

girls only

Selected for
hundrED
2023
Global Collection



A MUST-READ PERIOD AND PUBERTY GUIDE FOR EVERY YOUNG GIRL

BROUGHT
TO YOU BY:
**pad
her**

THIS GUIDE IS

FREE



The Team

PadHer is a women-led non-profit organization based in Lagos, Nigeria, and Nairobi, Kenya. Our organization educates young African schoolgirls from underserved communities on periods and puberty via the use of comic books so that they can effectively manage their periods and build the self-confidence they need to take control of the future and succeed.

We are ending period stigma, one comic at a time!



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It's crucial to talk about puberty with young girls because they're naturally fascinated by their changing bodies and may have a lot of questions, such as what is this hard lump in my breast, why are my breasts so small (or big), why don't I have pubic hair yet, why haven't I gotten my period yet, and so on.

Because some girls begin puberty at the age of 8, it is essential to begin the 'puberty' conversation as soon as possible. Every young girl should know the physical and emotional changes that come with puberty before they even begin.

Girls Only was created to make it **free, fun, easy, and comfortable** teaching young school girls such as yourself about periods and puberty.

Puberty brings about so many changes, but remember that everyone goes through these similar changes. The time it takes for these changes to occur varies greatly from one girl to the next. Acne, mood swings, growth spurts, and hormonal changes are all part of growing up, and everyone experiences them. So always remember...It's normal, Period!™

Donate.

HELP US REACH MORE YOUNG SCHOOLGIRLS IN
UNDERSERVED COMMUNITIES BY DONATING TODAY.
VISIT: [PADHER.ORG/DONATE](https://padher.org/donate)

Credits

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meet the characters



AMANDA

AMANDA IS THE MAIN CHARACTER OF THIS COMIC SERIES. SHE IS 12 YEARS OLD, AND SHE JUST GOT HER FIRST PERIOD. AMANDA'S FAVORITE SUBJECTS ARE MATH AND SCIENCE. AMANDA WANTS TO BE AN ENGINEER.



JOSHUA

JOSHUA IS AMANDA'S YOUNGER BROTHER. HE IS 10 YEARS OLD AND LOVES TO DANCE. JOSHUA'S FAVORITE SUBJECT IS ENGLISH, AND HE LOVES TO BE A WRITER WHEN HE GROWS UP.



SANDRA

SANDRA IS 8 YEARS OLD AND LOVES TO SING. HER FAVORITE SUBJECT IS COMPUTER SCIENCE, AND SHE WILL LOVE TO BE A COMPUTER PROGRAMMER WHEN SHE IS OLDER.



DR. JOY

DR. JOY IS AMANDA'S OLDER SISTER, AND SHE IS A MEDICAL DOCTOR. SHE IS 28 YEARS OLD AND LOVES TO TEACH AMANDA AND HER SIBLINGS ABOUT PERIODS AND PUBERTY.



MOM

MRS. ABIGAIL COKER, FONDLY CALLED "MOM" BY HER CHILDREN, IS THE MOTHER TO AMANDA, DR. JOY, JOSHUA, AND SANDRA. SHE IS A PETTY TRADER AND LOVES HER KIDS SO MUCH.



DAD

MR. COKER IS THE FATHER TO AMANDA, DR. JOY, JOSHUA, AND SANDRA. HE IS A BANKER. HIS FAVORITE FOOD IS RICE AND CHICKEN STEW.

AND INTRODUCING...



GRANDMA

MRS. JOYCE WALTER, FONDLY CALLED "GRANDMA" BY HER GRANDCHILDREN, IS AMANDA'S MATERNAL GRANDMA. SHE IS A RETIRED BANKER AND LOVES TO SPEND QUALITY TIME WITH HER GRANDCHILDREN.



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This comic book is a work of fiction that may be based on some personal experiences.

DISCLAIMER: The content in this comic book is offered solely for educational purposes and should not be regarded as a substitute for professional medical advice.

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IT WAS THE FIRST DAY OF SCHOOL...

Hmm,
Amanda
got so
tall

Good
morning
Mrs.
Amina

Good
morning
Amanda

Why
are boys
looking at me
weirdly?

AMANDA IS A BIT CONFUSED...

Amanda
changed a lot
over the
holiday

Yes,
even her
chest got
bigger

BAYO (LEFT) AND TIJANI DISCUSS ABOUT AMANDA'S RECENT GROWTH



Hmm...are Bayo and Tijani talking about me? What may they be saying?

AMANDA SEEMS CONCERNED



LATER THAT DAY...

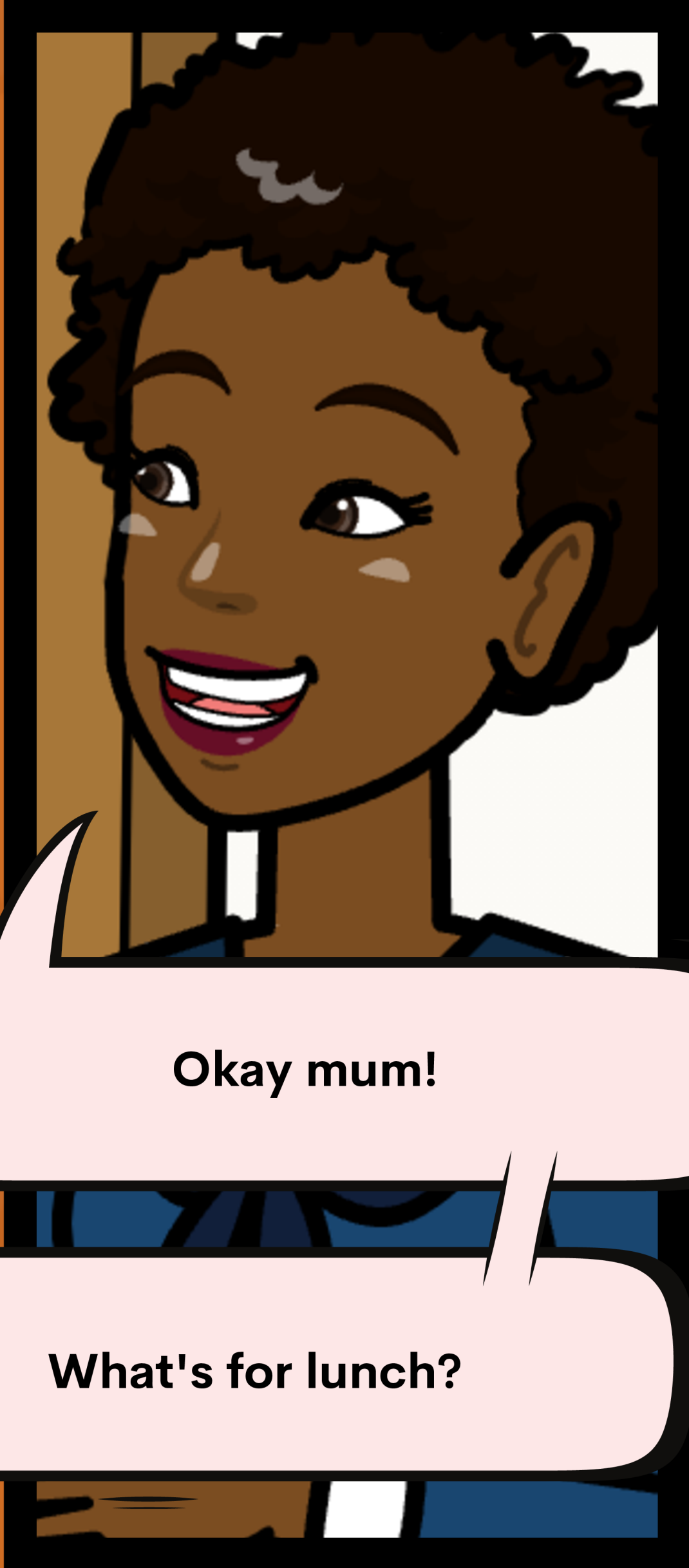
AMANDA ARRIVES HOME FROM SCHOOL



AMANDA'S MUM SAYS...

Oh Amanda, you are back from school

You must be tired, go and take a warm bath and come and have lunch



Okay mum!

What's for lunch?

