

Girls only



OMULAGIRIZI OMUKULU MU NSONGA Z'EKIKYALA N'OKUTUUKA MU MYAKA
GY'OBUVUBUKA KU BULI MUWALA OMUTO



PAADI Z'BUYONJO
EZ'OBWEREERE!

Ttiimul ene

PadHer kibiina ekitali kya magoba ekikulemberwa abakyala nga kisangibwa mu kibuga Lagos ekya Nigeria ne Nairobi ekya Kenya. Ekibiina kyaffe kisomesa abawala abato ab'amasomero mu bitundu ebitali birungi ku nsonga z'okugenda mu nsonga n'okutuuka mu myaka gy'obuvubuka nga bakoza ebisesa basobole okuddukanya obulungi ensonga zaabwe n'okufuna obwesige bwe beetaaga okufuga ebiseera byabwe eby'omu maaso n'okutuuka ku buwangizi. Buli comic ejja ne sanitary napkins ez'obwerekere eziddamu okukozelebwa (3 pads) okuyamba okulwanyisa obwatu mu nsonga mu Africa n'akakomo k'okugenda mu nsonga ku bwerekere okubayamba okulondoola gye bali mu cycle yaabwe.



Chika Nwaogu	Thelma Ahamba	Elvinah Nyambaso	Deborah Henshaw	Camilla Jussab	Kelebohile Dalaseni	Karen Ashraf	Serah Wambui
<i>Omutandisi / Akulira emirimu w'enkolagana</i>	<i>Dayirekita w'ekitundu (Ebuvanjuba bwa Afrika)</i>	<i>Dayirekita w'ekitundu (Afrika ey' amaserengeta)</i>	<i>Dayirekita w'ekitundu (Afrika ey'omu masekkati)</i>	<i>Dayirekita w'ekitundu (Obujwanjuba bwa Afrika)</i>			<i>Dayirekita w'ekitundu (Obukiikkakono (Kenya). bwa Afrika)</i>

Okugenda mu nsonga kitundu kya butonde era kya bulamu mu bulamu. Nga kitundu ku muwendo gw'abakyala bali mu myaka egy'okuzaala, nga bakiikirira ebitundu nga 26% ku bantu b'ensi yonna. Buli mwezi abawala abasinga bagenda mu nsonga okumala ennaku ssatu ku musanvu. Wadde ng'okugenda mu nsonga kya bulijo, n'okutuusa kati kukyavumibwa mu nsi yonna.

Obutamanya ku nsonga z'ekikyala kiyinza okuvaako abantu okufuna endowooza enkyamu n'okusosola. Era kiyinza okulemesa abawala okwetaba mu mirimu egya bulijo eg'yobuto. Abawala abato bagaanibwa omukisa okuyiga ku nsonga z'ekikyala n'okukulaakulanya emize eg'yobulamu olw'okuvumwavumwa, ebiragiro, n'enfumo.

"Girls Only" yatondebwawo okugifuula **ey'obwerekere, ey'essanyu, ennyangu, era enyuma** okusomesa abawala abato ab'amasomero nga ggwe ku nsonga z'ensonga n'okutuuka mu myaka gy'obuvubuka.

Okugenda mu nsonga kya bulijo. Buli muwala kino akifuna mu kiseera ekimu mu bulamu bwe, kale tewali kya kuswala oba kuswala. Kale bulijo jjukira...It's normal, period!™

Okuwa.

TUYAMBE OKUTUUKA KU BAWALA B'AMASOMERO
BANGI MU BITUNDU EBITAWEEBWA BUYAMBI NGA
MUWAAYO LEERO. GENDA KU: PADHER.ORG/DONATE

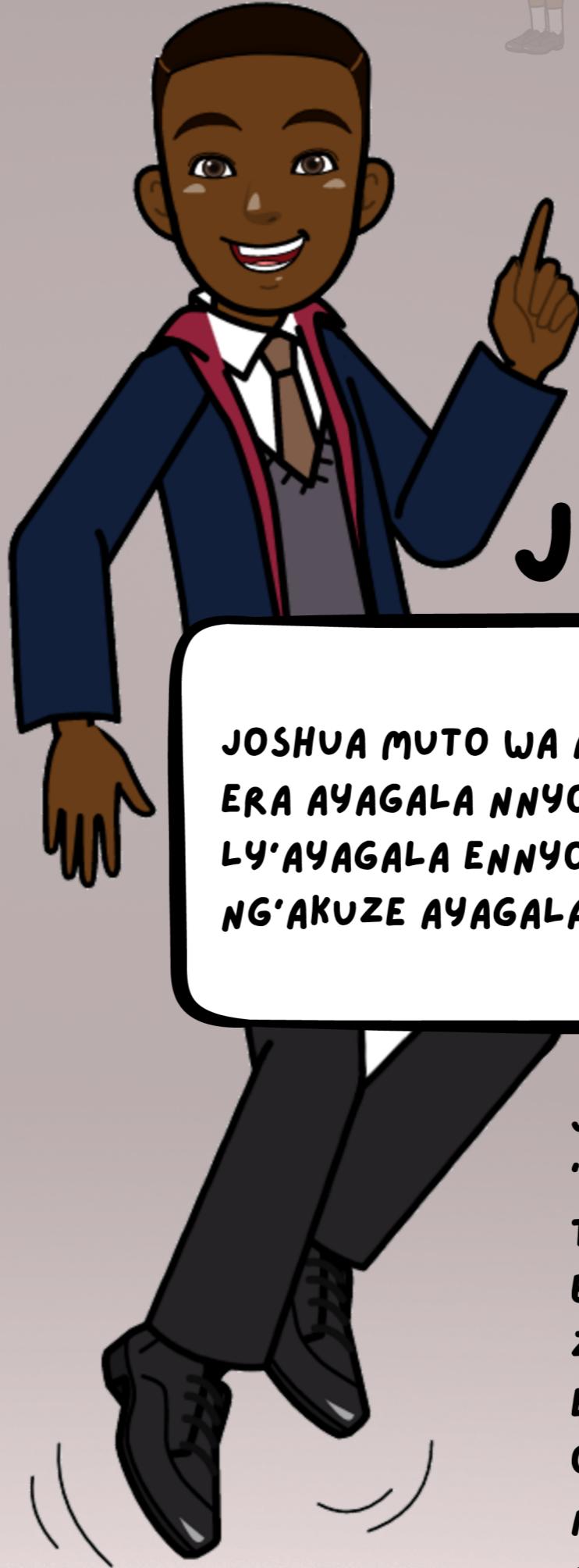
**Tuwa
credits eri**

ABAFULUMYA EBITABO: WANJIRU KINUTHIA, BRENDAN JEBET ROTICH | OMUYIMBI: CHIKA NWAOGU
OMUSAWO W'ABAKYALA, OMUWABUZI KU BY'OBUJJANJABI: DR. JACKSON KINYUA MWANGI
OMUWANDIISI, DAYIREKITA W'EBY'EMIKONO ERA MANEJA WA PULODYUSONI: CHIKA NWAOGU
OMUKWANAGANYA WA PULOJEKITI N'OKUNOONYEREZA: SHEILA OMUNDI

Sisinkana. Abazannyi



AMANDA YE MUNTU OMUKULU MU MUZANNYO GUNO OGWE'BITABO EBISESA. AMASOMO AMANDA G'AYAGALA ENNYO GE KUBALA NE SSAAYANSI. AMANDA AYAGALA KUBEERA YINGINIYA.



