

# Girls Only



UMHLAHLANDLELA OKUFANELE UWUFUNDE WOKUYA ESIKHATHINI KANYE  
NOKUTHOMBA YAWO WONKE AMANTOMBAZANE AMANCANE



**AMA-SANITARY  
PADS MAHHALA!**

# Ithimba

I-PadHer yinhlangotho eholwa ngabesifazane engenzi nzuzo ezinze eLagos, Nigeria, naseNairobi, Kenya. Inhlangotho yethu ifundisa amantombazane asemancane esikole avela emiphakathini enganakiwe mayelana nokuya esikhathini nokuthomba esebenzisa izincwadi zamahlala ukuze akwazi ukulawula kangcono ukuya esikhathini futhi akhe ukuzethemba akudingayo ukuze alawule ikusasa lawo futhi aphumelele. Ibhuku ngalinye lamahlala liza namaphedi ahlanzekile angasetshenziswa kabusha (3 pads) ukusiza ukulwa nobumpofu bokuya esikhathini e-Afrika kanye nesongo samahlala sokuya esikhathini ukuze zibasize balandelele lapho bekhona emjikelezweni wabo.



<b>Chika Nwaogu</b> Umsunguli / Umqondisi oPhethe	<b>Thelma Ahamba</b> Umqondisi Wezokusebenza Nobambiswano	<b>Elvinah Nyambaso</b> UMqondisi Wesifunda (EMpumalanga Afrika)	<b>Deborah Henshaw</b> UMqondisi Wesifunda (ENTshonalanga Afrika)	<b>Camilla Jussab</b> UMqondisi Wesifunda (EMaphakathi Afrika)	<b>Kelebohile Dalaseni</b> UMqondisi Wesifunda (INingizimu Afrika)	<b>Karen Ashraf</b> Mkurugenzi wa Mkoa (ENyakatho Afrika)	<b>Serah Wambui</b> Meneja wa Nchi (Kenya)
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Ukuya esikhathini kuyingxenye yemvelo futhi enempilo yokuphila. Cishe ingxenye yabantu besifazane iseminyakeni yokuzala, ibalwa cishe ku-26% wabantu bomhlaba. Nyanga zonke, amantombazane amaningi aba nezinsuku ezintathu kuya kweziyisikhombisa esikhathini. Ukuya esikhathini, okujwayelekile njengoba kunjalo, kusacwaswa emhlabeni wonke.

Ukungabi nolwazi mayelana nokuya esikhathini kungaholela ezinkolelweni eziyingozi nasekubandlululweni. Kungavimbela futhi amantombazane ukuba ahlanganyele emisebenzini evamile yobuntwana. Amantombazane amancane anqatshelwa ithuba lokufunda ngokuya esikhathini nokuthuthukisa ukuziphatha okunempilo ngenxa yehlazo, ama-taboos, nezinganekwane

"Girls Only" adalwe ukwenza kube **mahlala, kumnandi, kulula, futhi ukhululekile** ukufundisa amantombazane asemancane esikole njengawe mayelana nokuya esikhathini nokuthomba.

Izinkathi zivamile. Wonke amantombazane uwathola ngesikhathi esithile ekuphileni, ngakho-ke akuyona into yokuba namahloni noma ube namahloni ngayo. Ngakho khumbula njalo...It's Normal, Period!™

# Nikela.

SISIZE SIFINYELELE AMANTOMBAZANE AMANINGI  
ESIKOLE EMIPHAKATHINI ENGANAKIWE NGOKUNIKELA  
NAMUHLA. VAKASHELA: [PADHER.ORG/DONATE](https://padher.org/donate)

*ukwamukela*

ABAHLELI WANJIRU KINUTHIA, BRENDA JEBET ROTICH | UMDWEBI WEZITHOMBE: CHIKA NWAOGU  
UDOKOTELA WABESIFAZANE, UMELELEKI WEZEMPILO: DR. JACKSON KINYUA MWANGI  
UMBHALI, UMQONDISI WEZOBUCIKO, KANYE NOMPHATHI WOKUKHIQIZA: CHIKA NWAOGU  
ISAZI SOCWANINGO: SHEILA OMONDI

# hlangana nabalingiswa



## UAMANDA

U-AMANDA UNGUMLINGISWA OYINHLOKO WALOLU CHUNGECHUNGE LWEZINCWADI ZAMAHLAYA. UNEMINYAKA ENGU-12 UBUDALA, FUTHI WAQALA UKUYA ESIKHATHINI. IZIFUNDO AZIKHONZILE U-AMANDA YIMATHS NESAYENSI. U-AMANDA UFUNA UKUBA UNJINIYELA.



## UJOSHUA

UJOSHUA UNGUMFOWABO OMNCANE KA-AMANDA. UNEMINYAKA ENGU-10 UBUDALA FUTHI UTHANDA UKUDLALA. ISIFUNDO ASITHANDA KAKHULU UJOSHUA ISINGISI, FUTHI UFUNA UKUBA UMBHALI LAPHO ESEKHULILE.

UJOSHUA UFAKIWE "GIRLS ONLY" NGOBA SIKHOLELWA UKUTHI ABAFANA KUFANELE BAFUNDE NGOKUYA ESIKHATHINI FUTHI. UJOSHUA UBUZA IMIBUZO EJWAYELEKILE ABAFANA ABAYIBUZA NGOKUYA ESIKHATHINI.



## USANDRA

USANDRA UNEMINYAKA ENGU-8 UBUDALA FUTHI UTHANDA UKUCULA. ISIHLOKO ESITHANDEKAYO SIKASANDRA YI-COMPUTER SCIENCE, FUTHI ANGATHANDA UKUBA NGUMHLELI WEZINHLELO LAPHO EKHULA.



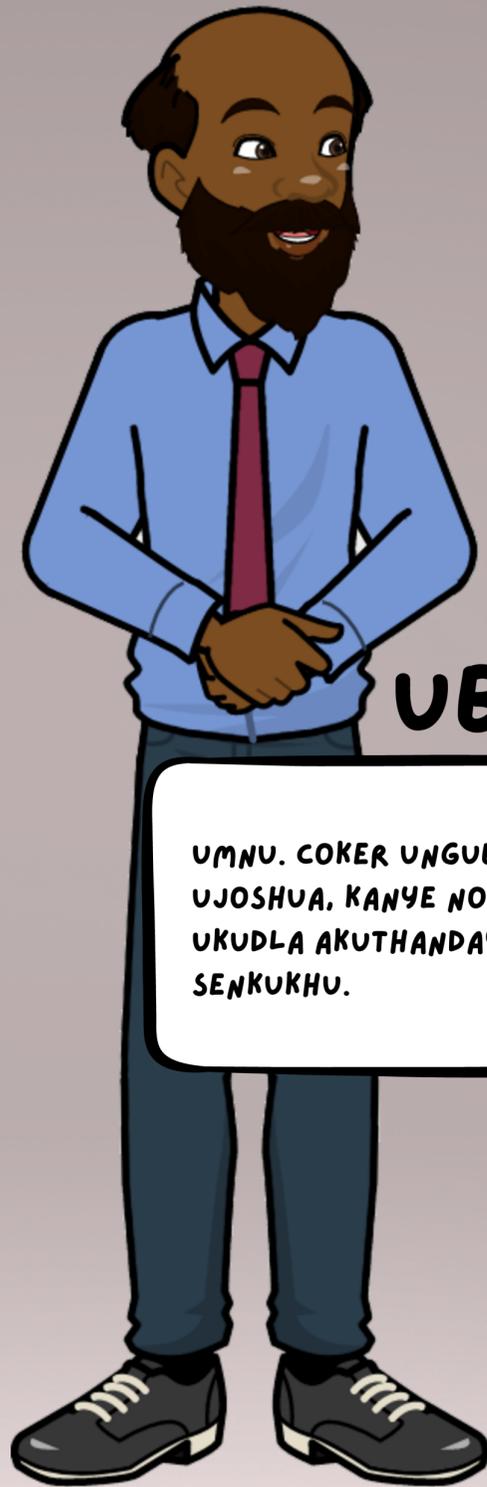
## UDKT. JOY

UDKT JOY UNGUDADEWABO KA-AMANDA OMDALA, FUTHI UNGUDOKOTELA. UNEMINYAKA ENGU-28 UBUDALA FUTHI UTHANDA UKUFUNDISA U-AMANDA NEZINGANE ZAKUBO NGOKUYA ESIKHATHINI NOKUTHOMBA.