AMANDA'S
MUM
REPLIES

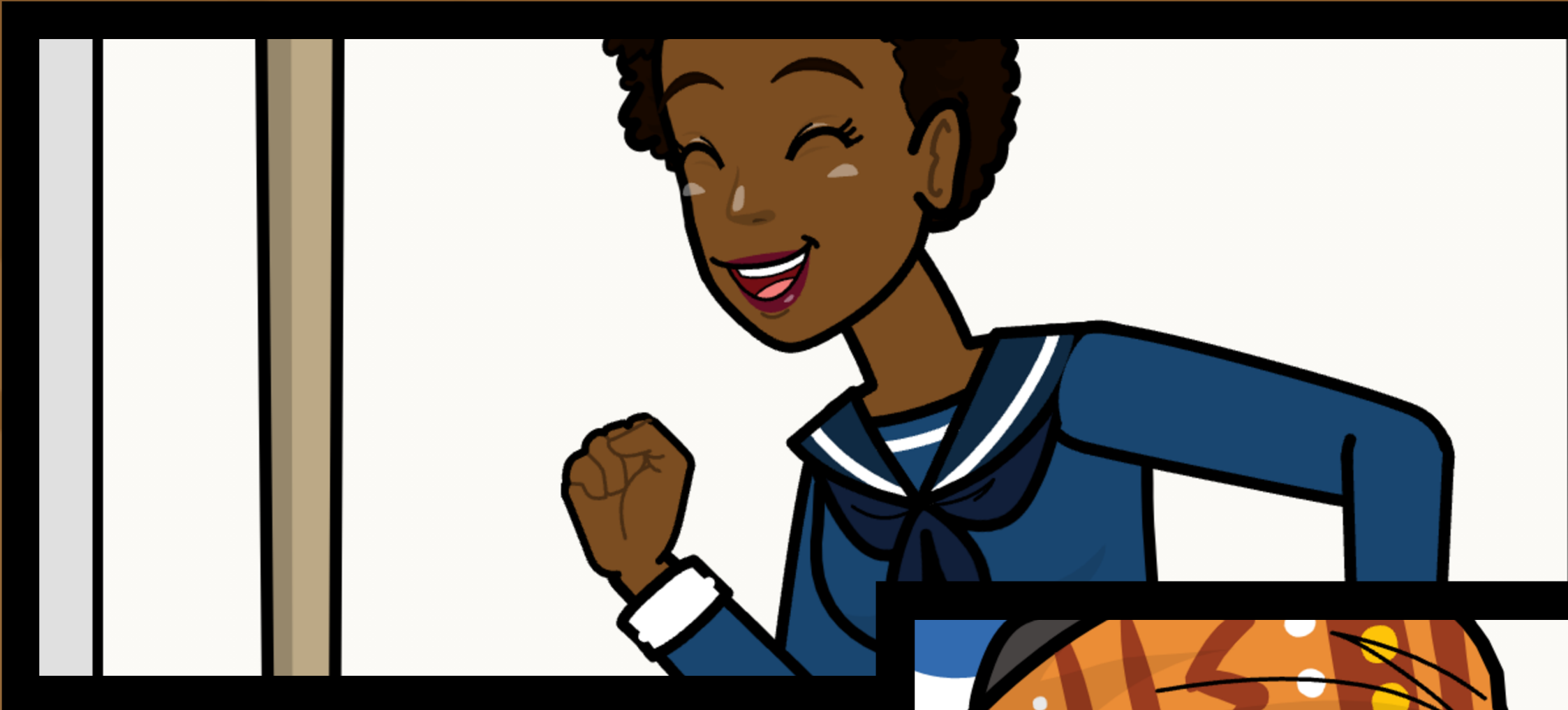
AMANDA SCREAMS IN EXCITEMENT

YEY!!!

I made your favourite

Spaghetti!

Let me quickly go and
take a shower!



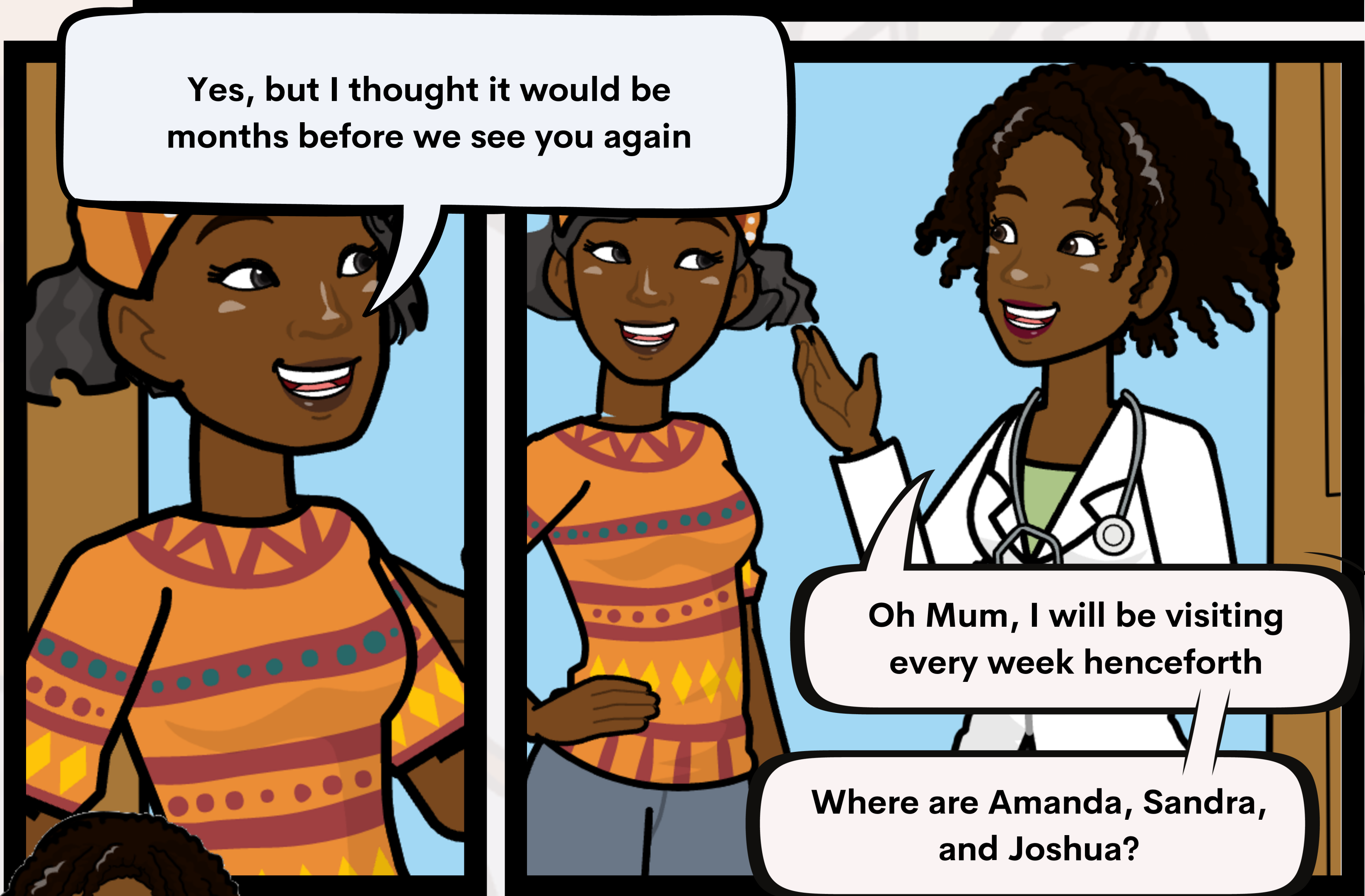
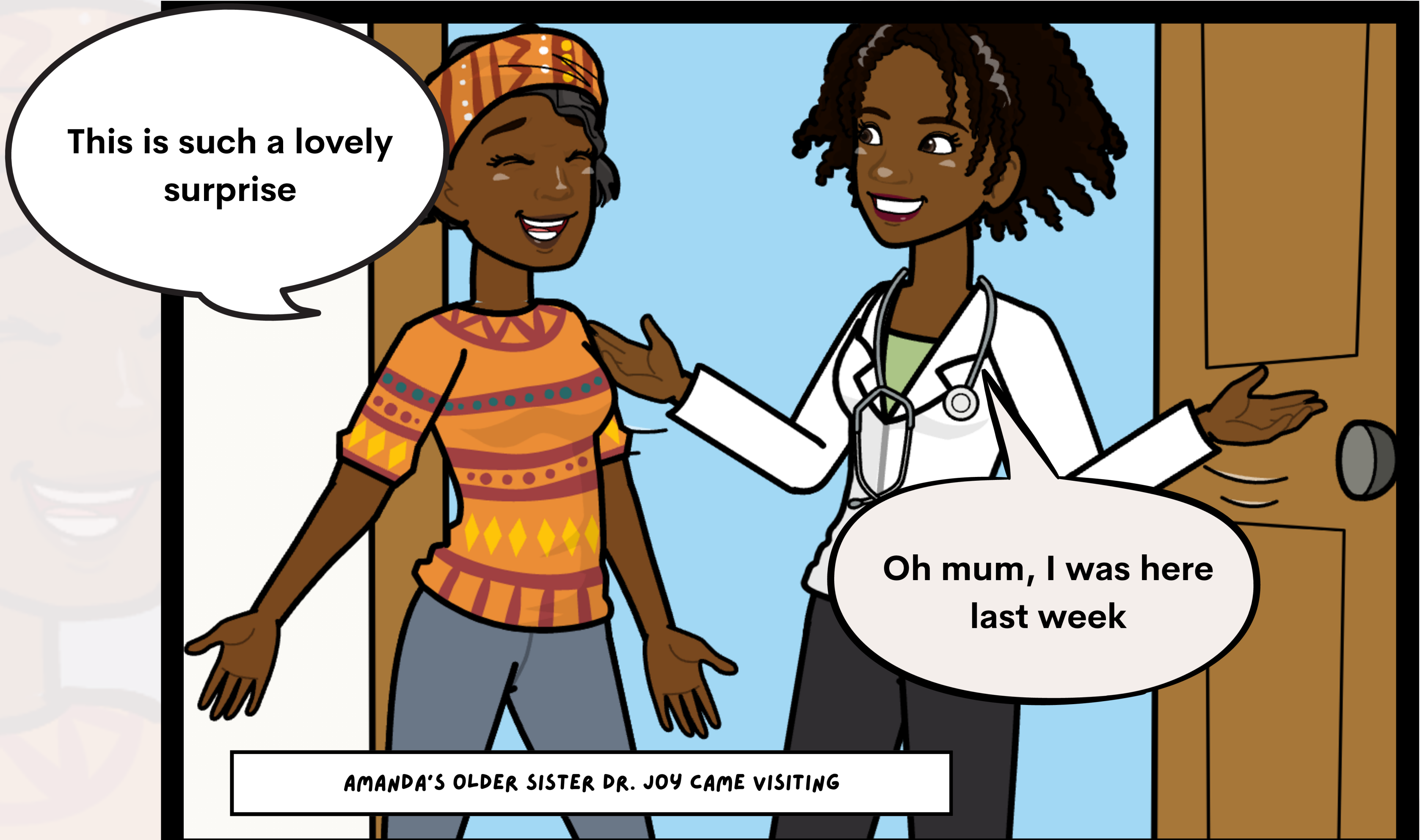
AMANDA QUICKLY
DASHES OFF TO
TAKE A SHOWER

AMANDA'S MUM HEARS A KNOCK AT THE
DOOR

KNOCK!
KNOCK!