JOSHUA MUTO WA AMANDA. ALINA EMYAKA 10 ERA AYAGALA ENNYO OKUZINA. ESSOMO JOSHUA LY'AYAGALA ENNYO LYE LUNGEREZA, ERA NG'AKUZE AYAGALA KUBEERA MUWANDIISI.

JOSHUA AYINGIZIDWA MU "GIRLS ONLY" KUBANGA TUKKIRIZA NTI N'ABALENZI BALINA OKUYIGA KU NSONGA Z'EKİKYALA. JOSHUA ABUUZA EBIBUZO EBITERA OKUBUUZIBWA ABALENZI KU NSONGA Z'OKUGENDA MU NSONGA.



SANDRA ALINA EMYAKA 8 ERA AYAGALA ENNYO OKUYIMBA. ESSOMO LY'AYAGALA ENNYO LYE LYA KOMPYUTA, ERA AJJA KWAGALA ENNYO OKUBEERA OMUKOZI WA PULOGULAA MU ZA KOMPYUTA NG'AKULA.



DR. JOY MWANNYINA WA AMANDA OMUKULU, ERA MUSAWO MU BY'OBUJJANJABI. ALINA EMYAKA 28 ERA AYAGALA ENNYO OKUSOMESA AMANDA NE BAGANDA BE KU NSONGA Z'OKUGENDA MU NSONGA N'OKUTUUKA MU MYAKA GY'OBUVUBUKA.



MAAMA

MUKYALA ABIGAIL COKER, ABAANA BE
BAMUYITA "MAAMA" MU MUKWANO, YE MAAMA
WA AMANDA, DR JOY, JOSHUA NE SANDRA.
MUSUUBUZI MUTONOTONO ERA AYAGALA NNYO
ABAANA BE.



TAATA

MWAMI COKER YE TAATA WA AMANDA, DR. JOY,
JOSHUA NE SANDRA. YE MUWANDIISI WA
BBANKA. EMMERE GY'AYAGALA ENNYO YE
MUCEERE NE SITUOBERI Y'ENKOKO.

"GIRLS ONLY" ENNYAMBYE OKUTEGEERA OBULUNGI ENSONGA
Z'EKİKYALA
— Beryl (Emyaka 10, Nairobi)



Eddembe ly'okuwandiika ©2021 Africa54, Eddembe lyonna liri mu buyinza bwaffe.

Comic eno mulimu gwa fiction oguyinza okuba nga gwasigamiziddwa ku bumanyirivu bw'omuntu.

OKWEGAANA: Ebirimu mu comic eno biweereddwayo kusomesa kwokka era tebisaanidde kutwalibwa ng'ebidda mu kifo ky'okubuulirira kw'abasawo okw'ekikugu.

Tewali kitundu kya comic eno kiyinza kukoppololwa, kuterekebwa oba kuweebwa mu ngeri yonna, audio, visual, mechanical oba electronic, awatali lukusa mu buwandiike okuva mu Africa54, okuggyako mu mbeera y'ebitundu ebimpimpi ebikozesebwa mu kwenkenneanya n'ebiwandiiko ebikulu. Okuddamu okufulumya ekitundu kyonna ekya comic eno mu ngeri etakkirizibwa kimenya mateeka era kibonerezebwa mu mateeka.



Maama? Taata?
Lwaki tewali
anziramu?

...AMANDA ASOBEDDWA

AMANDA AWULIRA NGA
BAKONKONA KU LUGGI

Amanda, oli
bulungi? olabika
nga mweraliikirivu
nnyo

MUKULU WA
AMANDA, DOCTOR
JOY, YAJJA
OKUKYALIRA AMAKA
AGO

...AMANDA AGGULAWO OLUGGI

Nalaba omusaayi
ku kawale kange
ak'omunda

...AMANDA ANNYONNYOLA NG'AMAZIGA
GAAKAABA

Amanda, oli bulungi.
Tewali n'akatono
kveraliikirira

...era kirabika
tewali muntu
yenna ali waka

Yee, oli musawo,
kale kiki
ekinzibuwalidde?

