

Girls only



NTUZIAKA DỊ MKPA MAKANSA NSỌ NSỌ NA NTOLITE MAKANBE NWA
AGBOGHỌ Ọ BULA



MPE MPE AKWA İDİ
ỌCHA N'EFU!

Otu ahụ!

PadHer bụ ọgbakọ anaghị akwụ ụgwọ na-edu ụmụ nwanyị dabere na Lagos, Nigeria, na Nairobi, Kenya. Nzukọ anyị na-akuziri ụmụ agbogho Afrika na-eto eto si n'obodo ndị na-enweghi ịhụ nsọ na oge ntozu site n'iji akwükwo ndị na-atọ ọchị, ka ha wee nwee ike ijikwa oge ịhụ nsọ ha nke ọma ma wulite ntukwasị obi onwe onye ha kwesịri iji na-achikwa ọdịnihu na ịga nke ọma.

Akwükwo ọ bụla na-atọ ọchị na-abịa na pad sanitary reusable free (3 pads) iji nyere aka ịlụ ọgu megide ịda ogbenye oge na Africa na mgbaka oge efu iji nyere ha aka soro ebe ha nọ na oge ịhụ nsọ ha.



Chika Nwaogu Onye guzobere / Onye isi nchikwa	Thelma Ahamba Onye isi ọru na mmekorita	Elvinah Nyambaso Onye isi nchikwa mpaghara (Ọwụwa Anyanwu Afrika)	Deborah Henshaw Onye isi nchikwa mpaghara (Odịda anyanwu Etiti Afrika)	Camilla Jussab Onye isi nchikwa mpaghara (Odịda anyanwu Etiti Afrika)	Kelebohile Dalaseni Onye isi nchikwa mpaghara (Ndịda Afrika)	Karen Ashraf Onye isi nchikwa mpaghara (Ndịda Afrika)	Serah Wambui Onye njikwa obodo (Kenya)
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Oge ịhụ nsọ bụ ihe ebumpụta ụwa na ahụike nke ndụ. Ihe dị ka ọkara nke ndị inyom bụ ndị toruo afọ ọmụmụ, na-aza ihe díka 26% nke ọnụ ọgụgụ ụwa. Kwa ọnwa, ọtụtụ ụmụ agbogho na-ahụ nsọ ruo ụbọchị ato ruo ụbọchị asaa. Oge ịhụ nsọ n'agbanyeghi na a na-ahụkarị ya, a ka na-akparị ụwa niile.

Enweghi ihe ọmụma banyere nsọ nwanyị nwere ike iduga n'echiche na-ezighị ezi na ịkpà ókè. O nwekwara ike igbochi ụmụ agbogho isonye na mmemme nwata. A naghị anabata ụmụ agbogho nọ n'afọ iri na ụma ohere ịmụta banyere nsọ nsọ na ijulite àgwà ahụike n'ihi mkparị, ihe ọjọ na akụkọ ifo.

"Girls Only" ka emepütara iji mee ka ọ burụ **n'efu, ihe ọchị, dị mfe na ntusara ahụ** ikuziri ụmụ agbogho ulọ akwükwo díka gi gbasara ịhụ nsọ na oge ntozu.

Oge ịhụ nsọ bụ ihe nkịtị. Nwa agbogho ọ bụla na-enweta nke a n'oge ụfodụ na ndụ ya, yabụ na ọ nweghi ihe ga-eme ihere ma ọ bụ ihere. Ya mere, cheta mgbe niile...Ọ bụ ihe nkịtị, period!™

Nye onyinye.

NYERE ANYỊ AKA İBIAKWUTE ỤMỤ AGBOGHO ULỌ
AKWÜKWO NO N'OBODO NDỊ NA-ERUGHỊ ERU SITE
N'INYE ONYINYE TAA. GAA NA: PADHER.ORG/DONATE

Ebe e si
nweta

NDỊ EDITỌ: WANJIRU KINUTHIA, BRENDA JEBET ROTICH | ONYE NA-ESE IHE: CHIKA NWAOGU
DOKITA ỤMỤ NWANYỊ, ONYE NDUMODU AHỤIKE: DR. JACKSON KINYUA MWANGI
ONYE ODE AKWÜKWO, ONYE NDUZI NKA NA ONYE NJIKWA MMEPUTA: CHIKA NWAOGU
ONYE NYOCHA ORU NGO: SHEILA OMUNDI



rencontrer le personnages



AMANDA

AMANDA BU ONYE BU ISI N'USORO AKWUKWO OCHI A. O DI AFO IRI NA ABUQ, O KA NWECHARA IHU NSQ YA. IHE KACHA AMASI AMANDA BU MGBAKO NA MWEPU NA SAYENSI. AMANDA CHORO IBU ONYE INJINIA.



JOSHUA

JOSHUA BU NWANNE AMANDA. O DI AFO 10 MA NWEE MMASI N'IGBA EGWU. IHE KACHA AMASI JOSHUA BU BEKEE, O NA-ACHOKWA IBU ONYE EDEMEDE MA O TOO.

JOSHUA GUNYERE NA "GIRLS ONLY" N'IHI NA ANYI KWENYERE NA UMU NWOKE KWESIKWARA IMUTA BANYERE NSQ NSQ. JOSHUA NA-AJUKARI AJUJU UMU NWOKE NA-AJU BANYERE NSQ NSQ.



SANDRA

SANDRA DI AFO 8 MA NWEE MMASI IGU ABU. ISIOKWU KACHA AMASI YA BU SAYENSI KOMPUTA, O GA-AMASIKWA YA IBU ONYE NAME IHE OMUME KOMPUTA MA O TOO.



DR. JOY

DR. JOY BU NWANNE AMANDA NKE TORO YA, O BUKWA DOKITA. O DI AFO 28 MA NWEE MMASI IKUZIRI AMANDA NA UMUNNE YA BANYERE NSQ NSQ NA OGE NTOLITE.



NNE

ORIAKỤ ABIGAIL COKER, NKE ỤMỤ YA NA-AKPỌ
"MAMA" NKE ỌMA. BỤ NNE AMANDA, DR JOY,
JOSHUA NA SANDRA. Ọ BỤ OBERE AZUMAAHIA
MA HỤ ỤMỤ YA N'ANYA NKE UKWUU.



NNA

MAAZI COKER BỤ NNA AMANDA, DR. JOY,
JOSHUA NA SANDRA. Ọ BỤ ONYE ỌRỤ ỤLỌ AKỤ.
NRI ỌKACHA MMASI YA BỤ OSIKAPA NA STEW
ỌKUKO.