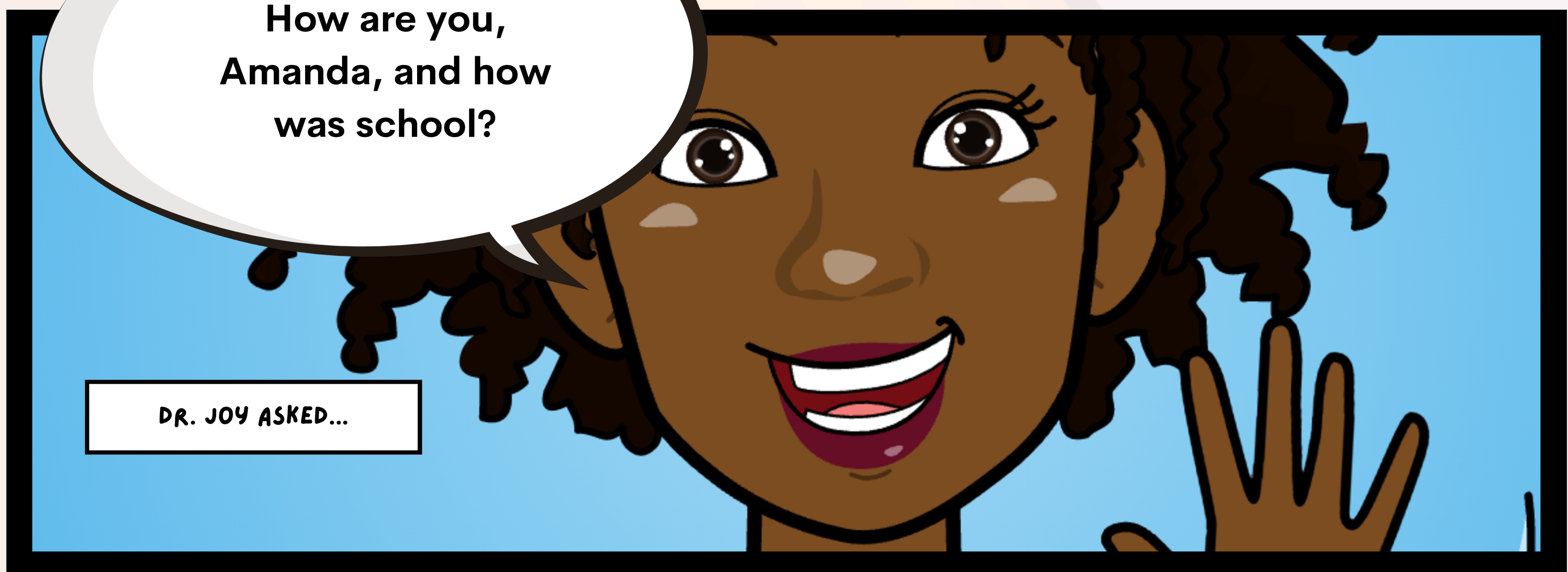
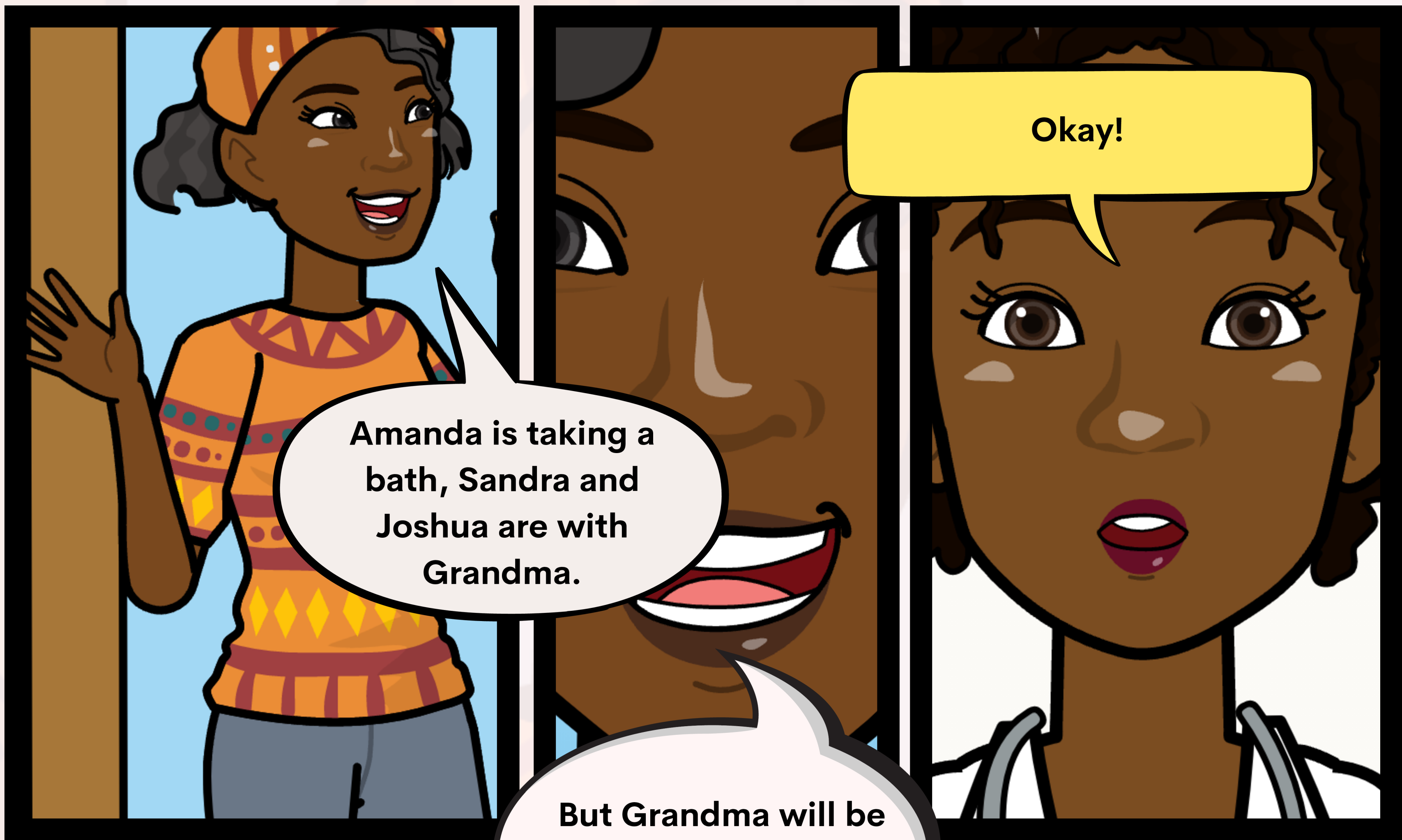
Whom may
that be?



Ask Dr. Joy

Hi, I am Dr. Joy, and I am here to answer all your questions on periods and puberty. Have a question?

visit: padher.org/askdrjoy



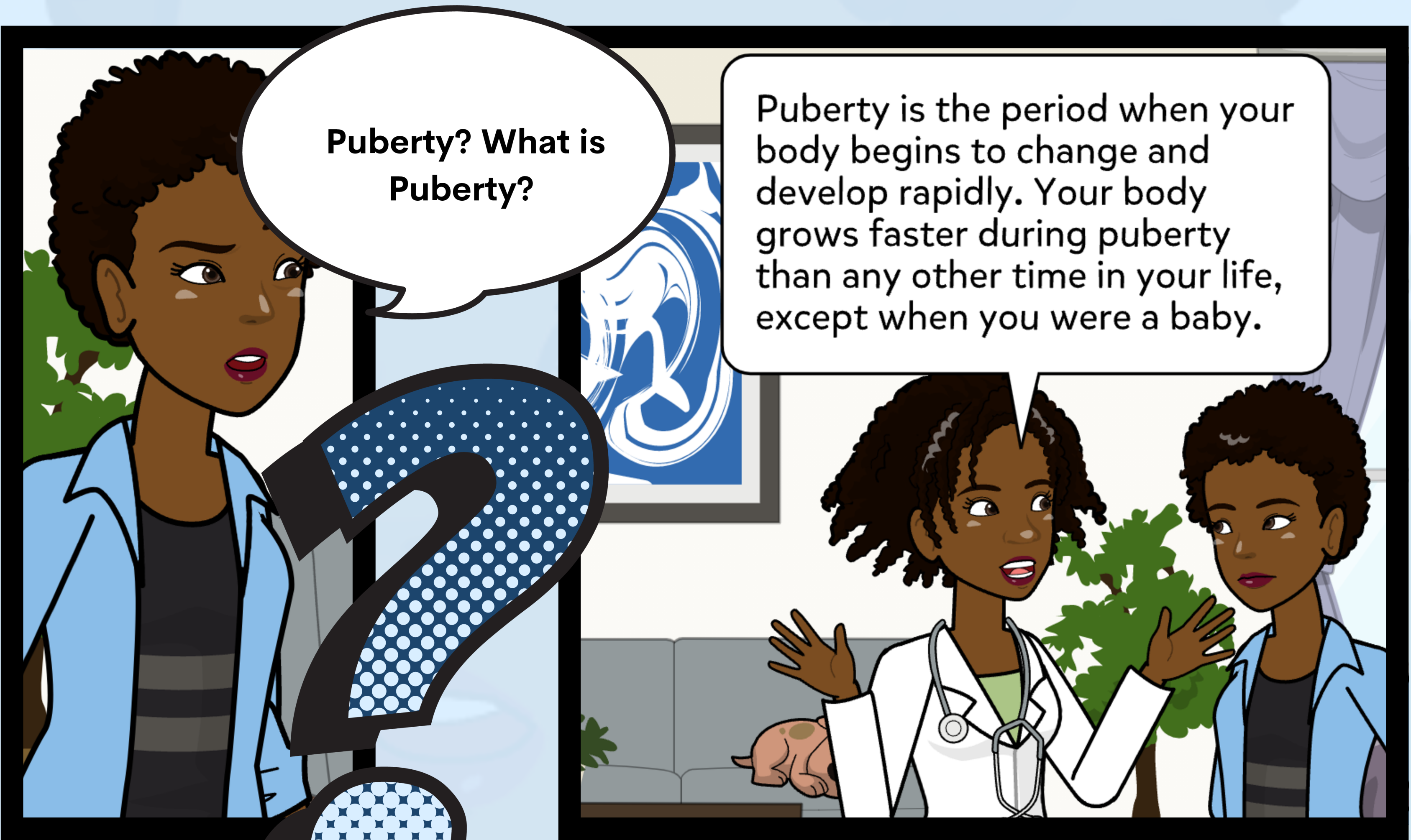
AMANDA EXPLAINS...

