

Girls only



JAGORA MAI MAHIMMANCI GA HAILA DA BALAGA GA KOWACE KARAMAR YARINYA

Tawagar

PadHer kungiya ce mai zaman kanta da mata ke jazoranta a Legas, Nageriya, da Nairobi, Kenya. Kungiyarmu tana ilimantar da 'yan matan makaranta 'yan Afirka daga al'ummomin da ba su da aikin yi a kan haila da balaga ta hanyar amfani da littattafan ban dariya ta yadda za su iya tafiyar da al'adarsu yadda ya kamata tare da kuma samun kwarin gwiwar da suke bukata don sarrafa makomarsu da samun nasara.

Kowane littafin wasan barkwanci yana zuwa da pad din tsafdar da za a sake amfani da su kyauta (pads 3) don taimakawa yaki da talaucin haila a Afirka da kuma munduwa na lokaci kyauta don taimaka musu gano inda suke cikin zagayowar su.da suke bukata don sarrafa makomarsu da samun nasara.



Chika Nwaogu	Thelma Ahamba	Elvinah Nyambaso	Deborah Henshaw	Camilla Jussab	Kelebohile DalaSeni	Karen Ashraf	Serah Wambui
Wanda ya kafa /Babban Darakta	Daraktan Ayyuka	Daraktan Yanki (Gabashin Afirka)	Daraktan Yanki (Afirka ta Yamma)	Daraktan Yanki (Afirka ta Tsakiya)	Daraktan Yanki (Afirka ta Kudu)	Daraktan Yanki (Arewacin Afirka)	Manajan Kasa (Kenya)

Haila wani bangare ne na rayuwa da lafiya. Kimanin rabin yawan mata na shekarun haihuwa ne, wanda ya kai kusan kashi 26% na al'ummar duniya. A kowane wata, yawancin 'yan mata suna yin jinin haila tsawon kwana uku zuwa bakwai. Haila, kamar yadda aka saba, har yanzu ana kyamaci a duniya.

Rashin sani game da haila yana iya haifar da imani mai cutarwa da wariya. Hakanan zai iya hana 'yan mata shiga ayyukan yara na yau da kullun. Ana hana 'yan mata matasa damar koyo game da haila da habaka halaye masu kyau saboda kyama, tabo, da tatsuniyoyi.

"Girls Only" an kirkiri shi don mai da shi **kyauta, nishadi, sauksi, da kuma jin** dadin koyar da 'yan matan makaranta kamar kanku game da lokacin haila da balaga.

Hailar al'ada ce. Kowace yarinya takan fuskanci wannan a wani lokaci a rayuwarta, don haka babu abin kunya ko kunya. Don haka koyaushe ku tuna...It's Normal, period!™

Ba da gudummawa

TAIMAKA MANA DON ISA GA KARIN 'YAN MATAN
MAKARANTA A CIKIN AL'UMMOMIN DA BA A YI AIKI BA TA
HANYAR BA DA GUDUMMAWA A YAU.
ZIYARCI: PADHER.ORG/DONATE

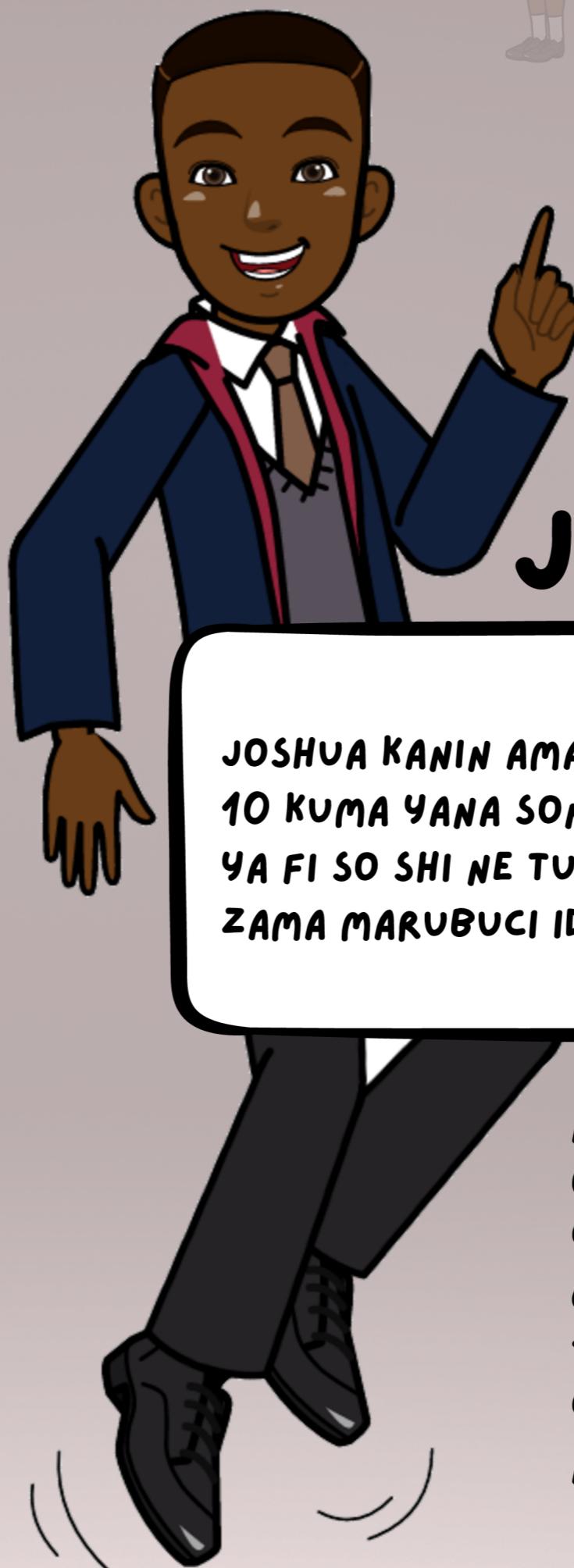
Hiredit

MASU GYARA: WANJIRU KINUTHIA, BRENDA JEBET ROTICH | MAI ZANE: CHIKA NWAOGU
LIKITAN MATA, MASHAWARCIN LIKITA: DR. JACKSON KINYUA MWANGI
MAWALLAFI, DARAKTAN FASAHA DA MANAJAN SAMARWA: CHIKA NWAOGU
AIKIN DA BINCIKE MANAJA: SHEILA OMONTI



AMANDA

AMANDA ITA CE BABBAN JIGO A CIKIN WANNAN JERIN LITTATTAFAN BAN DARIYA. TANA DA SHEKARA 12 KUMA TA YI AL'ADA TA FARKO. ABUBUWAN DA AMANDA TA FI SO SU NE LISSAFI DA KIMIYYA. AMANDA TANA SON ZAMA INJINIYA.



JOSHUA

JOSHUA KANIN AMANDA NE. YANA DA SHEKARA 10 KUMA YANA SON RAWA. BATUN DA JOSHUA YA FI SO SHI NE TURNCI, KUMA YANA SON YA ZAMA MARUBUCI IDAN YA GIRMA.

AN HADA JOSHUA A CIKIN ""GIRLS ONLY" SABODA MUN YI IMANIN YA KAMATA YARA MAZA SU KOYI GAME DA HAILA. JOSHUA YA YI TAMBayoyin GAMA GARI DA YARA MAZA SUKE YI GAME DA AL'ADA.



