

# Girls only



NHUNGAMIRO YAKAKOSHA YEKUENDA KUMWEDZI UYE KUYARUKA KUNE WESE  
MUSIKANA MUDIKI

# chikwata

PadHer isangano rinotungamirwa nevakadzi risingabatsiri rakavakirwa muLagos, Nigeria neNairobi, Kenya. Sangano redu rinodzidzisa vasikana vadiki vechikoro vari munharaunda dzisina kuchengetedza nezvekuenda kumwedzi nekuyaruka vachishandisa mabhuku enyambo kuitira kuti vakwanise kubata nguva yavo yekutevera nemazvo uye kuti vave nechivimbo chavanoda kuti vadzore ramangwana ravo uye vabudirire. Rimwe nerimwe bhuku remakomiki rinouya nemahara reusable sanitary napkins (3 pads) kubatsira kurwisa urombo hwekuenda kumwedzi muAfrica uye bracelet yemahara yekuenda kumwedzi yekuvabatsira kuronda pavari mukutenderera kwavo.



<b>Chika Nwaogu</b> Muvambi / Executive Director	<b>Thelma Ahamba</b> Mutungamiri weMashandiro uye Kushamwaridzana	<b>Elvinah Nyambaso</b> Mutungamiri weDunhu (East Africa)	<b>Deborah Henshaw</b> Mutungamiri weDunhu (West Africa)	<b>Camilla Jussab</b> Mutungamiri weDunhu (Central Africa)	<b>Kelebohile Dalaseni</b> Regional Director (Southern Africa)	<b>Karen Ashraf</b> Mutungamiri weDunhu (North Africa)	<b>Serah Wambui</b> Nyika Manager (Kenya)
---	--	--	---	---	---	---	--

Kuenda kumwedzi chinhu chakasikwa uye chine utano hwehupenyu. Inenge hafu yehuwandu hwevakadzi ndeyezera rekubereka, inomiririra chikamu che26% chehuwandum hwepasi rose. Mwedzi wega wega, vasikana vazhinji vanoenda kumwedzi kwemazuva matatu kusvika manomwe. Kunyange zvazvo kuenda kumwedzi kwakajairika, kuchiri kusekwa pasi rose.

Kusaziva nezvekuenda kumwedzi kunogona kukonzera kusanzwisa uye kusarura. Zvinogonawo kudzivirira vasikana kupinda muzviitwa zveudiki zvakajairika. Vasikana vechidiki vanonyimwa mukana wekudzidza nezvekuenda kumwedzi uye kukudziridza hunhu hune hutano nekuda kwekusemwa, zvinyadzi uye ngano.

"Girls Only" yakagadzirwa kuti ive **yemahara, inonakidza, nyore uye yakasununguka** kudzidzisa vasikana vechidiki vechikoro sewe nezvekuenda kumwedzi uye kuyaruka.

Kuenda kumwedzi kwakajairika. Musikana wese anosangana nazvo pane imwe nguva muhupenyu hwake, saka hapana chekunyara kana kunyara nazvo. Saka gara uchiyeuka...Zvakajairika, period!™

# Kupa.

TIBATSIREI KUTI TISVIKE VASIKANA VAKAWANDA  
VECHIKORO VARI MUNHARAUNDA DZISINA KUCHENGETEDZWA  
NEKUPA NHASI. SHANYA: PADHER.ORG/DONATE

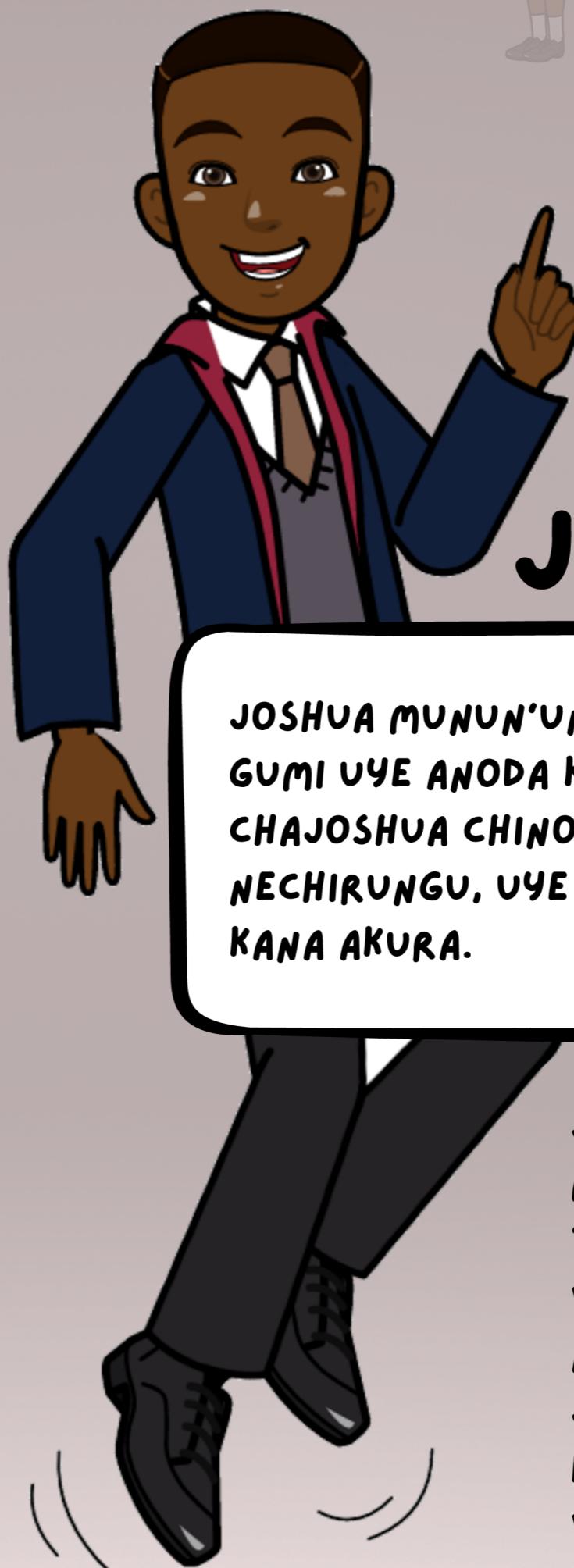
## Credits

VAPEPETI: WANJIRU KINUTHIA, BRENDAN JEBET ROTICH | ILLUSTRATOR: CHIKA NWAOGU  
GYNECOLOGIST, CHIREMBA CHIPANGAMAZANO: DR. JACKSON KINYUA MWANGI  
MUNYORI, MUTUNGAMIRIRI WEHUNYANZVI UYE MANEJA WEKUGADZIRA: CHIKA NWAOGU  
PROJECT UYE RESEARCH ASSOCIATE: SHEILA OMUNDI



## AMANDA

AMANDA NDIYE MUTAMBI MUKURU WEIYI COMIC BOOK SERIES. ANE MAKORE GUMI NEMAVIRI UYE AKATANGA KUTEVERA. ZVIDZIDZO ZVINONYANYA KUFARIRWA NAAMANDA ISVOMHU NESAINZI. AMANDA ANODA KUVA INJINIYA.



## JOSHUA

JOSHUA MUNUN'UNA WAAMANDA. ANE MAKORE GUMI UYE ANODA KUTAMBA. CHIDZIDZO CHAJOSHUA CHINONYANYA KUFARIRWA NECHIRUNGU, UYE ANODA KUZOVA MUNYORI KANA AKURA.

JOSHUA AKABATANIDZA MU "GIRLS ONLY" NEKUTI TINOTENDA KUTI VAKOMANA VANOFANIRAWO KUDZIDZA NEZVEKUENDA KUMWEDZI. JOSHUA ANOBVUNZA MIBVUNZO INOZIVIKANWA NAVOSE IYO VAKOMANA VANOBVUNZA PAMUSORO POKUENDA KUMWEDZI.



## SANDRA

SANDRA ANE MAKORE MASERE UYE ANOFARIRA KUIMBA. CHIDZIDZO CHAKE CHAANOFARIRA ISAYENZI YEKOMBUTA, UYE ACHADA KUVA MUGADZIRI WEMAKOMBIYUTA KANA AKURA.



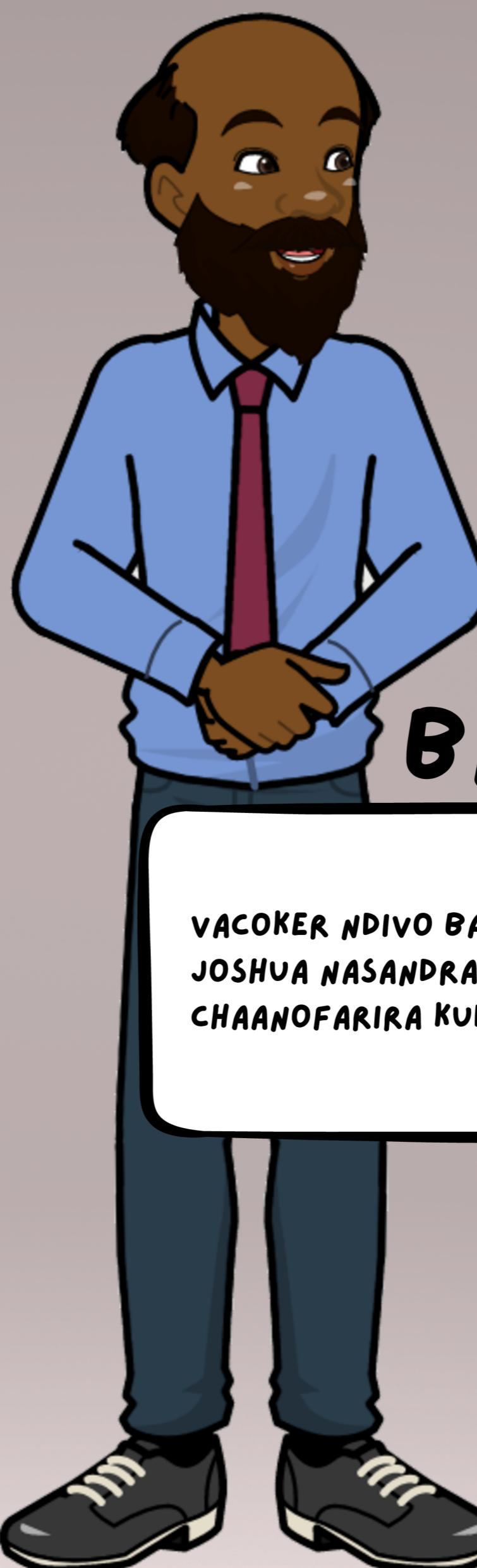
## DR. JOY

DR JOY IHANZVADZI YAAMANDA, UYE NDICHIREMBA. ANE MAKORE 28 OKUBEREKWA UYE ANODA KUDZIDZISA AMANDA NEVANIN'INA VAKE NEZVEKUENDA KUMWEDZI NEKUYARUKA.