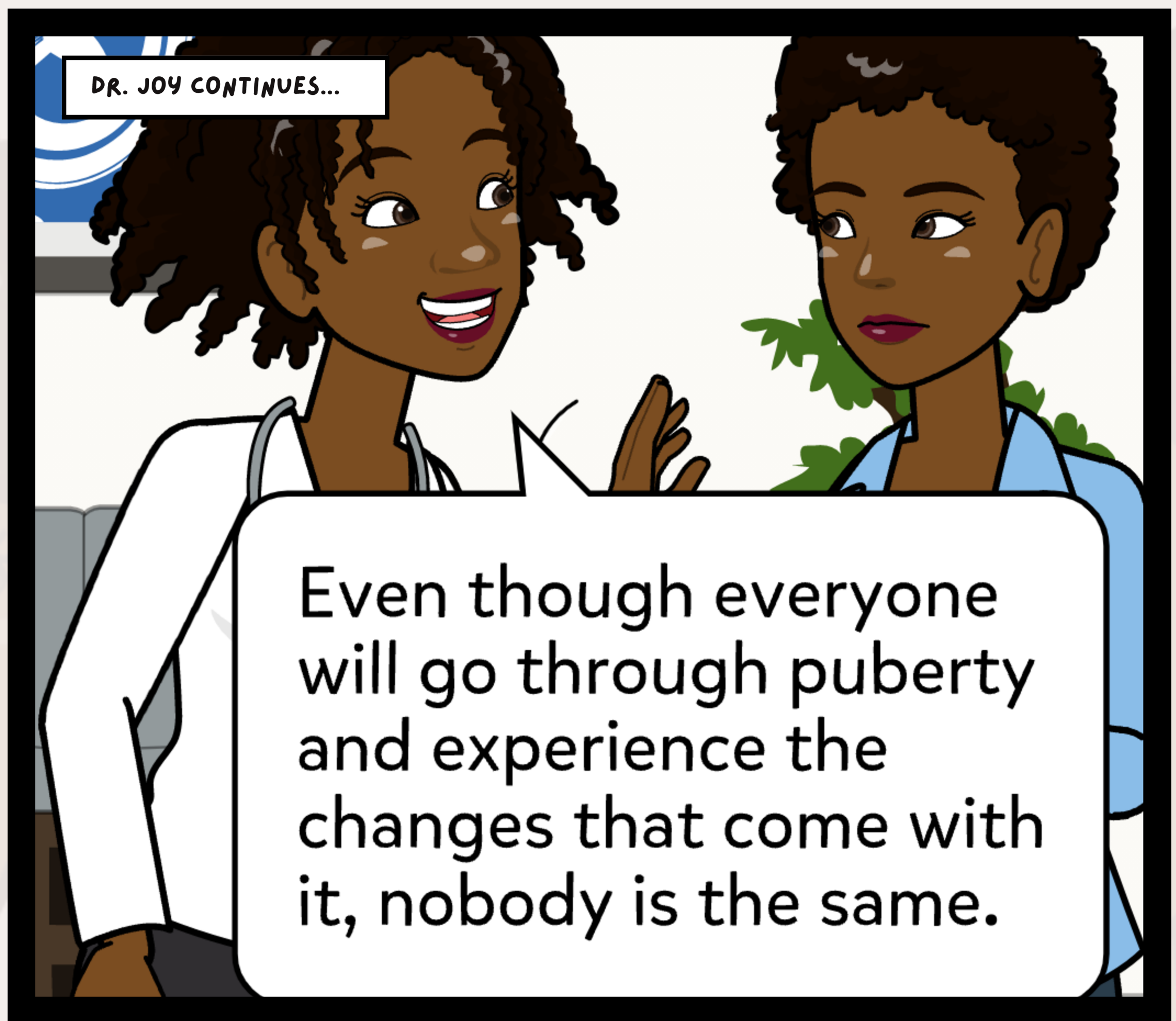
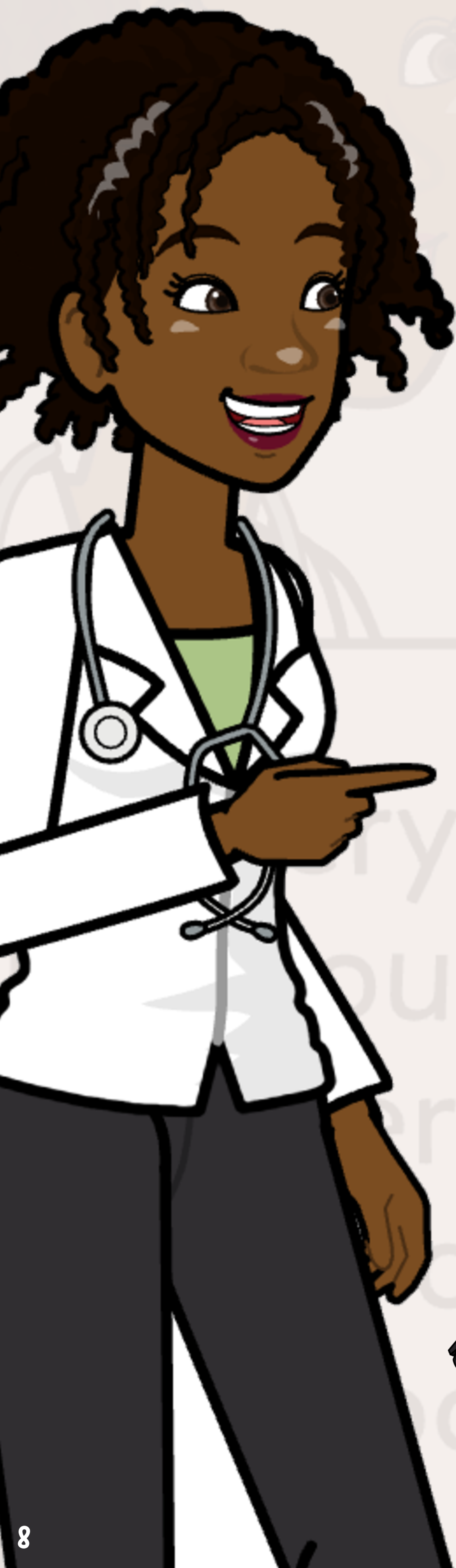
I am fine, and school is good. Although, some boys in my class were looking at me weirdly.

DR. JOY EXPLAINS...

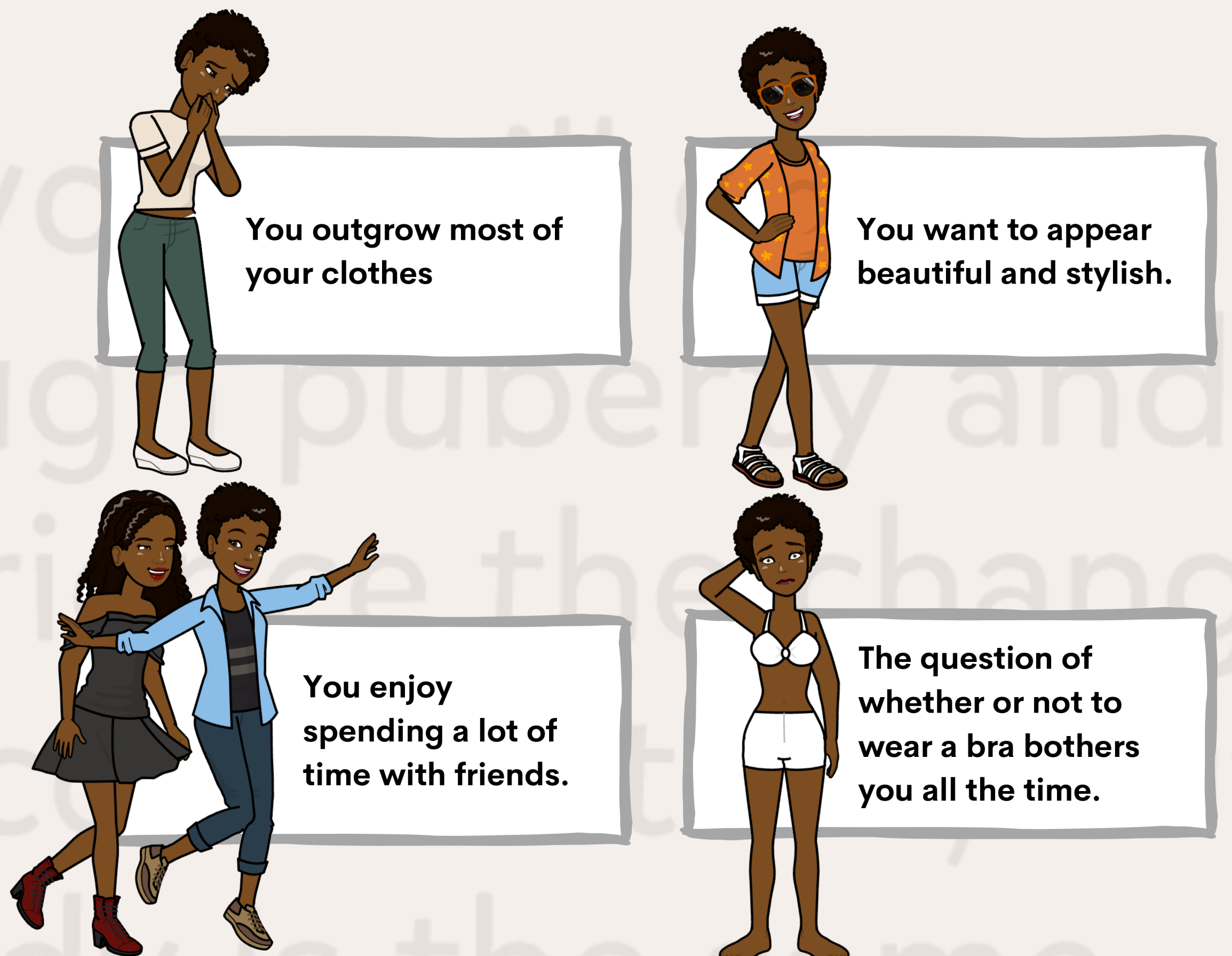
They were looking at you because of the rapid growth and changes in your body.

This is called puberty.





During Puberty...



But
Big Sis, what
causes this
growth?

That's a good question Amanda

There is a tiny pea-shaped gland that sits
just under the brain, called the *PITUITARY
GLAND*. This gland is responsible for this
rapid growth

When it's time to grow, your pituitary
gland releases hormones into your body,
which cause various parts of your body to
grow and develop

AMANDA ASK JOY...