SANDRA

SANDRA YANA DA SHEKARU 8 KUMA YANA SON YIN WAKA. MAUDU'IN DA TA FI SO SHI NE ILIMIN NA'URA MAI KWAKWALWA, KUMA ZA TA SO ZAMA MAI TSARA SHIRYE-SHIRYEN KWAMFUTA IDAN TA GIRMA.



DR. JOY

DR. JOY KANWAR AMANDA CE KUMA LIKITA CE. TANA DA SHEKARA 28 KUMA TANA SON KOYAR DA AMANDA DA YAN UWANTA GAME DA HAILA DA BALAGA.



UWA

MISIS ABIGAIL COKER, WACCE 'YA'YANTA SUKA
FI SANI DA "MAMA". ITA CE MAHAIFIYAR
AMANDA, DR JOY, JOSHUA DA SANDRA. 'YAR
KASUWA CE KUMA TANA SON 'YA'YANTA SOSAI.



UBA

MISTA COKER SHINE MAHAIFIN AMANDA, DR.
JOY, JOSHUA DA SANDRA. MA'AIKACIN BANKI NE.
ABINCIN DA YA FI SO SHINE SHINKAFADAKAJI.

"GIRLS ONLY" SUN TAIMAKA MINI DA FAHIMTAR HAILA.
— Beryl (shekaru 10, Nairobi)

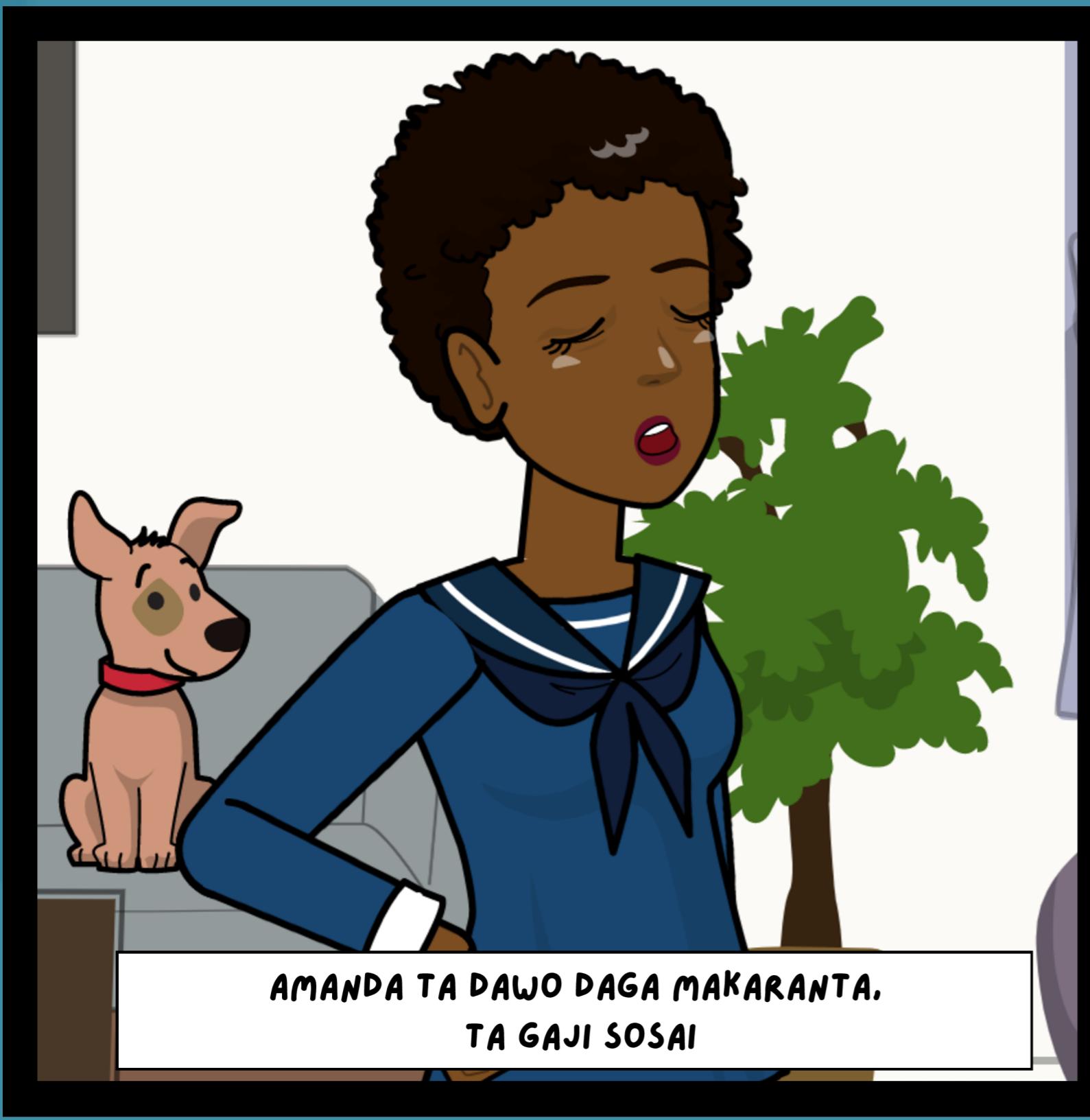


Hakkin mallaka ©2021 Africa54, Dukkan Hakkin mallaka.