**UMAMA**

UNKSZ. ABIGAIL COKER, IZINGANE ZAKHE  
EZIMBIZA NGOKUTHI "MAMA", UNGUMAMA KA-  
AMANDA. UNKSZ. COKER UNGUMNIKAZI  
WEBHIZINISI ELINCANE.



**UBABA**

UMNU. COKER UNGUBABA KA-AMANDA,  
UJOSHUA, KANYE NOSANDRA. UNGUMBHANGE.  
UKUDLA AKUTHANDAYO YIRAYISI NESITSHULU  
SENKUKHU.

**"GIRLS ONLY" ANGISIZE UKUBA NGIKUQONDE KANGCONO UKUYA  
ESIKHATHINI.**

— Beryl (Iminyaka engu-10, Nairobi)

**pad**  
*her*

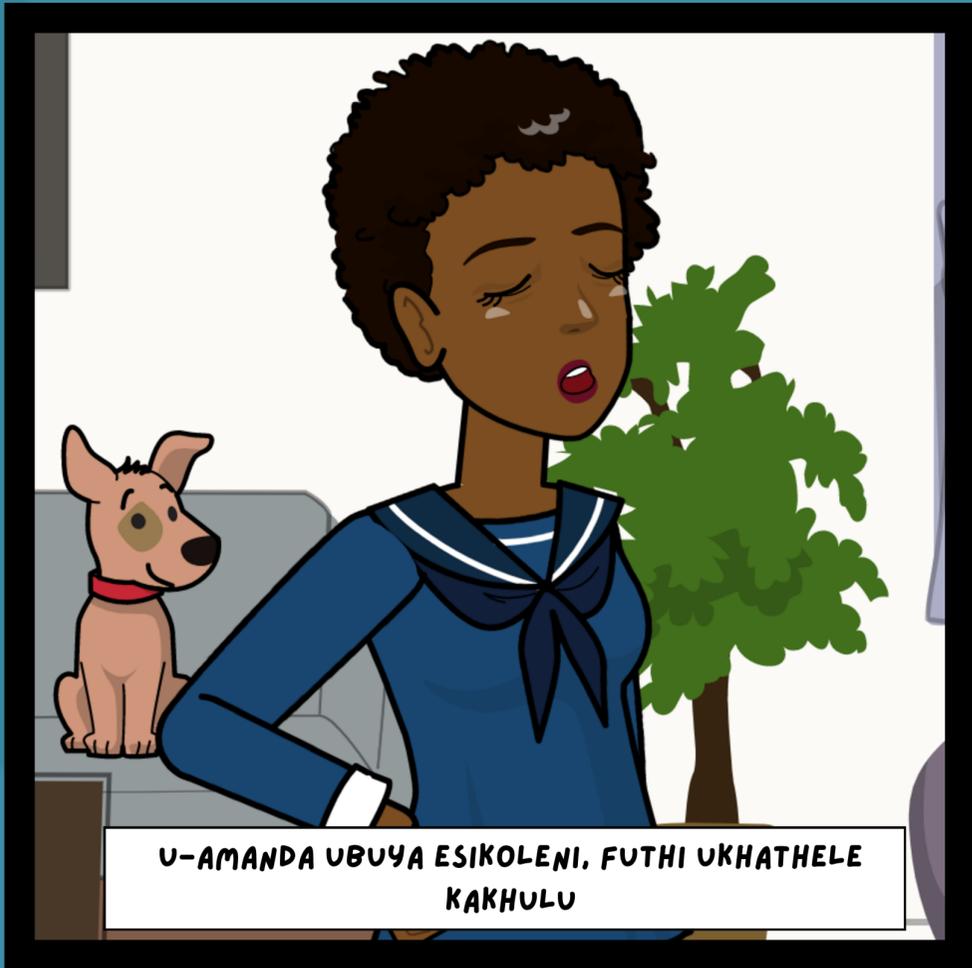
**it's normal,  
Period!™**

Ilungelo lokushicilela ©2021 Africa54, Wonke Amalungelo Agodliwe.

Le ncwadi yamahlaya iwumsebenzi wenganekwane okungenzeka usekelwe kokuhlangenwe nakho okuthile komuntu siqu.

**UKUZIHLANGULA:** Okuqukethwe yile ncwadi yamahlaya kuhlinzekelwe izinjongo zokufundisa kuphela futhi akufanele kuthathwe njengokuthatha indawo yeseluleko sezokwelapha esichwepheshile.

Ayikho ingxenye yale ncwadi yamahlaya engakopishwa, igcinwe, noma idluliselwe nganoma iyiphi indlela, okulalelwayo, okubonwayo, okomshini, noma ngogesi, ngaphandle kwemvume ebhaliwe yakwa-Africa54, ngaphandle uma kusetshenziswe iziqephu ezifushane ezibuyekezweni nasezihlokweni ezibucayi. Ukuphinda kwenziwe kabusha okungagunyaziwe kwanoma iyiphi ingxenye yale ncwadi yamahlaya akukho emthethweni futhi kunesijeziso ngokomthetho.



U-AMANDA UBUYA ESIKOLENI, FUTHI UKHATHELE KAKHULU



Mama, ngibuyile ekhaya!



U-AMANDA UTINGA UKUCHAMA, NGAKHO-KE UYA ENDLINI YANGASESE



Ngicabanga ukuthi ngiyagula



...NJENGOBA U-AMANDA ESEBENZISA INDLU YANGASESE, UBONA IGAZI ENGUTSHENI YAKHE YANGAPHANSI FUTHI WETHUKA.



Mama! Baba! Ngisize!

U-AMANDA UZAMA UKUPHUMA ENDLINI YANGASESE

Mama? Baba?  
Kungani  
kungekho muntu  
ongiphendulayo?



...ADIDEKILE UAMANDA



**KNOEKI!  
KNOEKI!**

KUKHONA ONGQONGQOZAYO  
EMNYANGO

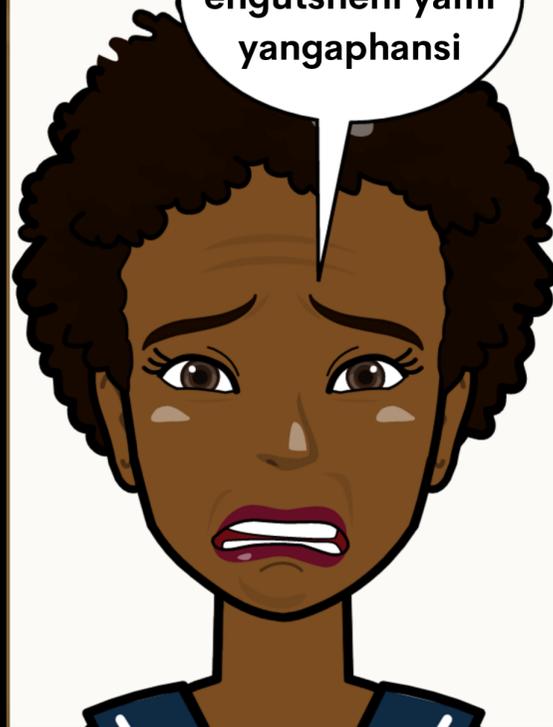
Amanda,  
ulungile?  
ubonakala  
ukhathazeke  
kakhulu