PITUITARY
GLAND

DURING PUBERTY, YOUR BODY GROWS RAPIDLY FOR TWO TO THREE YEARS, DURING WHICH YOU WILL GAIN HEIGHT AND WEIGHT AS A RESULT.

YOU WILL GROW FOR A FEW MORE YEARS AFTER PUBERTY, BUT AT A MUCH SLOWER RATE.



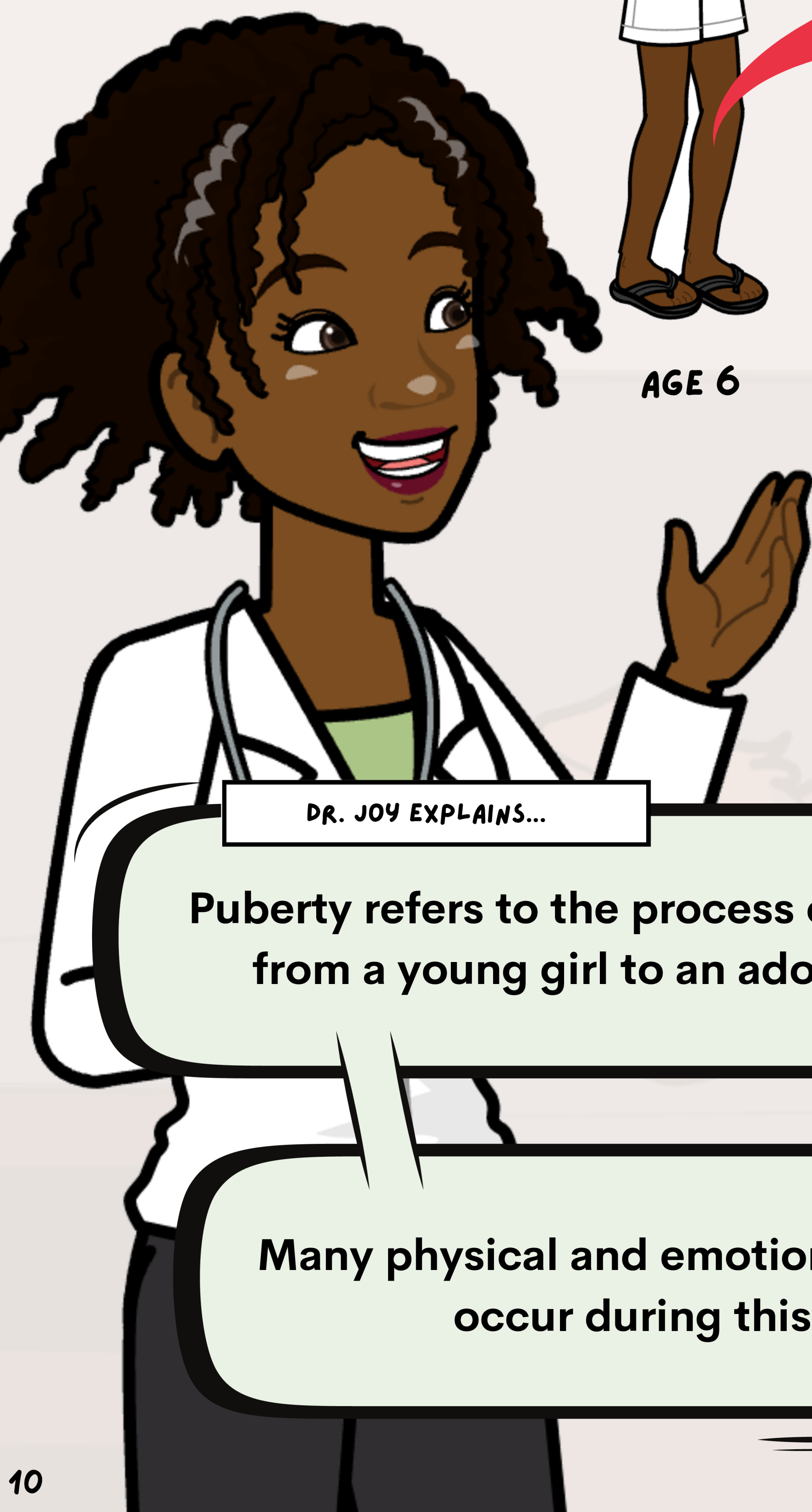
AGE 6



AGE 12



AGE 19

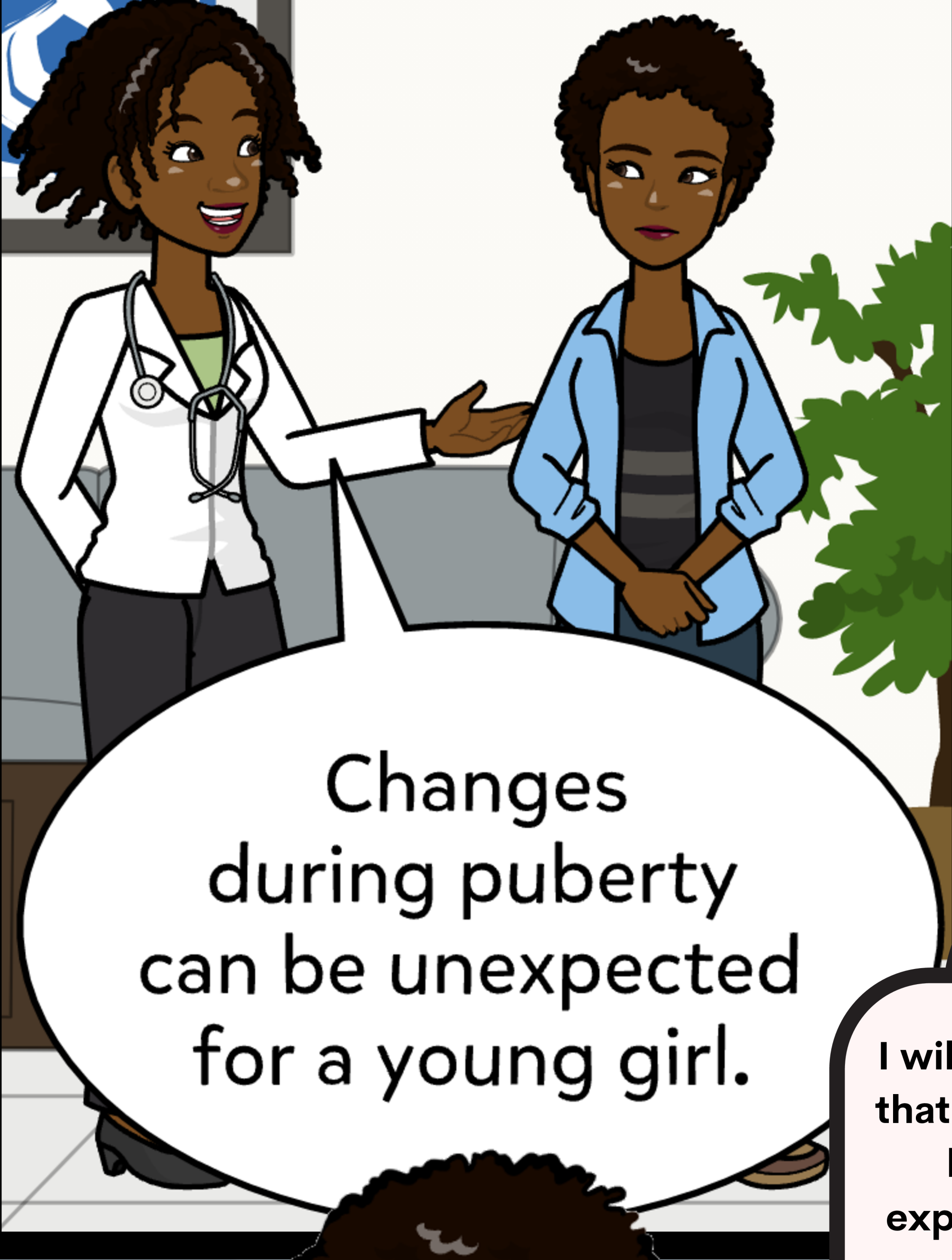


DR. JOY EXPLAINS...