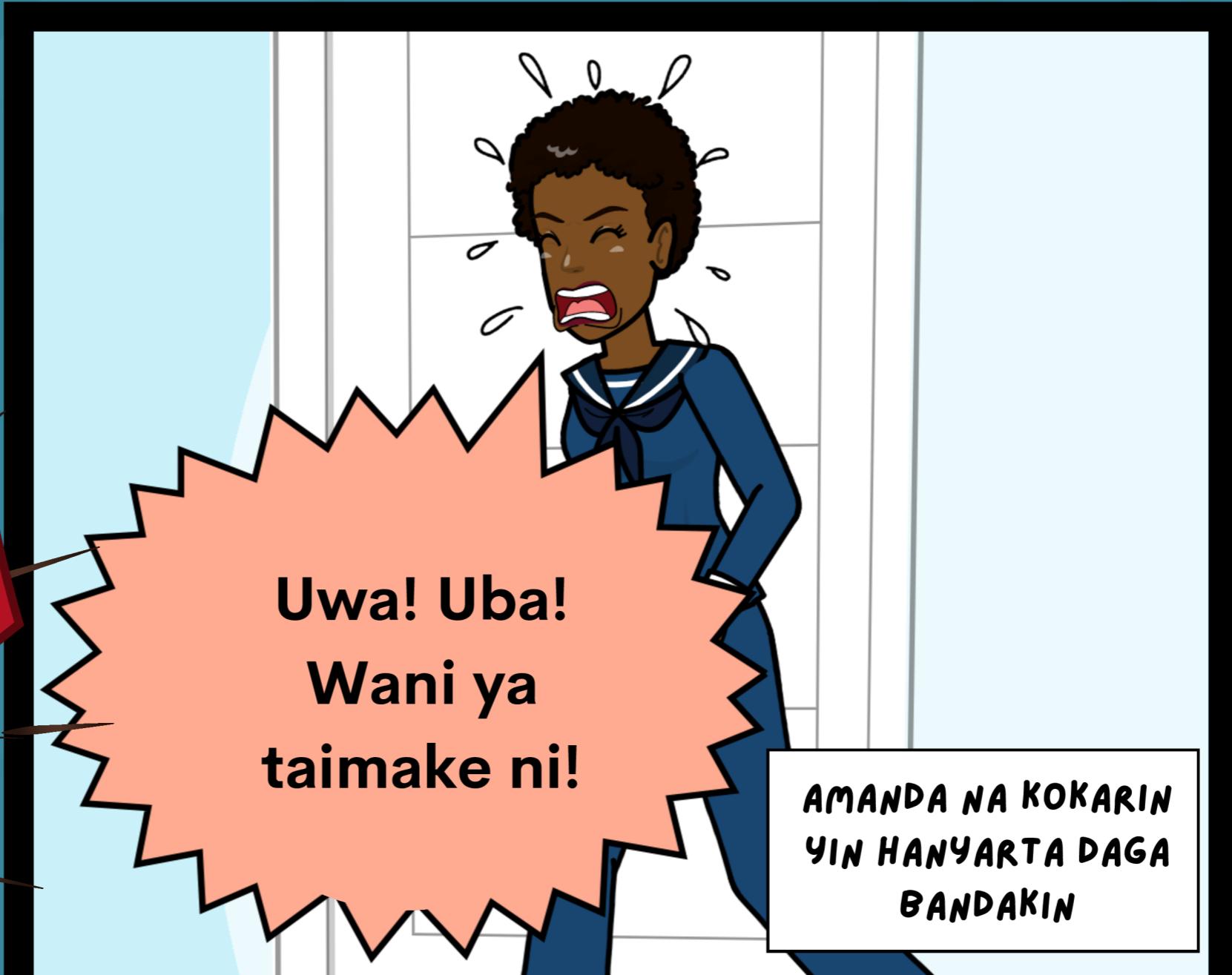
Wannan wasan ban dariya aiki ne na almara wanda kila ya dogara da gogewar mutum.

RA'AYI: Abubuwan da ke cikin wannan wasan ban dariya an bayar da su don dalilai na ilimi kawai kuma bai kamata a yi la'akari da shi azaman madadin shawarar likita na kwararru ba.

Ba za a iya kwafi, adanawa ko watsa wani bangare na wannan wasan barkwanci ta kowace hanya, audio, gani, inji ko lantarki, ba tare da rubutacciyar izinin Africa54 ba, sai dai a cikin takaitaccen abubuwan da aka yi amfani da su a cikin bita da labarai masu mahimmanci. Haihuwar kowane bangare na wannan wasan ban dariya ba bisa ka'ida ba kuma doka ce ta hukunta shi.



...TANA CIKIN TOILET. AMANDA TA GA JINI A
JIKIN RIGAR TA. TA FIRGITA.



Inna? Baba? Me
yasa ba wanda
yake bani amsa?



...AMANDA TA RIKICE

AMANDA NA JIN ANA
KUANKWASA KOFIA

KNOCK!
KNOCK!

YAR'UWAR AMANDA
CE, LIKITA JOY,
WACCE TA ZO
ZIYARA

..AMANDA TAJE TA BUDE KOFAR

Amanda, lafiya?
da alama kuna
cikin damuwa

Na ga jini a
kan tufafina

...AMANDA CIKIN HAWAYE TA YI BAYANI

...da alama babu
kowa a gida

Amanda, ba ki da lafiya.
Babu shakka babu abin
tsoro

Eh, kai likita ne, to
me ke damun ni?

Babu abin da
ke damunki
Amanda

JOY TAYI
MURMUSHI
AMANDA

Kin fara jinin
haila



JOY TA BAIWA AMANDA RIGAR
TSAFTA

HAKA ZAKA
SANYA SHI A CIKIN
RIGAR KA

ZAI SHA JININ DAKE
FITA

Na gode,
Babbar Sister!

AMANDA TA KAR6I
KUSHIN SANITARY DAGA
JOY

Kar ki damu Amanda, wani
bangare ne na zama mace

Kowace
yarinya tana
samun hailarta
ta farko

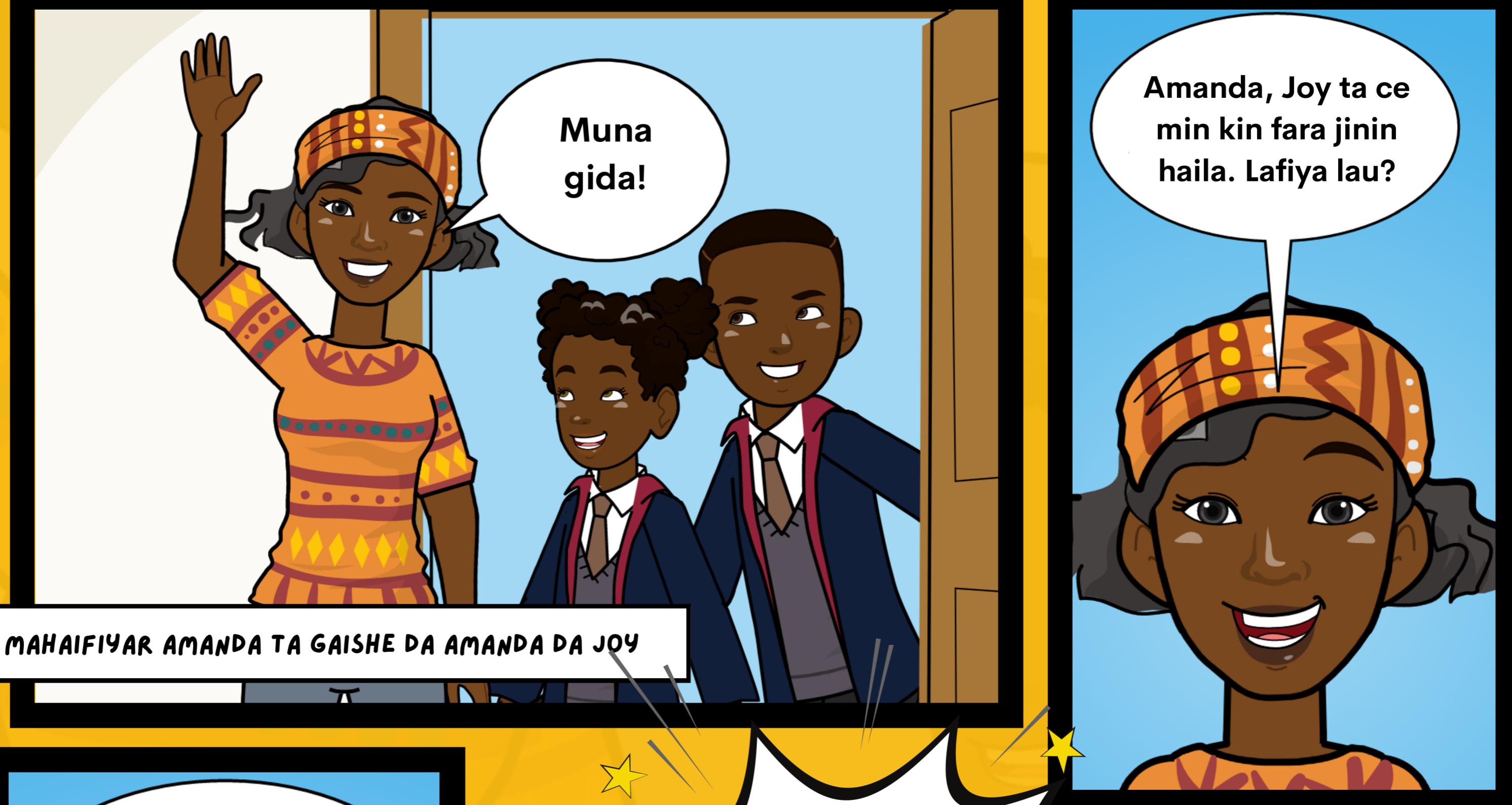
Na yi haila ta farko tun ina
shekara 13, kusan
shekarunki daya