"GIRLS ONLY" ENYERELA M AKA İGHOTA NSỌ NSỌ.
— Beryl (Afọ 10, Nairobi)

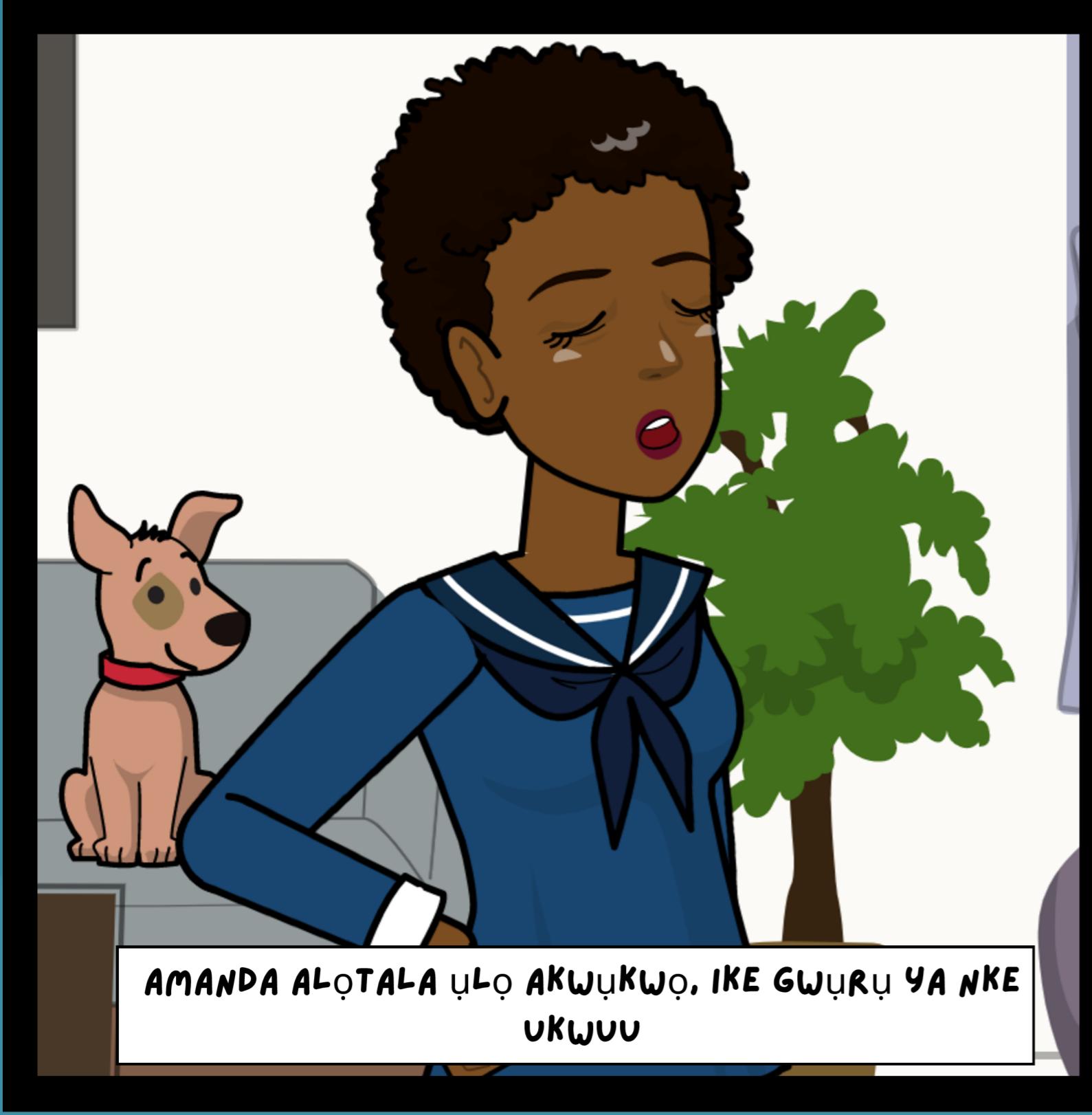


NWEBIISINKA ©2021 Africa54, Ilike niile echekwabara.

Ihe ọchị a bụ ọrụ akukọ ifo nwere ike dabere na ahụmịhe nkeonwe.

NKWUKWU: Enyere ọdinaya nke ihe ọchị a maka ebumnuche mmüta naanị na e kwesighị iwere ya dị ka nnöchi maka ndümödụ ahụike ọkachamara..

Enweghi akukụ nke akwükwo a nwere ike ịmegharị, chekwaa, ma ọ bụ bufee ya n'uzo ọ bụla, ma ọ bụ ihe na-ege ntị, eserese, igwe, ma ọ bụ elektronikị, na-enweghi ike edere ede nke Africa54, ma e wezuga n'ihe gbasara nkenke nke ejiri na nyocha na akukọ dị egwu. Mmegharị akukụ ọ bụla nke akwükwo a na-enwetaghị ike bụ iwu na-akwadoghị ma bùrukwa iwu na-ata ya ahụhụ.



Nne? Papa? Gini
mere na ọ dighị
onye na-aza m?



... AMANDA NWERE
MGBAGWOJU ANYA

AMANDA NA-ANU İKỤ
AKA N'ONU UZO

KNOCK!
KNOCK!

NWANNE NKE
OKENYE AMANDA,
DOKITA JOY, BIARA
ILETA EZI NA ỤLO
AHỤ

Amanda, i díkwa
mma? i dí ka ụjọ

...AMANDA MEGHERE UZO

Ahụru m ọbara
na uwe ime m

...AMANDA JI ANYA MMIRI NA-AKOWA

Amanda, i naghi arịa
örịa. O nweghi ihe ga-
atu egwu

...na o dì ka o
nweghi onye nọ
n'ulọ

Ee, i bụ dökita, kedu
ihe na-eme m?

O nweghi ihe
ojọọ dì gi
Amanda

JOY NA-
AMUMU
ONU ỌCHI
NA AMANDA

! nwere oge ịhu
nsọ gi



DR. JOY NA-ENYE AMANDA PAD
IDEBE IHE ỌCHA

OTU A KA
ESI ETINYE YA NA
UWE IME GI

Ọ GA-AMIKORỌ ỌBARA
NKE NA-APỤ APỤ

Daalụ,
nnukwu
nwanne
nwanyị!

AMANDA NA-EWERE PAD
NKE ỊDÌ ỌCHA N'AKA
NWANNE YA NWANYỊ

Echegbula Amanda,
ọ bụ akụkụ nke ịbü nwanyị

Enwere m nsọ nwanyị nke
mbụ m mgbe m dị afọ 13,
n'ihe dị ka otu afọ gi

AMANDA DÌ AFỌ IRI NA ABỤO



O nwere onye nọ n'ọnụ uzọ,
echere m na ọ bụ mama anyị.
Gaa na-emeghe. Ama m na ị
nwere otu puku ajụjụ na-
agbapụta n'isi gị ugbu a. Ka anyị
kwuo banyere ya ma emecheaa

**KNOCK!
KNOCK!**

NNE AMANDA KELERE AMANDA NA JOY

Adị m mma. Nwanne
nwanyị Joy gwara m
na nwa agbogho ọ
bula na-enweta nsọ
nwanyị

Nne! Nne! Gịnị
bụ nsọ nsọ?