**AMAI**

MAI ABIGAIL COKER, AVO VANOZIVIKANWA NEKUNZI "AMAI" NEVANA VAVO, NDIVO AMAI VAAMANDA, DR JOY, JOSHUA NASANDRA. IYE MUTENGESI MUDUKU UYE ANODA VANA VAKE ZVIKURU.



**BABA**

VACOKER NDIVO BABA VAAMANDA, DR. JOY, JOSHUA NASANDRA. IYE MUBHENGI. CHAANOFARIRA KUDYA MUPUNGA NEHUKU.

**"GIRLS ONLY" YAKANDIBATSIRA KUNZWISISA ZVIRI NANI KUENDA KUMWEDZI.**  
— Beryl (10 makore, Nairobi)

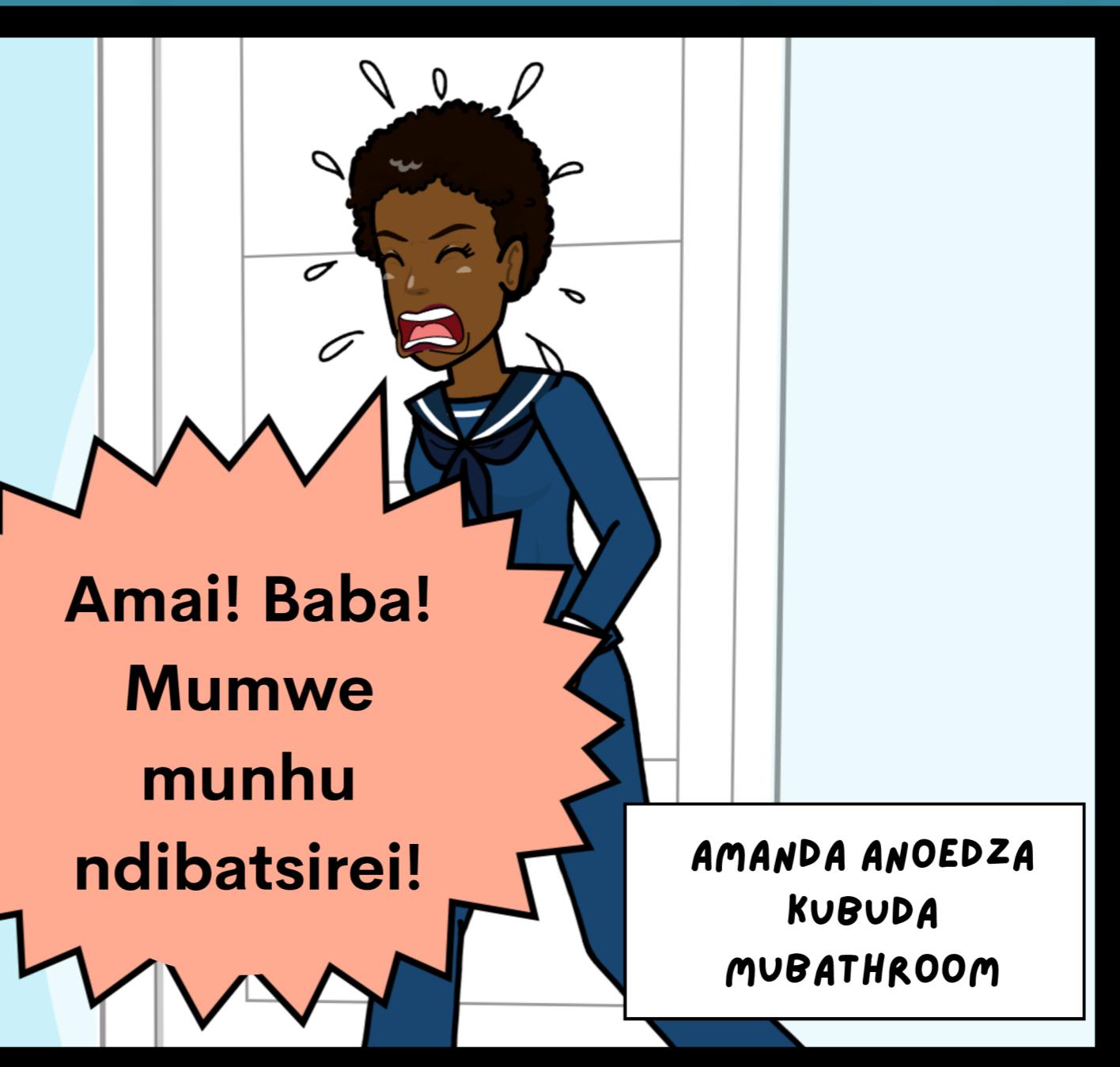
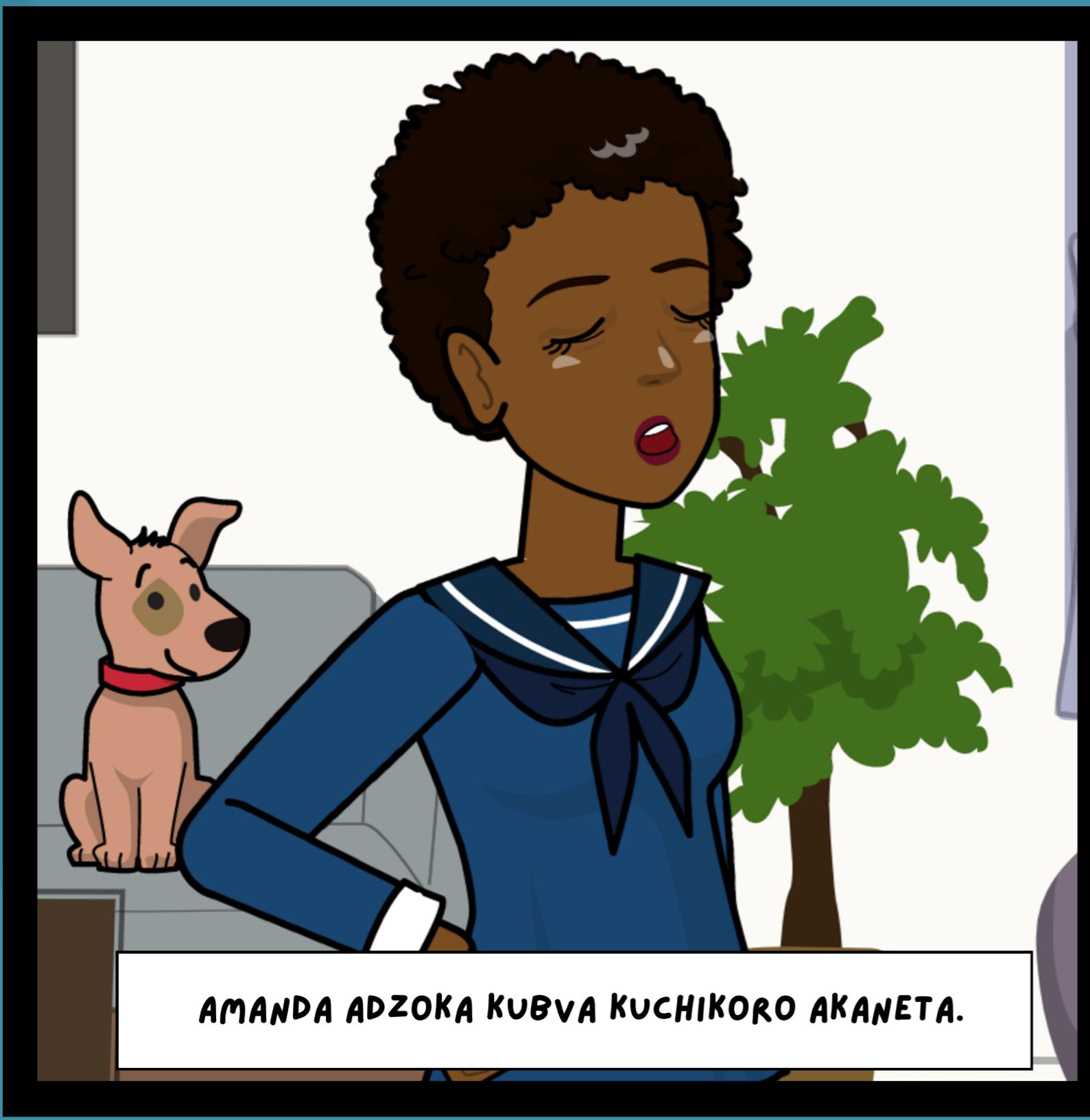


Copyright ©2021 Africa54, Zvose zvakanaka zvakachengetedza.

Iri bhuku remakomiki ibasa rekufungidzira rinogona kunge rakavakirwa pane zvimwe zviitiko zvemunhu oga.