Tewali kizibu
kyonna ku
ggwe Amanda

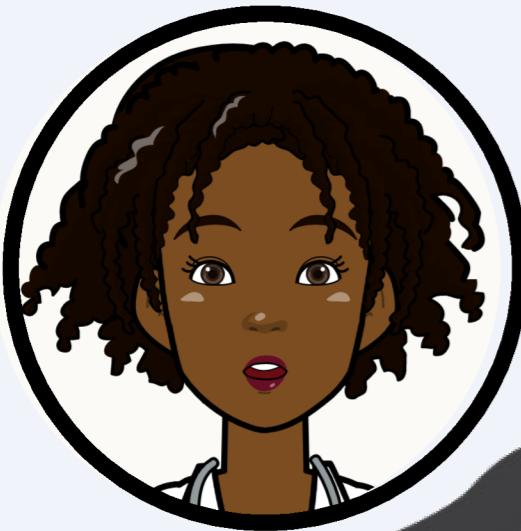
JOY
AMWENYA
KU
AMANDA

Wakatandika
okugenda mu
nsonga



JOY AWA AMANDA AKATAMBAALA
AKAKOLA KU BY'OBUYONJO

ENO Y'ENGERI
GY'OGITEEKA MU
KAWALE K'OMUNDA



KIJJA KUNYIGA
OMUSAAYI OGUFULUMA

**Webale nnyo,
Mwannyinaffe
Omunene!**

AMANDA ATWALA
SANITARY PAD OKUVA
KU JOY

Tofaayo Amanda, kitundu ku
kubeera omukyala

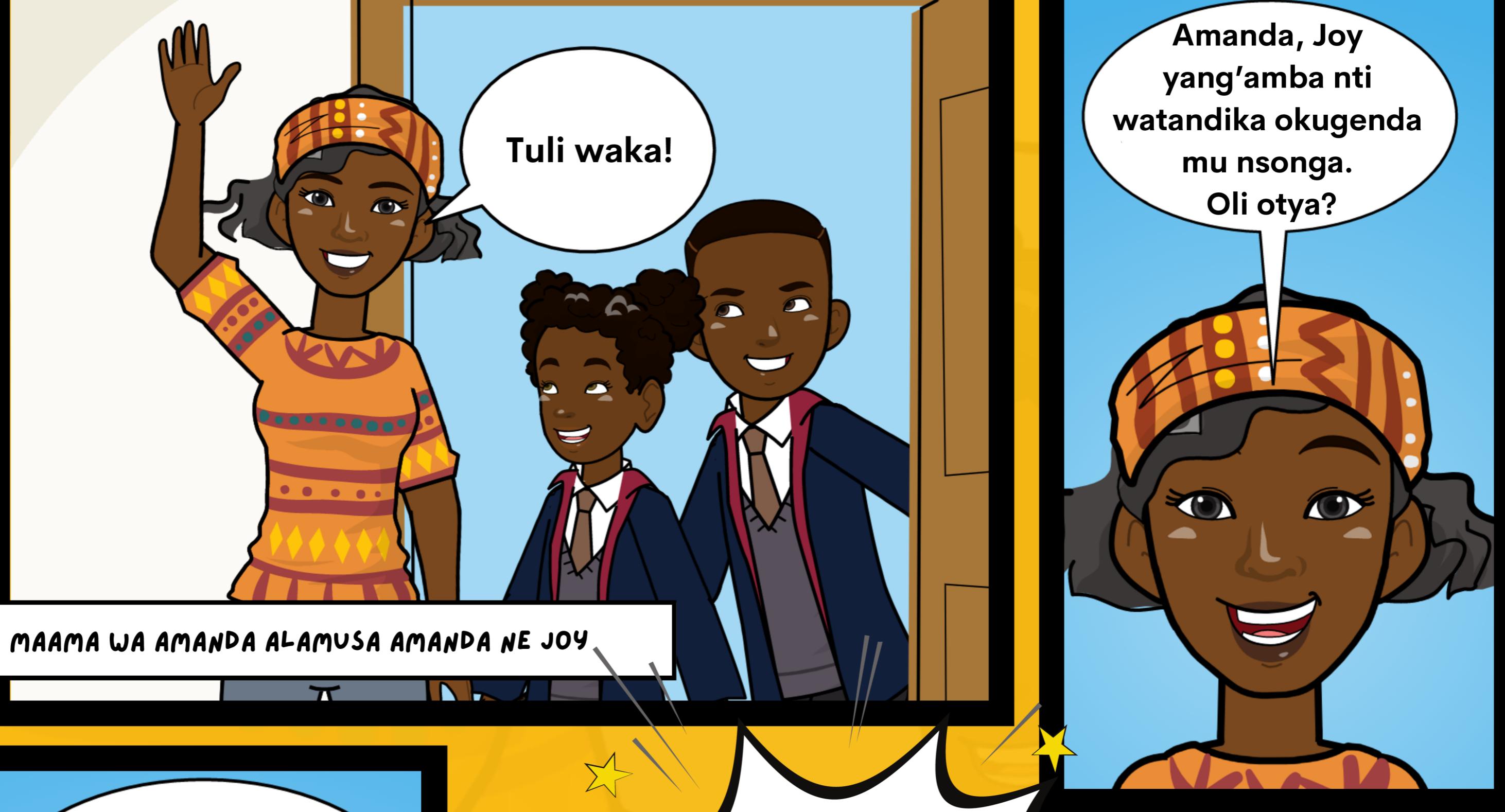
Buli muwala
afuna okutandika
okugenda mu
nsonga

Nasooka okugenda mu
nsonga ku myaka 13, kumpi
emyaka gye gimu

AMANDA ALINA EMYAKA 12

Waliwo omuntu ku mulyango, era ndowooza nti ye mum. Genda mu maaso okiggule. Nkimanyi olina ebibuuzo lukumi ebikubuuaka mu mutwe mu kiseera kino. Ka tukyogereko oluvannyuma.

**KNOCK!
KNOCK!**



Mwenna mugende
mukyuse engoye
zammwe.
Ebibuuzo byo
byonna njá
kubiddamu nga
omaze

Kaale.
Tugende
tukyuse!

Kaale,
Kaale

Tugende

SANDRA NE JOSHUA
BEEGASSE KU
MWANNYINAABWE
AMANDA OKUKYUSA
OKUVA MU
YUNIFOOMU ZAABWE

Kale, olunaku
iwo iwabaddle
lutyá muwala
wange?

Olunaku Iwange Iwali
lulungi nnyo, mum.
Nnalina okuva ku mulimu
nga bukyali okusobola
okujja okukyalira

Ddala, ddala rare
okukulaba
ennaku zino

Nja kufuba
okukyalira nga
bwe kisoboka

HAHA!

Ok
muwala
wange

...OLUVANNYUMA LW'AKASEERA. AMANDA NE BAGANDA BE BAALI BAMAZE OKUKYUSA OKUVA MU YUNIFOOMU Z'ESSOMERO

Mwannyinaffe
Omunene,
tuwedde!

...SANDIRA BWE
YATEGEEZEZZA

Nnina ebibuuzo
bingi bye njagala
okukubuuza

...AMANDA BWE YATEGEEZEZZA

Abalenzi
bagenda mu
nsonga?

AMANDA NE BAGANDA BE BABUUTIKIDDE ESSANYU

...YABUUZZIZZA JOSHUA

JOY ASEKA

**Ndaba mwenna mulina
ebibuuzo. Nja kubiddamu
byonna. Okusooka, ka
tutandike n'ekyo kye kibeera
okugenda mu nsonga.**

**Okugenda mu
nsonga era
kiyitibwa
okubeera mu
periods.**

...JOY ATANDIKA
OKUNNYONNYOLA

Nabaana kye kitundu ky'omubiri
omwana mw'akulira ng'omukazi ali
lubuto.

**Abawala bwe
bakaddiwa n'emibiri
gyabwe ne gikyuka,
batandika okugenda
mu nsonga**

Nnabaana

**Ekitundu
eky'omunda
mu nnabaana**

Ekitundu eky'omunda mu
nnabaana, kiwagira
n'okuliisa omwana akula

Singa tewabaawo
mwana, ekitundu
eky'omunda mu
nnabaana kiyiwa
ng'agenda mu nsonga

Nga nnabaana ayiwa obugoye bwayo,
omusaayi n'ebitundu ebirala biva mu
nnabaana nga biyita mu bukyala.

Kino okiraba ng'omusaayi oguva mu
Bukyala. Kino tukiyita Period, era
emanyiddwa nga okugenda mu
nsonga.

Okugenda mu nsonga kujja osobole
okuzaala. Kabonero akalaga nti kati
omubiri gwo gusobola okuzaala.

Obukyala

OMG!

Kale kati nsobola
okufuna olubuto?

Si bukyali nnyo
okuzaala? Nkyali muto
nnyo!

Okugenda mu nsonga
kuyinza okumala ennaku
ntono okutuuka kumpi
wiiki emu

AMANDA ATIDDE NNYO

**Ndi musanyufu nti
ekibuuzo ekyo
wakibuuzizza,
Amanda.**

...JOY BWE YADDA MU

**Enkwaso zo zitandise okuvaamu
amagi, era kati osobola okufuna
olubuto, naye ng'okyali muto
nnyo okutandika okuzaala**

JOY ANYONYOLÀ ENKWASO N'AMAGI KYE BIRI OKUMALA EKISEERA

**Okugenda mu nsonga kiraga nti kati osobola
okufuna olubuto, naye nga tolina lubuto kubanga
kati ogenda mu nsonga.**

Okugenda mu nsonga si kye kivaako okufuna olubuto. Nja kunnyonnyola engeri abalongo gye bafunamu embuto oluvannyuma. Kati ka twogere ku nsonga z'okugenda mu nsonga.



OKUGENDA MU NSONGA KIRAGA NTI OLI MU
BULAMU BULUNGI ERA NTI OMUBIRI GWO GUKULA
BULUNGI.



Webale
kunnyonnyola,
mwannyinaze
omukulu!

AMANDA BW'AGAMBA...



Oyaniriziddwa,
Amanda. Kale
tuddeyo mu nsonga



Owulidde ku
kugenda mu
nsonga cycle?