UDADEWABO OMDALA  
KA-AMANDA,  
UDOKOTELA JOY,  
WEZA UKUVAKASHELA  
UMNDENI

...AVULE UMNYANGO UAMANDA



Ngabona igazi  
engutsheni yami  
yangaphansi



...U-AMANDA UCHAZA NGESIKHATHI EKHALA

...futhi  
akukho muntu  
ekhaya

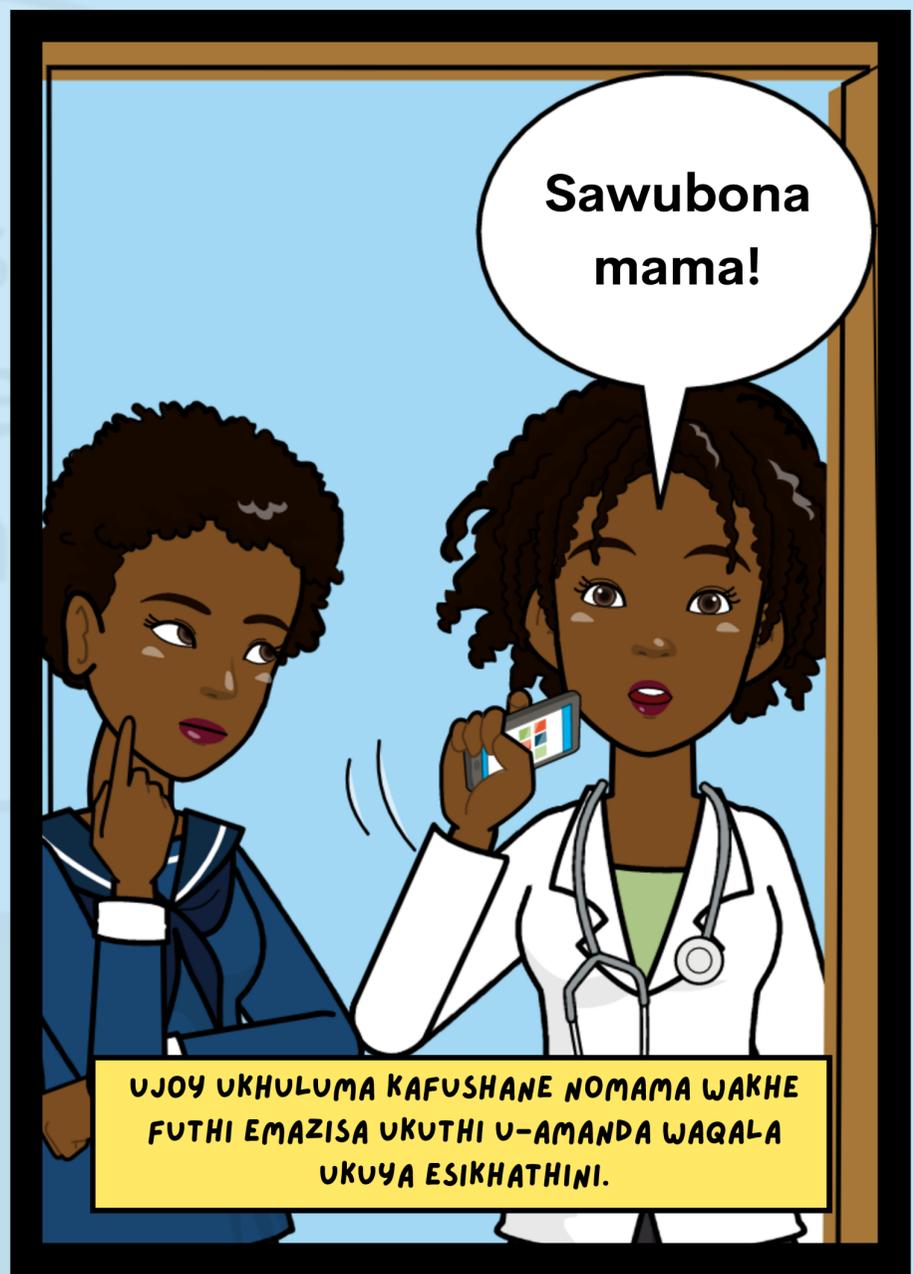
Amanda, awuguli.  
Akukho lutho  
ngokuphelele  
ukukhathazeka

Yebo,  
ungudokotela,  
ingabe kukhona  
okungalungile  
ngami?

Akukho okubi  
ngawe  
Amanda

JOY  
IMOMOTHEKA  
KU-AMANDA

Usanda kuthola  
ukuya esikhathini!



UJOY UNIKEZA U-AMANDA I-SANITARY PAD

UYIFAKA KANJE  
ENGUTSHENI  
YAKHO  
YANGAPHANSI

IZOTHATHA LONKE  
IGAZI

Ngiyabonga,  
Dadewethu!

U-AMANDA UTHATHA  
I-SANITARY PAD  
KUDADEWABO UJOY

Ungakhathazeki Amanda,  
kuyingxenye yokuba  
ngowesifazane

Yonke  
intombazane  
ithola ukuya  
esikhathini kwayo  
kokuqala

Ngathola ukuya esikhathini  
kwami kokuqala lapho  
ngineminyaka engu-13,  
cishe iminyaka efanayo  
nawe

U-AMANDA UNEMINYAKA ENGU-12 UBUDALA

UMAMA KA-AMANDA NEZINGANE ZAKWABO BABUYILE EKHAYA

Kunomuntu emnyango. Hamba uyovula. Ngiyazi ukuthi unemibuzo eyinkulungwane ekhanda lakho njengamanje. Ake sixoxe ngakho kamuva

**KNOEKI!  
KNOEKI!**

Sisekhaya!

UMAMA KA-AMANDA EBINGELELA U-AMANDA NOJOY

U-Amanda, uthole ukuya esikhathini kwakho kokuqala. Unjani?

Ngiyaphila. Usisi Joy wangitshela ukuthi yonke intombazane iqala ukuya esikhathini

**Mama! Mama!  
Kuyini ukuya esikhathini?**

UDADEWABO KA-AMANDA USANDRA WABUZA

Kufanele nonke nihambe niyoshintsha izingubo zenu. Ngizophendula yonke imibuzo yakho uma usuqedile

Kulungile. Ake sihambe sishintshe!

Kulungile, Kulungile!

Asambe

USANDRA, UJOSHUA, NO-AMANDA, BONKE BAHAMBA BAYOKHUMULA IYUNIFOMU YABO YESIKOLE.

Ngakho, lwalunjani usuku lwakho, ndodakazi yami?

Usuku lwami lwaba luhle, mama. Kwadingeka ngisheshe ngiphume emsebenzini ukuze ngivakashe.

Kuyiqiniso impela, kuyivelakancane ukukubona kulezi zinsuku

Ngizozama ukuvakasha kaningi ngangokunokwenzeka

**HAHA!**

Kulungile ndodakazi yami

Dadewethu omkhulu, sesiqedile!

...KUSHO U-SANDRA

Nginemibuzo eminingi engingathanda ukukubuza yona

...KUSHO U-AMANDA

Ingabe nabafana bayaya esikhathini?

...U-JOSHUA KUBUZA

U-AMANDA NEZINGANE ZAKUBO BAQHUMA INJABULO

**HAAHAA!**

U-JOY UYAHLEKA

Ngiyabona ukuthi nonke nine mibuzo. Ngizobaphendula bonke. Okokuqala, ake siqale ngokuthi yini ukuya esikhathini.

Ukuya esikhathini  
kubizwa  
nangokuthi  
period

...JOY IQALA UKUCHAZA

Njengoba  
amantombazane ekhula  
futhi imizimba yawo  
ishintsha, athola ukuya  
esikhathini

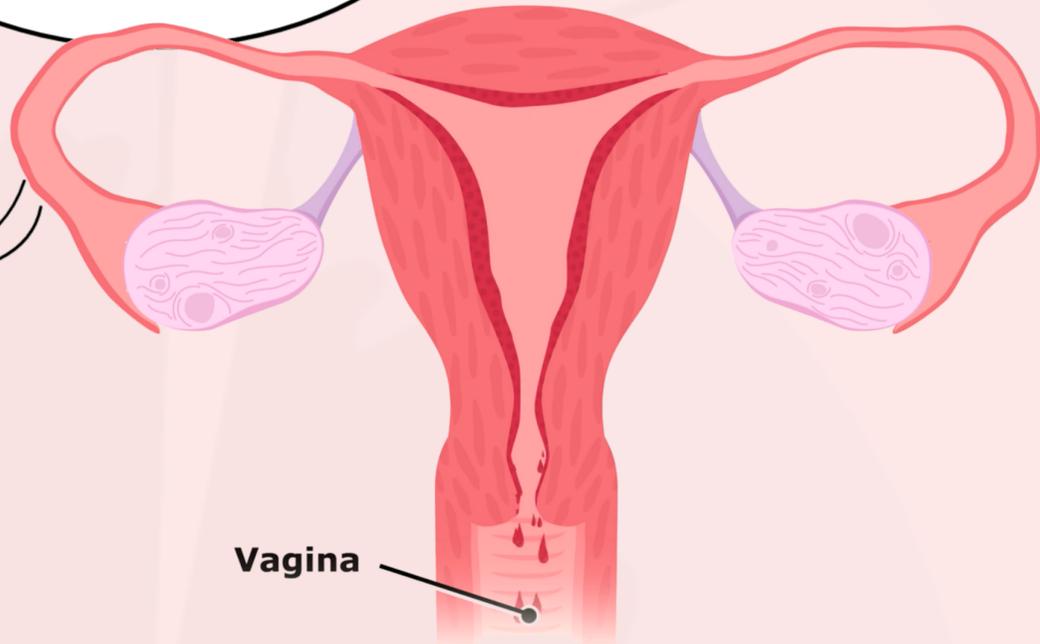
Uterus siyingxenye yomzimba lapho  
umntwana ekhula khona uma  
owesifazane ekhulelwe

Uterus

Lining

Uterus sangaphakathi  
lining, usekela futhi  
wondle ingane ekhulayo.