**ZVINOTAURWA:** Zviri mukati meiyi komiki zvinopihwa zvinangwa zvekudzidzisa chete uye hazvifanirwe kutorwa sechinotsiva zano renyanzvi rekurapa.

Hapana chikamu cheiyi komiki chinogona kukopwa, kuchengetwa kana kutumirwa mune chero chimiro, odhiyo, chinooneka, chemagetsi kana chemagetsi, pasina mvumo yakanyorwa yeAfrica54, kunze kwenyaya yezvinyorwa zvipfupi zvakashandiswa muongororo uye zvinyorwa zvakakosha. Kudhirowa kusingatenderwe kwechero chikamu cheiyi komiki hazvisi pamutemo uye zvinorangwa nemutemo.



Amai? Baba?  
Sei pasina  
anondipindura?



?

...AMANDA AKAVHIRINGIKA

AMANDA ANONZWA  
KUGOGODZA PASUO

Amanda,  
wakanaka here?  
iwe unotarisa  
kunetseka  
kwazvo

KNOCK!  
KNOCK!

HANZVADZI  
YAAMANDA, DOCTOR  
JOY, VAKAUYA  
KUZOSHANYIRA  
MHURI

...AMANDA ANOZARURA GONHI

Ndakaona  
ropa pachipfeko  
changu  
chemukati

...AMANDA ANOTSANGURA ACHICHEMA



Ah Amanda, hapana  
chekunetsekana  
nazvo.



...uye zvinoita  
sekunge hapana  
munhu kumba

Hongu ndimi  
chiremba saka chii  
chaizvo  
chirikundinetsa?

Hapana  
chakaipa  
pauri Amanda

JOY  
ANONYEMWE  
RERA KUNA  
AMANDA

**Wakabva  
watanga kuenda  
kumwedzi**





JOY ANOPA AMANDA UTSANANA PAD

NDOZVAUNOISA  
MUCHIPFEKO CHAKO  
CHEMUKATI

ICHATORA ROPA  
RINOBUDA



Ndatenda,  
Sista Mukuru!

AMANDA ANOTORA  
SANITARY PAD KUBVA  
KUNA JOY

Usanetseka Amanda,  
Kuenda kumwedzi chikamu  
chezvinokuita mukadzi

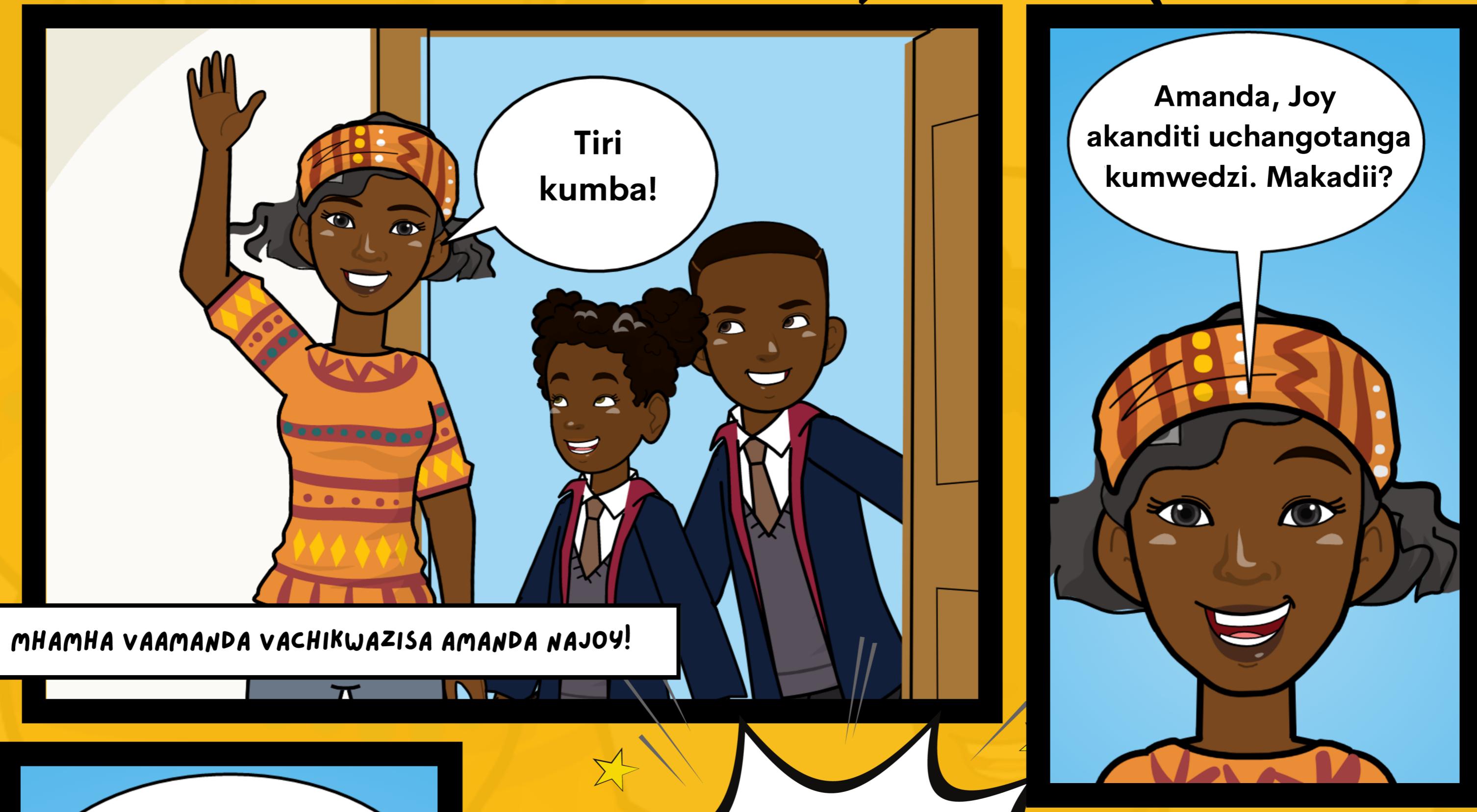
Musikana wese  
anowana  
kutevera kwavo  
sezvavanokura

Ndakatanga kutevera  
ndine 13, zera  
rakafanana newe

AMANDA ANE MAKORE GUMI NEMAVIRI

Pane munhu ari pamusuo, uye  
ndinofunga kuti ndiamai. Enda  
mberi undoivhura. Ndinoziva  
kuti une chiuru chemibvunzo  
mumusoro mako izvozvi.  
tozotaura gare gare

**KNOCK!  
KNOCK!**



Imi mose  
munofanira kuenda  
kunochinja mbaty  
dzenyu.  
Ndichakupindura  
mibvunzo yako  
yese kana wapedza

Zvese  
zvakanaka.  
Varume handei  
tinochinja!

Horaiti!  
Handeyi

SANDRA, JOSHUA  
NAAMANDA  
VANOMHANYA  
KUNOBVISA MAUNIFORM.

Saka waswera sei  
mwanangu?

Zuva rangu rakanga  
rakanaka mhamha.  
Ndaifanira kukurumidza  
kubuda kubasa kuti  
ndiuye kuzoshanya

Ndizvo chaizvo,  
isu hatiwanzo  
kukuona mazuva  
ano

Ndichaedza  
kushanya  
zvakanyanya  
sezvinobvira

HAHA!

Ndatenda,  
mwanasika  
na wangu!

...PAKAPERA CHINGUVA AMANDA NEVANIN'INA VAKE VAINGE VAPEDZA KUCHINJA HEMBE DZEKUCHIKORO

Hanzvadzi  
hombe  
tapedza!

...AKADARO SANDRA

Ndine mibvunzo  
yakawanda  
yandinoda  
kukubvunzai

...AKADARO AMANDA

Vakomana  
vanoenda  
kumwedzi here?

AMANDA NEVANIN'INA VAKE VARI KUFARA ZVIKURU

HAHA!

...AKABVUNZA JOSHUA

JOY ANOSEKA

Ndirikuona mese mune  
mibvunzo. Ndichapindura  
zvose. Kutanga, ngatitangei  
kuti chii chinonzi kuenda  
kumwedzi.