Nedda,
Mwannyinaffe
Omunene

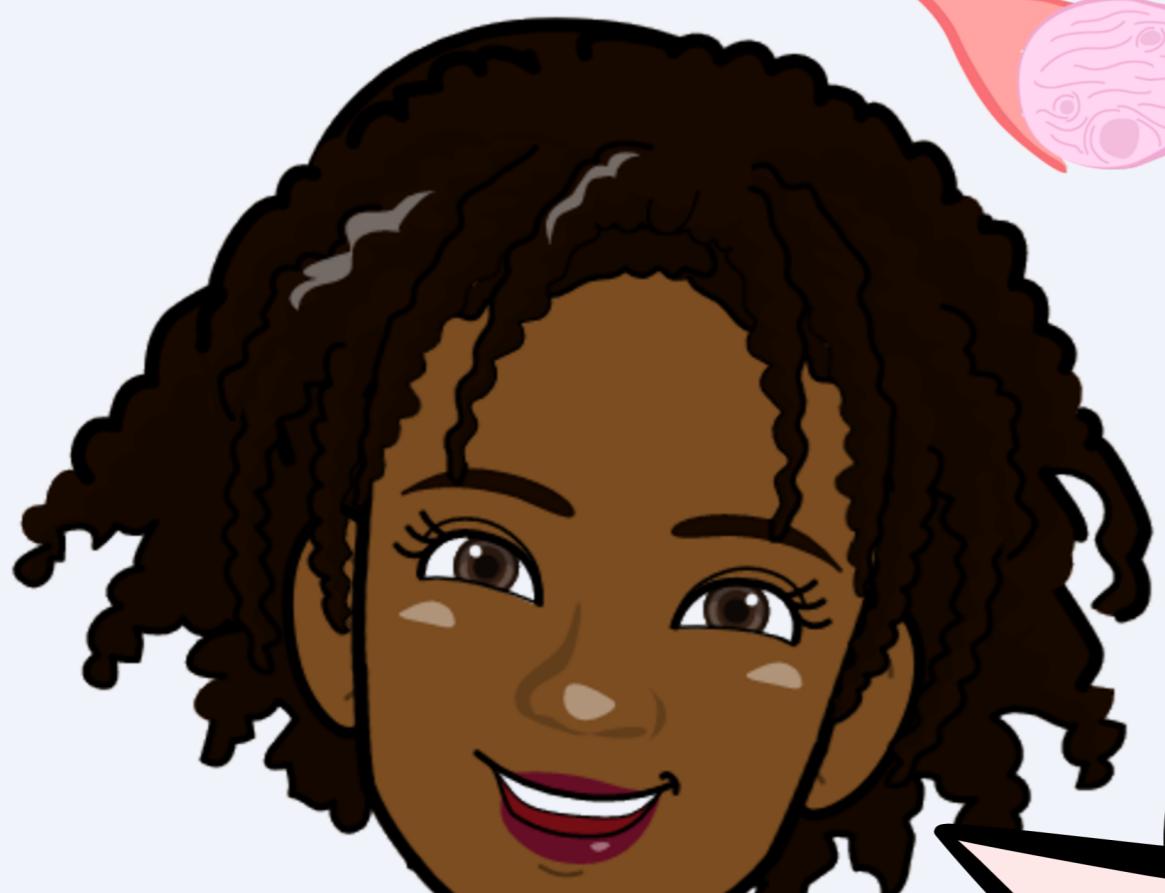
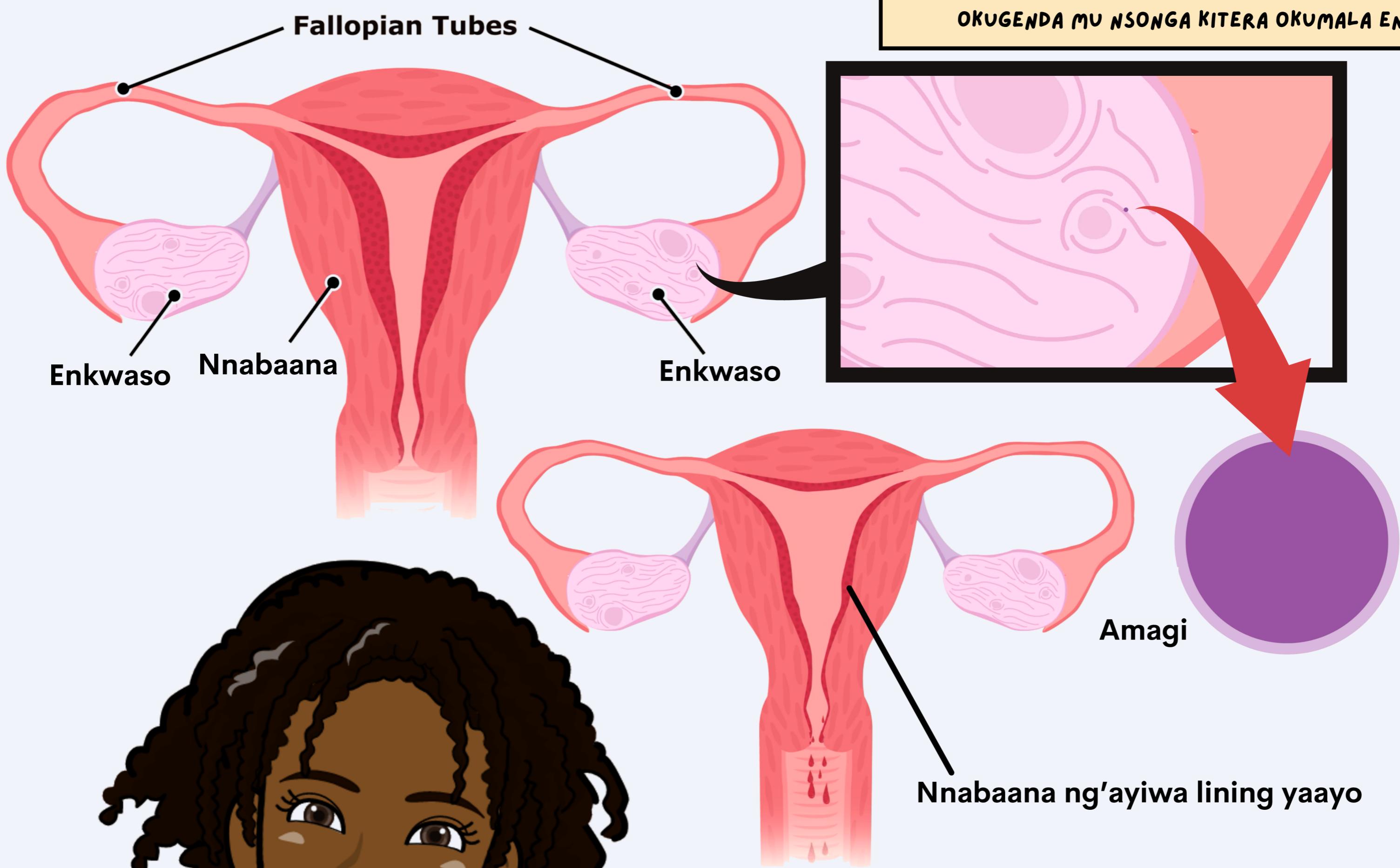
AMANDA BW'ADDAMU