AMANDA TANA DA SHEKARU 12

MAHAIFIYAR AMANDA TA DAWO BAYAN TA DAUKO 'YAN UWANTA

Akwai wani a bakin kofa, kuma
ina jin inna ce. Jeka bude. Na
san kuna da tambayoyi dubu
da ke tashi a cikin zuciyar ku a
yanzu. Bari mu yi magana game
da shi a gaba

**KNOCK!
KNOCK!**



Ina lafiya. Big Sister
ta gaya min cewa
kowace yarinya tana
da al'ada ta farko

Uwa! Uwa!
Menene haila?

'YAR'UWAR AMANDA
SANDRA TA TAMBAYA



Ya kamata ku je ku
canza tufafinku.

Zan amsa duk
tambayoyinku
idan kun gama

Shi ke nan.
Mu je mu
canza!



Lafiya,
lafiya

Mu tafi!

SANDRA, JOSHUA DA
AMANDA A GUJE SUKA
CIRE KAYANSU.



To yaya ranarki ta
kasance 'yata?

Rana ta yi kyau, inna.
Dole ne in bar aiki da
wuri don in zo ziyara



Don haka
gaskiya, da wuya
mu sami ganin ku
kwanakin nan



Zan yi kokarin
ziyarta
gwargwadon iko

HAHA!



Lafiya
yarinyata

...BAYAN WANI LOKACI, AMANDA DA 'YAN UWANTA SUN GAMA CANZA KAYAN MAKARANTA

Babbar 'yar
uwa, mun
gama!

...IN JI SANDRA

Ina da tambayoyi
da yawa da zan so
in yi muku

...IN JI AMANDA

Shin maza kuma
suna yin haila?

AMANDA DA Y'AN UWANTA SUN FASHE DA FARIN CIKI

...YA TAMBAYI JOSHUA

JOY TAYI DARIYA

Na ga ku duka kuna da
tambayoyi. Zan amsa duka. Da
farko, bari mu fara da menene
haila.

Haila kuma ana
kiranta da
periods.

...JOY TA FARABAYANI

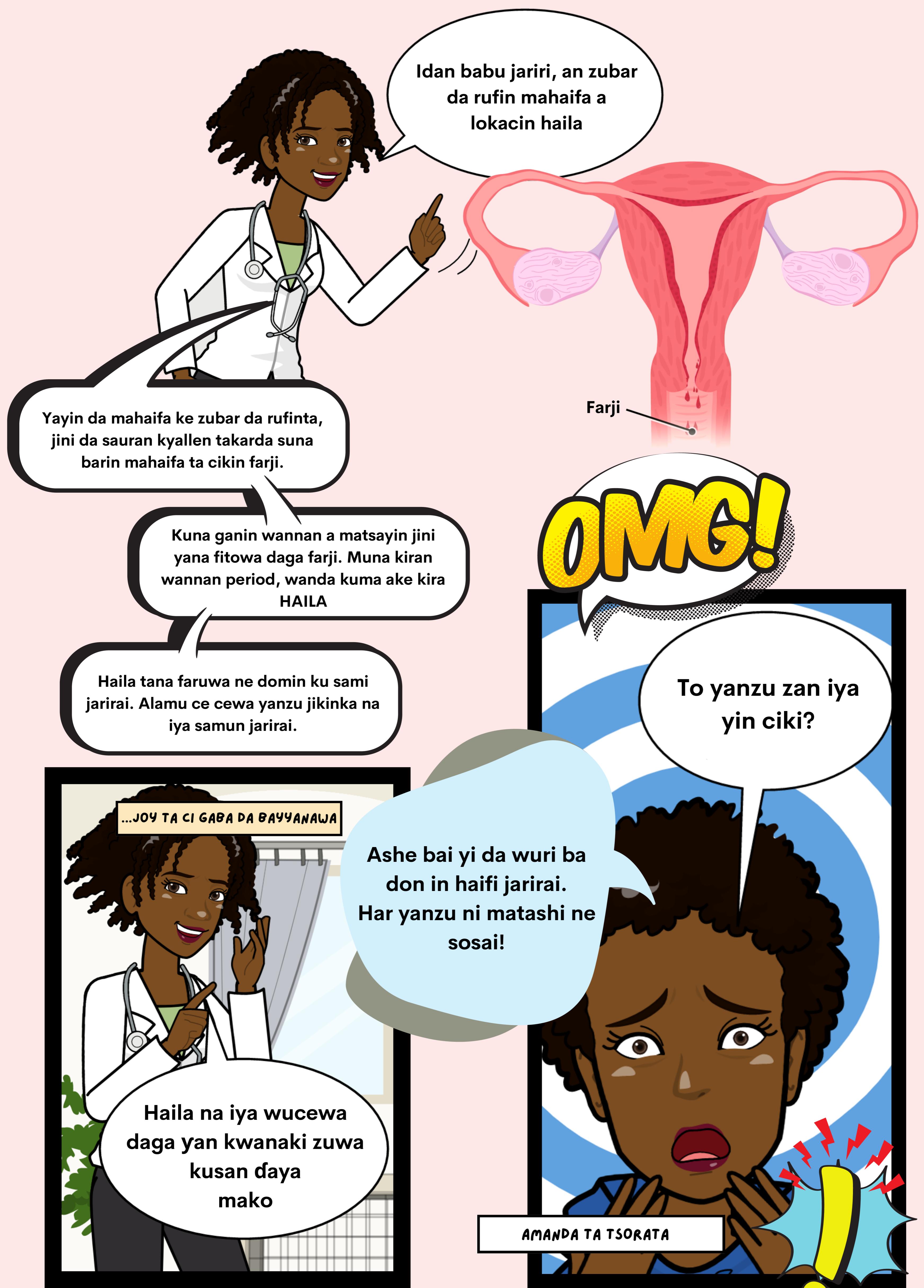
Yayin da 'yan mata suka
tsufa kuma jikinsu ya
canza, suna samun
haila

Mahaifa ita ce bangaren jikin da jariri
ke girma a lokacin da mace take da
ciki.

Mahaifa

Rufin ciki

Rufin ciki na mahaifa,
yana tallafawa da ciyar
da jariri mai girma



**Na yi farin ciki da
kuka yi wannan
tambayar, Amanda.**

...JOY TA AMSA

**Ovaries dinku sun fara sakin
kwai, kuma yanzu za ku iya yin
ciki, amma har yanzu kuna
kanana don fara haifuwa.**

JOY TA BAYYANA ABIN DA OVARIES DA KWAI SUKE
YAYIN DA LOKACI KE TAFIYA

Haila tana nuni da cewa yanzu kina iya daukar ciki,
amma ba ki samu ciki ba saboda yanzu kina jinin
haila.