Puberty refers to the process of growing from a young girl to an adolescent

Many physical and emotional changes will occur during this phase

...JOY SAYS



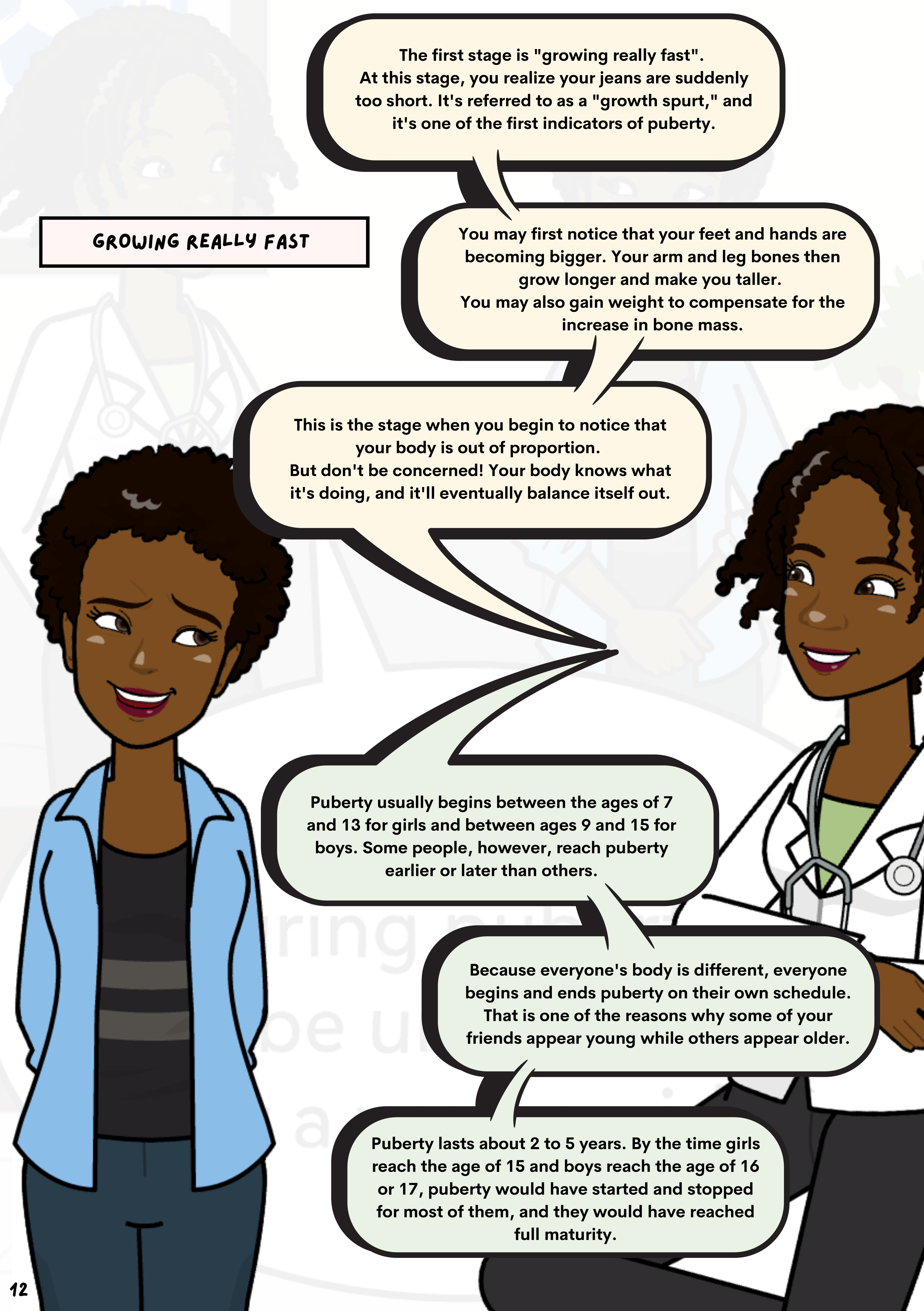
Changes during puberty can be unexpected for a young girl.



I will explain the stages of puberty that every young girl should know, but note, If you haven't yet experienced all of these stages of puberty in girls, don't be concerned, as everyone goes through puberty at different rates and in different orders.



Okay,
Big Sis!

An illustration of a female doctor with dark skin and curly hair, wearing a white lab coat and a stethoscope, talking to a young girl with dark skin and curly hair. The girl is wearing a light blue jacket over a black and grey striped shirt and dark blue pants. The background is white with faint, large text that reads "Understanding Puberty".

The first stage is "growing really fast".
At this stage, you realize your jeans are suddenly too short. It's referred to as a "growth spurt," and it's one of the first indicators of puberty.

GROWING REALLY FAST

You may first notice that your feet and hands are becoming bigger. Your arm and leg bones then grow longer and make you taller.
You may also gain weight to compensate for the increase in bone mass.

This is the stage when you begin to notice that your body is out of proportion.
But don't be concerned! Your body knows what it's doing, and it'll eventually balance itself out.

Puberty usually begins between the ages of 7 and 13 for girls and between ages 9 and 15 for boys. Some people, however, reach puberty earlier or later than others.

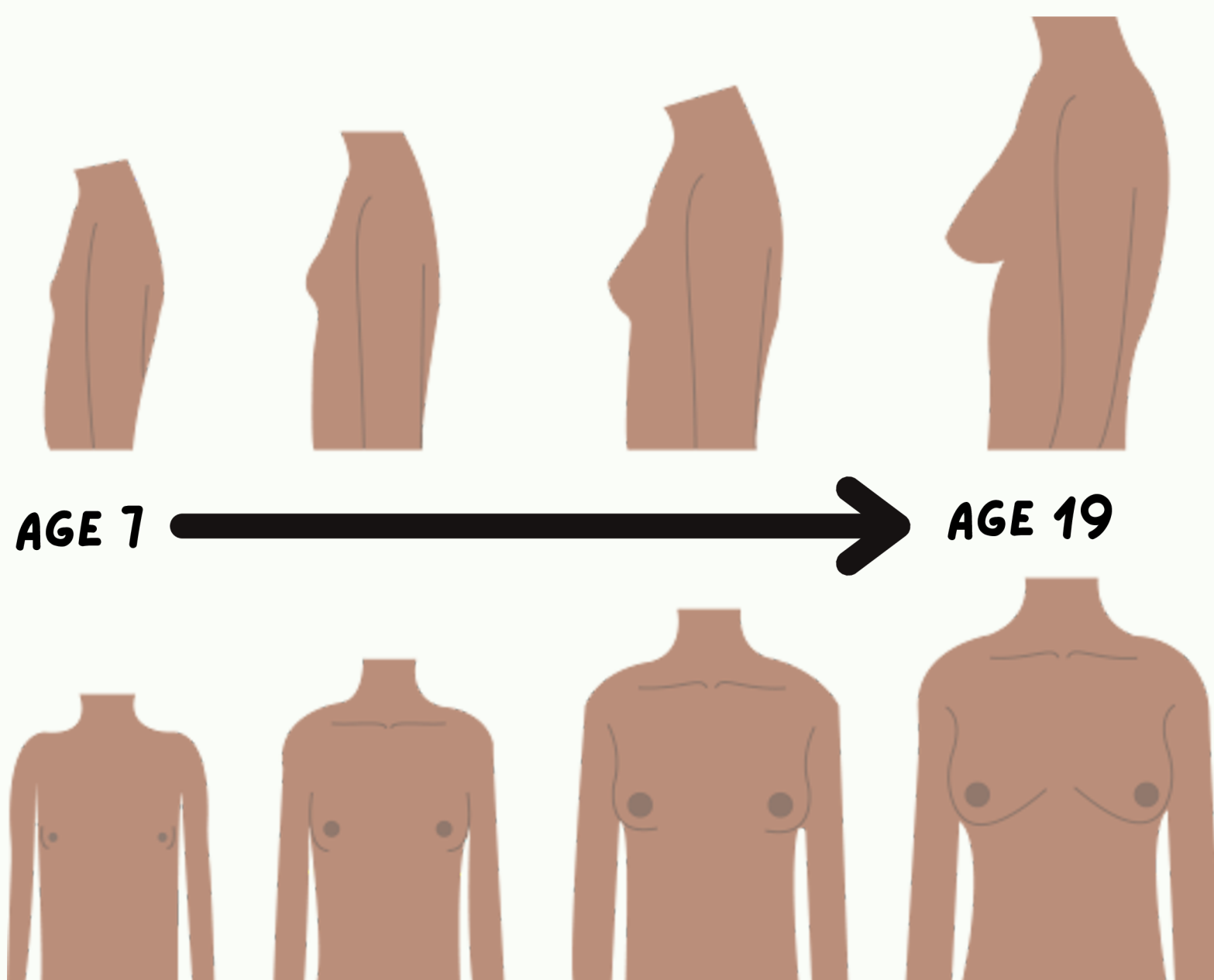
Because everyone's body is different, everyone begins and ends puberty on their own schedule.
That is one of the reasons why some of your friends appear young while others appear older.

Puberty lasts about 2 to 5 years. By the time girls reach the age of 15 and boys reach the age of 16 or 17, puberty would have started and stopped for most of them, and they would have reached full maturity.

GROWING BIGGER BREASTS

The next stage is "growing bigger breasts".
At this stage, your breast grows in stages.
You may initially notice what feels like tiny "buds" or swellings under your nipples.

Following that, your breasts will grow larger and fuller, and you may feel more than a little sore sometimes.



Remember that every girl is unique.
The physical and genetic factors in your family will determine how large or small your breasts will be.

It takes 2 to 3 years for your breast to reach its permanent size. Also, note that initially, one breast may grow faster than the other, but they will eventually even out

Most women have one breast larger than the other, but the difference is usually small.

GROWING BODY HAIR

Hair growing in
the underarm

The next stage is "growing body hair"
At this stage, You will notice hair growing in
your underarms and around your genitals.

This hair is soft at first, and there isn't much
of it. It becomes longer and curlier as time
goes on.

AMANDA ASKED...

Now that I have started
noticing hair growing under
my arms, can I ask mum if I
can try shaving?

**Of course, you
should!**

MORE CURVES & SWEAT



**BEFORE
PUBERTY**



**DURING
PUBERTY**

DURING PUBERTY, YOUR HIPS WIDEN, YOUR BREASTS DEVELOP, AND YOUR WAIST NARROWS AS YOUR PELVIS (THE LARGE BONE ACROSS YOUR HIPS) BEGINS TO GROW.