kye kiseera okuva
mu nsonga emu
okutuuka mu
ndala

...ebiseera
ebisinga
ennaku nga 28

Olunaku olusooka
olw'okugenda mu
nsonga lwe lunaku
olusooka ng'agenda
mu nsonga

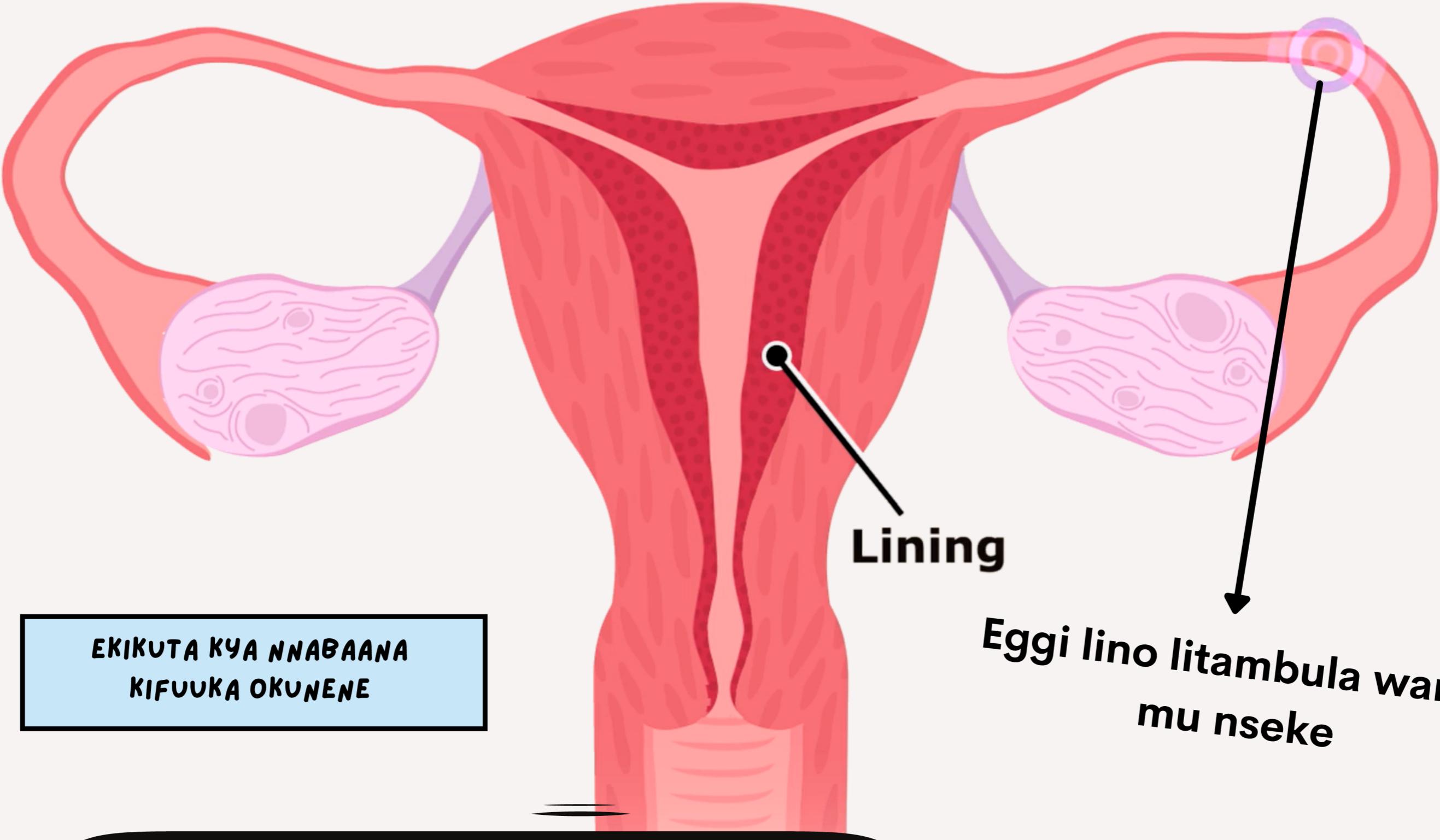


Ku lunaku olusooka mu nsonga, nnabaana atandika
okuyiwa ekikuta kyayo.

Amangu ddala ng'okugenda mu nsonga kuwedde,
nnabaana addamu okwetegekera okufuna eggi erifunye
eggi, era oluwozi oluli mu nnabaana lutandika okuddamu
okuzimba ne lufuuka lugonvu.

Amagi gafuluma okuva mu nkwaso z'omukazi era nga ga
super tiny. Ekitundu kimu kya kkumi kya sayizi y'ensigo ya
poppy.

Enkazi zirina enkwaso bbiri, emu ku buli ludda. Enseke
eziyitibwa fallopian tubes ziva mu buli nkwaso okutuuka
mu nnabaana.



EKKUTA KYA NNABAANA
KIFUUKA OKUNENE

Lining

Eggi lino litambula wansi
mu nseke

Wakati mu nsonga z'omukyala
(olunaku 14), enkwaso zifulumya egg;
kino kiyitibwa ovulation

Oluvannyuma lw'Ovulation, egg ligenda wansi
mu fallopian tube okutuuka mu nnabaana.
Kitwala ennaku ntono okumaliriza olugendo



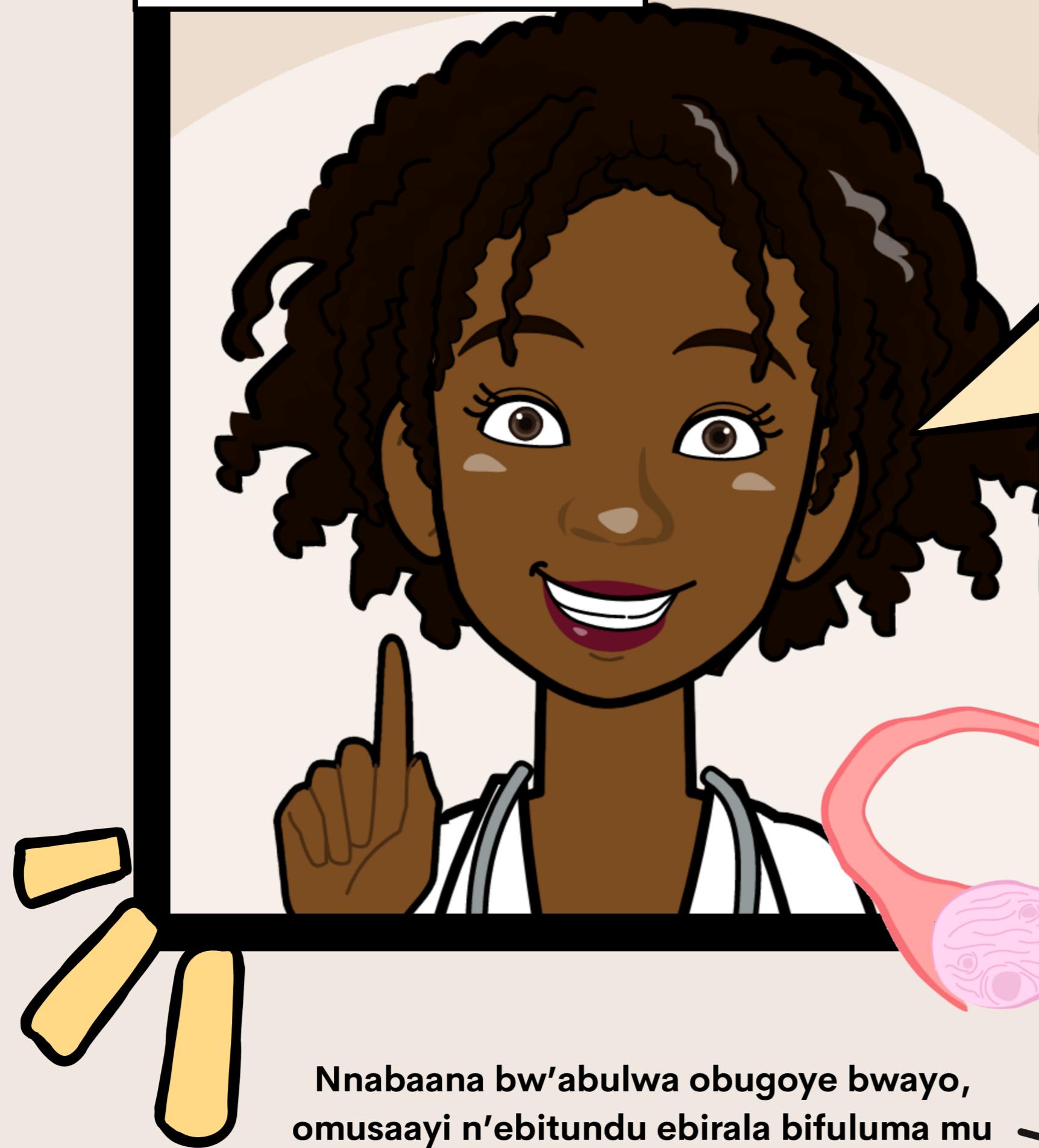
Mu kiseera kye kimu, ekikuta kya
nnabaana kigonza mpola okusobola
okuwagira enkula y'eggi erizaala.