SANDRA, NWANNE NWANYỊ
NKE NTA AMANDA JURU

Amanda, Joy
gwara m na ị nwere
nsọ nsọ gị. Kedu ka
ị mere?

Unu niile ga-ag
gbanwee uwe
unu. Aga m aza
ajuju gi niile
mgbe ịmechara

Ọ dí mma. Ka
anyi gaa
gbanwee!

Ọ dí mma
nke
ukwuu

ka a puo

SANDRA, JOSHUA NA
AMANDA GBARA ỌSO
YIPU UWE HA.

Kedu ka ubochi
gi mere?

Ubochi m dí mma, nne.
M na-ahapu ɔru n'oge
ka m bia leta

Ọ dí ukö ihu gi
ubochi ndí a

M ga-agbalị ilet
dí ka o kwere
mee

HAHA!

ok nwa m
nwanyi

...KA OGE NA-AGA, AMANDA NA ỤMỤNNE YA AGBANWEELA UWE HA.

Anyị
emechaala!

...SANDRA KWURU

Enwere m ọtụtu
ajụjụ m ga-achọ
ịjụ gi

...AMANDA KWURU

Umụ nwoke na-
enwekwa nsọ
nsọ?

AMANDA NA ỤMỤNNE YA NWERE OBI ỤTỌ

...JOSHUA JURU

HAHA!

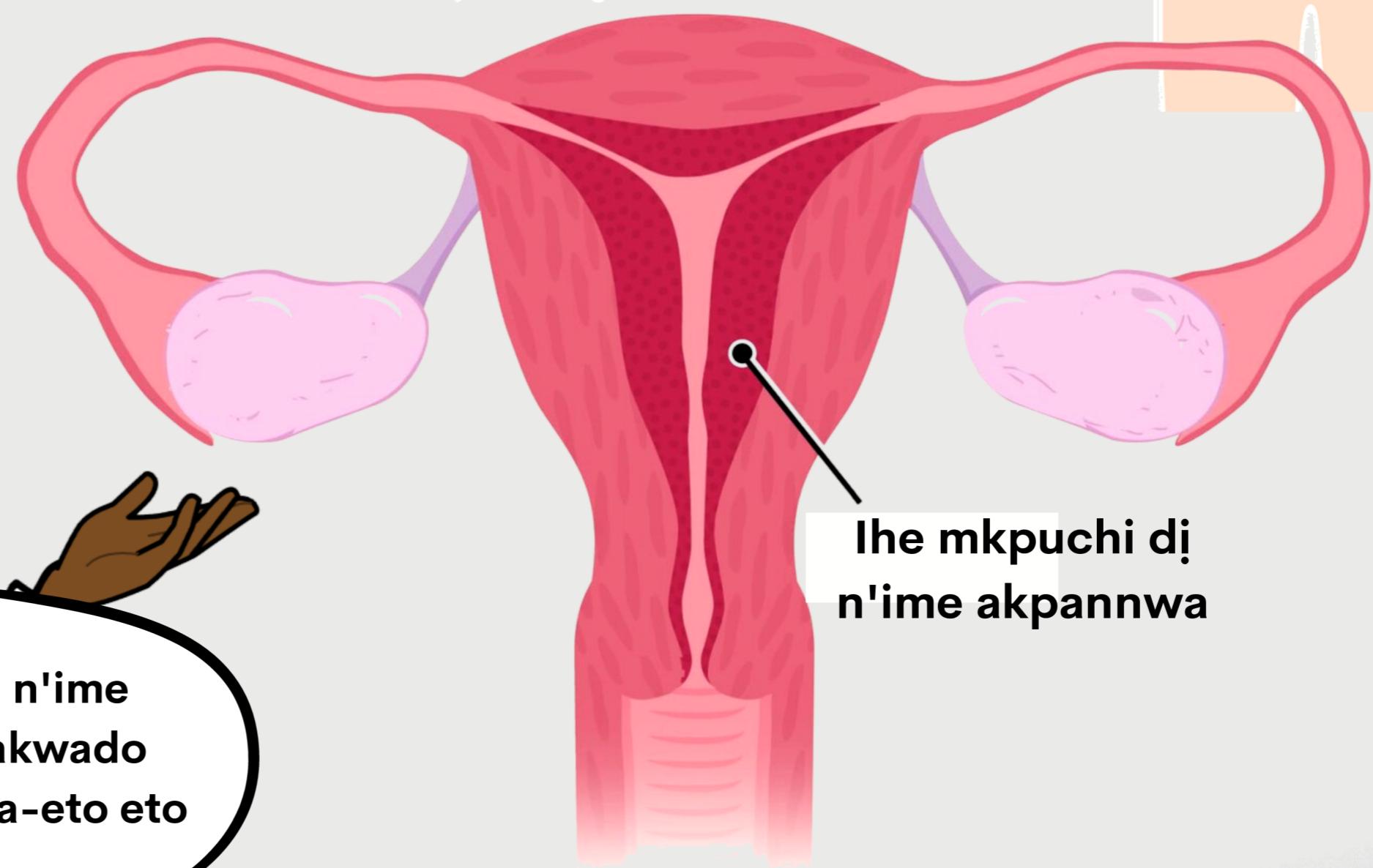
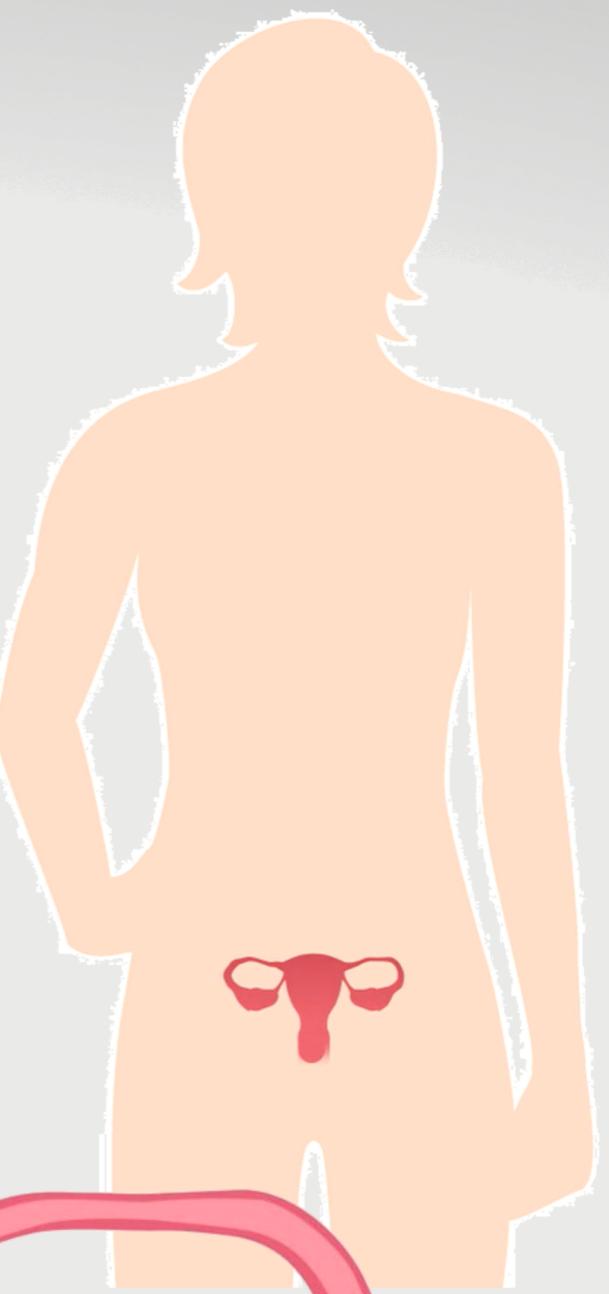
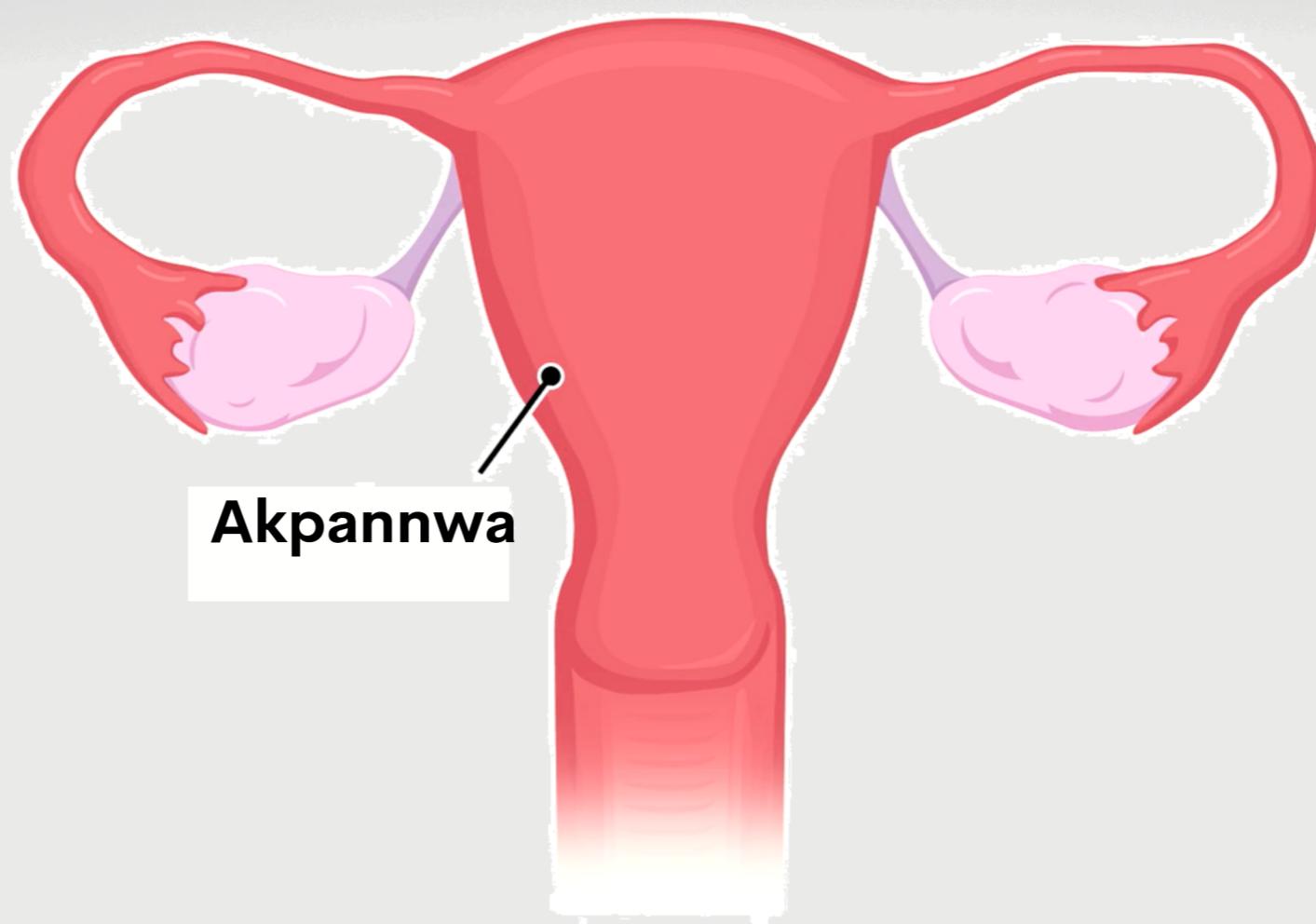
JOY NA-ACHỊ ỌCHỊ

