

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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Menstruation is a natural and healthy part of life. Approximately half of the female population is of reproductive age, accounting for around 26% of the global population. Every month, most girls have their period for three to seven days. Menstruation, as common as it is, is still stigmatized over the world.

Lack of knowledge about menstruation can lead to harmful beliefs and discrimination. It can also prevent girls from participating in regular childhood activities. Young girls are denied the opportunity to learn about menstruation and develop healthy behaviors due to stigma, taboos, and myths.

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

Periods are normal. Every girl gets them at some point in life, so it is nothing to be ashamed of or embarrassed about. 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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PROJECT AND RESEARCH ASSOCIATE: SHEILA OMONDI



meet the characters



AMANDA

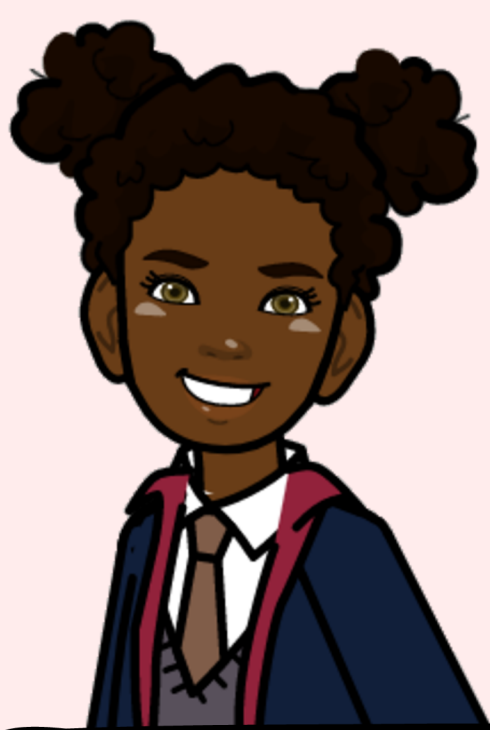
AMANDA IS THE MAIN CHARACTER OF THIS COMIC SERIES. SHE IS 12 YEARS OLD, AND SHE JUST GOT HER FIRST PERIOD. AMANDA'S FAVORITE SUBJECTS ARE MATH AND SCIENCE. AMANDA WANTS TO BE AN ENGINEER.



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.

JOSHUA IS INCLUDED IN "GIRLS ONLY" BECAUSE WE BELIEVE THAT BOYS SHOULD LEARN ABOUT PERIODS TOO. JOSHUA ASKS COMMON QUESTIONS BOYS ASK ABOUT PERIODS.



