

Growth and Changes

Onyini ne Nsakraeε



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Smartline



What is puberty?

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

These changes are sometimes called "**puberty**" or "**adolescence**," and girls and boys at this age are often called "**adolescents**."

Eden ne mpanye?

Effiri mfes 10 kosi 14 no nsakrae bi ko so wo mmaayewa ne mmarimaa mpadua mu. Saa honam mu nsakrae ahoroo yi ko so mfes pii.

Eto da bi a yefre saa nsakrae yi "**mpanyinye**" anaa "**mpanyingyinabere**" na mmaayewa ne mmarimaa a wɔduru saa gyinabere yi nao yefre won "**mmabum**."



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

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

Mpanyinye hye aseɛ bere a nipadua no anya ɔhonam mu nnuro bi a ye frɛ no “**hormones**” ma eboro so. Saa “hormones” yi na ɛdi nsakraɛ ahodoɔ ba onipadua no mu.

Onipadua mu nsakraɛ yi akyi no, “hormones” no de atenka ahodoɔ nso ba. Enti abaayewa a wasi onyin kwan mu no ani tumi gye bere bi, ɛto da bi nso a ne bo fu, bere foforo mu nso n’adwene ye no basaa.



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

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

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

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

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

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



When does puberty begin and how long does it take?

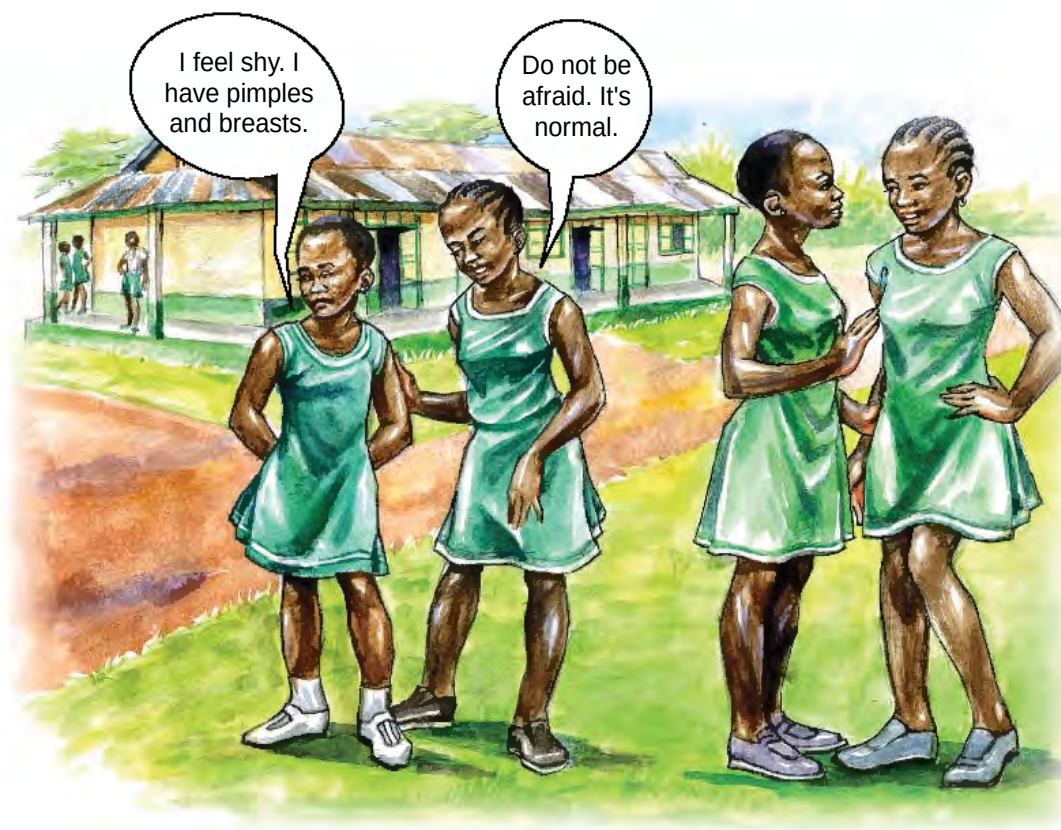
Changes take place in girls and boys at different times. Generally changes start earlier for girls than for boys. Some start before the age of 10, while others start after age 14.

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

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

Nsakrae a eko so wo mmaayewa ne mmariamaa nnipadua mu no nyinaa mma bere koro mu. Mpen pii no ehye aseɛ ntem wo mmaayewa mu kyen mmariamaa. Ebinom dee tumi hye aseɛ ansa na woadi mfee 10, afororo nso dee hye aseɛ bere a woadi mfee 14 ne akyire koraa.