Ahụrụ m na unu niile nwere
ajụjụ. M ga-aza ha niile.
Nke mbụ, ka anyị malite na
ihe bụ nsọ nsọ.

A na-akpokwa
nsọ nsọ period....



Akpanwa bụ akụkụ ahụ ebe nwa
na-eto mgbe nwanyị dị ime.



Ọ bụrụ na ọ nweghi nwa,
a na-awusa mkpuchi nke
akpanwa n'oge iħu nsø.

Ka akpanwa na-awụfu mkpuchi ya,
obara na anụ ahụ ndị ọzọ na-ahapụ
akpanwa site na ikpu

I na-ahụ nke a ka obara na-aputa na
ikpu. Anyị na-akpọ nke a period,
marakwa dí ka iħu nsø

Oge nsø nsø na-eme ka iħ nwee ike ịmụ
ụmụ. Ọ bụ ihe na-egosi na ahụ gi
nwere ike ịmụ ụmụ ugbu a

Ikpu

OMG!

Ugbu a enwere m
ike ịturu ime?

Ọ bụ na ọ dībeghi anya
ịmụ ụmụ? M ka bụ
nwata!

Idi nsø nwere ike ịdịru
site na ụbọchị ole na ole
ruo ihe fọrọ nke nta ka ọ
bürü otu izu

AMANDA NA-ATU ỤJØ

Obi dì m ụtọ na i jürü
ajụjụ ahụ, Amanda.

...JOY ZARA YA

Ovaries gị amalitela ịmị akwa,
ugbu a i nwere ike ịtụrụ ime,
mana i ka dì obere ịmalite ịmụ
nwa.

JOY NA-AKỌWA IHE OVARIES NA AKWA
DÌ KA OGE NA-AGA

Idí nsọ na-egosi na i nwere ike ịtụrụ ime, mana i
gaghị atụ ime n'ihi na i na-ahụ nsọ.

Idí nsọ abughị ihe kpatara ịtụrụ ime. M ga-akowa otú
e si amụ nwa oge ọzọ. Maka ugbu a, ka anyị kwuo
banyere nsọ nsọ.