Uma kungekho ngane,  
lining iyasuswa  
ngesikhathi sokuya  
esikhathini



Njengoba Uterus sichitha lining lwaso,  
igazi nezinye izicubu shiya Uterus  
ngokusebenzisa Vagina.

Lokhu ukubona njengegazi elivela  
esithweni Vagina. Lesi period sikubiza  
ngokuthi, okubuye kwaziwe ngokuthi  
ukuya esikhathini.

Ukuya esikhathini kwenzeka ukuze  
ube nezingane. Kuwuphawu lokuthi  
umzimba wakho manje ungaba  
nezingane.

**OMG!**

Manje  
ngingakhulelwa?

...JOY KUQHUBEKA ECHAZA



Akukona ekuseni  
kakhulu ukuba ngibe  
nabantwana?  
Ngisemncane kakhulu!

Ukuya esikhathini  
kungahlala kusukela  
ezinsukwini ezimbalwa  
kuya cishe ngesonto

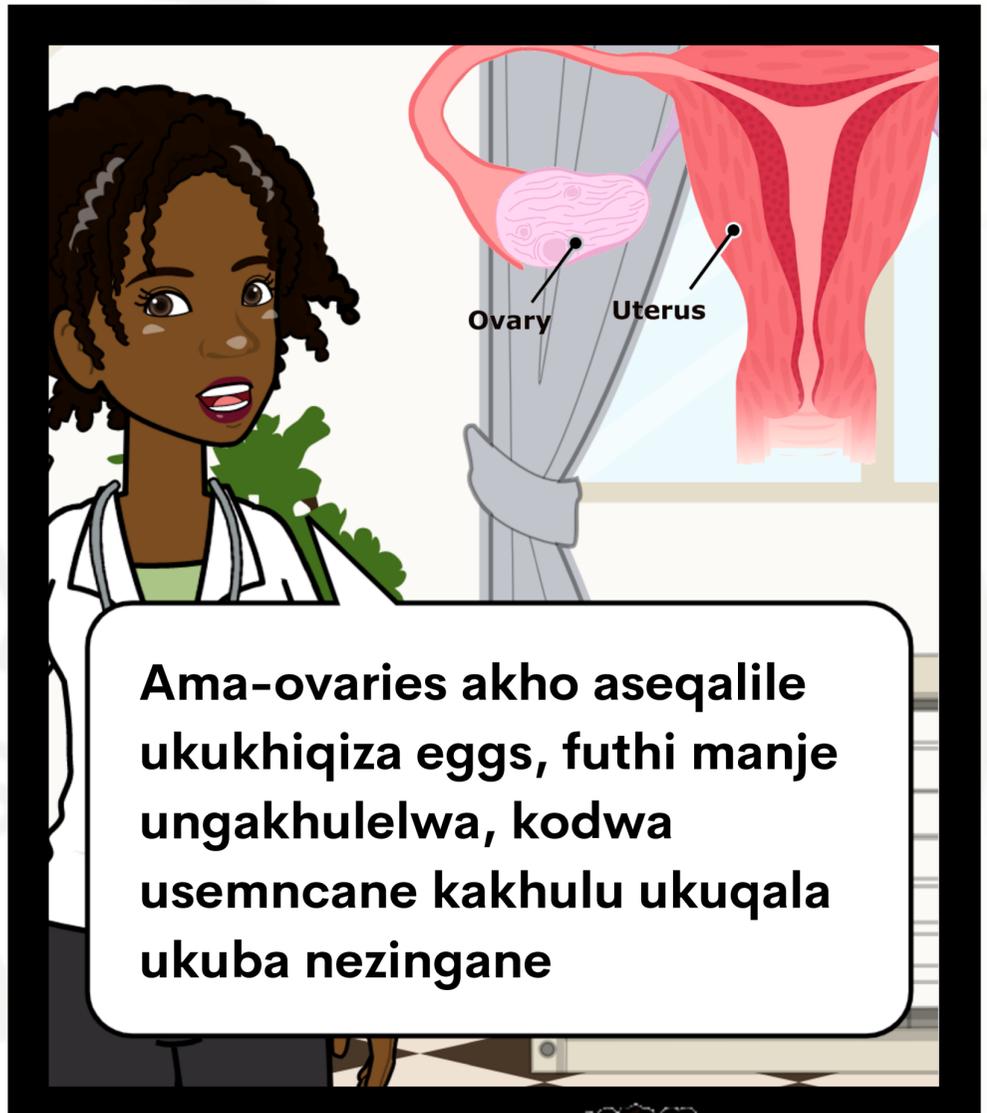
U-AMANDA UYESABA





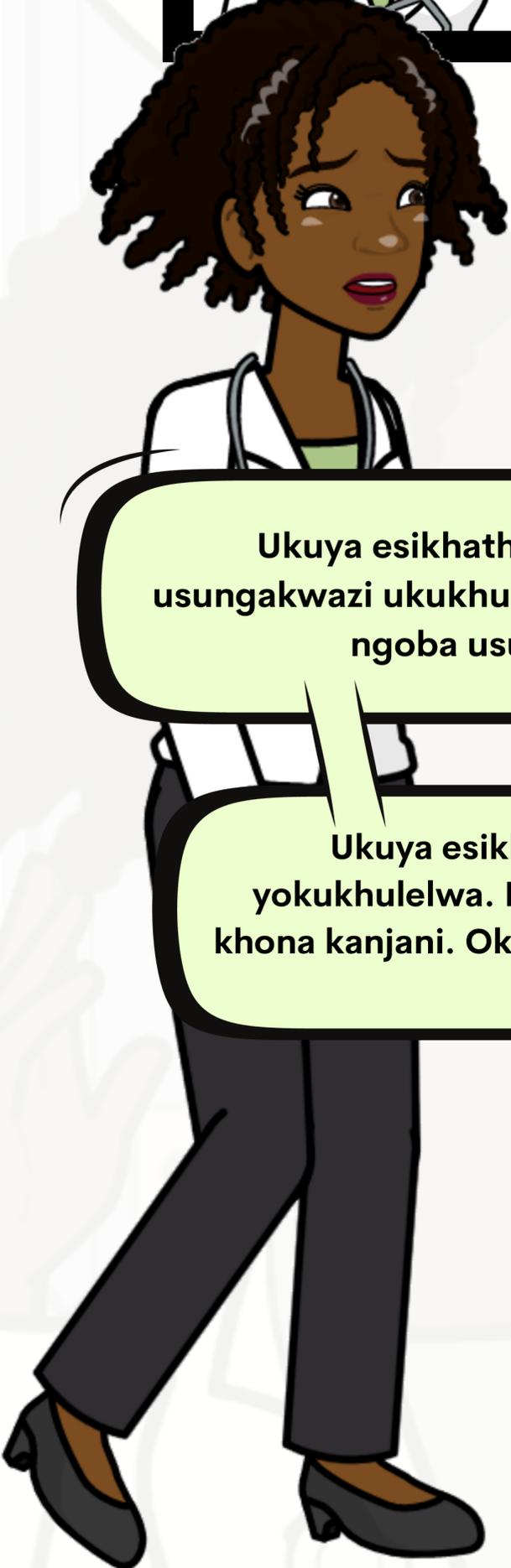
**Ngiyajabula ukuthi ubuze lo mbuzo, Amanda**

**... JOY IPHENDULWE**



**Ama-ovaries akho aseqalile ukukhiqiza eggs, futhi manje ungakhulelwa, kodwa usemncane kakhulu ukuqala ukuba nezingane**