Mmaayewa no bi wo ho a, nsakrae no di afe baako anaa dee ennuru saa. Afororo nso dee ko so kyere beye mfee nsia.



What are the physical changes that take place in girls?

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

Onipadua mu nsakrae ben na eko so wo mmaayewa mu?

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



What is menstruation?

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

During menstruation, the lining of the **uterus** comes out along with blood through the **vagina**. Bleeding usually lasts for 4-7 days and usually happens every month.

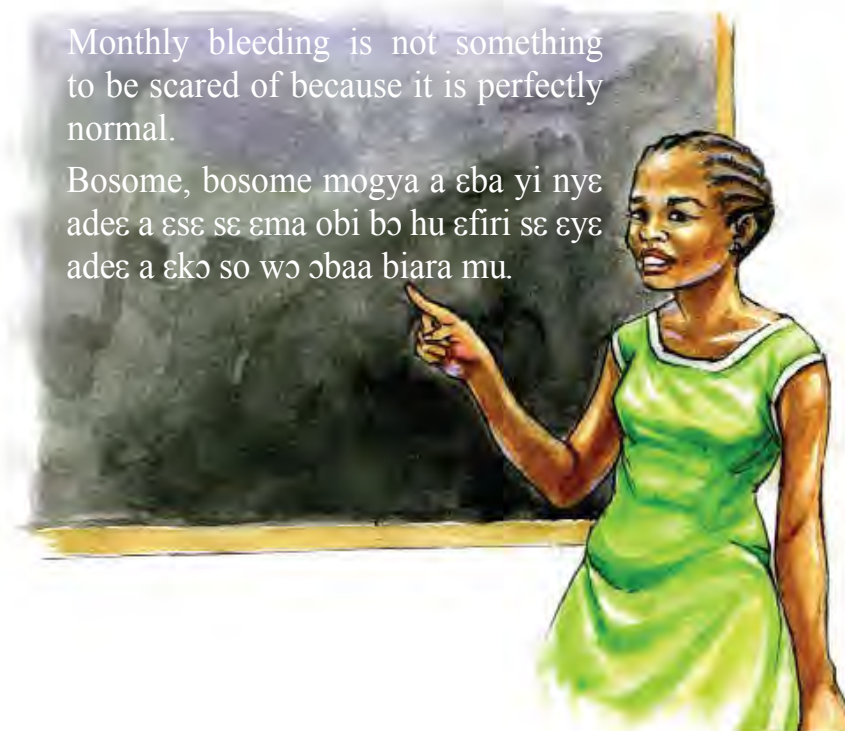
Monthly bleeding is not something to be scared of because it is perfectly normal.

Eden ne brayo?

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

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

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





Most girls have their first period between the ages of 11 to 14. Some girls start as early as 8, and some at 17 or older.

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

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

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



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

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

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

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

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

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

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

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



Does having a period hurt?

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

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

Ana brayɔ ye ya?

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

Yɛfrɛ saa yea yi “**ɔdaɛ**” na ɛma won ayaase we won yayaaya. **Awodes** no mia na ede yea no ba. Eyɛ awodeɛ no mia a emia ne ho no na ɛma nneema yi yi firi awodeɛ no mu ba bosome biara.



What is PMS?

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

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

Eden ne "PMS"?

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

Ɛma mmaayewa no bi werɛ ho. Ɛmma ebinom nya akoma na wɔn bo fu ntɛmtɛm. Mmaayewa no bi te nka sɛ wɔn nufɔ ahyehyɛ na ɛye wɔn yea. Yeiinom nyinaa yɛ nnɔma a ɛko so nti ɛnsɛ sɛ ɛha wo.