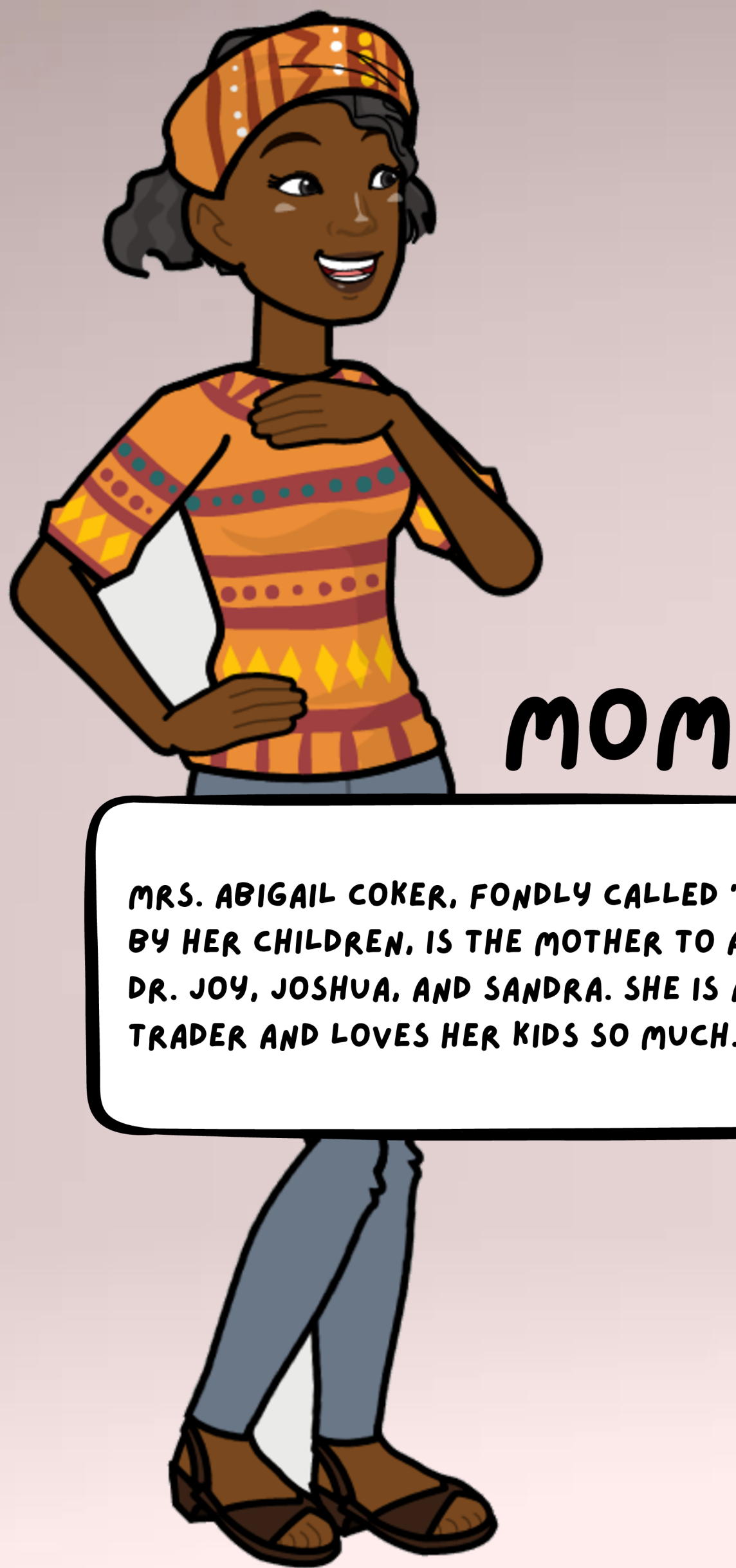
SANDRA

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.

