simukuziona zomwe zinakuchititsani kuti mukanike kuchita chinthu china chake chomwe inu mumaganiza kuti chinali chabwino koma mumaopa kuti anthu ena akunyozani chifukwa chochita chinthucho?

Jambulani chithunzi cha zomwe zinachitikazo ndikukambirana ndi anzanu komanso makolo ndi abale anu.



Kodi anyamata amakumana ndi zotani akamatha msinkhu?

Thupi la anyamata limasintha ngati momwe amasinthira atsikana. Koma zinthu zina zimakhala zosiyana.

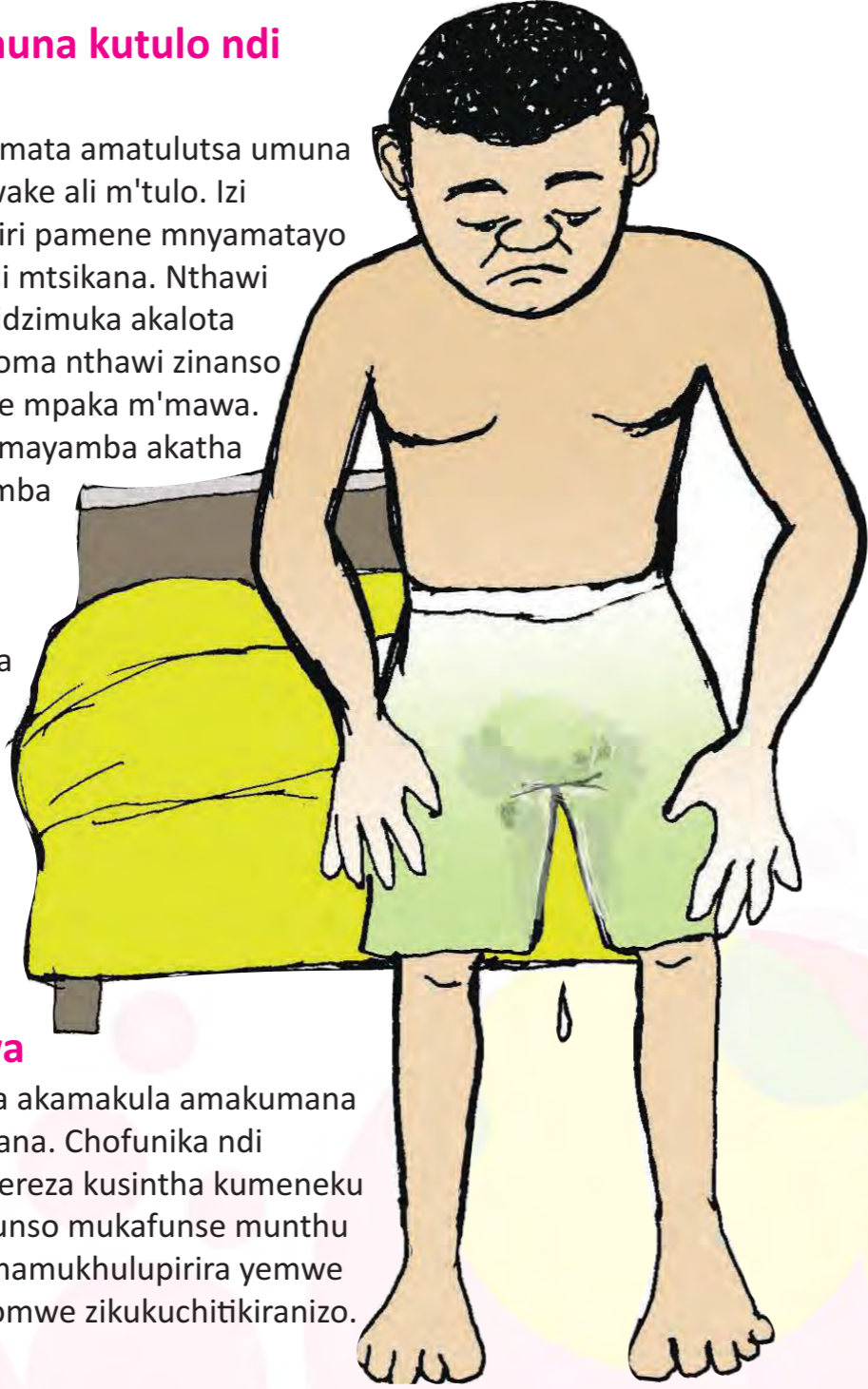
- Amakula mumsinkhu/amatalika
- Amamera tsitsi pachidali, m'khwapa ndikumaliseche.
- Amayamba kumera ndevu
- Mawu amayamba kumveka manzenene
- Chidali chimatambasuka
- Amakodza umuna ali kutulo
- Amatuluka thukuta kwambiri lomwenso limayambitsa fungo loipa
- Thupi lawo limachita mafuta omwe amayambitsanso ziphuphu

Kodi kukodza umuna kutulo ndi chiyani?