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

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

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

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



Adjoa's Story

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



Adjoa Suahu

Na mewɔ gyniapɛn 4 na meyɛɛ bra a ɛdi kan. Na mewɔ sukuudan mu na metee nka sɛ me yam keka me. Na mennim deɛ menyɛ. Na mentumi ntena ase yie wɔ m'akonnwa so. Maseta frɛɛ me sɛ menkɔtwɛrɛ wɔ bɔɔdo so. Mesɔrɛɛ pɛ na nkurofoɔ fii aseɛ sɛ wɔresere. Enti obi ka kyerɛɛ me sɛ me sukuu ataadeɛ afɔ. Mede me nsa kaa m'ataadeɛ na mehuu sɛ mogya wɔ mu. Maseta deɛ wanhu nanso sukuufɔɔ no deɛ wɔhunuɛ. Mefiri aseɛ suie nna meka kyerɛɛ maseta sɛ meyare. ɔbisaa me deɛ ɛreyɛ me nanso fɛrɛɛ nti mantumi anka. Mebisaa m'adamfo sɛ ɔma me ntoma. ɔyɛ kramoni a ɔde ntoma ba sukuu daa sɛdeɛ ɔbetumi abɔ mpaeɛ. Mede kataa me ho na mesɔrɛ sɛ merekɔ. Na obiara rehuro me. Na m'adamfo a ɔmaa me ntoma no aye bra bosome a atwamu no enti ɔka kyerɛɛ me sɛ mayɛ bra. Wansere me, mmom ɔka kyerɛɛ me sɛ menhwɛ me ho so yie efiri sɛ seesei deɛ metumi anyinse n. Mefiri aseɛ suie efiri sɛ na medwene sɛ manyinsɛn. Mekɔɔ fie no, na me nuabaa wɔ ho enna meka kyerɛɛ no sɛ mogya wɔ m'ataadeɛ mu. ɔka kyerɛɛ me sɛ memma no nha me, na ɛkyerɛ sɛ manyini. Sɛ abaayewa a ɔnyɛɛ bra hunu biribi a, enɛ sɛ ɔbɔ hu. ɛsɛ sɛ ɔkɔhu obi a wayɛ bra pen. Wɔbɛka akyerɛ no sɛ enɛ sɛ ɔsuro. ɛnye yareɛ. Sɛ ɔwɔ onua panin a, ɔne no nkasa.

Abena's Story

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



Abena Suahu

Na metaa te se mpanimfo ka brayo ho asem nanso mamfa no asem biara. Na medwene se woredi mmaa ho few bere a woreka mogya ho asem. Nanso da koro bi meda nyaneee no mehunuie se mogya aye me mpa so. Eyee me nwanwa. Na mennim baabi a mogya no firi reba. Mehunu se m'ataadee nso afɔ. Mebrɛ m'ani ase na mehuu se efiri m'ase. Na me pieto mu nyinaa aye mogya. Mefiri aseɛ suie enna mede mmirika kɔɔ me maame nkyen. Mekaa deɛ ato me no kyerɛɛ no, enna oka kyerɛɛ me se eyɛ adeɛ a esi daa. Deɛ okaeɛ ara ne se memma enha me. Mante aseɛ enti mekɔɔ m'adamfo nkyen. Ono ne onipa a okyerɛɛ me deɛ ese se meye ne nneɛma a ehia se mede siesie me ho. Deɛ mepɛ se meka kyere abaayewa a wasi so ne se, se oye bra a edi kan a, omma enye ne nwanwa. Eto da bi a, ne yafunu bekeka no nanso eyɛ adeɛ a ewo ho ma obiara. Mesan ama no ate aseɛ se omfa bratam anaase paade nsiesie ne ho na n'anim angu ase. Afei metu no fo se ontaa nnware anye saa a nka bone bi beba ne ho a se one ne nnamfonom nam a obefere.

Akua's Story

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



Akua Suahu

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

Yaa's Story

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



Yaa Suahu

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

Afia's Story

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



Afia Suahu

Ɔsannaa da a eto so 12 afe 2006 nye da a m'ani gyee koraa; efiri se da na yesiee me wofa yere. Metuu mpasa sedee ebeye a me were befiri dee na ereko so no. Bere a na menam no, menyaa atanka bi se me yam retu. Mede mmirika koo fie se merekogyaa m'enan. Mehwee me pieto mu no na mogya aye mu. Adwene a edi kan a ebaa me tirim ne se menya yafunu mu "cancer" yaree, efiri se na m'adwene wo me wofa yere no yaree no so. Meyii me pieto no na mede kokyerere me nuanom mmaayewa bi. Wopae sere mu. Me bo fuuie efiri se na m'ani nna so se wobeye saa. Woka kyeree me se menkodware. Medware wiece no mehunuu se me nuanom no baako de paade ahye me pieto no mu. Eho na mekaee se biribi wo ho a yefre no brayoo. Meyee basaa da no, efiri se bere biara a metena ase no na eye me se masae me ho. Menhunnie se nsaanini abegu m'anim. Mekoo sukuu no na mefere kakra nanso menyaa akokooodoo ka kyeree me nnamfonom. Edii afe ansa na meregye atom se maye obaa dee, bosome biara maye bra. Metu mmaayewa waaasi so fo sedee menyaa me dee, sedee eyee me ne nsem a nkurofoa keka fa brayoo ho a enye nokore. Mebo no ho ban na maboa no sedee orensae ne ho. Mema wate asee se, se bere a obehunu mogya anim dee edi kan no, obete yea kakra. Saa ara na etee, enti ense se ofa no se oyare anaa onyem. Mekyere abaayewa a onnim brayoo ho hwee no se, ense se ofere se obebaa n'awofoa amannee, efiri se obaatan biara bepe se ohunu dee e ha ne ba. Na ne ho beto no a, n'ani nye no n'akyi, n'akyi.