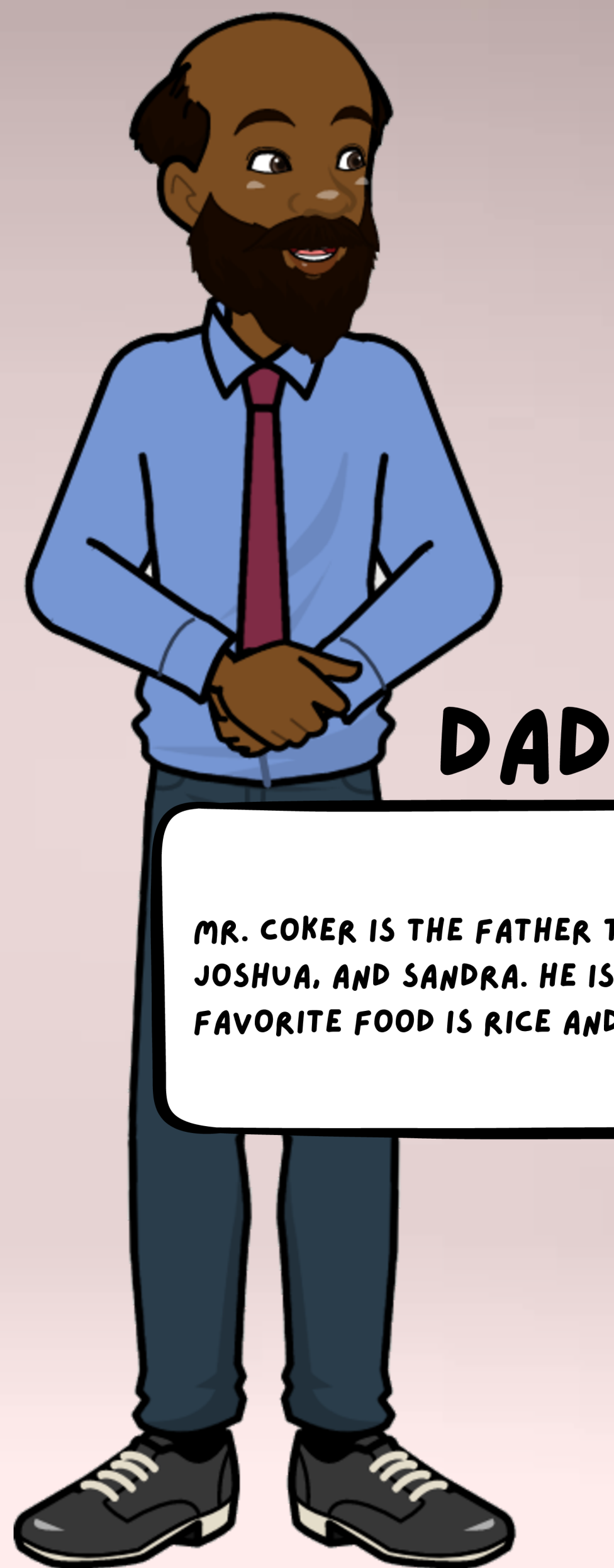


DR. JOY

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.



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.



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

"GIRLS ONLY" HELPED ME UNDERSTAND PERIODS BETTER.
— Beryl (10 years old, Nairobi)