Singa egg liba lifunye egg, liija
kusimbibwa mu nnabaana era
omukyala abeera lubuto

Singa egg teruzaala, omukazi aba
tafunye lubuto era egg litandika
okusaanuuka



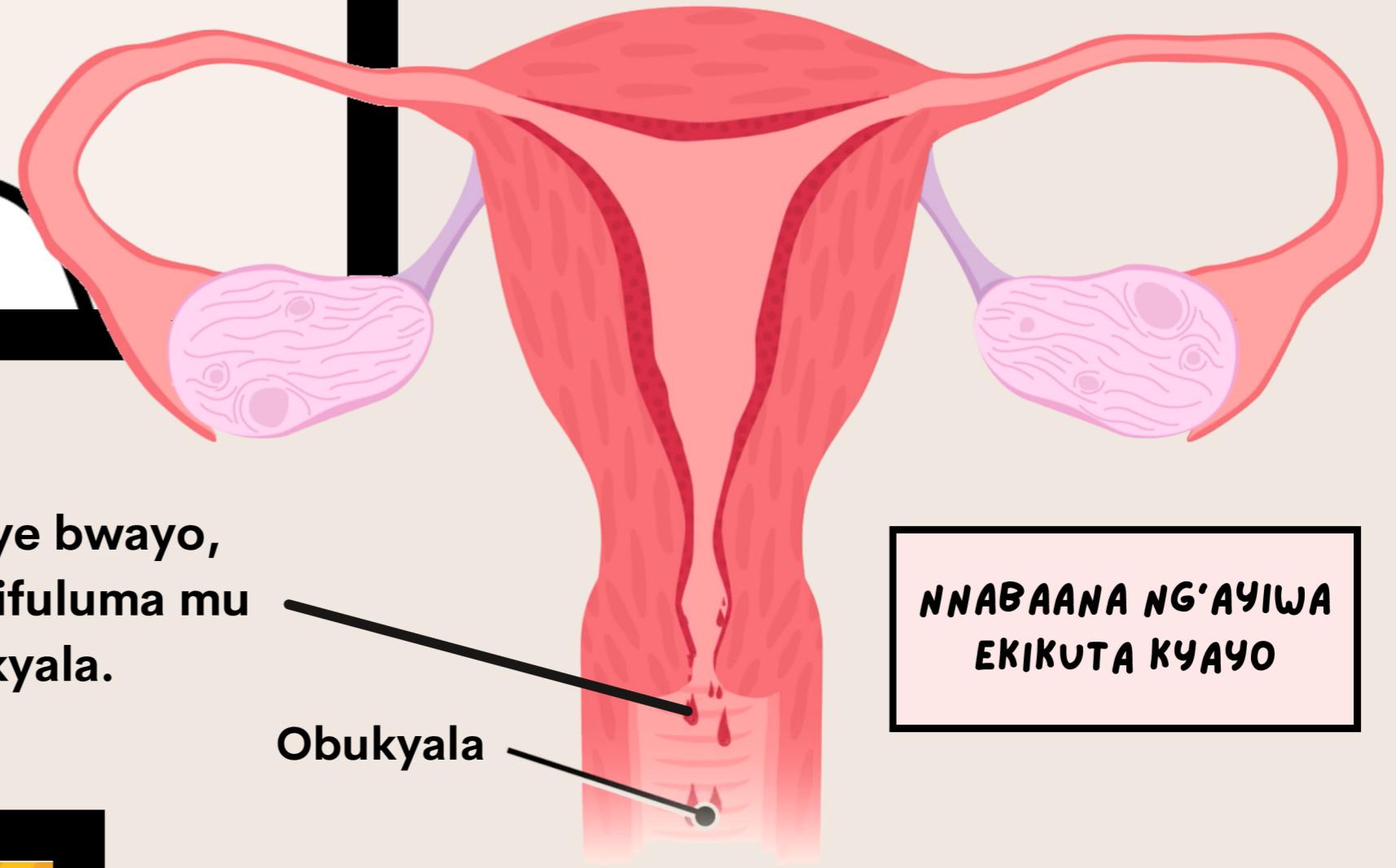
...JOY BW'ANNYONNYOLA



Olw'okuba omukyala talina lubuto, ekikuta kya nnabaana tekikyetaagisa, era nnabaana n'ayiwa ekikuta kyayo (Olunaku 28) .

Olwo omukyala ajja kugenda mu nsonga ze buli mwezi, era enzirukanya n'etandika nate

Omusaayi gw'ofiirwa ng'ogenda mu nsonga mu butuufu gwe ekikuta kya nnabaana wo



NNABAANA NG'AYIWA
EKIKUTA KYAYO

Nnabaana bw'abulwa obugoye bwayo,
omusaayi n'ebitundu ebirala bifulumu mu
mubiri nga biyita mu bukyala.