**INJABULO ICHAZA UKUTHI AMA-OVARI FUTHI EGGS AYINI NJENGOBA ISIKHATHI SIHAMBA**

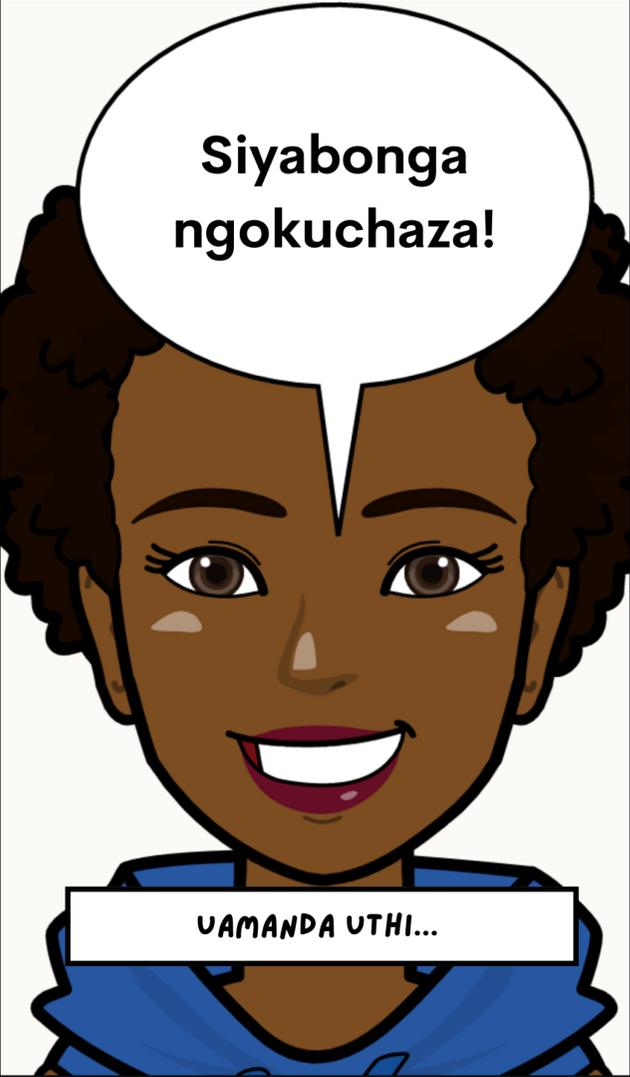


**Ukuya esikhathini kukhomba ukuthi usungakwazi ukukhulelwa, kodwa awukhulelwe ngoba usuya esikhathini.**

**Ukuya esikhathini akuyona imbangela yokukhulelwa. Ngizochaza ukuthi izingane ziba khona kanjani. Okwamanje, ake sikhulume ngokuya esikhathini.**



**UKUYA ESIKHATHINI KUWUPHAWU LOKUTHI UNEMPILO ENHLE NOKUTHI UMZIMBA WAKHO UKHULA KAHLE.**



Siyabonga ngokuchaza!

UAMANDA UTHI...



Wamukelekile, Amanda.



Uke wezwa ngomjikelezo wokuya esikhathini?



Cha!

KUPHENDULA U-AMANDA



Yisikhathi esivela ukuya esikhathini esisodwa siye kwesinye.