Haila ba shine dalilin daukar ciki ba. Zan yi bayanin
yadda jarirai ke zuwa wani lokaci. A yanzu, bari mu
yi magana game da haila.

SAMUN JININ HILA ALAMA CE DA KE NUNA CEWA
KANA DA LAFIYA KUMA JIKINKA YANA GIRMA SOSAI.

Ovary Uterus



Na gode da
bayanin, babbar
'yar'uwa!

AMANDA TACE...



Ina maraba, Amanda.
Don haka mu koma
haila



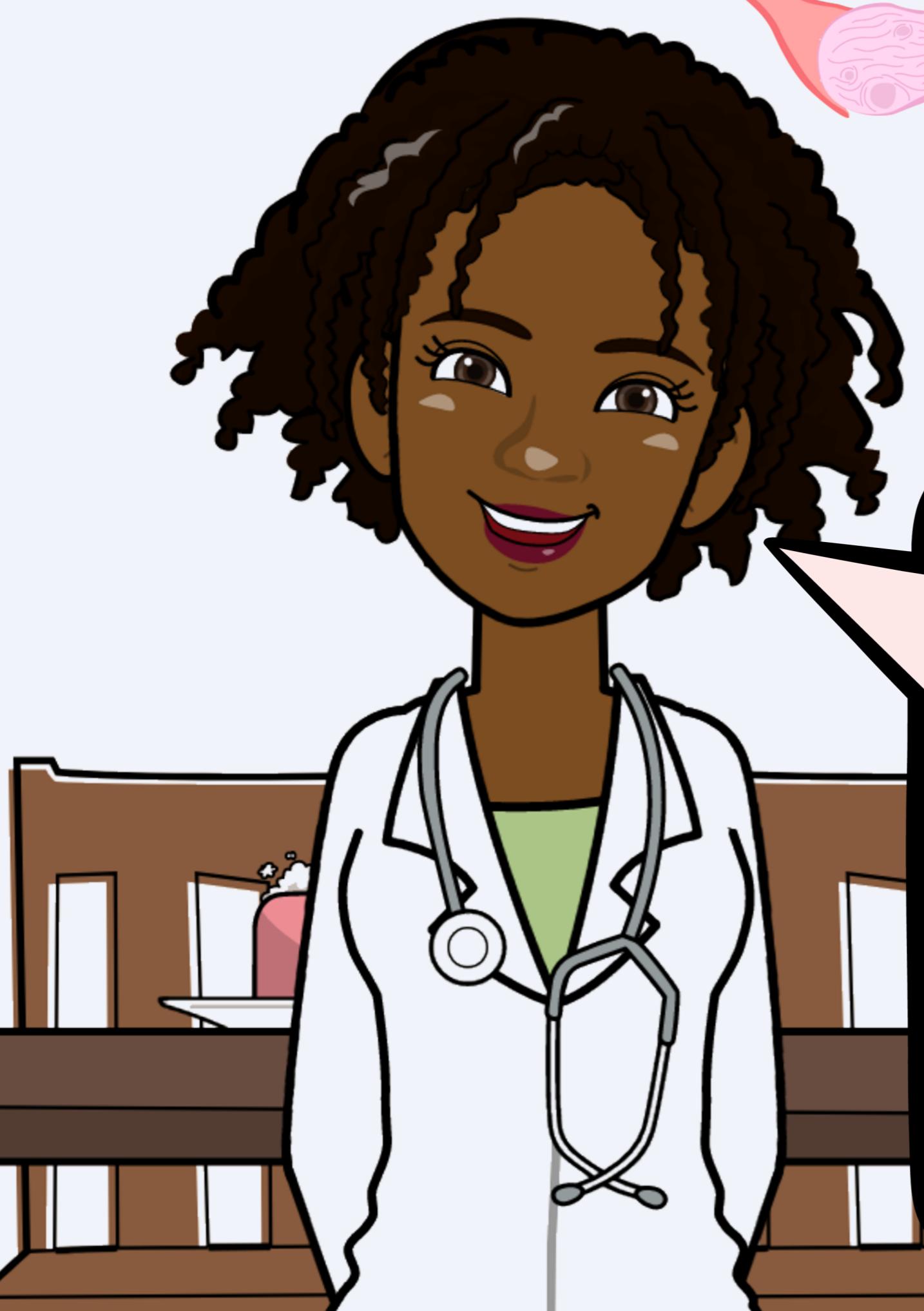
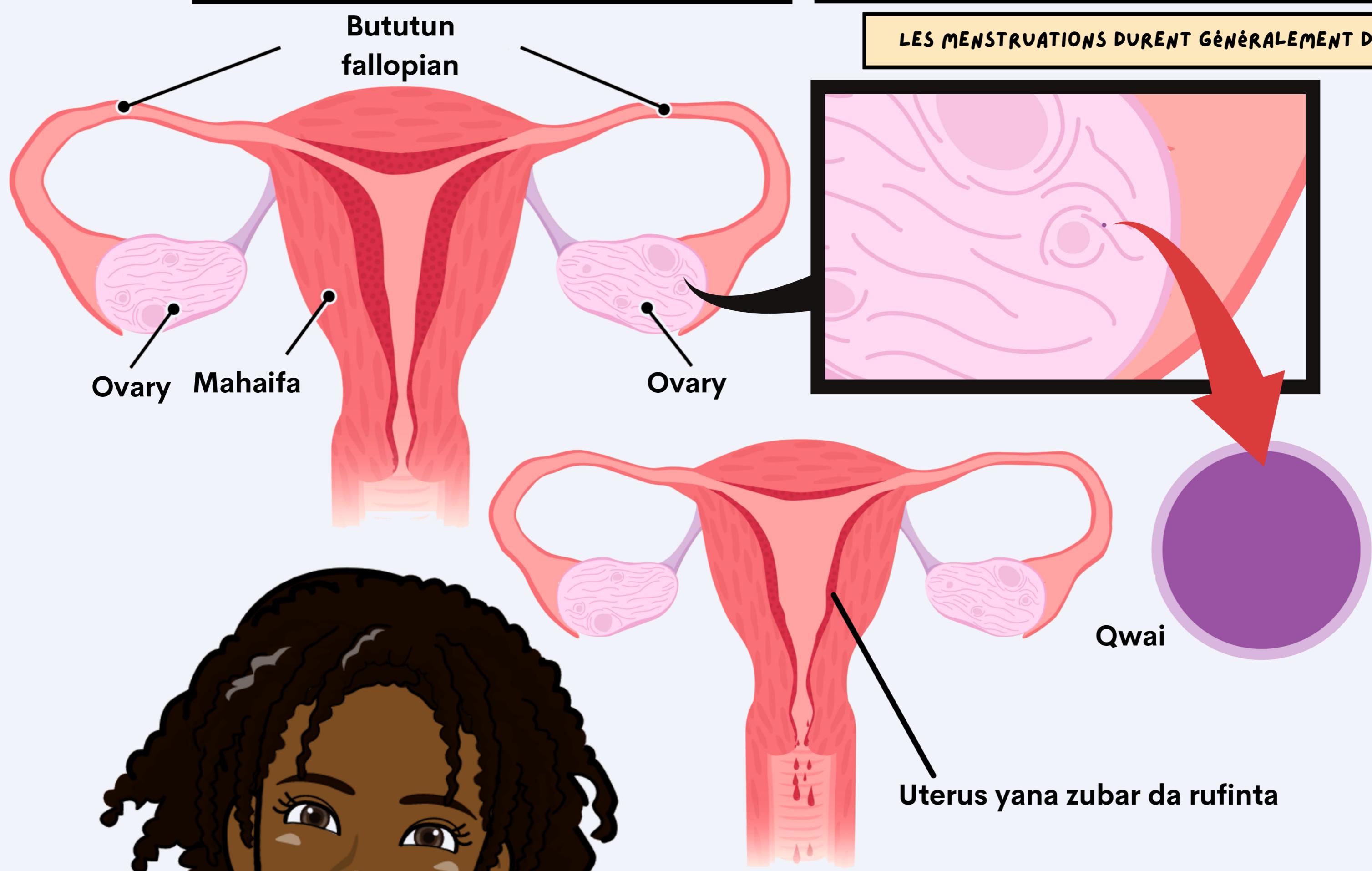
Kun ji labarin
cycle haila?