INWE OGE NSỌ GỊ BỤ IHE NA-EGOSI NA AHỤ ADỊ GỊ
MMA NA AHỤ GỊ NA-ETOKWA NKE ỌMA.

Ovary Uterus



Daalụ maka
nkọwa ahụ!

AMANDA KWURU...



Daalụ, Amanda. Ya
mere, laghachi na
nsọ nwanyị



! nütüla gbasara
ihụ nsọ okirikiri?



Mba,
nwanne m
nwanyị

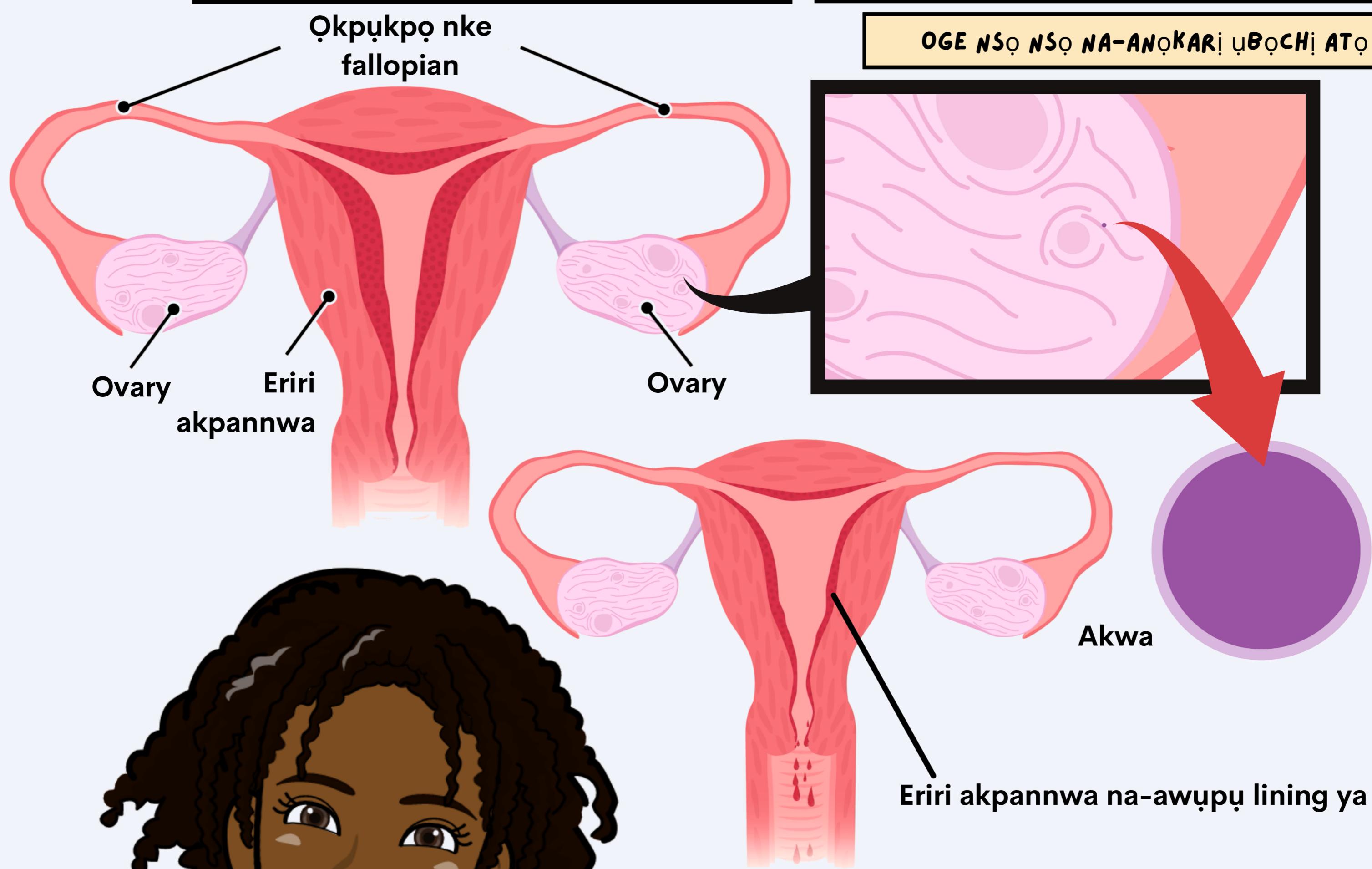
AMANDA ZARA



Ọ bụ oge site
n'otu oge nsọ nsọ
ruo ọzọ

...na-emekarı
ihe dì ka ụbọchị
28

Ụbọchị 1 nke okirikiri
nsọ bụ ụbọchị mbụ
nke ịhụ nsọ

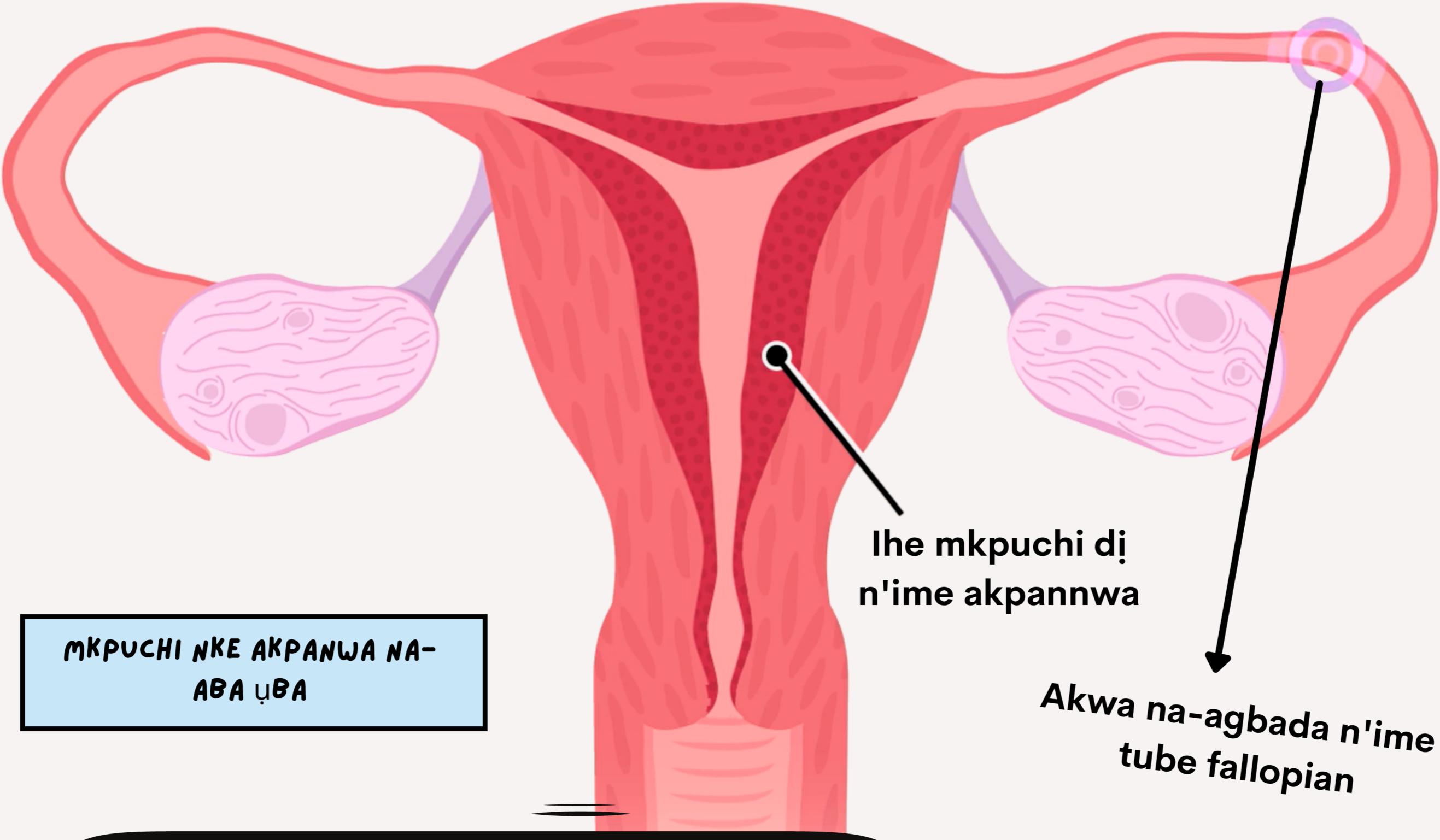


N'ụbọchị nke mbụ nke oge ịhụ nsọ, akpanwa na-amalite ịwụpụ lhe mkpuchi dì n'ime akpanwa.