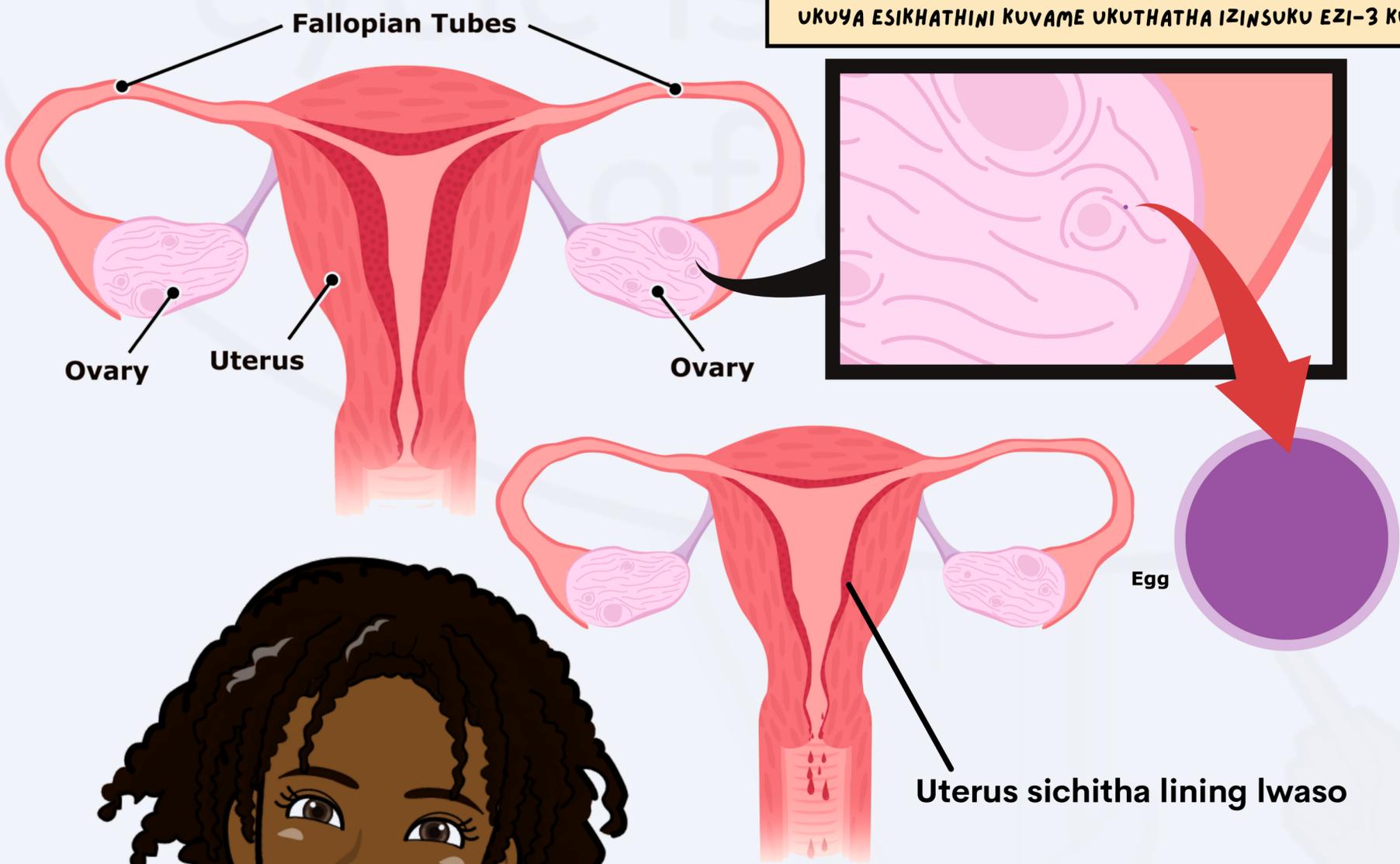


...ngokuvamile  
cishe izinsuku  
ezingu-28



Usuku 1 lomjikelezo  
wokuya esikhathini  
usuku lokuqala  
lokuya esikhathini

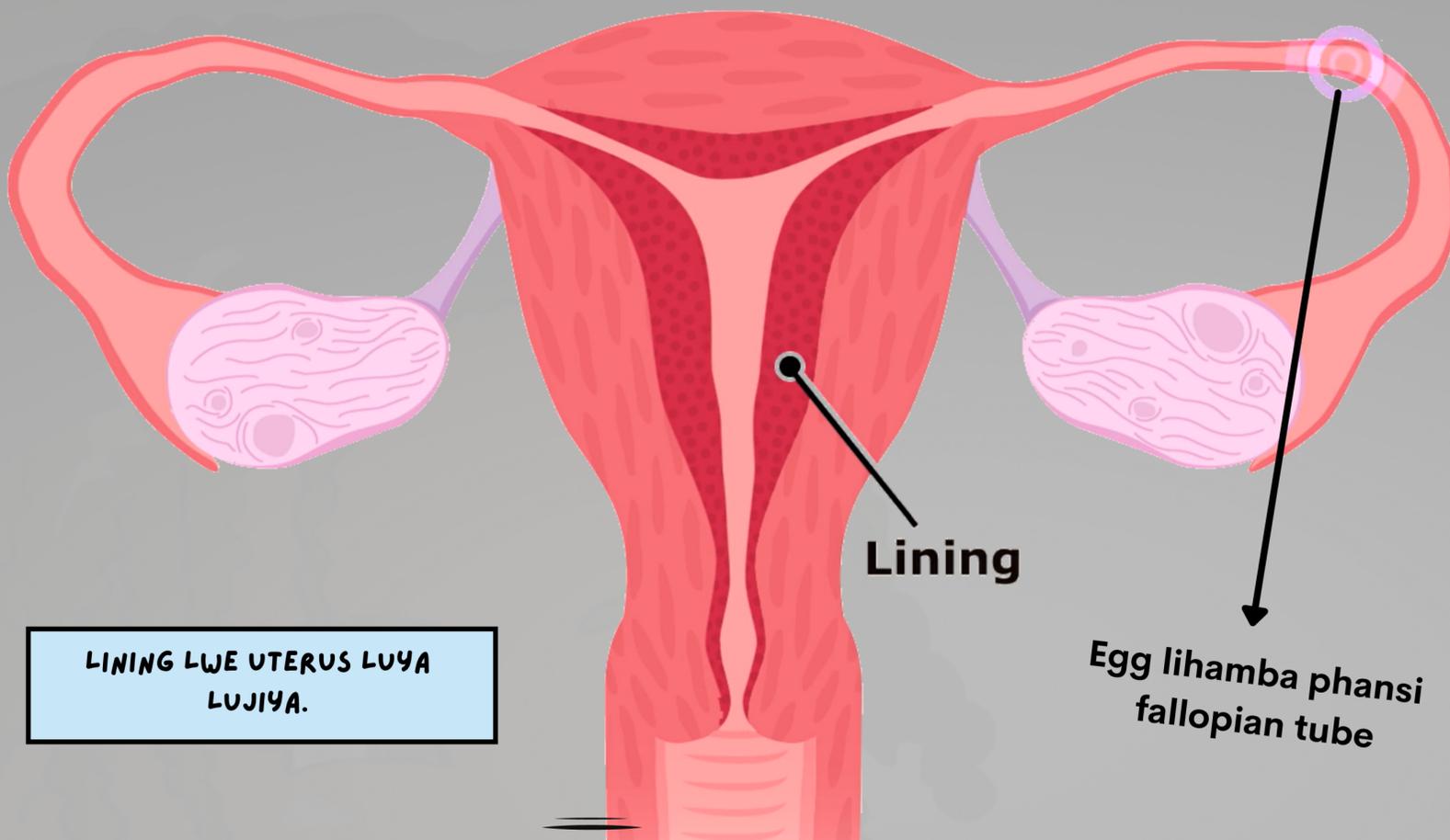
UKUYA ESIKHATHINI KUVAME UKUTHATHA IZINSUKU EZI-3 KUYA KWEZIYI-7



Ngosuku lwe-1 lomjikelezo wokuya esikhathini, Uterus siqala ukuchitha lining lwaso.

Lapho ukuya esikhathini sekuphelile, Uterus silungiselela futhi ukuthola egg elivundisiwe, futhi lining Uterus luyaqina futhi. Eggs akhululwa kuma-ovaries wesifazane futhi mancane kakhulu. Ingxenye eyodwa kweshumi yosayizi wembewu ye-poppy.

Izinsikazi zine-ovaries ezimbili, eyodwa ohlangothini ngalunye. Fallopian tubes aholela kusuka ku-ovary ngayinye kuya Uterus



LINING LWE UTERUS LUYA LUJIYA.

Egg lihamba phansi fallopian tube

Phakathi nomjikelezo wokuya esikhathini (Usuku lwe-14), ovary ikhulula egg; lokhu kubizwa ngokuthi Ovulation

Ngemuva kokuthi ovulation, egg lihamba phansi fallopian tube liye uterus. Kuthatha izinsuku ezimbalwa ukuqeda uhambo



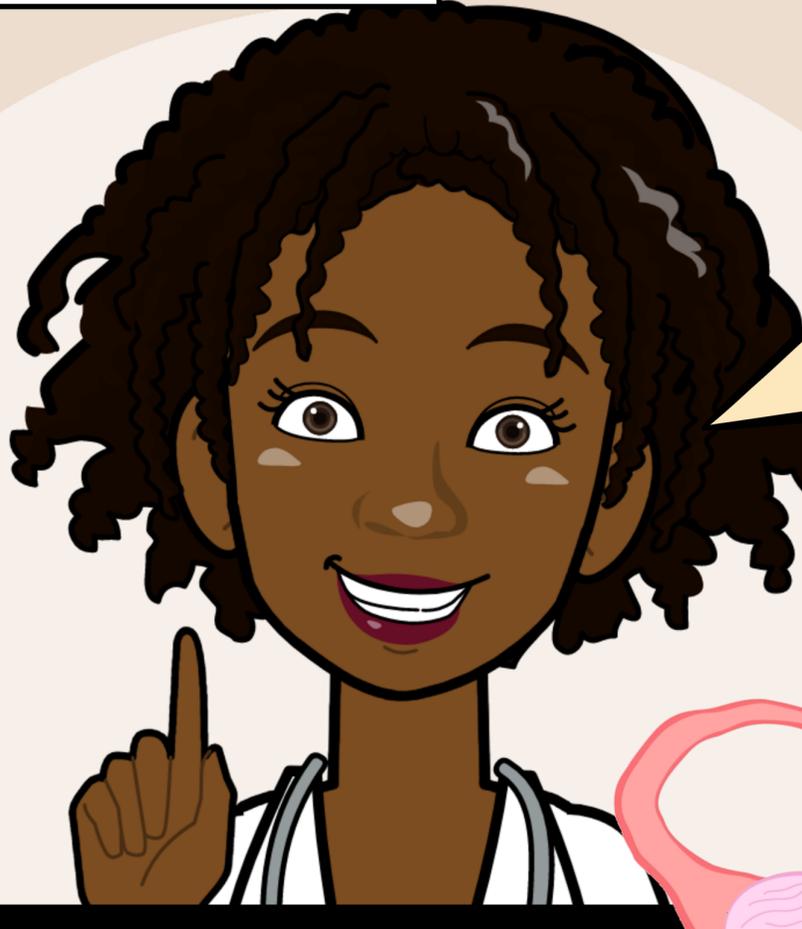
Ngesikhathi esifanayo, lining Uterus iqina kancane kancane ukusekela ukuthuthukiswa egg elihlanganisiwe.

Uma egg lifakwe umanyolo, lizofakwa Uterus, futhi owesifazane ukhulelwe

Uma egg lingafakwanga umanyolo, owesifazane akakhulelwe, futhi egg lizoqala ukuncibilika



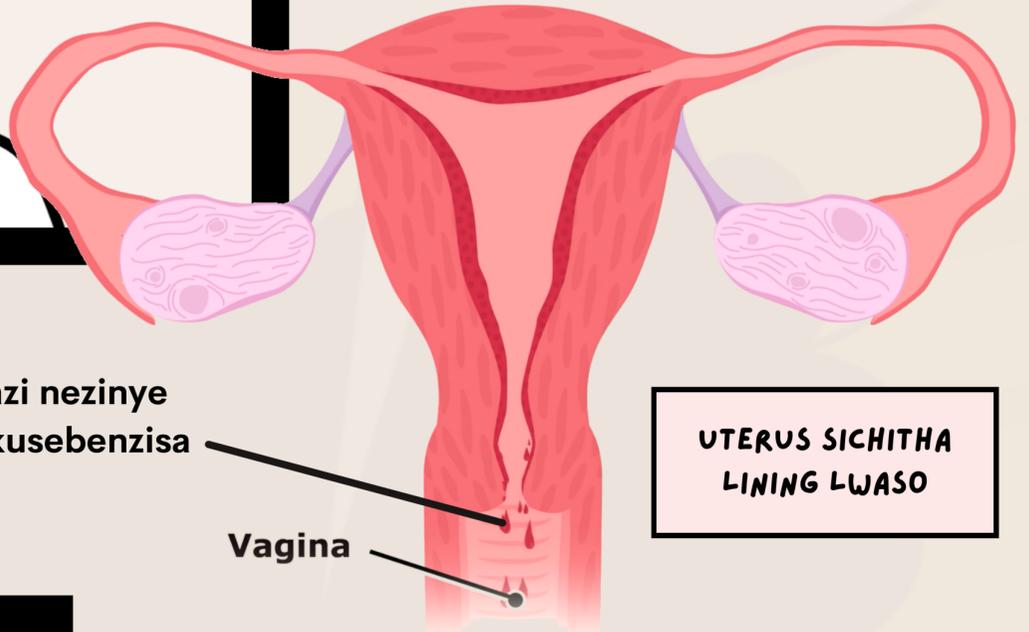
...JOY KUHAZA



Ngenxa yokuthi owesifazane akakhulelwe, lining lwe uterus aludingeki, futhi uterus sichitha lining lwaso (Usuku lwama-28).