A'a ba ni da

AMANDA TA AMSA



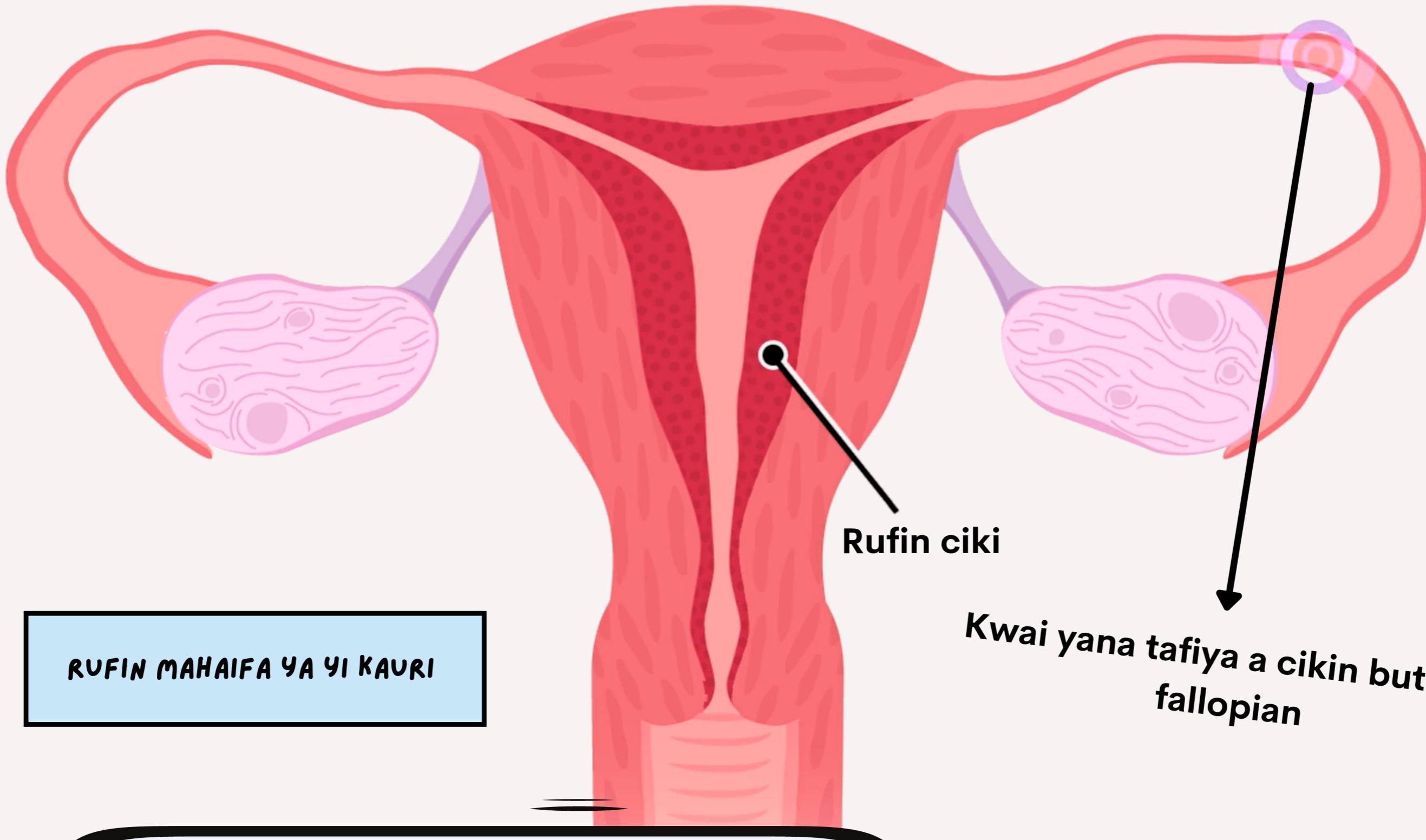
lokaci ne daga
wannan haila
zuwa wancan



A ranar 1 ga watan haila, mahaifa ta fara zubar da rufinta.

Da zarar lokacin haila ya kare, sai mahaifar ta sake yin shiri don karbar kwai da aka yi takin, sai ga rufin mahaifa ya sake yin girma ya zama mai kauri. Ana fitar da kwai daga ovaries na mace kuma suna da girma kadan ne. Kashi daya bisa goma girman nau'in poppy.

Mata suna da ovaries guda biyu, daya a kowane gefe. Tushen fallopien yana kaiwa daga kowane ovary zuwa mahaifa.



A tsakiyar cycle haila (rana 14), kwai yana sakin kwai; wannan ake kira ovulation

Bayan ovulation, kwai ya bi ta bututun fallopian zuwa mahaifa. Ana daukar yan kwanaki kafin a kammala tafiyar



A lokaci guda kuma, rufin mahaifa yana yin kauri sannu a hankali don tallafawa habakar kwan da aka hade.

Idan kwai ya hadu, za a dasa shi a mahaifar mace kuma tana da ciki

Idan ba a yi takin ba, matar ba ta da ciki, sai kwan ya fara narkewa



...JOY YA BAYYANA



Saboda mace ba ta da ciki, ba a bukatar murfin mahaifa kuma mahaifar ta zubar da rufinta
(Ranar 28).

Mace za ta yi haila, kuma za a sake sake zagayowar

Jinin da kuke rasawa yayan haila shine rufin mahaifa.

Lokacin da mahaifar ta rasa rufinta, jini da sauran kyallen takarda suna barin jiki ta cikin farji.