Ozugbo oge nsọ ahụ gwuchara, akpanwa na-akwadebe ọzọ ịnata akwa fatilajza na mkpuchi nke akpanwa na-ewughachi onwe ya ka ọ too. Nsen nke ovaries nwanyị ahụ weputara dì obere. Otu üzọ n'üzọ iri hà nha mkpuru poppy.

Umụ nwanyị nwere ovaries abụo, otu n'akụkụ nke ọ bụla. Ọkpükpu fallopian na-esi na ovary ọ bụla na-eduga n'akpa nwa.





MKPUCHI NKE AKPANWA NA-ABA ỤBA

N'etiti oge nsọ nwanyị (ụbọchị 14),
ovary na-ahapụ akwa; nke a ka a na-akpo ovulation

Mgbe ovulation gasiri, akwa ahụ na-esi na
tube nke fallopian gaa akpanwa. Ọ na-ewe
ụbọchị ole na ole iji mezue njem ahụ

Akwa na-agbada n'ime
tube fallopien



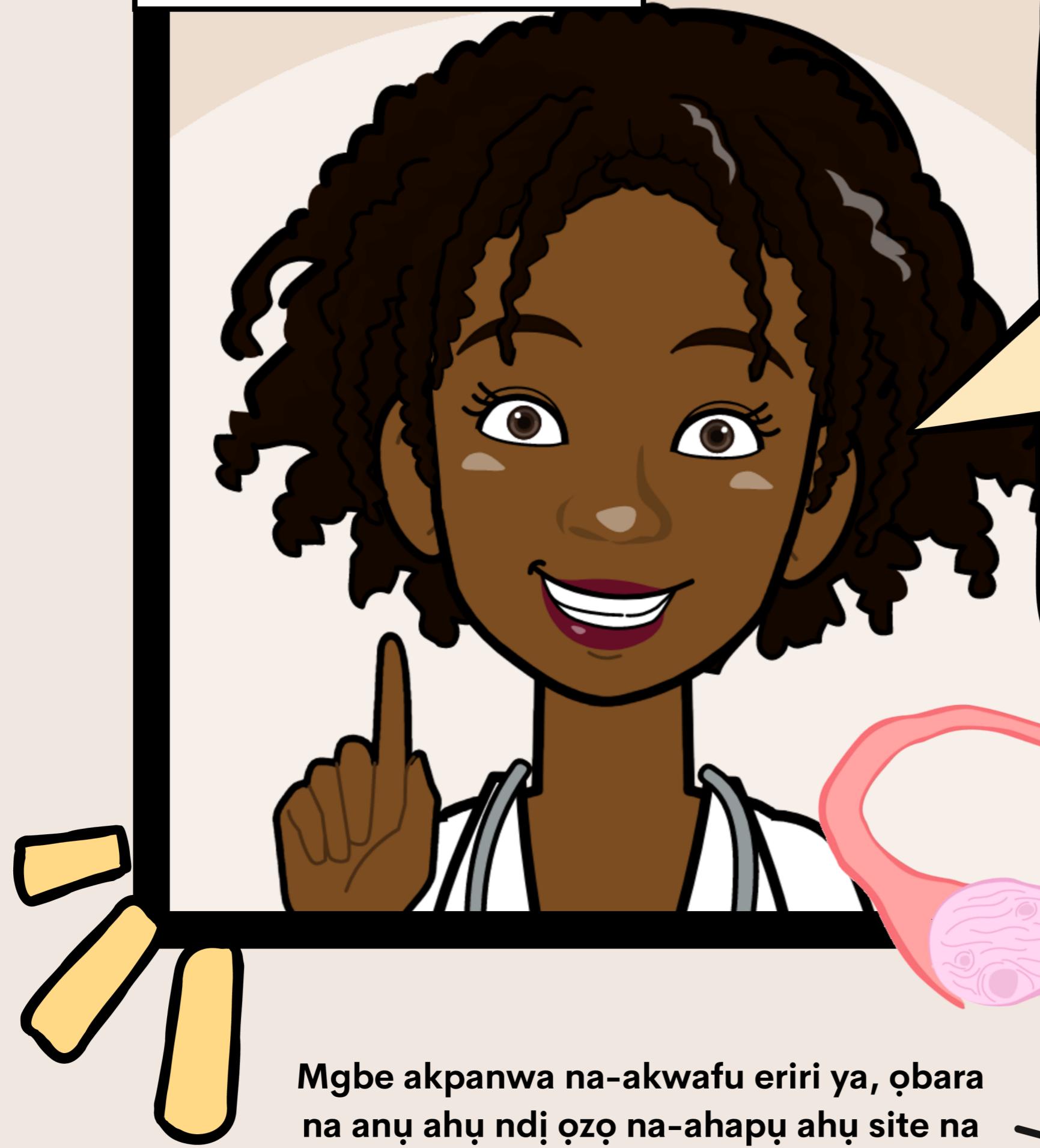
N'otu oge ahụ, mkpuchi nke akpanwa na-eji nwayoọ nwayoọ na-eto eto iji kwado mmepe nke akwa fatilajiza.