Owesifazane uyobe eseya esikhathini, futhi umjikelezo uqala futhi

Igazi olahlekelwayo ngesikhathi sokuya esikhathini lining ye uterus.



Lapho uterus sichitha lining, igazi nezinye izicubu ziphuma emzimbeni ngokusebenzisa vagina.

UTERUS SICHITHA LINING LWASO

Vagina



Ngakho nami ngizoya esikhathini?



USANDRA WABUZA

**WOW!**

Yebo Sandra, amantombazane amaningi aqala ukuya esikhathini lapho eseneminyaka eyi-12



Ukuya esikhathini kuqala emantombazaneni amaningi noma nini phakathi kweminyaka eyi-10 neyi-16.

Umzimba wentombazane ngayinye usebenza ngesimiso sawo

Abanye bangase baqale lapho beneminyaka engu-8, kanti abanye beneminyaka engu-18. Ayikho iminyaka elungile noma engalungile yokuqala ukuya esikhathini

Ukuya esikhathini kuzoqala lapho umzimba wakho usulungile. Nokho, zikhona izimpawu zokuthi izoqala maduze nje

ukuya esikhathini kwamantombazane amaningi ngokuvamile kuqala cishe eminyakeni emibili ngemva kokuba amabele akhe eqale ukukhula

...JOY KUHAZA

Omunye umkhondo wokuthi intombazane isizofika esikhathini ukubonakala noma umuzwa wokuphuma kwamanzi esithweni sangasese (okufana ne-mucus) engutsheni yayo yangaphansi. Cishe izinyanga eziyisithupha kuya konyaka ngaphambi kwesikhathi sokuqala sentombazane, izoba nalokhu kukhishwa

Ukuya esikhathini kwentombazane kungase kungafiki njalo eminyakeni embalwa yokuqala ngemva kokuba iqale ukuya esikhathini. Ekuqaleni, lokhu kuyinto evamile

Ukuya esikhathini kwentombazane kufanele kufike kanye njalo emavikini angu-4-5, eminyakeni engu-2-3 ngemva kokuya esikhathini sokuqala.

Hmm, leyo nto emhlophe enamathelayo engiyibone engutsheni yami yangaphansi ezinyangeni ezedlule.

U-AMANDA UYAGAPHELA

Ukuya esikhathini kuvame ukuvela njalo emavikini ama-4-5. Kodwa-ke, amanye amantombazane anokuya esikhathini kancane noma kaningi

...JOY KUHAZA

Ukuya esikhathini kungabangela ukushintshashintsha kwemizwelo, ukucindezeleka, ukukhathazeka, kanye ne-acne



Yingakho bengizizwa ngigula namuhla!

Ngokuphelele Amanda!

Ibizwa nge-PMS (premenstrual syndrome)

I-PMS yilapho intombazane ihlangabezana nezimpawu ezingokomzwelo nezomzimba ngaphambi noma ngesikhathi sokuya esikhathini

Izimpawu ziyanyamalala ngemva kwezinsuku ezimbalwa zokuya esikhathini

HMM...

...JOY KUHAZA

Phakathi naso sonke isikhathi sokuya esikhathini, intombazane ivame ukuchitha izipuni ezimbalwa zegazi, nakuba kungase kubonakale njengegazi eliningi.

Amantombazane amaningi ashintsha i-pad, i-tampon, noma inkomishi yokuya esikhathini izikhathi ezi-3 kuye kweziyisi-6 ngosuku

Ingabe abafana bayaya esikhathini?

...UJOSHUA UBUZA

Cha, Joshua, abafana abayi esikhathini. Kodwa abafana namantombazane babona izinguquko ezisheshayo emizimbeni yabo njengoba bekhula. Kubizwa ngokuthi ukuthomba.

Ngizochaza konke ngakho uma ngivakashela ngokulandelayo

**Buza  
uDokotela  
Joy**

Sanibonani, ngingu uDokotela Joy, futhi ngikhona ukuze ngiphendule yonke imibuzo yenu mayelana nokuya esikhathini nokuthomba. Ingabe unombuzo?

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

UBABA KA-AMANDA  
UFIKA EKHAYA

**KNOEKI!  
KNOEKI!**

Ngizwa kungqongqoza  
emnyango

Ngicabanga ukuthi nguBaba

Ake ngihambe ngiyohlola

Sawubona, Amanda?

Siyakwamukela,  
ekhaya Baba!

Siyakwamukela ekhaya Baba!...

U-Amanda uthole isikhathi  
sakhe sokuqala namuhla

USANDRA WABINGELELA  
UYISE NGOKUJABULA



Ngempela!  
Amanda,  
Siyakuhlalalisa.  
uzizwa kanjani?

Ngizizwa kahle  
baba. Usisi Omkhulu  
wangisiza ngaqonda  
ukuthi yini ukuya  
esikhathini nokuthi  
kuyinto evamile  
ngokuphelele



Yebo, Amanda, ukuya esikhathini  
akuyona into yokuba namahloni



KUPHENDULA U-AMANDA

Bayingxenye yalokho okwenza  
ube ngumuntu wesifazane

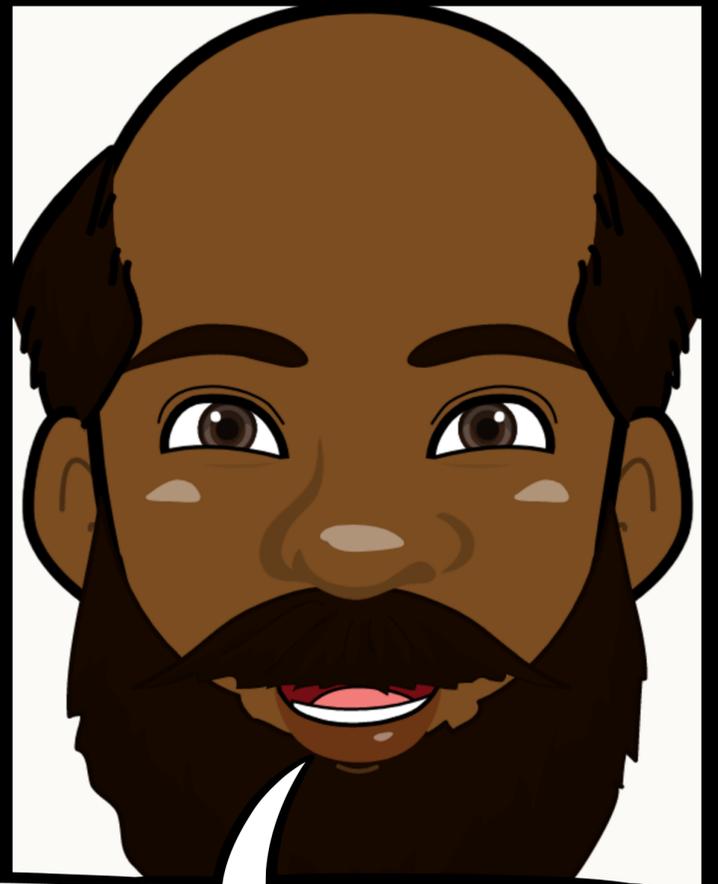
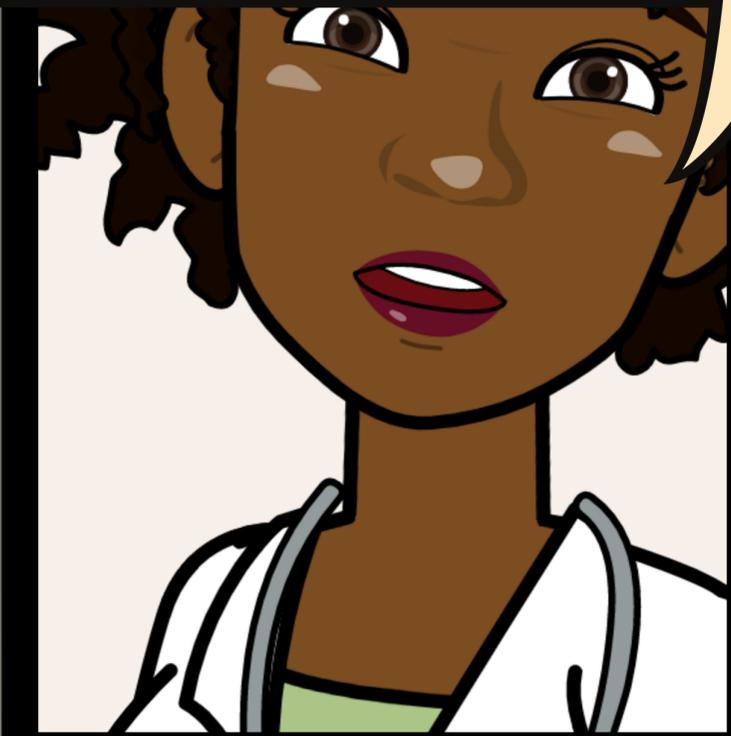
Ngiyabonga, Baba