MAHAIFAR YANA ZUBAR DA RUFIN CIKI

Farji

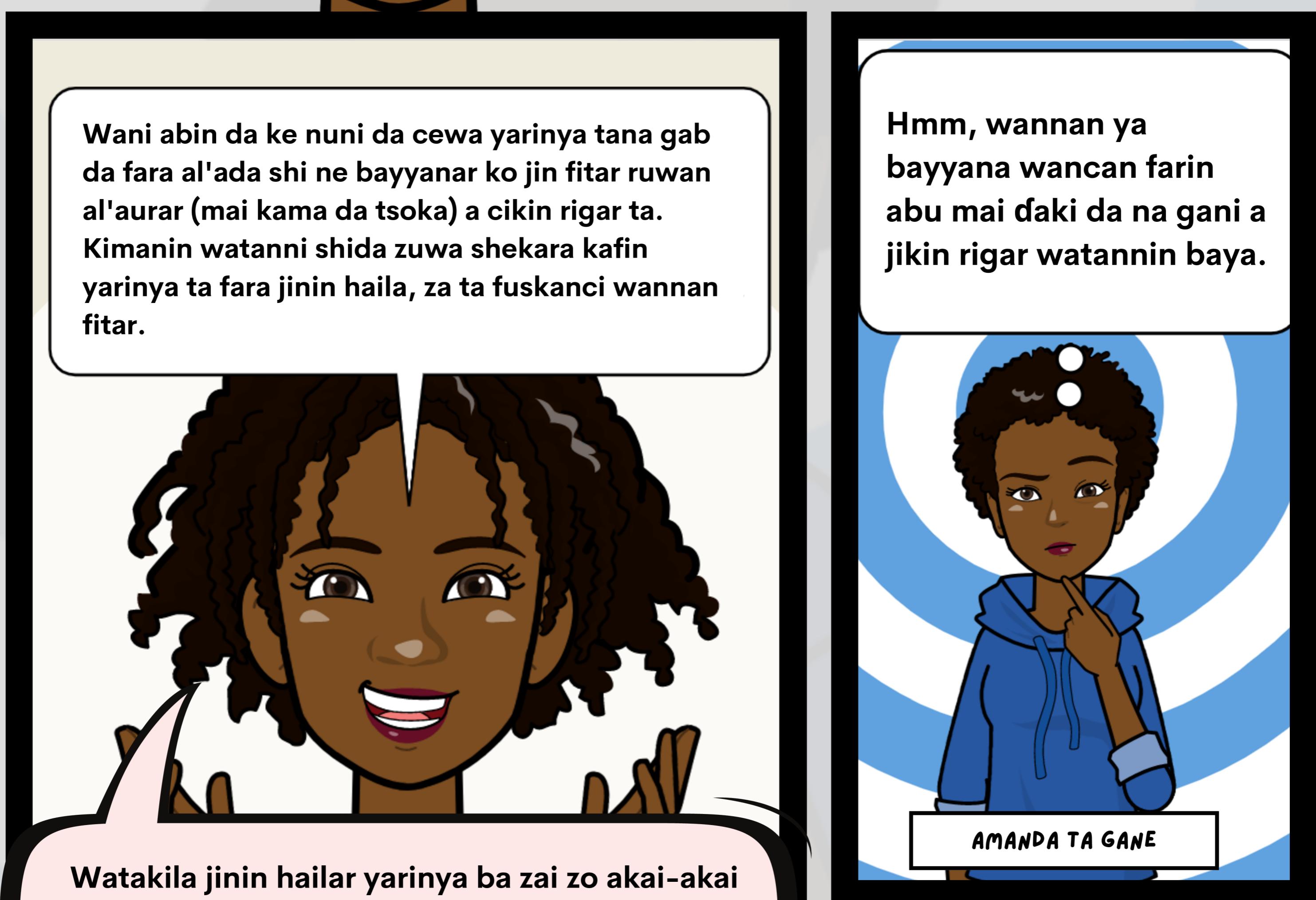
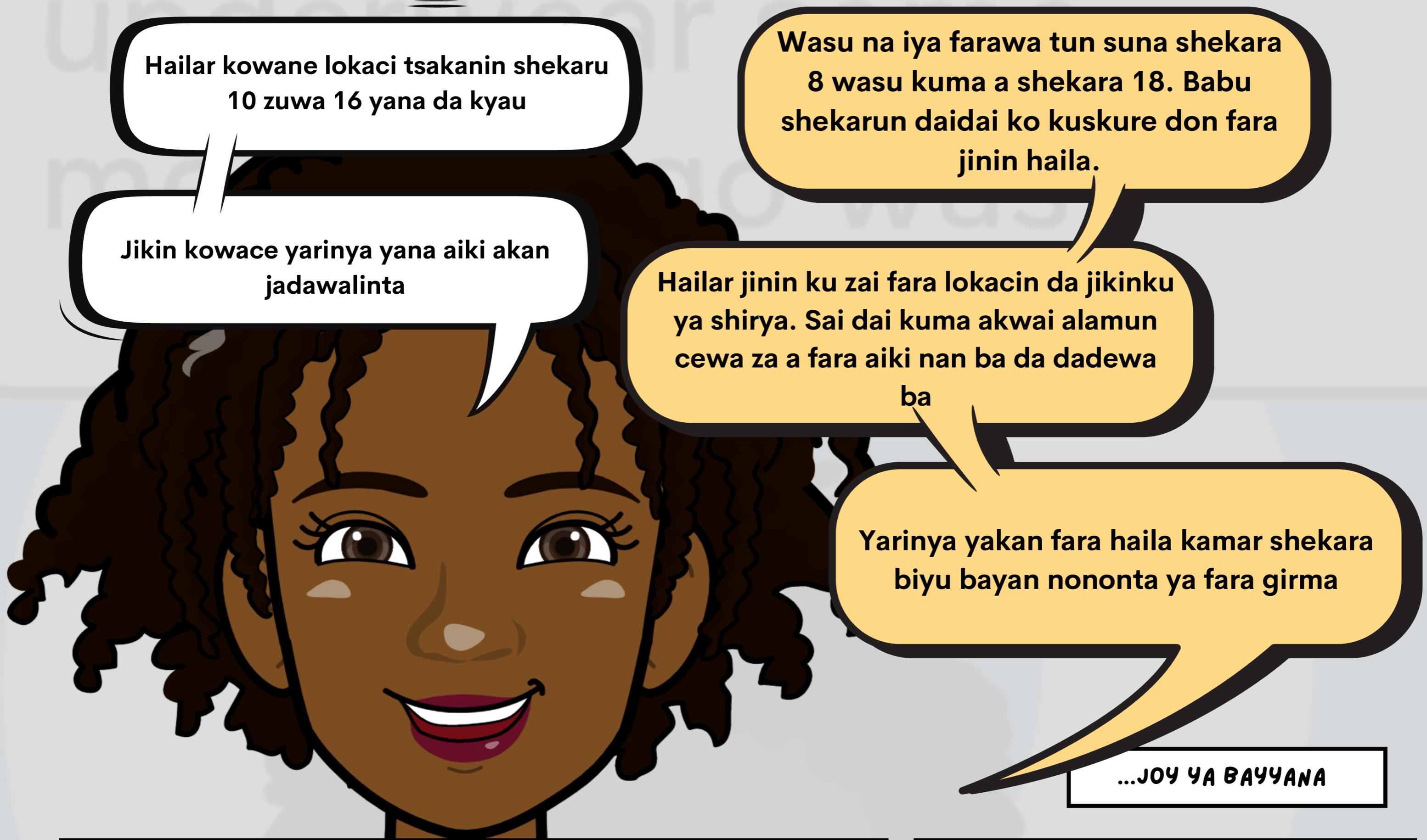
To ko zan samu
haila?

Ee Sandra, yawancin
'yan mata kan fara
haila tun suna kusan
shekaru 12

SANDRA TA TAMBAYA

WOW!