Ọ bürü na akwa akwa, a ga-akunye ya
n'ime akpanwa ma nwanyị dị ime

Ọ bürü na akwaghị fatilajiza,
nwanyị ahụ adighị ime, akwa ahụ ga-amalite ịgbaze



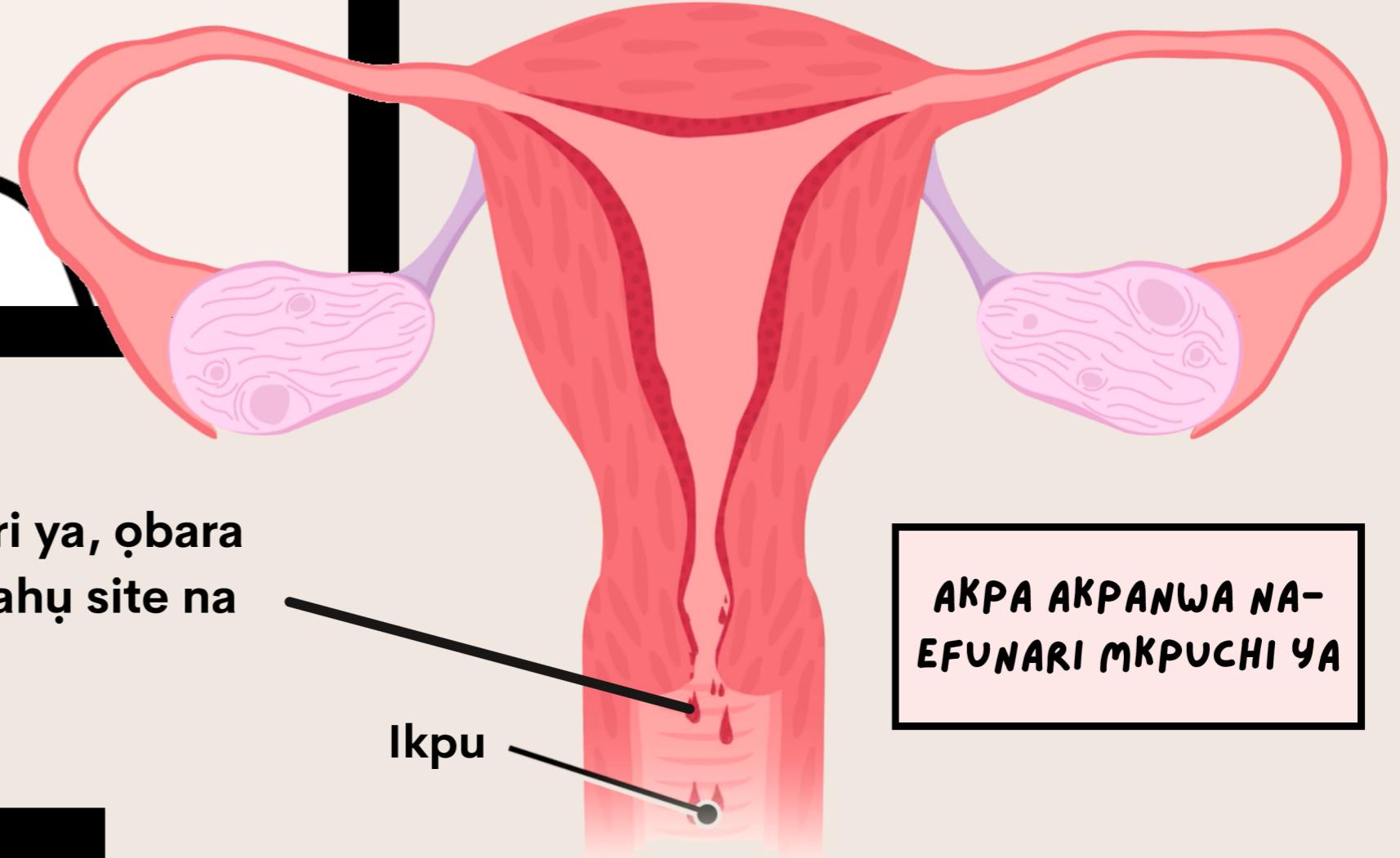
...JOY NA-AKOWA



N'ihi na nwanyị ahụ adighị ime,
o dighị mkpa mkpuchi akpanwa
nke akpanwa, akpanwa na-
akwapukwa mkpuchi ya
(Ubọchị 28)

Nwanyị ga-ahụ nsọ ya, okirikiri
ahụ ga-amalitekwa ọzọ

Ọbara i na-atụfu n'oge iħụ nsọ
bu mkpuchi nke akpanwa.



AKPA AKPANWA NA-
EFUNARI MKPUCHI YA

Mgbe akpanwa na-akwafu eriri ya, ọbara
na anụ ahụ ndị ọzọ na-ahapụ ahụ site na
ikpu.



SANDRA JURU



İmalite jħu nsø oge օ bula n'etiti afø
10 na 16 dī mma

Ufodū nwere ike ımalite na afø 8 na
ndi օzø na afø 18. Enwiegħi afø ziri ezi
ma օ bu na-ezighi ezi ımalite jħu nsø.

Aħu nwa agbogħo օ bula na-aru ḥru
na nhazi oge ya

Oge nsø għi ga-amalite mgħe ahu għi dī
njikere. Agbanyegħi, enweref akara na օ
ga-amalite n'oge adiġhi anya

Oge nsø nwa agbogħo na-amalitekar
ihe dī ka afø abu օ ka ara ya malitesir
itolite

...JOY NA-AKOWA

Ihe օzø na-egosi na nwa agbogħo ga-amalite jħu
nsø n'oge na-adīghij anya bu օdjdidi ma օ bu
mmetuta nke mmiri na-agħapputa nke ikpu (dī ka
muscus) na uwe īme ya. Ihe dī ka օnwa isii ruo
otu afø tupu nwanyi abja jħu nsø ya, օ ga-ahu ya
n'ahu

Hmm, օ bu ihe na-acha
ċha nnyapade ahu m
choputara na uwe īme m
օnwa ole na ole gara aga.

Oge nsø nwa agbogħo nwere ike օ gaghj abja
mgħe niile n'ime afø ole na ole mbu օ
malitechara nsø ya. Na mbu, nke a bu ihe nkifti

AMANDA GHOTARA

Oge nsø nwa nwanyi kwsir īme otu ugħboro
kwa izu 4-5, afø 2-3 mgħe oge nsø mbu ya gasir

Oge nsọ nsọ na-emekarị kwa izu anọ ruo ise. Otú
o dí, ụfodụ ụmụ agbogho na-enwechaghị ịhu
nsọ ha ugboro ugboro ma o bụ karịa

...JOY NA-AKỌWA

Idi nsọ pürü ịkpata mgbanwe ọnọdụ uche, iru
uju, nchekasi, afọ ntachi, na ihe otutu

Ọ bụ ya mere
m ji na-arịa
orịa taa!

Amanda
kpamkpam!