Apa ndipamene mnyamata amatulutsa umuna kuchokera kumchira wake ali m'tulo. Izi zimachitika kawirikawiri pamene mnyamatayo akulota akugonana ndi mtsikana. Nthawi zina anyamata amadzidzimuka akalota maloto amtundu koma nthawi zinanso sadzidzimuka n'komwe mpaka m'mawa. Maloto amtundu amayamba akatha msinkhu, thupi likayamba kukula kuti mnyamata asanduke munthu wamkulu. Anyamata ambiri amasokonezeka maganizo kapena kuchita manyazi ndi zimenezi koma palibe choopsa china chilichonse. Ndi momwe zimakhallira ndithu.

Zoyenera kudziwa

Anyamata ndi atsikana akamakula amakumana ndi zinthu zosiyanasiyana. Chofunika ndi kuzindikira ndi kuvomereza kusintha kumeneku ndipo ngati muli ndi funso mukafunse munthu wamkulu yemwe mumamukhulupirira yemwe angathe kufotokoza zomwe zikukuchitikiranizo.



What do girls need to know about boys experiences during puberty

Boys experience body changes just like girls do. However, some of them are different.

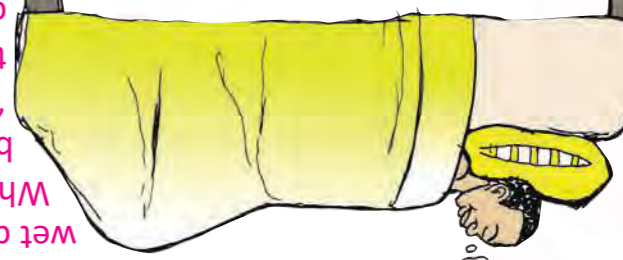
- They will grow taller
- Hair will grow on their chest, armpits, and around the penis
- They will start getting facial hair
- Their voice will become deeper
- Their chest will become wider
- They may experience ejaculations in their sleep called "wet dreams"
- They will start to sweat more which can make them smell bad
- Their face will become oilier which can cause pimples

What is a wet dream?

A wet dream is when semen (the fluid containing sperm) is discharged from the penis during ejaculation (release of fluid though the penis) while a boy is asleep. Usually, they happen during dreams that are sexual. Sometimes boys wake up after having a wet dream, but sometimes they sleep through it. Wet dreams begin during puberty when the body starts to grow to become an adult. Many boys are confused or embarrassed about these wet dreams, but they are completely normal.

Levinson's Story

I did not know anything about wet dreams before I experienced it myself. One day I saw a very beautiful girl, and at night I dreamt about her. When I woke up, I found myself wet. When I started experiencing this, I thought someone was bewitching me. I was afraid of what this meant, so I asked my brother about the changes of the body but did not tell him about my experiences of wet dreams. Fortunately, he asked me, "When you are sleeping, do you dream of being close to girls?" I answered, "Yes". He explained to me that those were wet dreams. He told me that wet dreams are when semen is discharged from the penis, known as ejaculation. This sometimes happens when a boy is asleep. It usually occurs when the boy is having a sexual dream.





When growing up, boys and girls have different experiences. What is important is to note these changes, appreciate them and where one has questions, ask a trusted adult who can explain the situation.

Point to note

Where to get information on puberty

Adolescents can also get more information on puberty from parents, trusted adults like aunts, and grandparents. In some communities there are youth clubs that have information on puberty. You can also get information from peer educators, YCBDA and health care providers.

Nkhani ya Levinson

Sindimadziwa chilichonse chokhudza kudzikodzera umuna kutulo popeza zimenezi zinali zisanandichitikire. Tsiku lina ndinaona mtsikana wokongola kwambiri ndipo usiku ndinalota ndikugonana naye. Nditadzuka ndinaona kuti ndinali nditadzikodzera umuna. Pamene ndinayamba kuona zimenezi ndinaganiza zoti munthu wina wake wandilodza.



Ndinali ndi mantha kuti zimenezi zimatanthauzani ndipo ndinafunsa mbale wanga zokhudza kusintha kwa m'thupi koma sindinamuze zomwe zimandichitikira zodzikodzera umuna kutulo.



Mwamwayi iye anandifunsa, "Ukamagona, umalota utayandikana ndi atsikana?" Ine ndinati, "Inde". Iye anandifotokozera kuti maloto amenewo anali okhudza kudzikodzera umuna. Iye

anandiuza kuti nthawi yomwe umuna umatuluka kumchira. Nthawi zina izi zimachitika mnyamata ali m'tulo. Nthawi zambiri zimenezi zimachitika pamene mnyamata akulota maloto ogonana.

Mbale wangayo anandiuza kuti zimenezi sizitanthauza kuti ine tsopano ndakula chifukwa sindingathe kukwaniritsa udindo wosamalira mwana.

Kudzikodzera umuna kutulo sikutanthauza kuti ndiwe wokonzeka tsopano kuyamba kugonana, kumangotanthauza kuti mukukula ndipo tsopano mwafika pa msinkhu wokhwima.



Komwe mungapeze mauthenga ena ofotokoza za kutha msinkhu

Achinyamata athanso kupeza mauthenga ofotokoza za kutha msinkhu kuchokera kwa makolo, akuluakulu odalirika monga atsibweni, azakhali ndi agogo. M'madera ena muli mabungwe a achinyamata omwe ali ndi mauthenga okamba za kutha msinkhu. Muthanso kupeza mauthengawa kuchokera kwa aalangizi achinyamata, ma-YCBDA komanso ku zipatala.