Sawubona Joy, unjani?  
Angivamile ukukubona kulezi  
zinsuku

Ngiphilile baba. Kwesinye isikhathi umsebenzi ungivimbela ukuthi ngichithe isikhathi nomndeni...

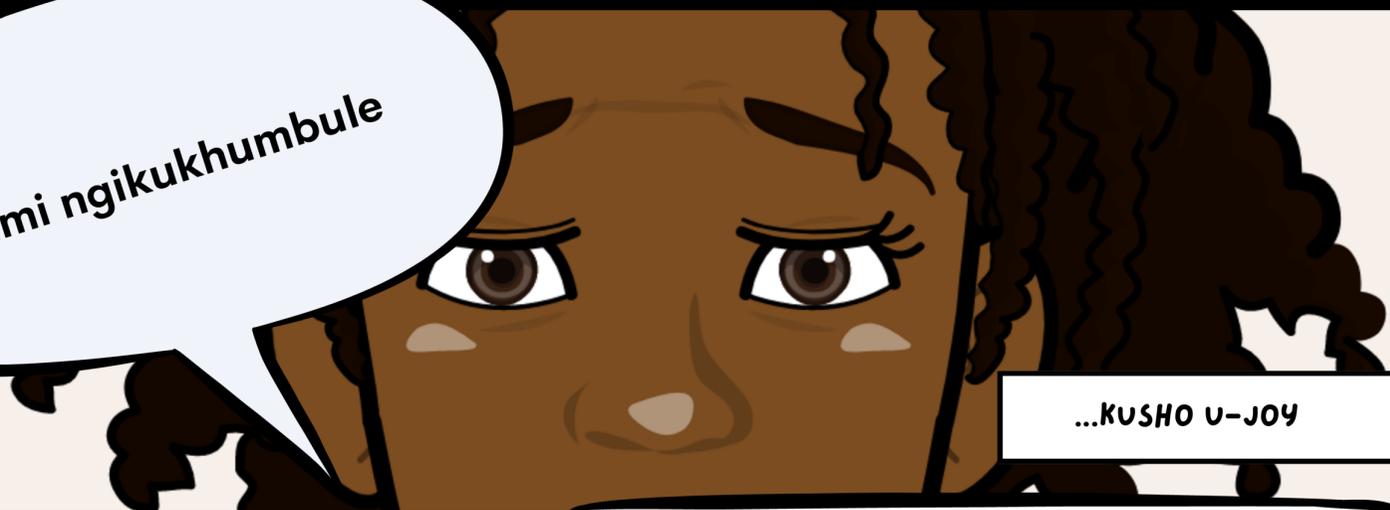
... kodwa ngizozama ukudala isikhathi esengeziwe



Ngiyacela, Joy, zama ukusenzela isikhathi esengeziwe. Siyakukhumbula

Nami ngikukhumbule

...KUSHO U-JOY



Ngiyabonga kakhulu!



Sithandwa, usubuyile ekhaya. Ngiyazi kumele ukhathele, ake ngikulungisele ukugeza okufudumele



Ngaphambi kokuthi  
ngikhohlwe u-Amanda,  
bengifuna ukukwazisa  
ngalokhu

...KUSHO U-JOY

Amantombazane amaningi anezihlungu  
ezinzima zokuya esikhathini, ikakhulukazi  
ezinsukwini ezimbalwa zokuqala

IBHODLELA  
LAMANZI ASHISAYO

Uma amajaqamba okuya esikhathini ekukhathaza,  
ungazama ukusebenzisa ibhodlela lamanzi ashisayo  
esiswini sakho noma uphuze izidambisi zihlungu  
ezifana ne-ibuprofen noma i-naproxen.

Thatha izidambisi zihlungu noma  
usebenzise ibhodlela lamanzi ashisayo  
elimbozwe ngendwangu

Kulungile, Usisi. Empeleni  
ngibuhlungu esiswini  
esingaphansi

Futhi khumbula, Ukuya esikhathini  
kuyingxenye engokwemvelo,  
enempilo yokuphila kwentombazane

Ukuya esikhathini akufanele  
kukuvimbele ukuzivocavoca,  
ukujabula nokujabulela ukuphila

Kuzomele ngibuyele  
esibhedlela manje

...KUSHO U-JOY

Ngizobuya ngolunye usuku  
ngizokutshela kabanzi mayelana  
nokuya esikhathini nokuthomba

Salani nonke!

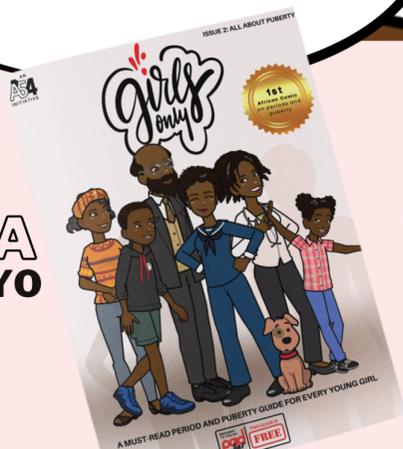
Salani kahle!

Salani kahle!

Salani kahle!

Salani kahle!

NGODABA  
OLULANDELAYO



Girls Only izobuya ngenyanga ezayo nokukhishwa okusha okujabulisayo okubizwa ngokuthi, **Konke Mayelana Nokuthomba**. Hlanganyela nathi ekukhishweni okulandelayo njengoba uDokotela Joy ehamba u-Amanda phakathi nesikhathi sokuthomba kanye nezinguquko ongazilindela njengoba umzimba wakhe ukhula ngokushesha. Ukuze ulande lokhu kukhishwa mahhala kanye/noma ukukhishwa kwakamuva, sicela uvakashele

[padher.org/download](http://padher.org/download)

\*Sebenzisa lesi sikhala ukuze ubhale lokho osekufundile kuze kube manje mayelana nokuya esikhathini\*



\*Sebenzisa lesi sikhala ukuze ubhale lokho osekufundile kuze kube manje mayelana nokuya esikhathini\*



**Ingabe ufuna ukwazi okwengeziwe ngokuya esikhathini?**

VAKASHELA

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



**Silandele**



**/padherorg**



## YINI EYENZA GIRLS ONLY ABE MKHULU?

- Kucwaningwe kahle
- Yenzelwe Abafana Futhi!
- Okuqukethwe okunembile ngokwezokwelapha
- Ngokusekelwe kokuhlangenwe nakho kwempilo yangempela
- Ukuzijabulisa kwamantombazane esikole
- Ukuzijabulisa Kwabazali Nothisha.

**...KUNEZITHOMBE EZINHLE..**

**NGENKATHI NGIFUNDA NGANGIKWAZI UKUBONA NGESO LENGQONDO  
IZEHLAKALO EZISEKHANDA LAMI**

—Blessing Akpan (The Innovative Child Network)



**Uyafuna ukusiza  
indodakazi yakho  
ilawule ukuya  
esikhathini?**

Vakashela

**[padher.org/for/parent](https://padher.org/for/parent)**

ukuze uthole  
umhlahlandlela  
wabazali ophelele

AU



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