**Kuenda  
kumwedzi  
kunonziwo  
"periods".**

**...JOY ANOTANGA KUTSANANGURA**

**Muchibereko inhengo yemuviri  
inokura mwana kana mukadzi  
aine mimba.**

**Sezvo vasikana  
vachikura uye miviri  
yavo inoshanduka,  
vanoenda kumwedzi**

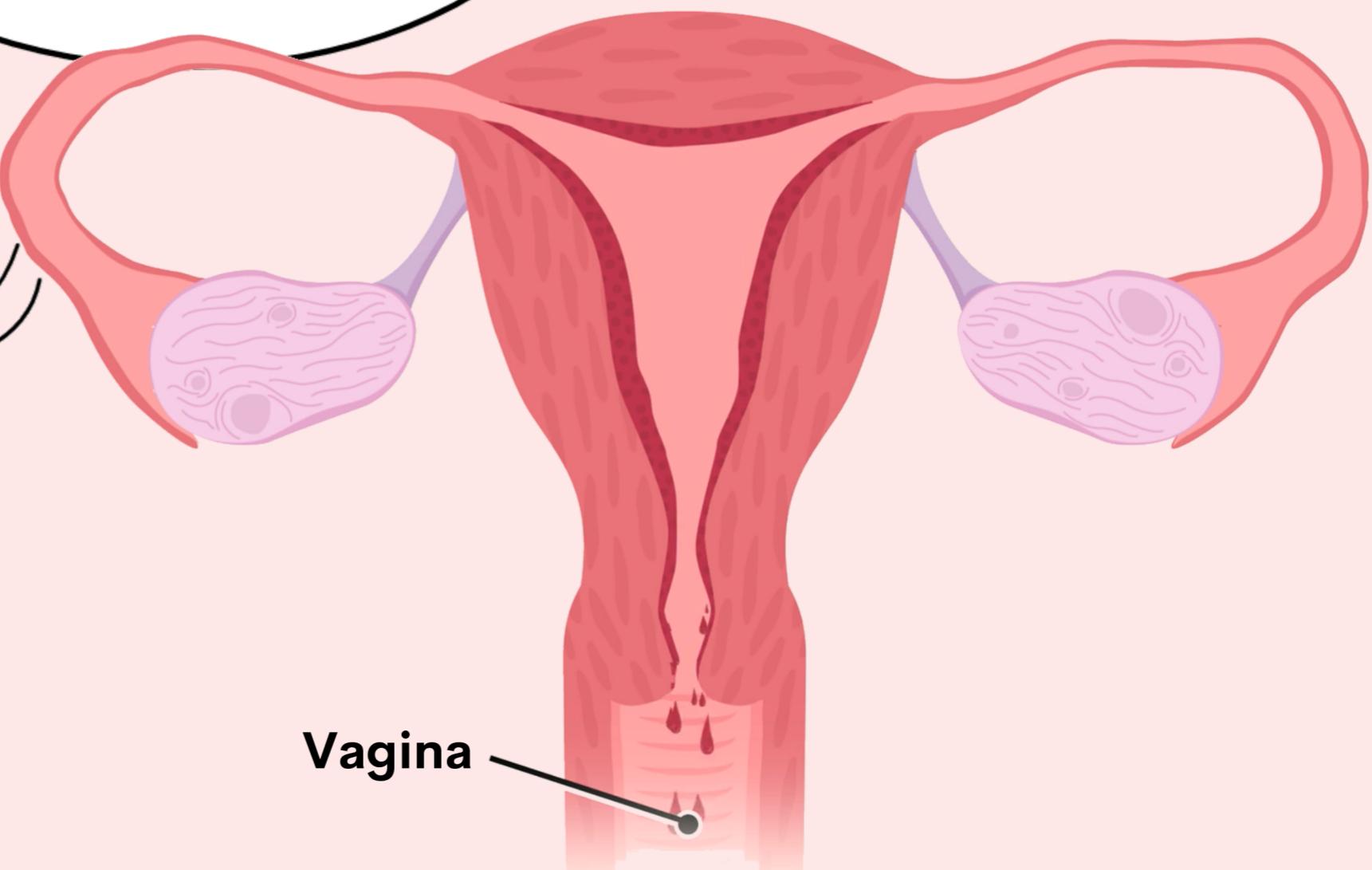
**chibereko**

**Rutivi rwomukati  
rwechibereko**

**Rutivi rwomukati  
rwechibereko, runotsigira  
uye runopa zvokudya  
mwana ari kukura**

Sezvo Uterus inodurura mutsara wayo,  
ropa uye mamwe manyama anobuda  
muUterus kubva Vagina.

Kana pasina mwana, jira  
remukati rinobuda  
panguva yekuenda  
kumwedzi



Unoona izvi seropa rinobuda kubva  
kumukadzi. Nguva iyi tinoidaidza kuti  
kumwedzi.

Kuenda kumwedzi kunoitika kuitira  
kuti uve nevana. Izvi zvinoratidza kuti  
muviri wako wava kukwanisa kuita  
vana.

**OMG!**

Zvino ndoita  
mimba here?

...JOY ANOENDERERA MBERI  
ACHITSANANGURA

Kuenda kumwedzi  
kunogona kupera kubva  
pamazuva mashoma  
kusvika kunenge vhiki

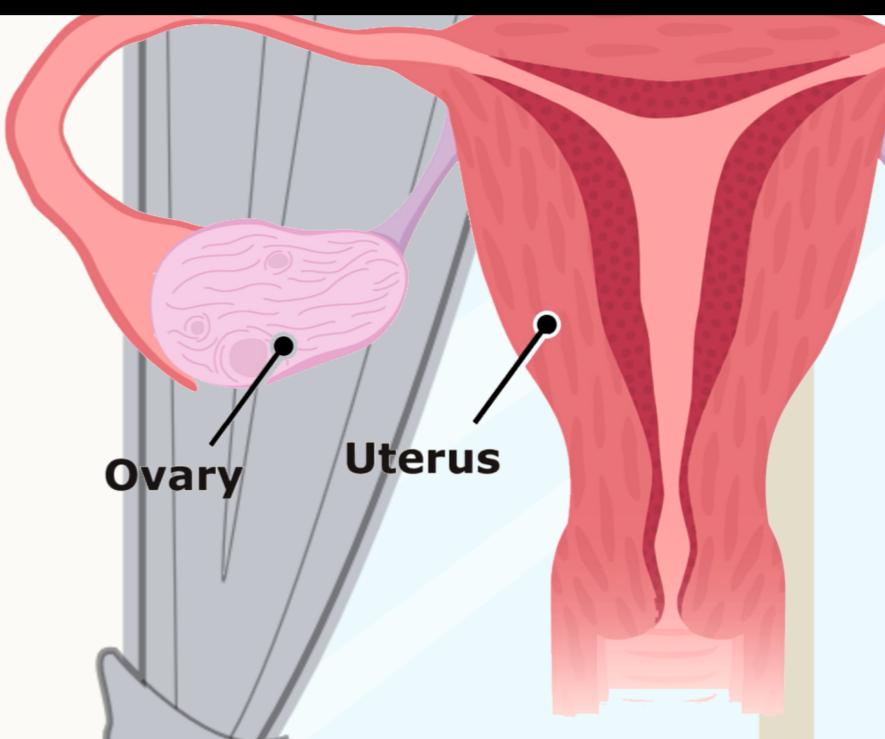
Handiti kukasika kuti  
ndiite vana? Ndichiri  
mudiki!

AMANDA ANOTYA

# Ndafara kuti wabvunza mubvunzo iwoyo, Amanda.

...JOY AKAPINDURA

**Mazai ako atanga kubereka  
mazai, uye zvino unogona  
kubata pamuviri, asi iwe uchiri  
mudiki kuti utange kuita vana.**



**JOY ANOTSANANGURA KUTI OVARIES NEMAZAI  
NDEZVIPI NEKUFAMBA KWENGUVA**

**Kuenda kumwedzi kunoratidza kuti wava kugona  
kubata pamuviri, asi hausi pamuviri nekuti wava  
kumwedzi.**

**Kuenda kumwedzi hakusi iko kunokonzeru mimba.  
Ndichatsanangura kuti vana vanonambwa sei gare  
gare. Parizvino, ngatimbotaura nezvekuenda  
kumwedzi.**



KUENDA KUMWEDZI CHIRATIDZO CHEKUTI UNE  
HUTANO UYE MUVIRI WAKO URI KUKURA  
ZVAKANAKA.



Ndatenda  
netsananguro,  
sisi mukuru!

AMANDA ANOTI...



Wakanyanya  
kugamuchirwa, Amanda.  
Saka ngatidzokerei  
kumwedzi



Wakambonzwa  
nezve kumwedzi  
kutenderera?