A na-akpọ ya PMS
(orịa premenstrual syndrome)

PMS bụ mgbe nwa agbogho na-enweta
mgbààmà mmetüta uche na nke anụ
ahụ tupu ma o bụ n'oge oge nsọ ya

Mgbààmà na-apụ n'anaya mgbe
ubochị mbụ nke ịhu nsọ

HMM...

... JOY NA-AKỌWA

N'ime oge niile, nwa agbogho na-awusa naanị
teaspoon ole na ole nke ọbara, n'agbanyeghi na
ọ nwere ike iyi ka ọ bụ nnukwu ọbara.

Ọtụtu ụmụ agbogho na-agbanwe pad, tampon
ma ọ bụ iko ugboro 3-6 n'ụbọchị

Umụ nwoke na-enweta oge nsọ?

...JOSHUA JỤRỤ

Mba, Joshua, umụ nwoke anaghị enwe nsọ nsọ.
Ma ma umụ nwoke ma umụ agbogho na-ahụ
mgbanwe ngwa ngwa n'ahụ ha ka ha na-aka nká.
a na-akpọ ya ntolite

Aga m agwa gị ihe niile na nleta m ọzọ

Ndewo, a bụ m Dr Joy, a bijara m ịza ajụjụ gị niile gbasara ịhụ nsọ na
oge na ntolite. ! nwere ajụjụ?

gaa na: padher.org/askdrjoy

JUO
Dr. Joy

NNA AMANDA
ALOTA

KNOCK!
KNOCK!

Ana m anu iku aka n'onu uzo

Echere m na o bu papa

Ka m lelee

Ndewo Amanda?

Nn'o n'u'lo nna!

Ndewo ulo nna!...

Amanda nwere ihu nsø izizi ya taa.

SANDRA JI INNU OKU N'OBIA
KELEE NNA YA



Adị m mma, nna. Mgbe ụfodu, ọrụ na-egbochi gi iso ezinulo na-anorị...

... ma m ga-agbalị iwepụtakwu oge

Biko, Joy, gbalia inye anyị oge maka anyị. Anyị na-atụ uche gi

A na m atukwa uche gi!

...JOY KWURU

Daalụ nke ukwuu!

Oh, di m, i ncola n'ulo.
Ama m na ike agwula gi,
ka m dozie gi ịsa ahụ na-ekpo ọkụ

Tupu m chefuo Amanda,
achorø m ime ka i mata nke a

...JOY KWURU

Ọtụtu ụmụ agbogho na-enwe oké mgbu
ịhụ nsọ, karışja ụboghị ole na ole mbụ

Ọ bürü na ihe mgbu nke ịhụ nsọ na-enye gi
nsogbu, i nwere ike ịnwale karama mmiri ọkụ n'afọ
gi ma ọ bụ na-añụ ihe mgbu dị ka ibuprofen ma ọ
 bụ naproxen.

KARAMA
MMIRI ỌKỤ

Were ụfodụ ihe na-ebelata mgbu maka
nke ahụ ma ọ bụ jiri karama mmiri ọkụ
kechie na akwa nhicha

Enwere m ihe mgbu na ala
afọ m

Chetakwa na ịhụ nsọ bụ ihe ebumpụta
ụwa na ahụ ike na ndụ nwa agbogho.

Oge ịhu nsọ ekwesighị ime ka imega
ahú, ikpori ndụ, na ịnụ uto ndụ kwusi.

M ga-alaghachi n'ulọ ọgwụ
ugbu a

...JOY KWURU

Aga m alaghachi ụbọchị ọzọ ka m
kọọrọ gị ihe gbasara ịhu nsọ na oge
uto.

Ka emesia

Ka emesia

Ka emesia

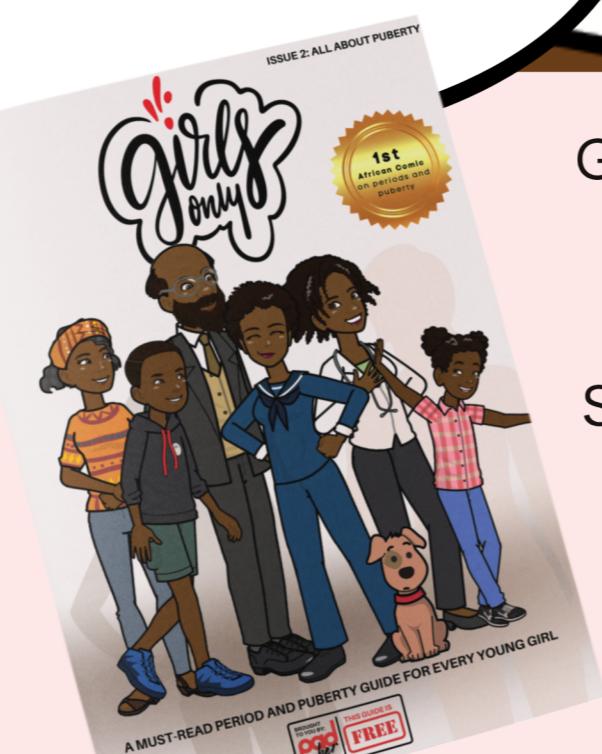
Ka emesia

Ka emesia

Girls Only ga-eji mbiputa ọhụrụ na-akpali akpali nke akporo **Ihe niile**
gbasara oge uto ga-alota n'ọnwa na-abịa.

Soro anyị na mbiputa na-esote ka Dr. Joy na-ejegharị Amanda n'oge
uto yana mgbanwe ndị a ga-atụ anya ka ahụ ya na-eto ngwa ngwa.
Ka ibudata mbiputa a n'efu na/ma ọ bụ mbiputa ọhụrụ, biko gaa na
padher.org/download

NA
MBIPUTA
NA-ABIA



Jiri ohere a dee ihe i mутара ugbu a gbasara iһu nso



Jiri ohere a dee ihe i mутара ugbu a gbasara ịhụ nsọ

**Chọrọ ịmatakwu gbasara
ịhụ nsọ?**

GAA NA

www.padher.org/for/girls



Soro anyị





GİNİ NA-EME KA GIRLS ONLY Dİ MMA?

- Achoputara nke oma
- Edere ya maka ụmụ nwoke!
- Nwere ọdinaya ziri ezi na ahụike
- Dabere na ahumịhe ndụ n'ezie
- Ihe ochi igu maka ụmụ agbogho ụlo akwukwo
- Ọ dì mma iji maka ndị nne na nna na ndị nkuzi

... EGOSIPUTARA NKE ỌMA...

KA M NA-AGỤ, ENWERE M IKE ICHE IHE OMUME Dİ N'ISI M

—Blessing Akpan (The Innovative Child Network)



I choro inyere nwa gi
nwanyị aka ichikwa
oge nsọ ya nke oma?
Gaa na
padher.org/for/parent
maka ntuziaka nne na
nna zuru oke

ma ọ bụ



WETARA GI:



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Ahịa: EFU



Nye iwu akwukwo ochi
anyị taa site na
padher.com/shop