Haila takan auku kowane mako 4 zuwa 5. Duk da haka, wasu 'yan mata suna da karancin haila ko fiye

...JOY YA BAYYANA

Haila na iya haifar da sauye-sauyen yanayi, damuwa, damuwa da kuraje

Oh shi ya sa na
ji rashin lafiya a
yau!

Lallai
Amanda!

Wannan shi ake kira PMS
(Premenstrual Syndrome)

PMS shine lokacin da yarinya ta sami
alamun motsin rai da ta jiki kafin ko
lokacin haila

Alamun sun bace bayan kwanakin
farko na haila

HMM...

...JOY YA BAYYANA

A duk tsawon lokacin al'ada, yarinya takan
zubar da jinin cokali kadän, kodayake yana iya
zama kamar jini mai yawa.

Yawancin 'yan mata suna canza pad, tampon ko
kofi sau 3-6 a rana

Shin samari suna samun haila?

...JOSHUA YA TAMBAYA

A'a, Joshua, yara maza ba su da haila. Amma
duka yara maza da mata suna ganin saurin canje-
canje a jikinsu yayin da suke tsufa. ana kiransa
balaga

Zan gaya muku komai a ziyarara ta gaba.

Assalamu alaikum, ni Dr. Joy, kuma na zo nan ne domin amsa
dukkan tambayoyin ku game da haila da balaga. Kuna da tambaya?
ziyarci: padher.org/askdrjoy

Tambayi
Dr. Joy

BABAN AMANDA YA
DAWO GIDA

Ina ji ana kwankwasa kofa

KNOCK!
KNOCK!

Ina tsammanin baba ne

bari in duba

Hai Amanda?

Barka da gida Baba!

Barka da gida baba!...

Amanda ta yi haila
a karon farko a yau.

SANDRA TA GAIDA
MAHAIFINTA CIKIN FARIN CIKI



Da gaske! Amanda,
taya murna. Yaya
kake yi?

Ina jin dadi, Baba.
Babbar 'yar'uwa ta
taimaka min
fahimtar menene
haila da kuma cewa
al'ada ce



Eh, Amanda, jinin haila ba wani
abin kunya ba ne



Yana daga cikin abin da ya sanya
ki mace

Godiya Baba



Sannu Joy, ya kuke? A
kwanakin nan ba kasafai nake
ganinku ba

Ina lafiya baba. Wani lokaci aiki yana
hana ni zama tare da iyalina...

...amma zan yi kokarin daukar karin
lokaci

Don Allah, Joy, gwada kara mana
lokaci. Muna kewar ku

Nima ina kewar ku

...IN JI JOY

Na gode sosai!

Oh, zuma, kuna gida.
Nasan dole kin gaji, bari
in gyara miki wanka mai
zafi

Kafin in manta Amanda, ina
so in sanar da ku wannan

...IN JI JOY

Yawancin 'yan mata suna fama da
matsanancin ciwon haila, musamman
kwanakin farko

KWALBAN
RUWAN ZAFI

Idan ciwon haila ya dame ka, za ka iya gwada
amfani da kwalbar ruwan zafi a ciki ko shan
magungunan kashe zafi kamar ibuprofen ko
naproxen.

Dauki magungunan kashe zafi don
wannan ko amfani da kwalbar ruwan
zafi da aka nannade cikin tawul

Iya, Big Sis. A gaskiya ina
jin zafi a kasan cikina

Kuma ku tuna, haila wani bangare ne
na halitta da lafiya a rayuwar yarinya.

Haila ba dole ba ne ya hana ku motsa
jiki, farin ciki da jin dadin rayuwa

Dole na koma asibiti yanzu

...IN JI JOY

Zan dawo wata rana don karin ba ku
labarin haila da balaga

Bankwana

Bankwana

Bankwana

Bankwana

Bankwana



Girls Only za su dawo wata mai zuwa tare da sabon batu mai ban
sha'awa mai suna **Duk Game da Balaga**.

Kasance tare da mu a fitowa ta gaba yayin da Dokta Joy ke jagorantar
Amanda ta lokacin balaga da canje-canjen da za a yi tsammani yayin
da jikinta ke girma da sauri. Don zazzage wannan fitowar da/ko
sabbin batutuwa kyauta, je zuwa
padher.org/download

A
BATU NA
GABA



Ayi amfani da wannan fili domin rubuta abubuwan da kuka koya zuwa yan zu akan haila



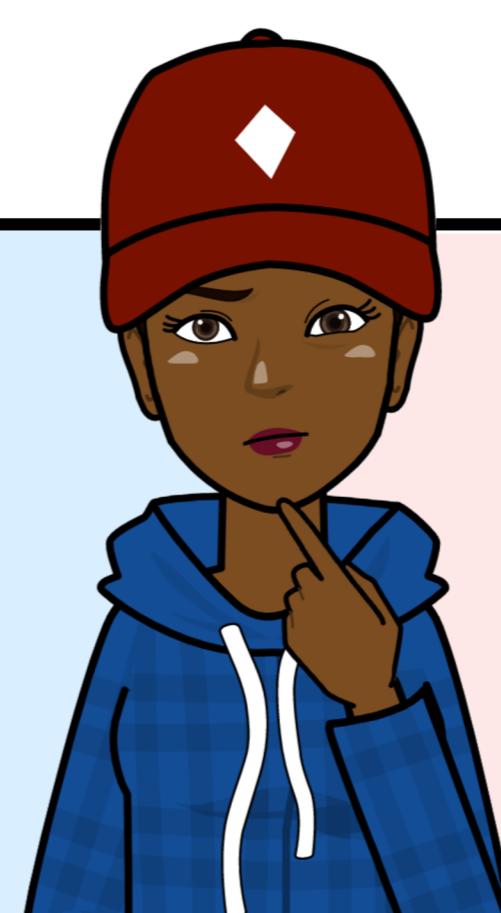
Ayi amfani da wannan fili domin rubuta abubuwan da kuka koya zuwa yanzu akan haila

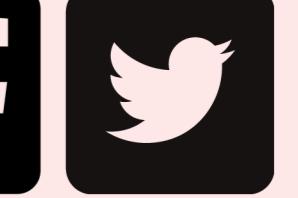


**Kuna son karin sani game
da haila?**

ZIYARCI

www.padher.org/for/girls



Biyo mu
  
[/padherorg](https://www.instagram.com/padherorg)



MENENE YASA GIRLS ONLY GIRMA?

- An yi bincike sosai
- An tsara don samari kuma!
- Ingantattun abubuwan ciki na likitanci
- Dangane da kwarewar rayuwa ta gaske
- Nishadi ga 'yan matan makaranta
- Dadi ga iyaye da malamai

...AN KWATANTA DA KYAU...

YAYIN DA NAKE KARANTAWA INA IYA TUNANIN AL'AMURAN DA KE CIKIN KAINA

—Blessing Akpan (The Innovative Child Network)



Kuna so ku taimaka wa
'yarku ta kula da jinin
haila?
Ziyarci
padher.org/for/parent
don cikakken jagorar
tarbiyya

KO



LEKO MIN



Shekaru: shekaru 8 da sama
Farashin: KYAUTA



Yi odar littattafan ban
dariya na mu yau ta
hanyar
padher.com/shop