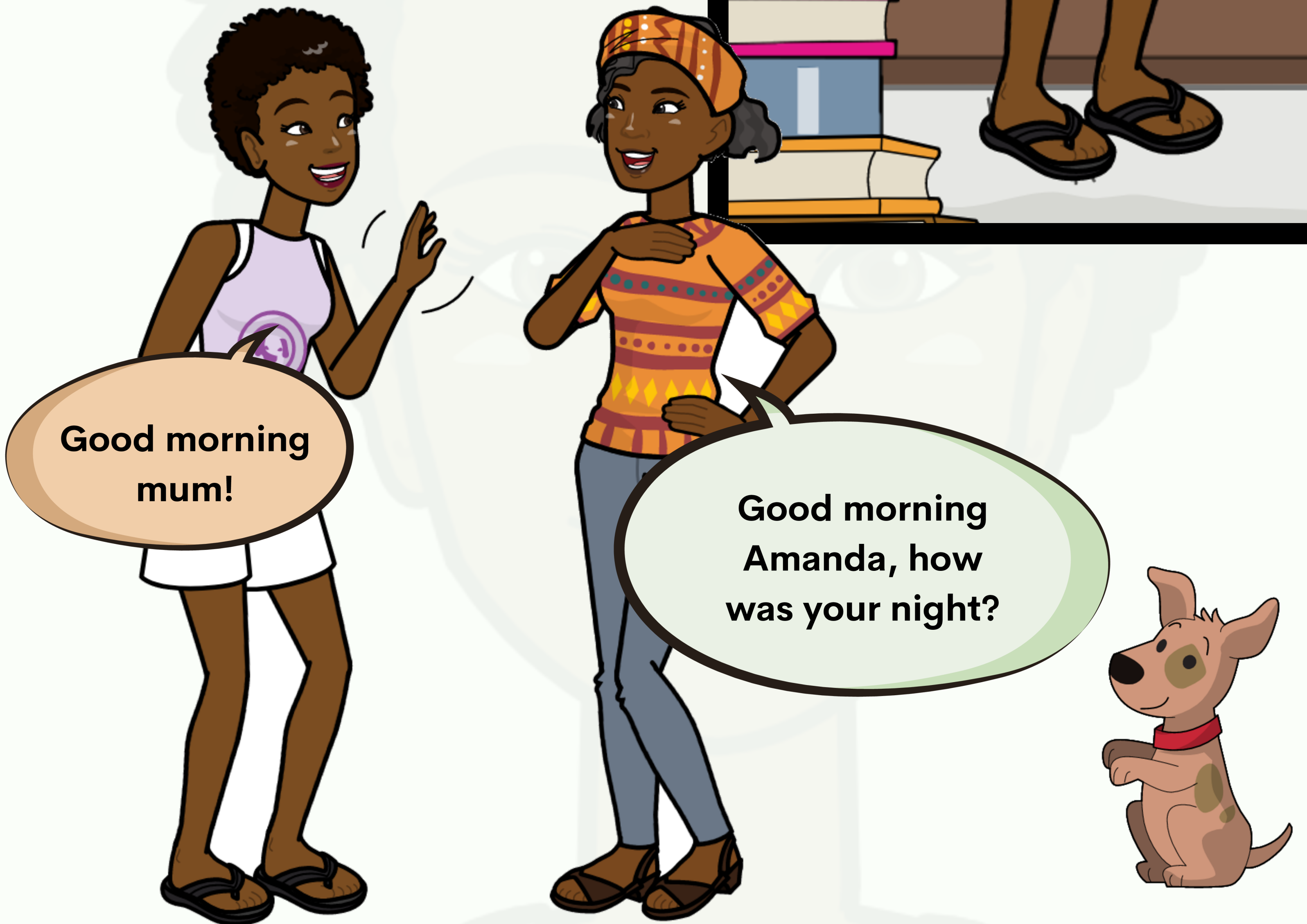
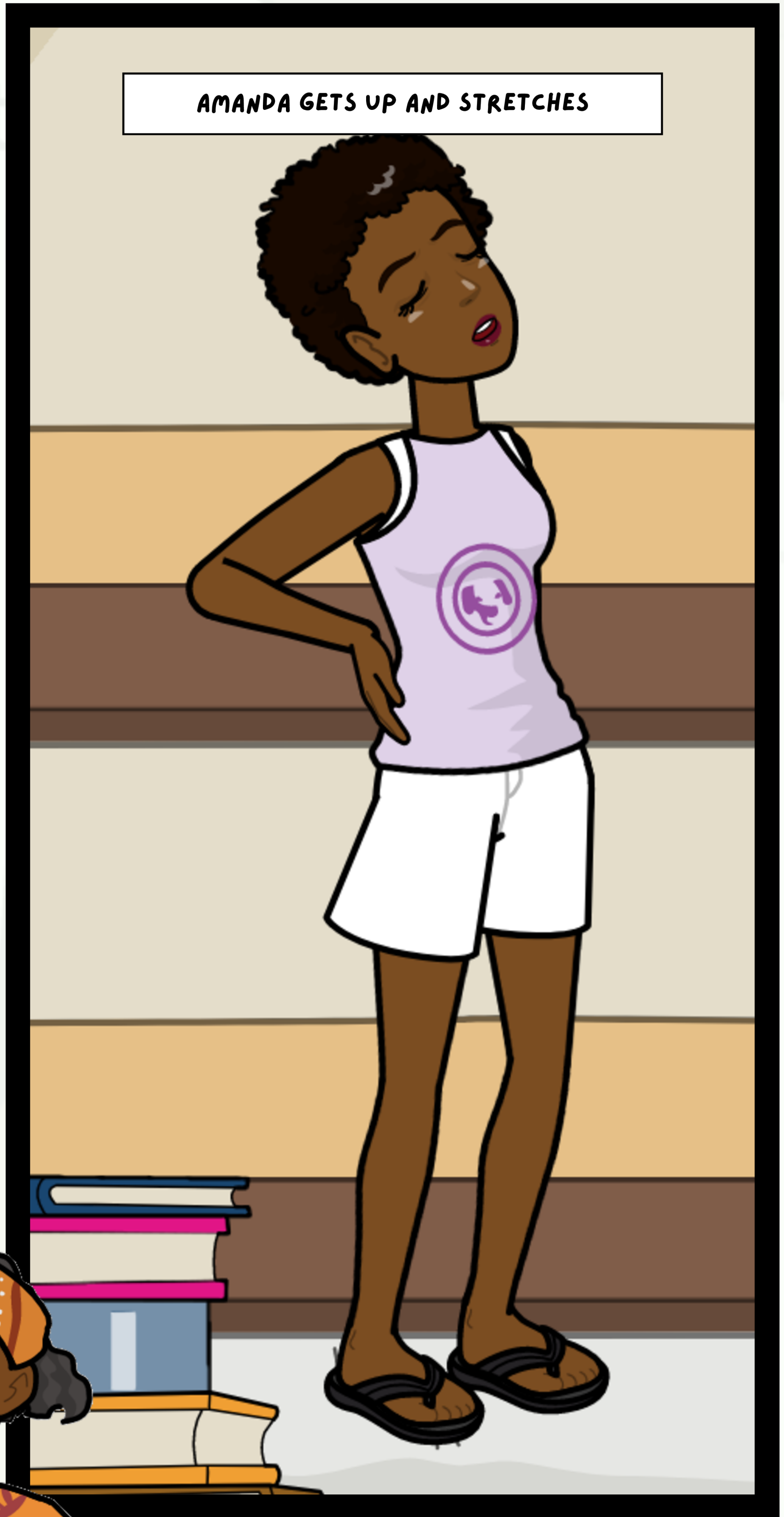