Kwete,  
hanzvadzi  
yangu

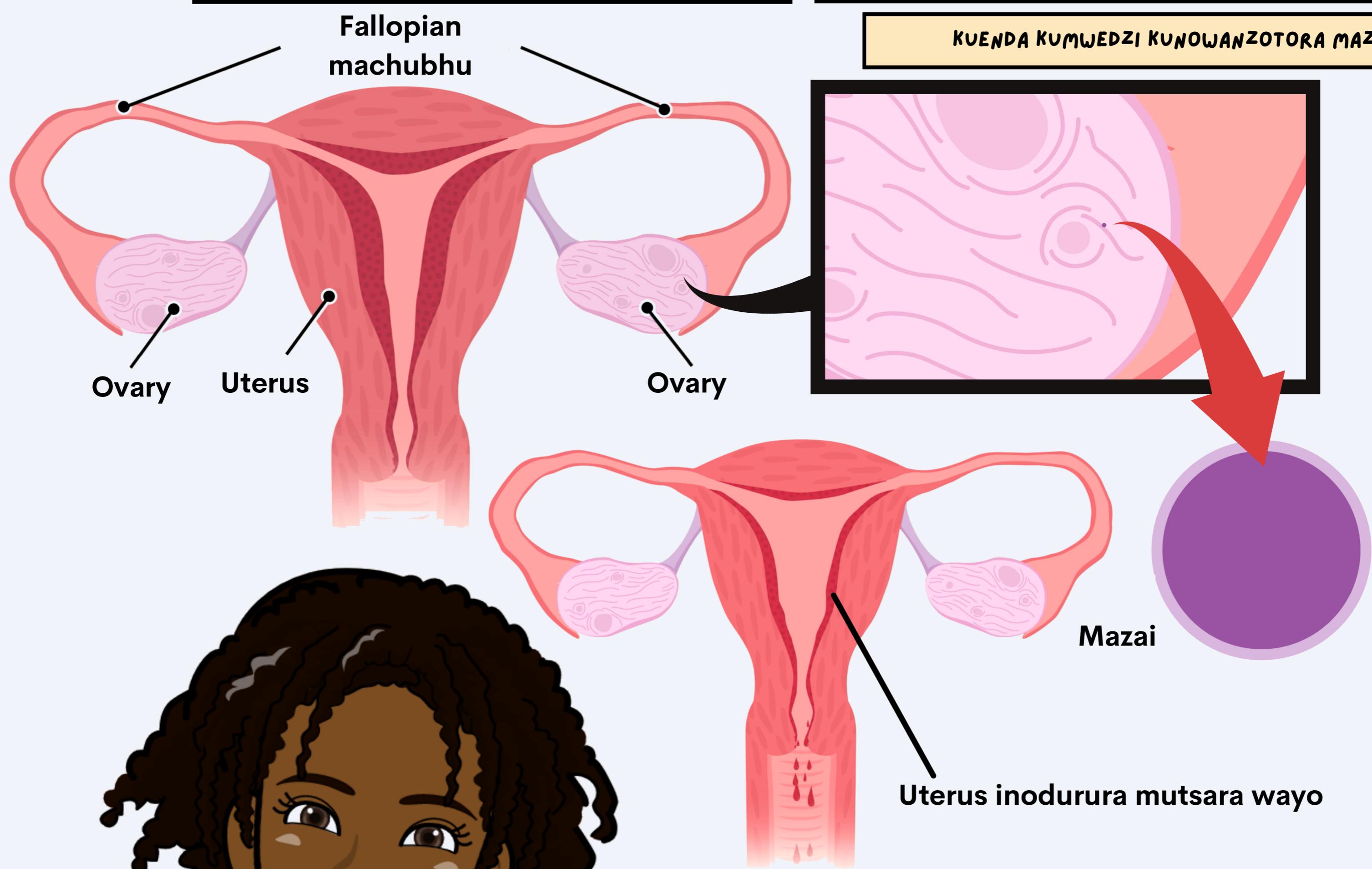
AMANDA ANOPINDURA



Inguva kubva kune  
imwe nguva  
yekuenda kumwedzi  
kusvika kune imwe

**...kazhinji  
mazuva  
makumi maviri  
nemasere**

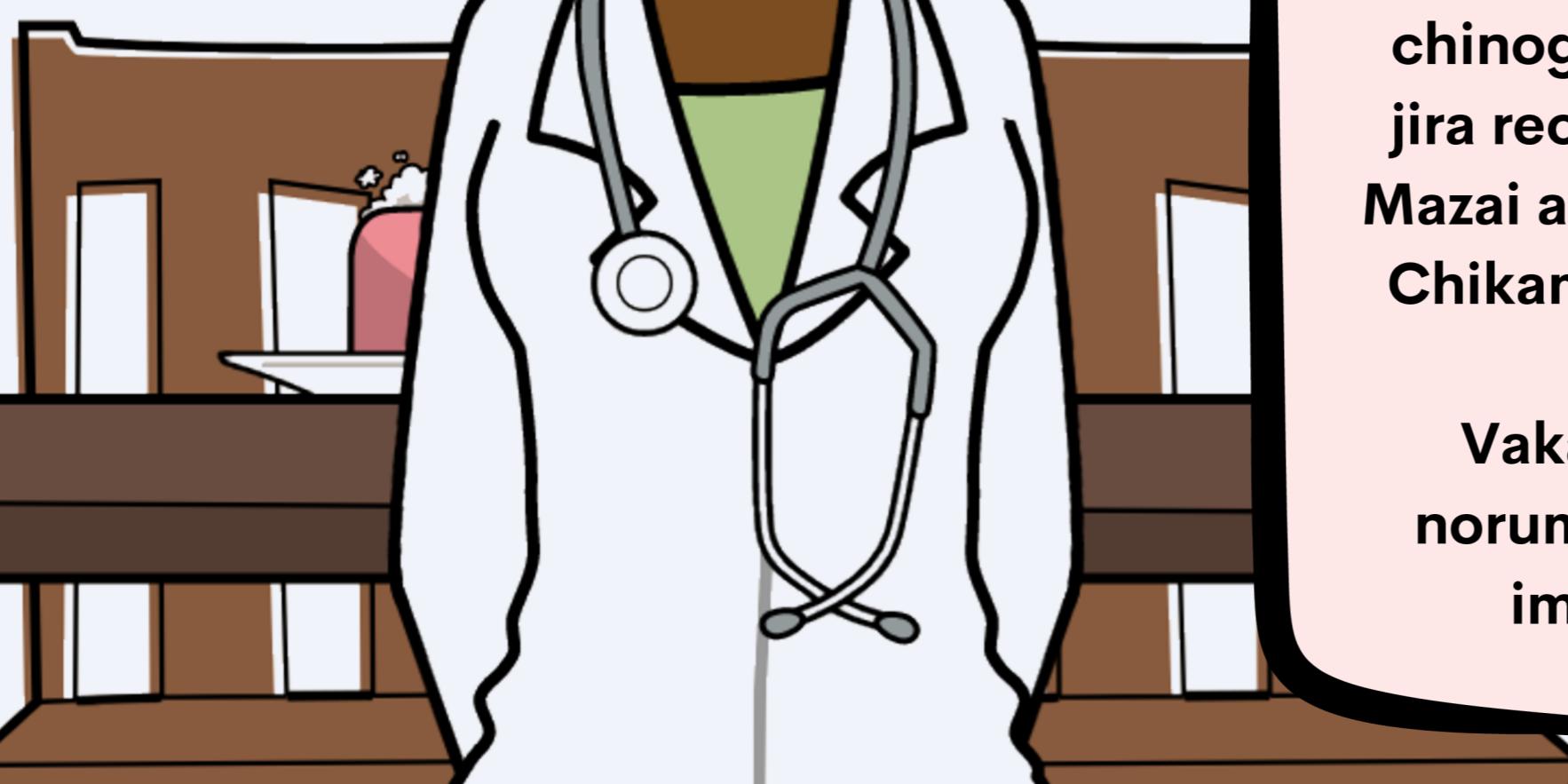
**Zuva rekutanga  
kumwedzi kutenderera  
ndiro zuva rekutanga  
rekuenda kumwedzi**

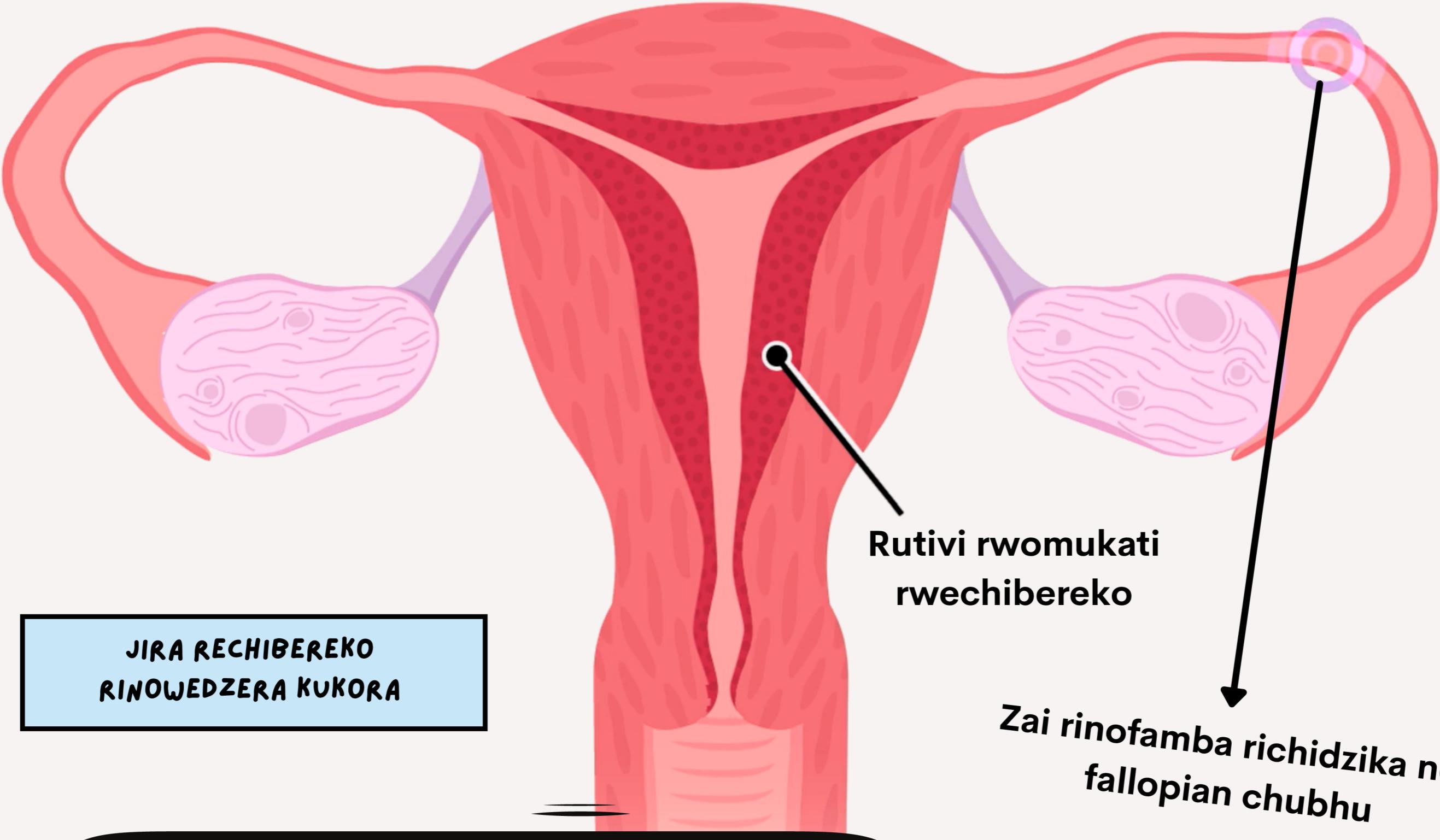


**Pazuva rekutanga rekuenda kumwedzi, chibereko chinotanga kudurura jira rayo.**

Nokukurumidza apo nhambo yacho inopera, chibereko chinogadzirirazve kugamuchira zai rakaberekewa uye jira rechibereko rinozvivaka rimene cuti rive mukobvu. Mazai anobudiswa mumazai emukadzi uye ari super diki. Chikamu chimwe chegumi kukura kwembeu yepoppy.