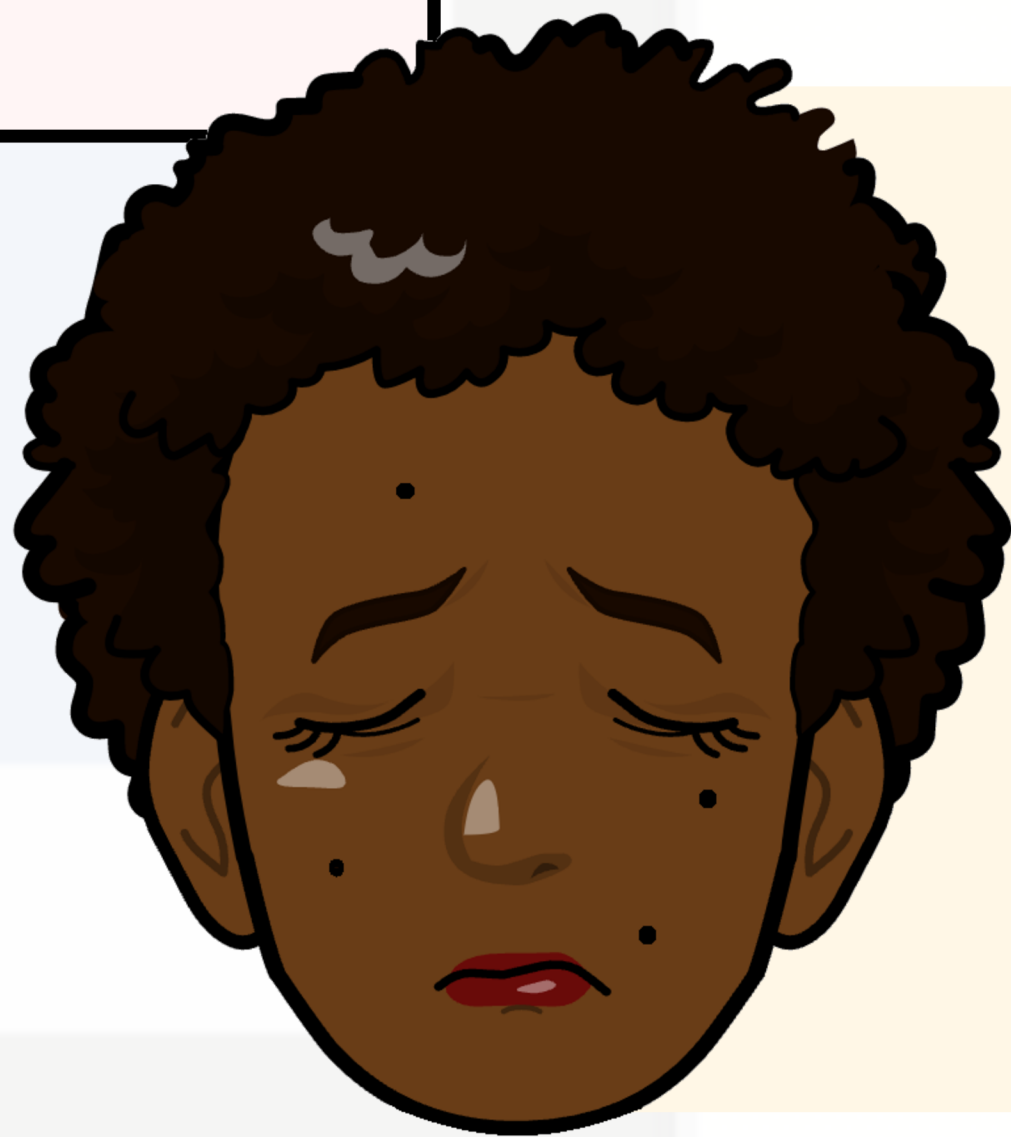
TO PUT IT ANOTHER WAY, YOUR BODY GETS SOME "SHAPE."

DURING THIS PHASE, SOME GIRLS GAIN WEIGHT QUICKLY. DON'T WORRY ABOUT IT; EXERCISE AND EAT HEALTHY. WEIGHT GAIN IS NORMAL DURING PUBERTY!

Your sweat glands become larger and more active during puberty, and you will notice that you sweat more frequently.

OILY SKIN

**DO YOU
KNOW?**



PIMPLES DEVELOP WHEN OIL GLANDS BECOME CLOGGED AND INFECTED, LEADING TO SWOLLEN, RED LESIONS FILLED WITH PUS.

THEY PARTICULARLY START AROUND THE BEGINNING OF PUBERTY.



This is the stage where you may get your first pimples. During puberty, your skin pores produce more oil, particularly on your face, which may lead to acne.

When this happens, make it a habit of washing your face more frequently and keeping it clean. Just don't get too worked up over it.

Acne and pimples usually clear off as you get older

VAGINAL DISCHARGE



DURING PUBERTY, YOU MAY NOTICE A WHITISH OR CLEAR FLUID COMING FROM YOUR VAGINA SOMETIMES. THIS IS KNOWN AS VAGINAL DISCHARGE. IT IS NORMAL AND IS NOT SOMETHING TO WORRY ABOUT.



During puberty, you may notice that your underwear becomes a little wet now and then. You may also see a white or clear stain on your underwear. This is called Vaginal discharge.

Your body produces this fluid to cleanse and moisten your vagina naturally. It's entirely normal and means you'll be getting your period very soon.

We urinate from the vagina, right?

No Amanda!

There are actually 3 openings
between your legs

URETHRA

VAGINA

ANUS

The URETHRA, the VAGINA, and the
ANUS.

We urinate from the urethra, and babies come
out of the vagina during childbirth, and we
poop from the anus.

PERIODS

A big sign that you're well on your way
through puberty is getting your periods! Your
menstrual cycles might be so unpredictable
throughout the first two years. You could have
one period and then have to wait up to six
months for the next. One period may last a
day, while another may last ten days.



You may see "spotting" in-between cycles. Spotting is when light vaginal bleeding occurs outside of your regular periods.

This involves a small amount of blood, and you may notice it on toilet paper while using the restroom or on your underwear.

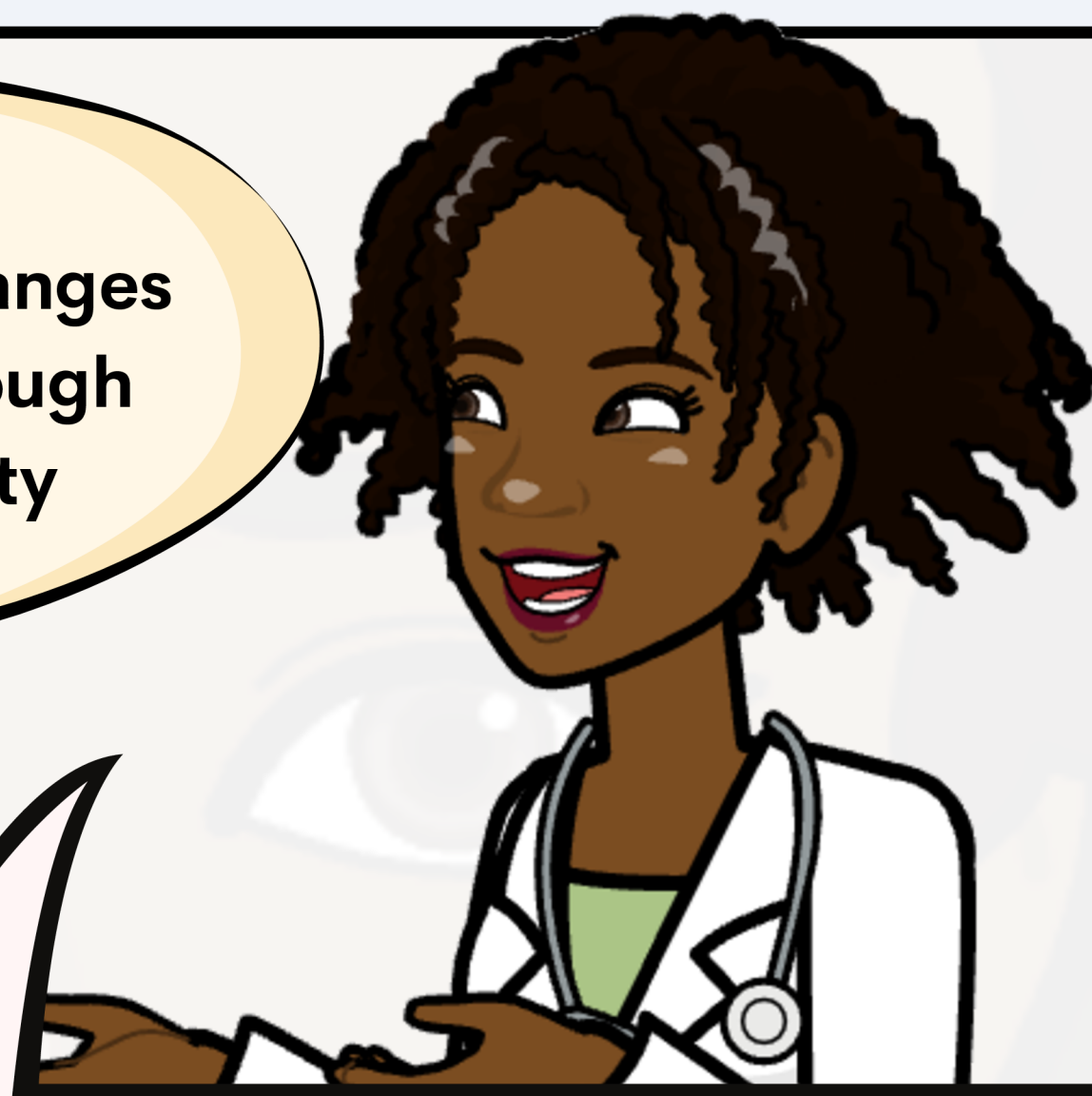
You typically don't require a sanitary pad for this, but just a pantyliner. Periods usually begin about 2 to 2½ years after your breasts start to develop.



YOUR PERIODS TAKE AROUND A YEAR OR TWO TO BECOME REGULAR. YOUR CYCLE THEN SETTLES INTO A PATTERN UNIQUE TO YOUR BODY.



What kind of changes do boys go through during puberty



The changes boys undergo during puberty are very different from girls.

During puberty, boys also grow rapidly in a span of two to three years but since puberty start later in boys than in girls, you may find out that you are looking taller and older than a lot of the boys in your class.

PUBERTY IN BOYS

DR. JOY CONTINUES..