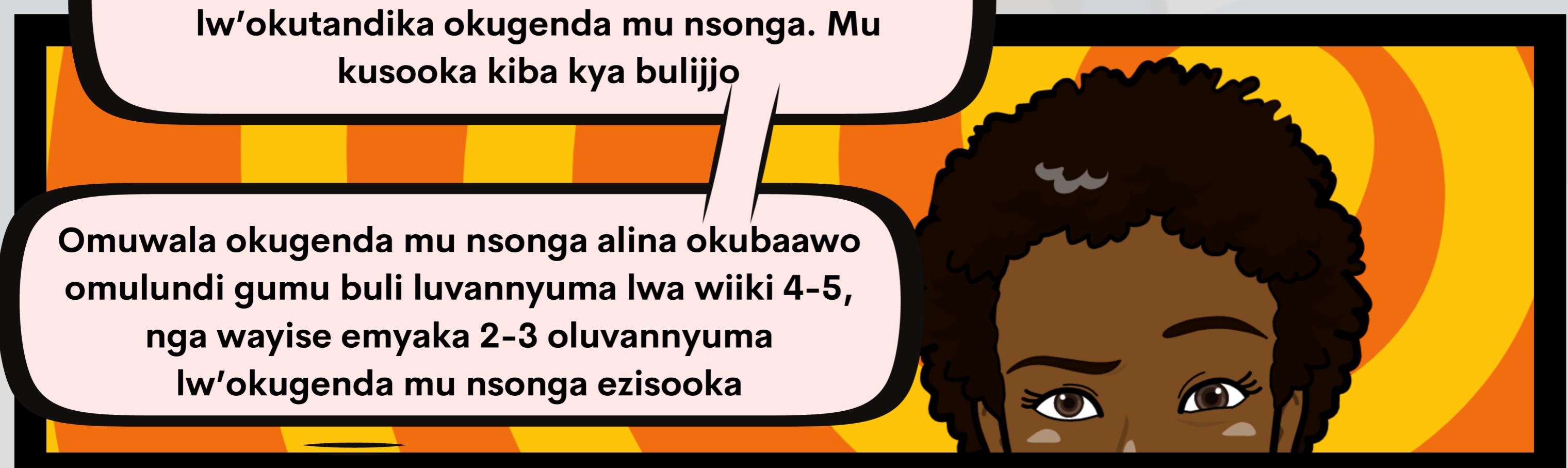
Kale nange
nnaafuna
okugenda mu
nsonga?

Yee Sandra, abawala
abasinga basooka
okugenda mu nsonga
nga balina emyaka
nga 12.

SANDRA BWE
YABUUZZIZZA

WOW!





Okugenda mu nsonga kutera kubaawo buli
luvannyuma Iwa wiiki 4 ku 5. Kyokka abawala
abamu tebatera kugenda mu nsonga oba nga
tebatera kugenda mu nsonga

...JOY BW'ANNYONNYOLA

Okugenda mu nsonga kiyinza okuvaako embeera
y'omuntu okukyuka, okwennyamira,
okweraliikirira n'embalabe

Oh y'ensonga
Iwaki leero
mpulidde
obulwadde!

Ddala,
Amanda!

Kino kiyitibwa PMS
(premenstrual syndrome).

PMS ye muwala bw'afuna obubonero
mu nneewulira n'omubiri nga
tannagenda mu nsonga oba ng'agenda
mu nsonga

Obubonero buggwaawo
oluvannyuma Iw'ennaku eziisooka
ng'agenda mu nsonga

HMM...

...JOY BW'ANNYONNYOLA

Omuwala bw'aba agenda mu nsonga, atera
okuyiwa ebijiiko by'omusaayi bitonotono
wadde nga guyinza okulabika ng'omusaayi
mungi

Abawala abasinga bakyusa paadi yaabwe
ey'okugenda mu nsonga, tampon oba ekikopo
emirundi 3-6 olunaku

Abalenzi bagenda mu nsonga?

...JOSHUA BW'ABUUZA

Nedda Joshua, abalenzi tebagenda mu nsonga.
Naye abalenzi n'abawala balaba enkyukakyuka
ez'amangu mu mibiri gyabwe nga bakaddiwa
kiyitibwa obuvubuka

Byonna njá kukubuulira ku kukyala kwange
okuddako.

Mwasuze mutya, nze Dr. Joy, era ndi wano okuddamu ebibuuzo byo
byonna ebikwata ku nsonga z'ekikyala n'obuvubuka. Olina
ekibuuzo?

genda ku: padher.org/askdrjoy

Buuza
Dr. Joy

TAATA WA AMANDA
AKOMAWO AWAKA

Mpulira nga bakonkona
ku mulyango

KNOCK!
KNOCK!

Ndowooza ye Taata

Ka ngende nkebere

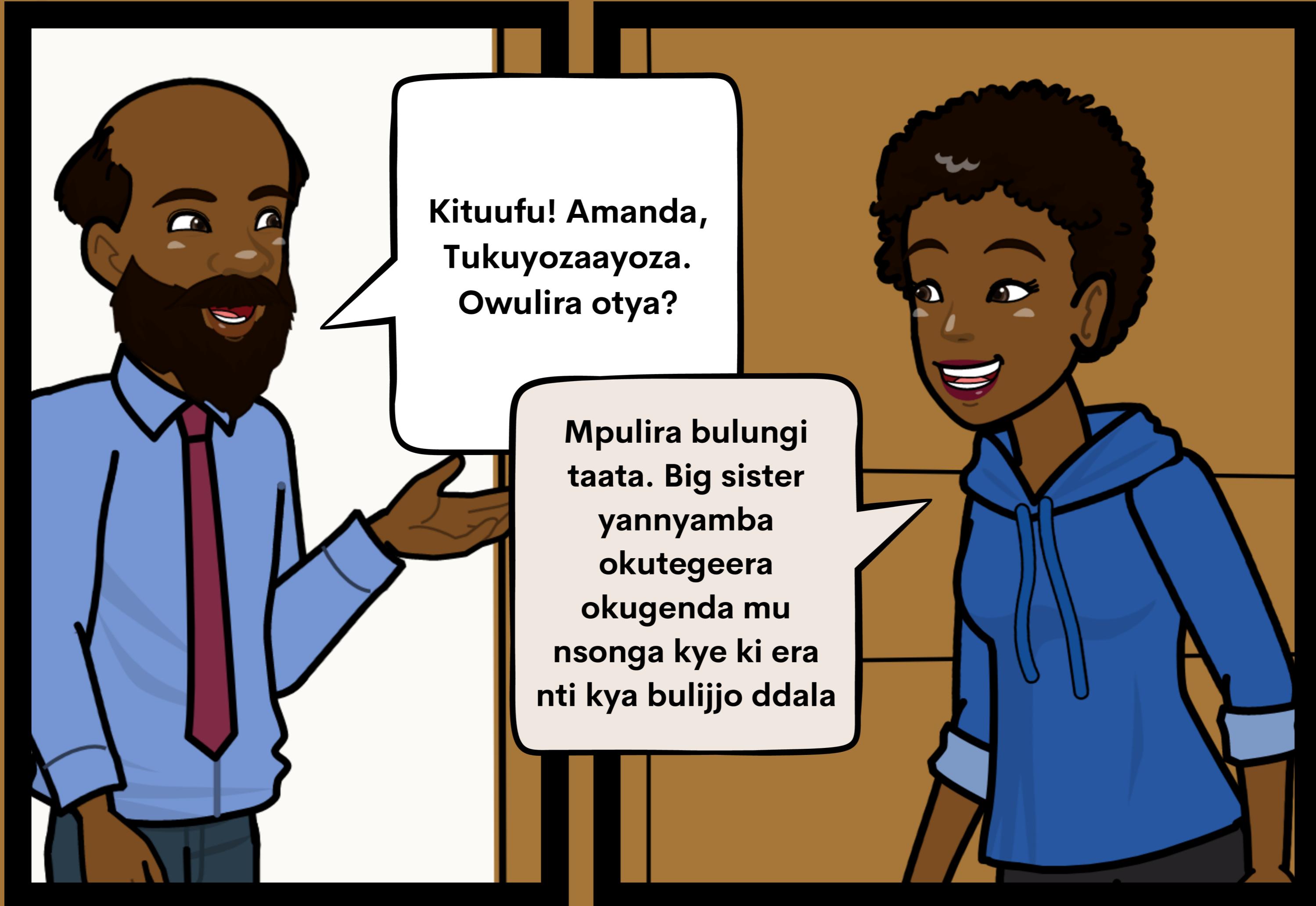
Mwasuze mutya
Amanda?