Vakadzi vane mazai maviri, rimwe parutivi rumwe norumwe. Machubhu eFallopian anosiya kubva kune imwe neimwe chibereko kuenda kuchibereko





JIRA RECHIBEREKO  
RINOWEDZERA KUKORA

Pakati pekuenda kumwedzi (Zuva 14),  
ovary inobudisa zai; uku kunonzi  
Ovulation

Mushure mekuita ovulation, zai rinofamba nemu  
fallopian chubhu kuenda kuchibereko. Zvinotora  
mazuva mashoma kuti upedze rwendo



Panguva imwe cheteyo, jira rechibereko  
rinokora zvishoma nevishoma kuti ritsigire  
kukura kwezai rikasangana nembesa.

Kana zai rikasangana, rinoiswa  
muchibereko uye mukadzi ane mimba

Kana zai rikasasangana, mukadzi haana  
pamuviri uye zai rinotanga  
kunyungudika



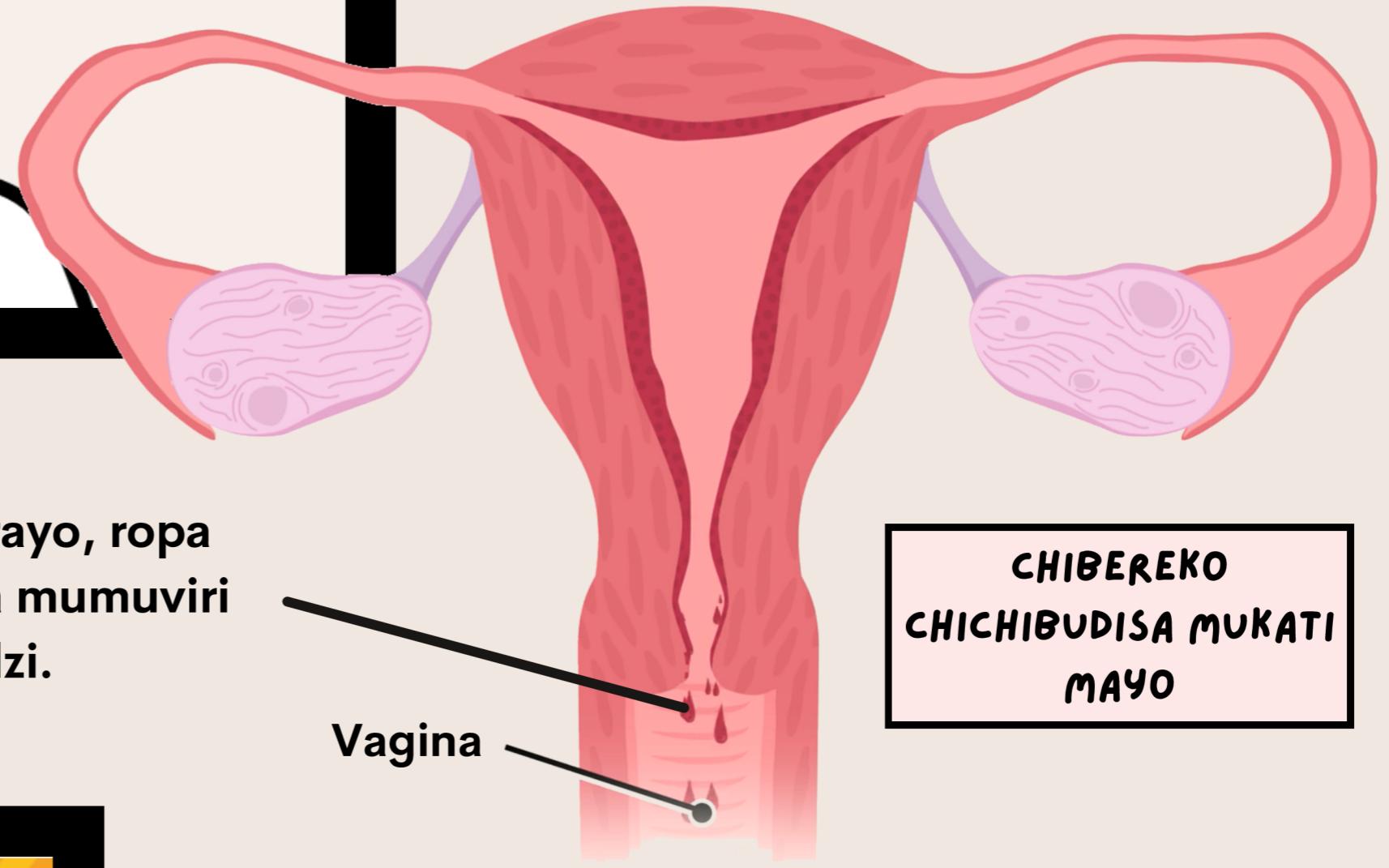
...JOY ANOTSANGURA



Nemhaka yokuti mukadzi haana pamuviri, jira rechibereko haridiwi uye chibereko chinodurura jira rayo (Zuva 28).

Mukadzi anobva ava nenguva yake yemwedzi, uye kutenderera kunotanga zvakare.

Ropa raunorasa panguva yekutevera ndiro lining rechibereko.



Kana chibereko charasa jira rayo, ropa nemamwe manyama anobuda mumuviri kuburikidza nesikarudzi.

CHIBEREKO  
CHICHIBUDISA MUKATI  
MAYO

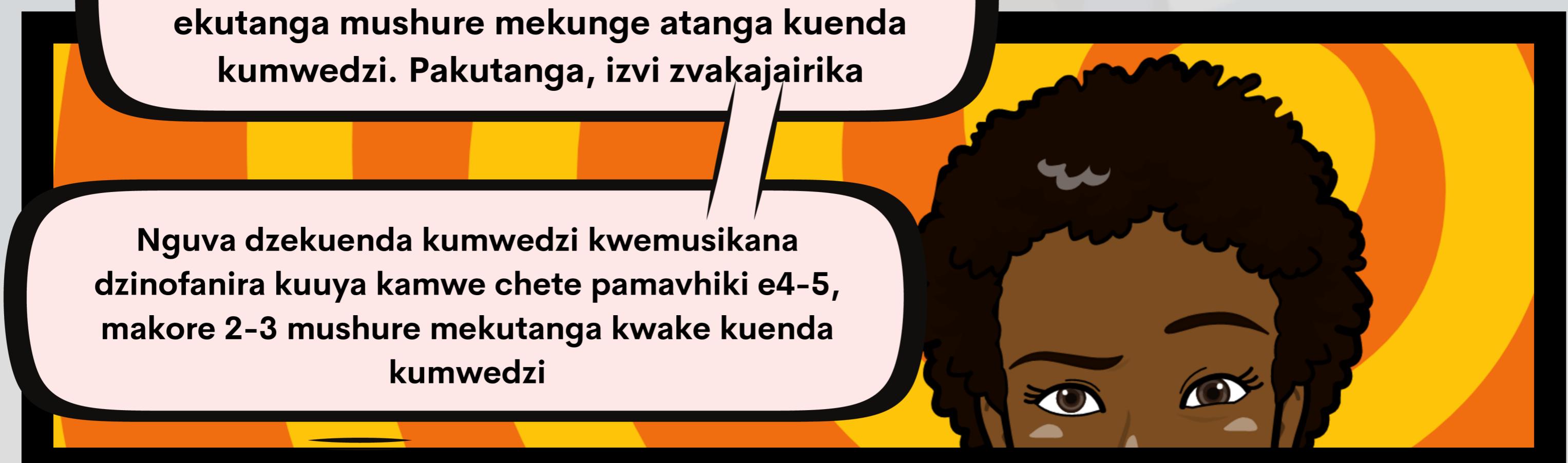
Ndichasvikawo  
kumwedzi  
here?

Hongu Sandra,  
vasikana vazhinji  
vanotanga kutevera  
pavanenge vava  
nemakore gumi  
nemaviri

SANDRA AKABVUNZA

**WOW!**





Kuenda kumwedzi kunowanzoitika mumavhiki  
mana kusvika mashanu ega ega. Zvisinei, vamwe  
vasikana vanoenda kumwedzi kushoma kana  
kuti kakawanda

...JOY ANOTSANANGURA

Kuenda kumwedzi kunogona kukonzera  
kushanduka kwemafungiro, kuora mwoyo,  
kuzvidya mwoyo uye acne

Haa ndosaka  
ndanzwa  
kurwara nhasi!

Zvachose  
Amanda!

Izvi zvinonzi PMS  
(premenstrual syndrome)

PMS inguva apo musikana anonzwa  
zviratidzo zvemirangariro uye zvomuviri  
asati asvika kana kuti mukati mokuenda  
kwake kumwedzi

Zviratidzo zvinopera mushure  
memazuva ekutanga ekuenda  
kumwedzi

WMM...

...JOY ANOTSANANGURA

Mukati menguva yake yose yokuenda kumwedzi, musikana kazhinji kazhinji anodeura zvipunu zvishomanene zveropa, kunyange zvazvo zvingaratidzika seropa rakawanda.

Vasikana vazhinji vanochinja padhi yavo yekuenda kumwedzi, tampon kana kapu ka3-6 pazuva

Vakomana vanoenda kumwedzi here?

...JOSHUA ANOBVUNZA

Aiwa Joshua vakomana havaendi kumwedzi. Asi vose vari vaviri vakomana navasikana vanocherekedza dzimwe chinjo dzinokurumidza mumiviri yavo sezvavanokura. Kunonzi kuyaruka.

Ndichakuudza zvese pakushanya kwangu kunotevera.

Makadii, ndini Dr. Joy, ndauya kuzopindura mibvunzo yenu yese pamusoro pekuenda kumwedzi uye kuyaruka. Une mubvunzo here?

shanya: [padher.org/askdrjoy](http://padher.org/askdrjoy)

**Bvunza  
Dr Joy**

BABA VAAMANDA  
VANOUYA KUMBA

Ndinonzwa kugogodza  
pamusuwo

KNOCK!  
KNOCK!