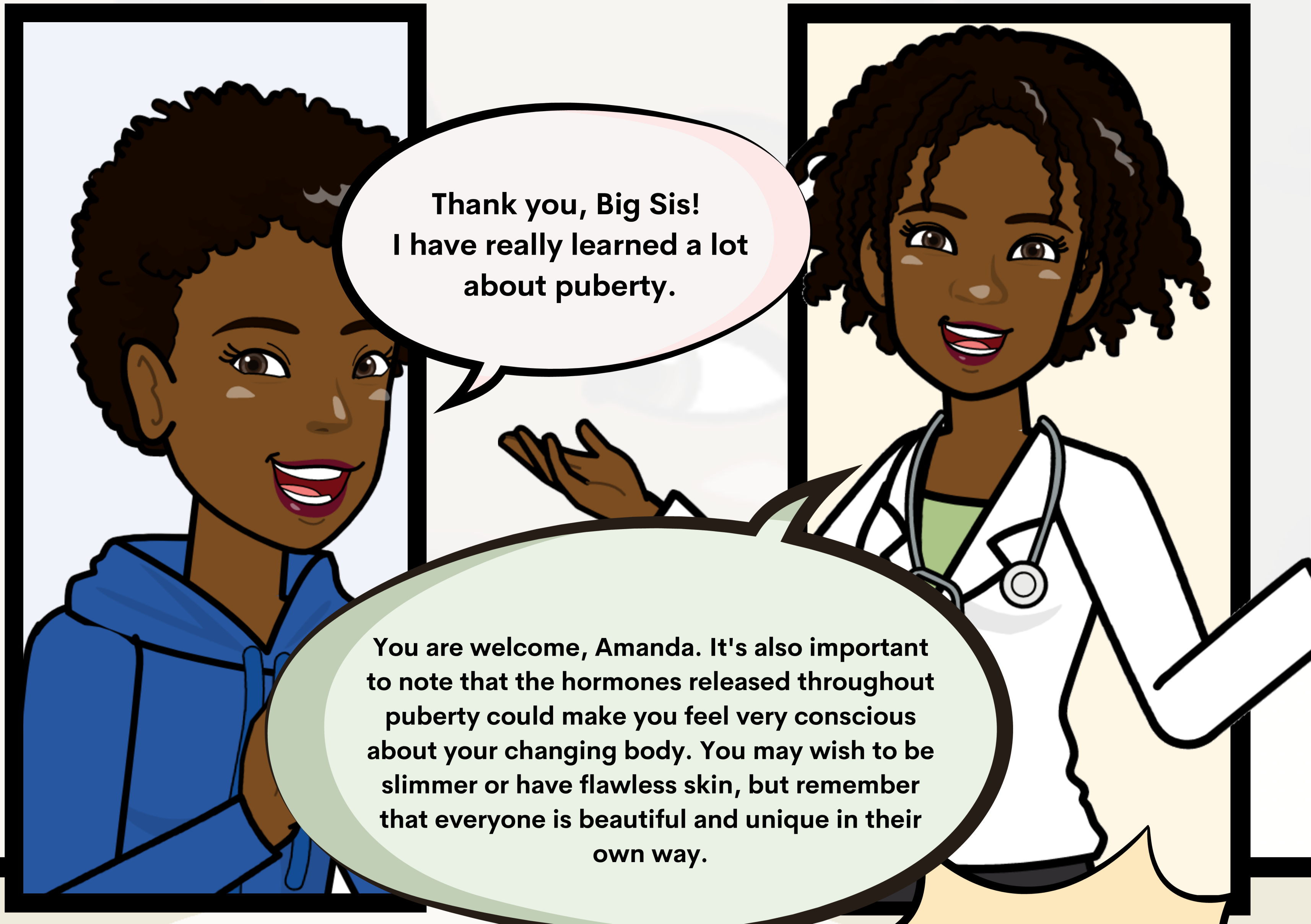
YOU MAY APPEAR TALLER THAN MOST BOYS
IN YOUR CLASS WHEN YOU START PUBERTY,
BUT THEY CATCH UP IN A FEW YEARS

During puberty, boys
develop a broader chest
and shoulder and also
begin to develop
muscles.

Beards begin to grow on their faces,
which the boys eventually shave and
trim as they like.

Hair grows on their body, arms,
underarms, around their genitals, and
legs.

Their voice deepens, and they, like girls,
may begin to feel a romantic and
physical attraction to others. This is
perfectly normal!



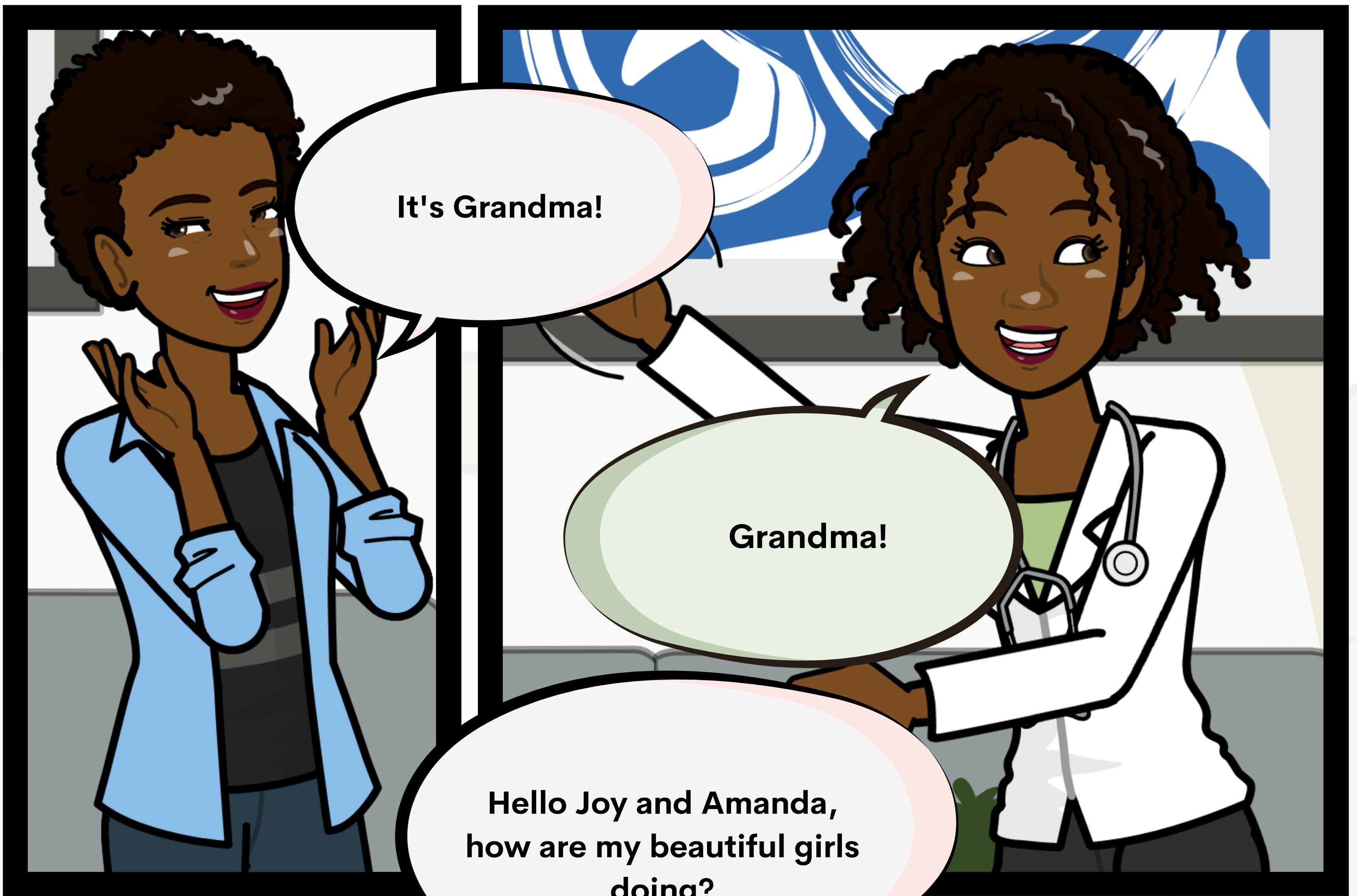
AMANDA'S GRANDMA IS BACK WITH HER SIBLINGS JOSHUA AND SANDRA

You may also experience mood swings that make you upset.

Hello Everyone!

We are back!







How are you, Joshua and Sandra?

Fine Big Sis!

Fine Big Sis!

I missed you, two trouble makers!

 **ON THE
NEXT
ISSUE!**



Next month, Girls Only will return with an all-exciting new issue titled **A to Z on Menstrual Cycle.**

In the upcoming issue, Dr. Joy teaches Amanda everything she needs to know about the menstrual cycle, including the four stages and how to keep track of her cycle.

To download this issue for free and/or newer issues, please visit

padher.org/download



WHAT MAKES GIRLS ONLY GREAT?

- Well-researched
- Designed for Boys Too!
- Medically accurate contents
- Based on real-life experiences
- Fun for school girls
- Comfortable for Parents and Teachers

**...I DEEPLY APPRECIATE PADHER'S WORK TO INCREASE ACCESSIBILITY
AND EQUITY FOR GIRLS...**

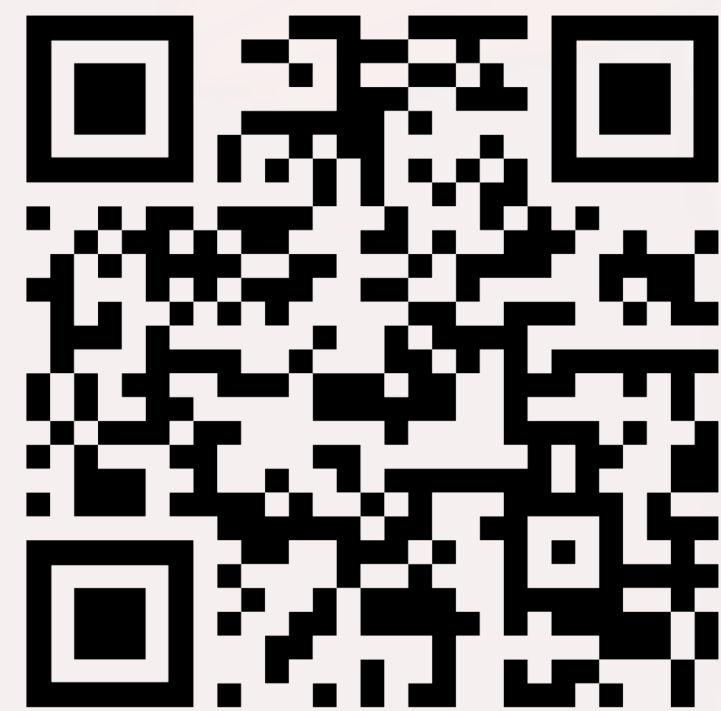
— Meghan Hammond, Project Manager, HundrED



**Want to help your
daughter manage her
period?**

Visit
padher.org/for/parent
for a comprehensive
parent guide

OR

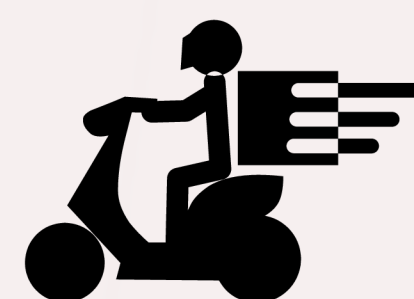


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