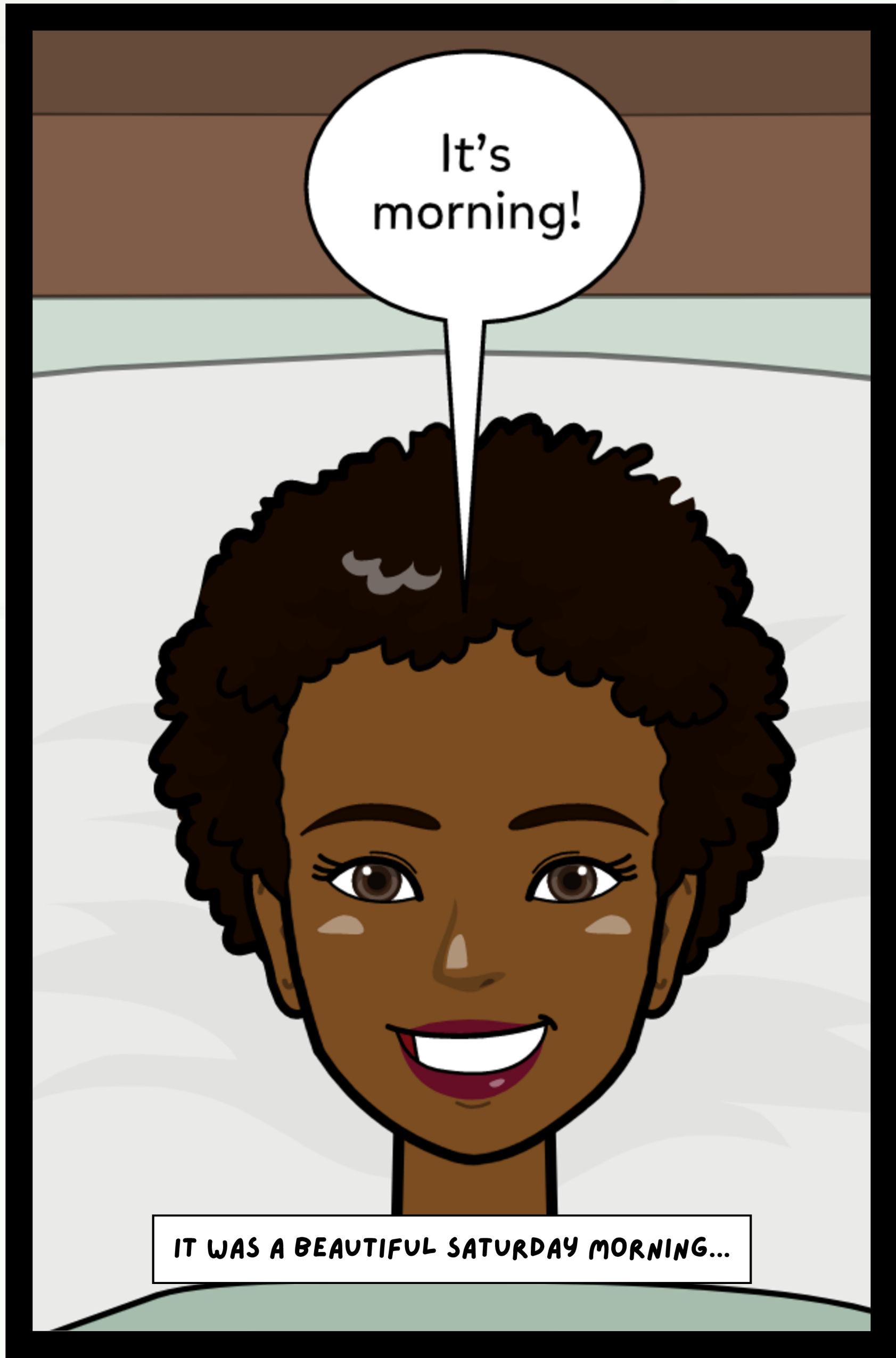