Mwaniriziddwa awaka
taata!

Mwaniriziddwa awaka taata!...

Amanda yasoose okugenda
mu nsonga olwaleero

SANDRA YAYANIRIZA
KITAAWE N'OBUNYIIKIVU



Ndi bulungi taata. Oluusi emirimu
ginnemesa okumala obudde na famire
yange...

...naye nja kugezaako okukola obudde
obusingawo

Nsaba, Joy, fuba okutuwa obudde
obulala. Tukusubwa nnyo

Nange nkusubwa

...AGAMBA JOY

Weebale nyo!

Oh, darling, oli waka.
Nkimanyi oteekwa okuba
ng'okooye, ka nkutegeke
okunaaba mu bbugumu

Nga sinnaba kwerabira
Amanda, nnali njagala
okukutegeeza bino

...JOY BWE
YATEGEEZZA

Abawala bangi bafuna okuzimba nga bali
mu nsonga naddala mu nnaku ezisooka

ECCUPA
Y'AMAZZI
AGOOKYA

Bw'oba otawaanyizibwa okuzimba mu nsonga,
osobola okugezaako okukozesa eccupa y'amazzi
agookya ku lubuto oba okumira eddagala
eriweweza ku bulumi nga ibuprofen oba naproxen.

Alright, mwannyinaze
omukulu. Mu butuufu
nnina obulumi mu lubuto
olwa wansi.

Kino kimira eddagala eriweweza ku
bulumi oba kozesa eccupa y'amazzi
agookya ng'ozingidde mu katambaala

Era jjukira nti okugenda mu nsonga
kitundu kya butonde era kya bulamu
mu bulamu bw'omuwala.

Okugenda mu nsonga tebirina
kukulemesa kukola dduyiro, kubeera
musanyufu n'okunyumirwa obulamu

Nnina okuddayo mu
ddwaaliro kati

...JOY BWE
YATEGEEZEZZA

Nja kuddayo olunaku olulala
mbabuulire ebisingawo ku
Menstruation ne puberty

Eelaba!

Eelaba!

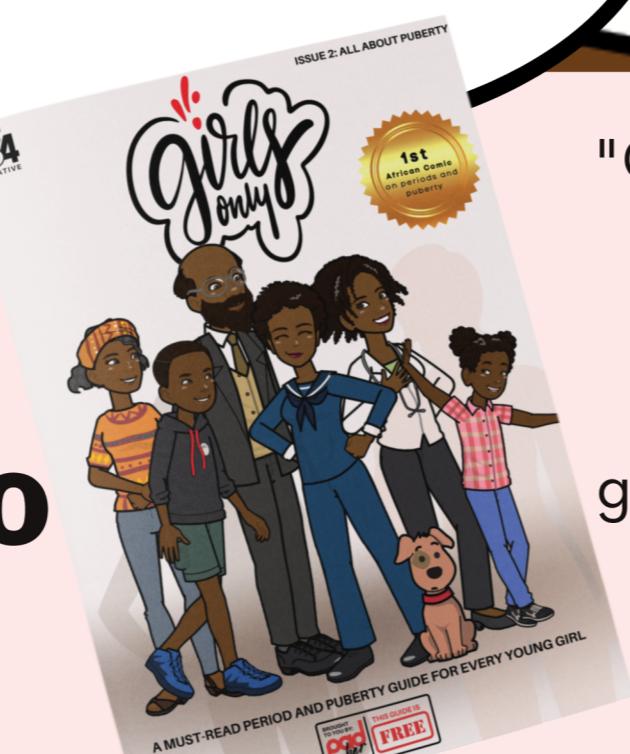
Eelaba!

Eelaba!

Eelaba!



KU
KITABO
EKIDDAKO



"Girls Only" egenda kudda omwezi ogujja n'ennamba empya ecamula
yonna etuumiddwa **Byonna Ebikwata Ku Buvubuka**.

Twegattekko ku nsonga eddako nga Dr. Joy atambuza Amanda mu
myaka gy'obuvubuka n'enkyukakyuka z'osuubira ng'omubiri gwe
gukula mangu. Okugula ensonga eno ne/oba ennamba empya, nsaba
ogendeko

padher.org/download

Kozesa ekifo kino okuwandiika by'oyize okutuusa kati ku nsonga z'ekikyala



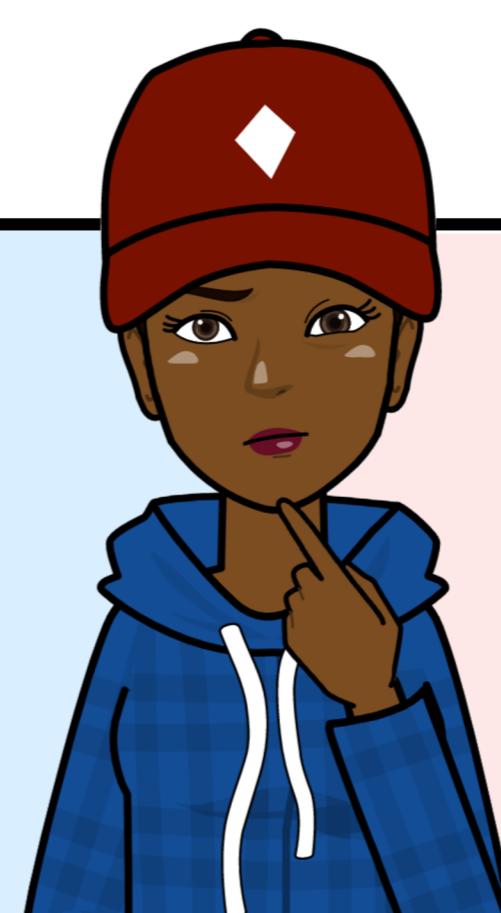
Kozesa ekifo kino okuwandiika by'oyize oktuusa kati ku nsonga z'ekikyala



**Oyagala okumanya ebisingawo
ku nsonga z'okugenda mu
nsonga?**

OKUKYAAALA

www.padher.org/for/girls



tugoberere
  
/padherorg



KIKI EKIFUULA GIRLS ONLY ABAKULU?

- Enoonyezeddwa bulungi nnyo
- Ekoleddwa era eri abalenzi!
- Ebirimu Ebituufu mu by'Obusawo
- Okusinziira ku bumanyirivu obw'obulamu obw'amazima
- Kisanyusa abawala b'amasonero
- Enyuma eri abazadde n'abasomesa

...EBIFAANANYI EBIRUNGI...

**NGA NSOMA NNALI NSOBOLA OKULOWOOZA KU MBEERA EZAAWIWO MU MUTWE
GWANGE**

—Blessing Akpan (The Innovative Child Network)



Oyagala okuyamba
muwala wo
okuddukanya ensonga
ze?
Okukyaala
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