Answering the “how to” questions!

How to manage your first period?

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

How to capture the blood?

- Place a period cloth or a pad or cotton wool on your panties.
- Change the cloth/pad/cotton wool every 2-3 hours or if you think that the blood flow is getting heavy.



Asemmisa “deen na ese se meye” ho mmuaee

Edeem na ese se woye wo bra a sdi kan ho?

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

Sen na yebeye mogya no?

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

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

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

How to keep yourself clean during your period?

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

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

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



Ekwan a ese se wofa so sie bratam/ paade anaa asaawa fufuo no?

- Se wobɔ paade anaa asaawa fufuo a, fa krataa a eye fe kyekyere ho, na fa koto tiafi amena mu, anaa dee yede wura gu mu mu se dee wobetumi ahye no akyire yi anaa wobe to atwene.
- Se wobɔ bratam a, fa hye worɔba baage mu kɔsi se wobɛnya kwan de nsuohyee ne samena asi ahata no awia mu na to so.

Ekwan a ese se wodi wo ho ni bere a woaye bra?

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

Ekwan a wobefa so asi ayamkeka (adaae) ano wo braye bere mu?

- Wobetumi de ntoma a emu ye hye kakra ato wo yafunu so bere a woda ho regye w'ahome.
- Wobetumi atenetene wo mpom na woakentene wo ho.
- Wobetumi anom nsuo dedeɛdedeɛ kuruwa ma.
- Wobetumi anom aduro a ema chonam yea ko fam donhwere 4 kosi 6 biara, da a wote yea pa ara no.

Is it normal if ...?

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

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

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

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

Is it normal if you get your period on a different day each month?

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

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

Yes, the average length of a period is 5 days but it can range from 2 to 7 days.

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

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

Is it normal that boys do not get periods?

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Is it normal if ...?

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

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

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

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

Is it normal that sometimes a girl will get clots coming out with her period?

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

Is it normal to get pimples during your period?

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

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

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

Is it normal to get stomach pain during your period?

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

Ɛye adee a enam ne kwan mu se ...?

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

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

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

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

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

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

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

Aane, mmaayewa ne mmaa mpaninfoɔ bebreɛ wo ho a nsaanini taa sisi won anim bere a worebeyɛ bra ne bere a woayɛ awie no.

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

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

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

Aane, "ɔdaeɛ" ye yea bi a obi te wo n'ayaase bere a orebefiri bra ase anaase wayɛ awie no. Se yea no ano nye den a, enye hwee; nanso se ano ye den bebreɛ a, ɛse se wokohunu dokota anaa neɛse na oma wo aduro. Mmaayewa bi nso wo ho a, wɔnte yea biara koraa.

Is it True or False ...?

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

Ɛye nokorɛ anaase ɛnye nokorɛ ... ?

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

Puberty Changes

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



Nsakrae a eba wo mpaninye mu

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

Keeping a menstrual calendar

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

When you get your period:

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

Remember, during puberty girls can have irregular periods!

Ekwan a wobefa so ahye wo brayo nna nso

Sɛdɛe ebeboa wo ma woabu nna a wode ye bra ho nhwesoo a ebeboa wo ni.

Bere a woys bra:

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

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

January

			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

February

				1		
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

March

						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

April

			1	2	3	4
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			



Menstrual Myths... True or False?

Girls may get pimples around the time of their menstrual periods. **True**

If an animal (dog/goat) picks up your pad, you will not have children. **False**

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

Eating sugary foods and drinking sugary drinks will make your period irregular. **False**

Girls need to have children shortly after getting their period because girls have a limited number of eggs and lose one each period. **False**

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

Mmaayewa nya nsanini wo won anim bere a woye bra no. **Eɛe nokore**

Se aboa bi (okraman/ abirekyie) fa wo paade no ko a, worentumi nwo. **Enye nokore**

Obre dodoo tumi ma wo bra no pa ho. **Eɛe nokore**

Wodi asikyire aduane anaase wonom nnesma a eɛe dokodoko bebreɛ a, sma wo brayɔ tumi sesa. **Enye nokore**

Ehia se mmaayewa ye bra pe a, wofi asɛ wo ntamntam sfiri se won mmadwoɛ no sua na bere biara a wobeye bra no wohwere baako. **Enye nokore**

Congratulations!!

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

Mo ne yo!!

Sesei deɛ woasua biribi afa sɛdeɛ worenanyi afiri mmofra mu abeye ababaawa.



This book tells the
stories of young
Ghanaian girls



Nwoma yi ka
nsem fa Ghana
mmaayewa ho

Smartline

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