Ndinofunga kuti ndiBaba

Mira nditarise

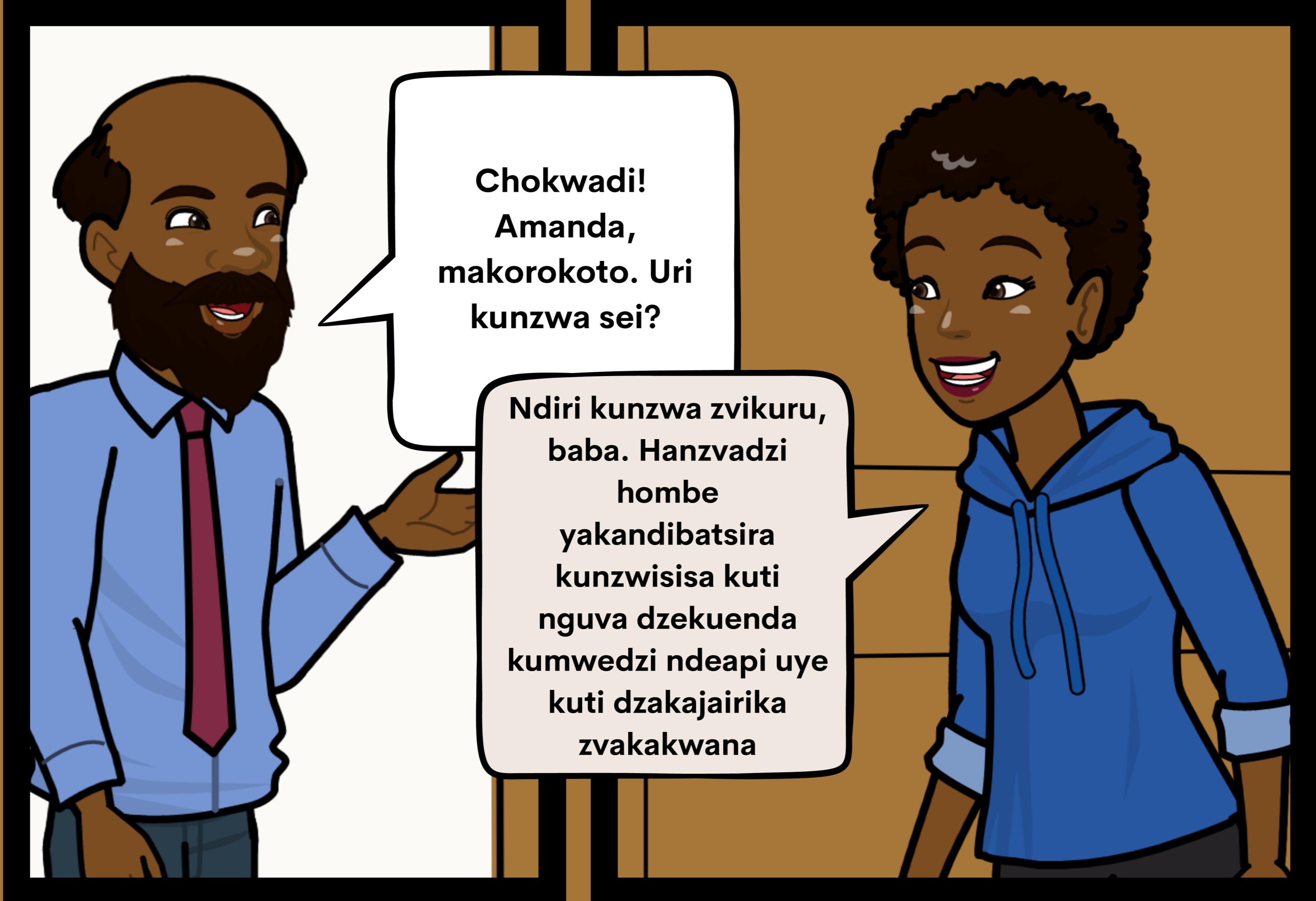
Mhoro Amanda?

Titambire Kumba Baba!

Titambire kumba baba!...

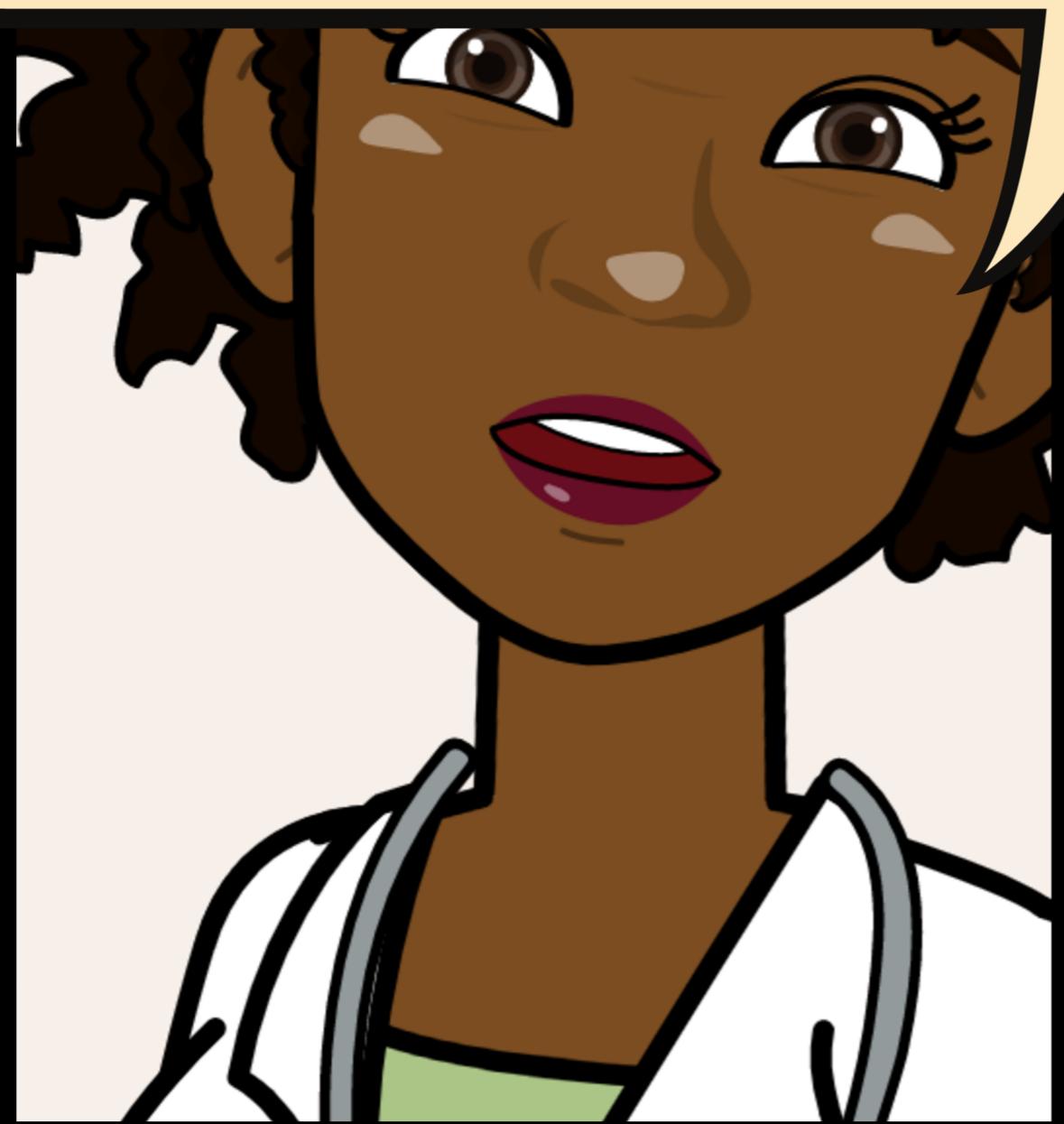
Amanda atanga kuenda  
kumwedzi nhasi

SANDRA AKAKWAZISA  
BABA VAKE NEMUFARO



Ndiri zvakanaka baba. Dzimwe nguva  
basa rinonditadzisa kупедза nguva  
nemhuri yangu...