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This comic book is a work of fiction that may be based on some personal experiences.

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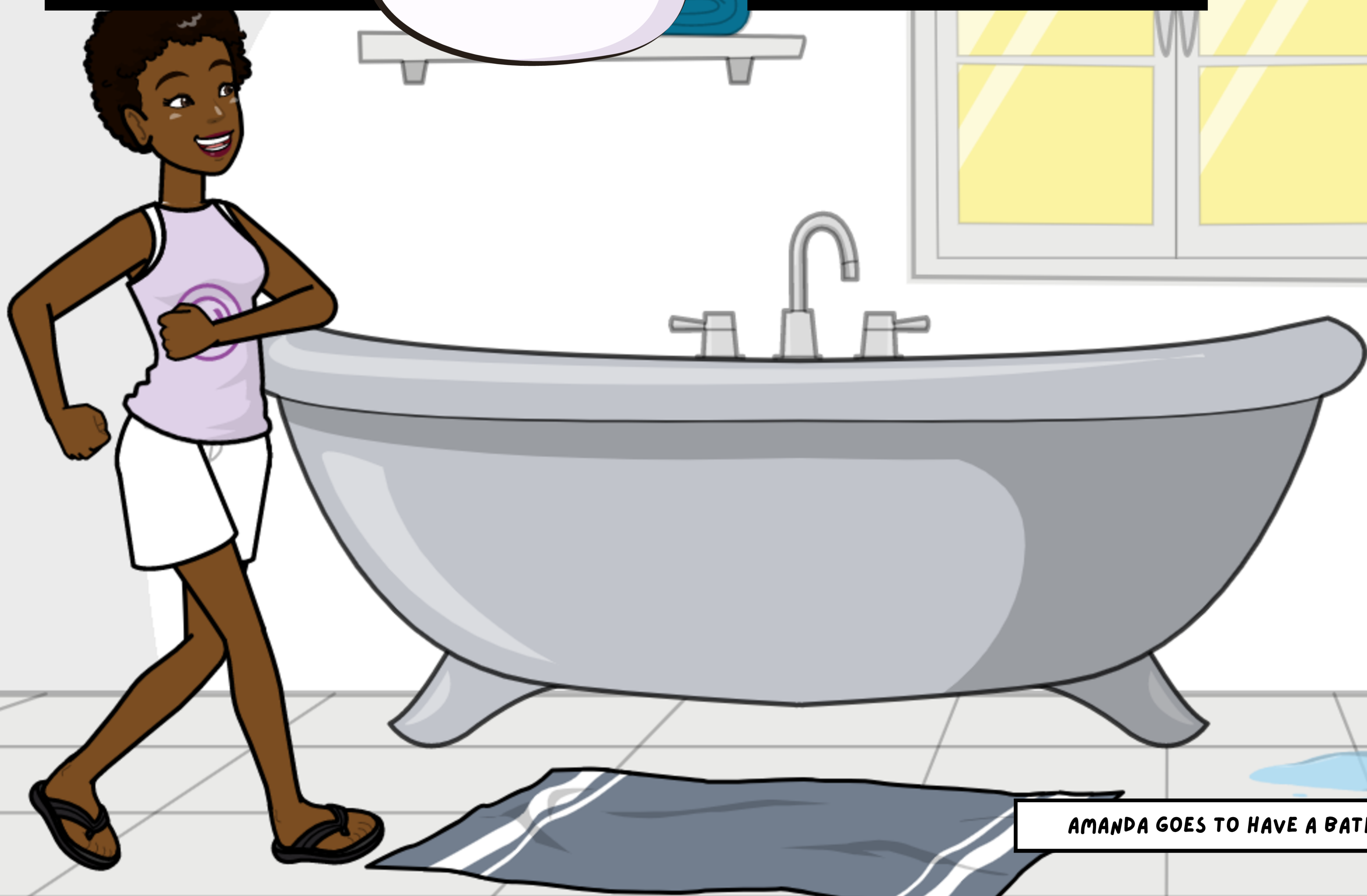
AMANDA REPLIES...

It was great,
Mum.

AMANDA'S MUM SAYS...

Breakfast is ready,
but first, go and
bathe.

Okay Mum



AMANDA GOES TO HAVE A BATH

AMANDA SHOWERS AND
MAKES HER WAY TO THE
LIVING ROOM...

Hey Sandra and Joshua,
you guys are already
eating. You love food!

Come and Eat!

AMANDA'S OLDER SISTER DR. JOY CAME VISITING, AND AMANDA WENT TO OPEN THE DOOR.