...asi ndichaedza kuwana imwe nguva  
yekukushanyirai mose



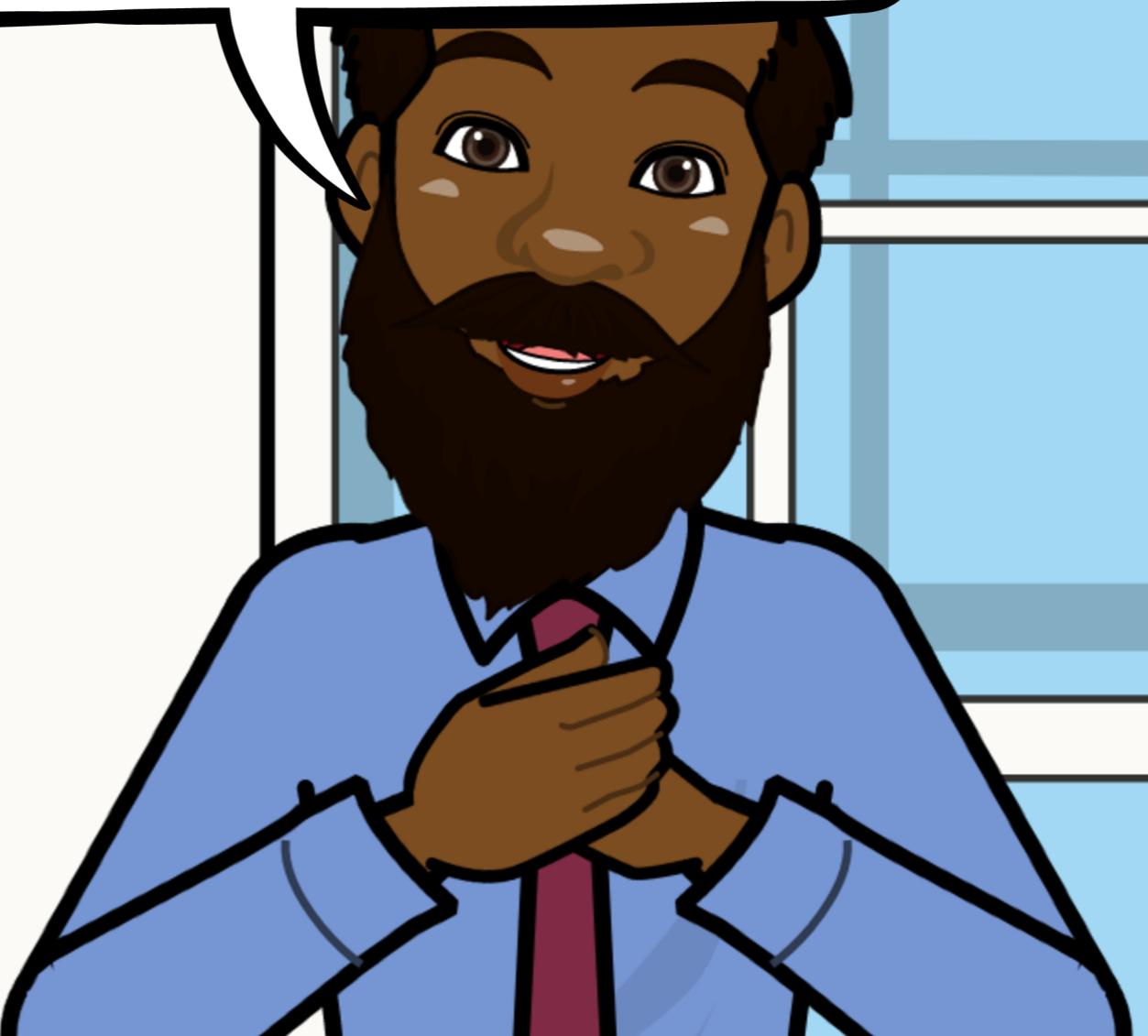
Ndapota, Joy, edza kuita imwe  
nguva yedu. Takusuwa

Ndakusuwawo newe

...AKADARO JOY

Ndokutenda zvikuru!

O, mudiwa, uri kumba.  
Ndinoziva kuti waneta,  
regga ndikugadzirire  
kugeza kunopisa



Ndisati ndakanganwa  
Amanda, ndaida kukuzivisi  
izvi

...AKADARO JOY

Vasikana vakawanda vane marwadzo  
ekuenda kumwedzi, kunyanya  
mumazuva mashomanana ekutanga

BHODHORO  
REMVURA INOPISA

Kana uchinetseka nekurwadziwa kwekuenda  
kumwedzi, unogona kuedza kushandisa bhodhoro  
remvura inopisa padumbu rako kana kutora  
marwadzo akadai se ibuprofen kana naproxen.

Tora mishonga inoderedza marwadzo  
nekuda kweizvi kana kushandisa bhodhoro  
remvura inopisa rakaputirwa netauro

Zvakanaka, Ndiri  
chaizvoizvo kurwadziwa  
mudumbu mangu rezasi

Uye yeuka, kuenda kumwedzi rutivi  
rwomuzvarirwo uye rune utano  
rwoupenyu hwomusikana.

Kuenda kumwedzi hakufaniri  
kukutadzisa kuita maekisesaizi, kufara  
uye kunakidzwa neupenyu

Ndinofanira kudzokera  
kuchipatara izvozvi

...AKADARO JOY

Ndichadzoka rimwe zuva kuti  
ndikuudzei zvakawanda nezvekuenda  
kumwedzi uye kuyaruka

Chisarai!

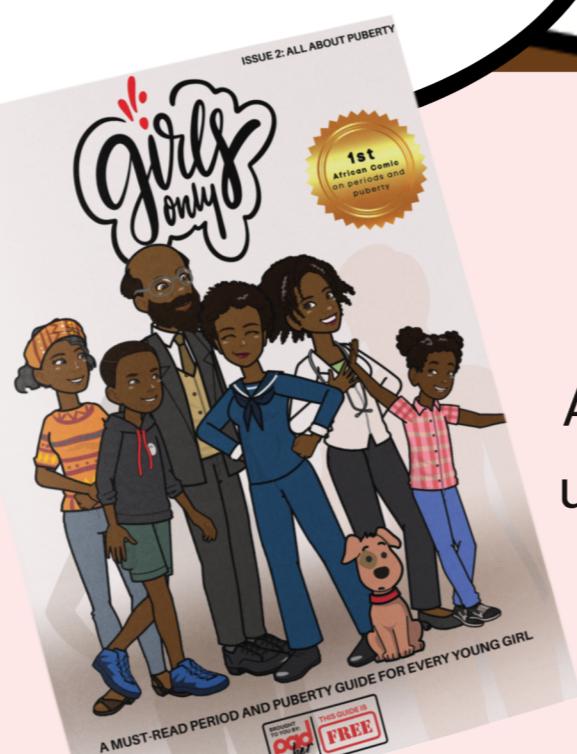
Chisarai!

Chisarai!

Chisarai!

Chisarai!

PACHIKAMU  
CHINOTEVERA



"Girls Only" ichadzoka mwedzi unouya nekuburitswa kutsva  
kunonakidza kwakanzi **Zvese NezveKuyaruka**.

Sangana nesu muchikamu chinotevera apo Dr. Joy anotungamira  
Amanda mukuyaruka uye shanduko dzinotarisirwa sezvo muviri wake  
unokura nekukurumidza. Kuti udhaunirodhe chinyorwa ichi uye/kana  
chikamu chazvino mahara, enda ku  
[padher.org/download](http://padher.org/download)

\*Shandisa nzvimbo iyi kunyora zvawakadzidza kusvika pari zvino pamusoro pekuenda kumwedzi\*

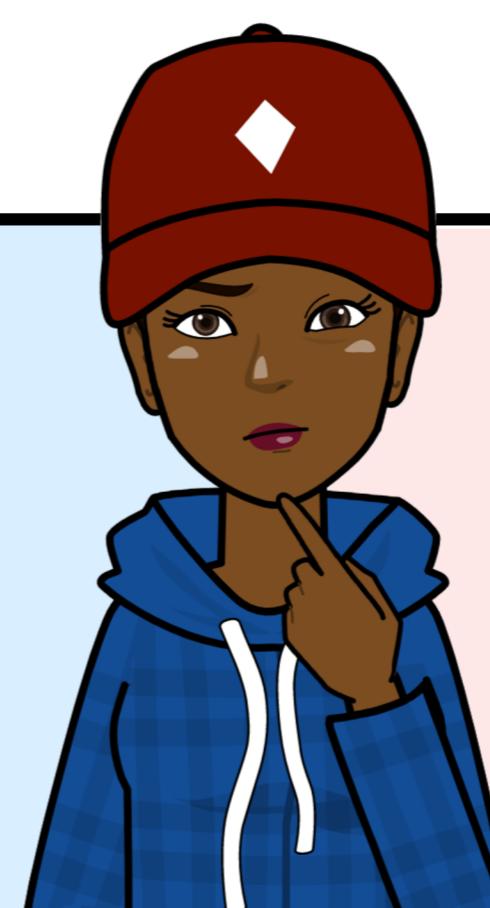


\*Shandisa nzvimbo iyi kunyora zvawakadzidza kusvika pari zvino pamusoro pekuenda kumwedzi\*

**Unoda kuziva zvakawanda  
nezvekuenda kumwedzi?**

SHANYIRA

[www.padher.org/for/girls](http://www.padher.org/for/girls)



**titeverei**  
    
**/padherorg**



## CHII CHINOITA KUTI "GIRLS ONLY" KUKURU?

- yakatsvakwa zvakanaka
- Yakagadzirirwa vakomana zvakare!
- Zvekurapa Zvakarurama
- Kubva pane zvakaitika muupenyu chaihwo
- Kunakidza vasikana vechikoro
- Inobatsira Kuvabereki Nevadzidzisi

...MIFANANIDZO YAKANAKA...

NDICHIVERENGA NDAIGONA KUFUNGIDZIRA MAMIRIRO EZVINHU MUMUSORO MANGU

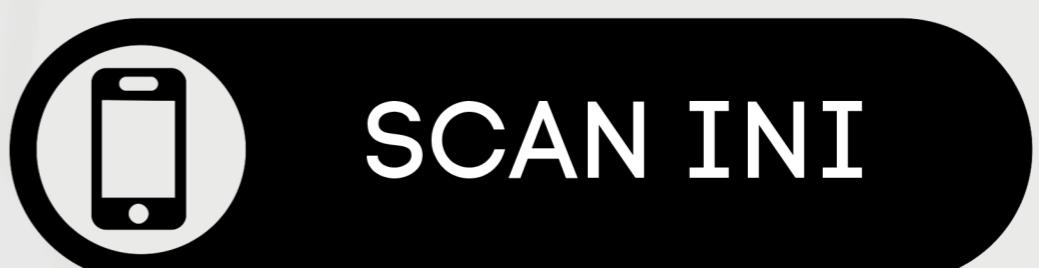
—Blessing Akpan (The Innovative Child Network)



Unoda kubatsira  
mwanasikana wako  
kutarisira nguva yake  
yokuenda kumwedzi?

Shanyira  
[padher.org/for/parent](http://padher.org/for/parent)  
nokuda nhungamiro  
yevabereki yakazara

KANA KUTI



ZVINOUNZWA  
KWAMURI NE:

**pad**  
*her*



Zera: 8 makore zvichikwira  
Mutengo: MAHARA



Odhai mabhuku edu  
emakomiki nhasi  
kuburikidza  
[padher.com/shop](http://padher.com/shop)