It's Big Sis!

AMANDA SAYS EXCITEDLY



How are you
Amanda, you are
growing very fast

I am great Big
Sis! Thank you.



THEY BOTH GO INSIDE...

How are you,
Sandra and
Joshua?

Great, Big
Sis!

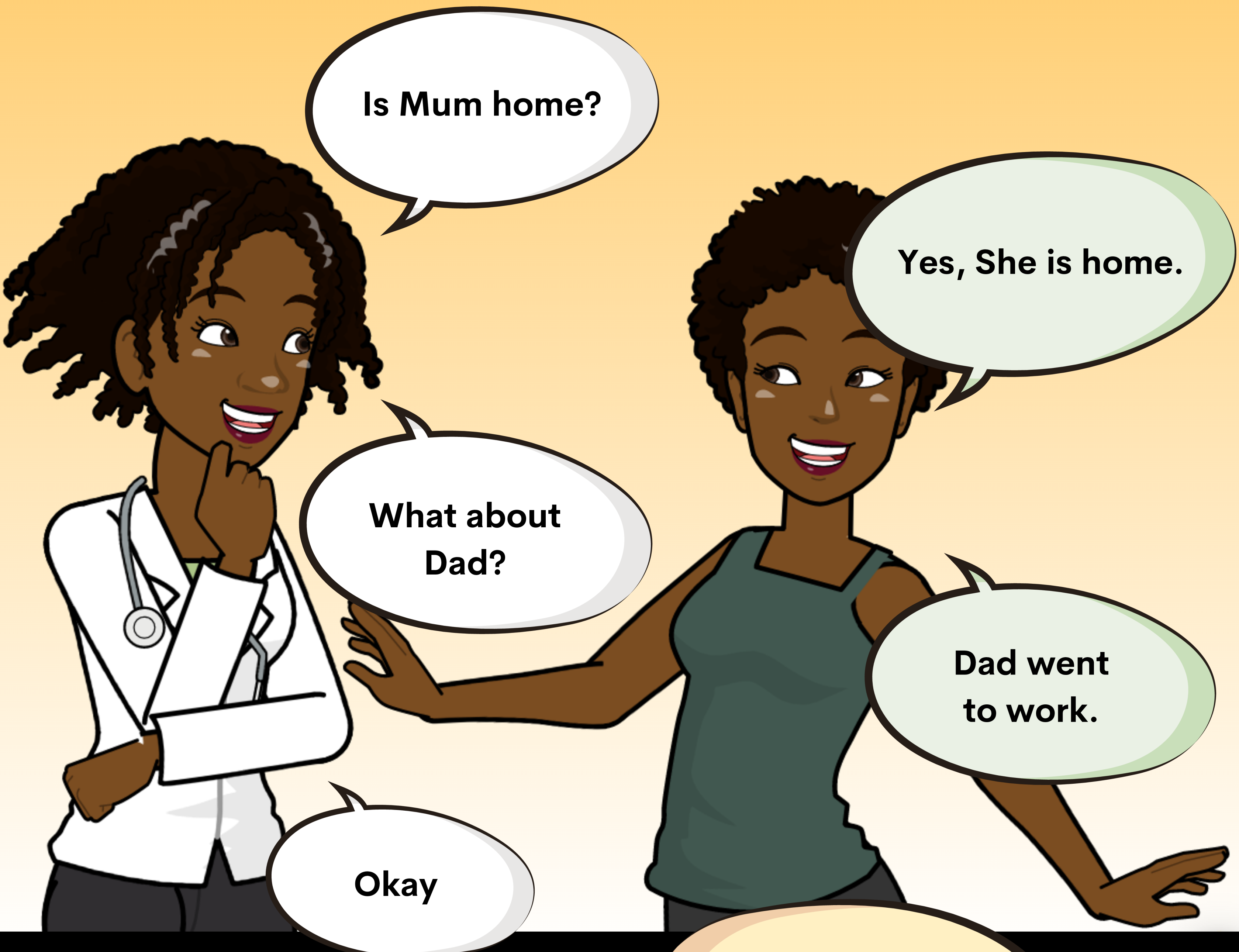
Great!



I am so happy to
hear that.

DR. JOY REPLIES...





Is Mum home?

Yes, She is home.

What about Dad?

Dad went to work.

Okay

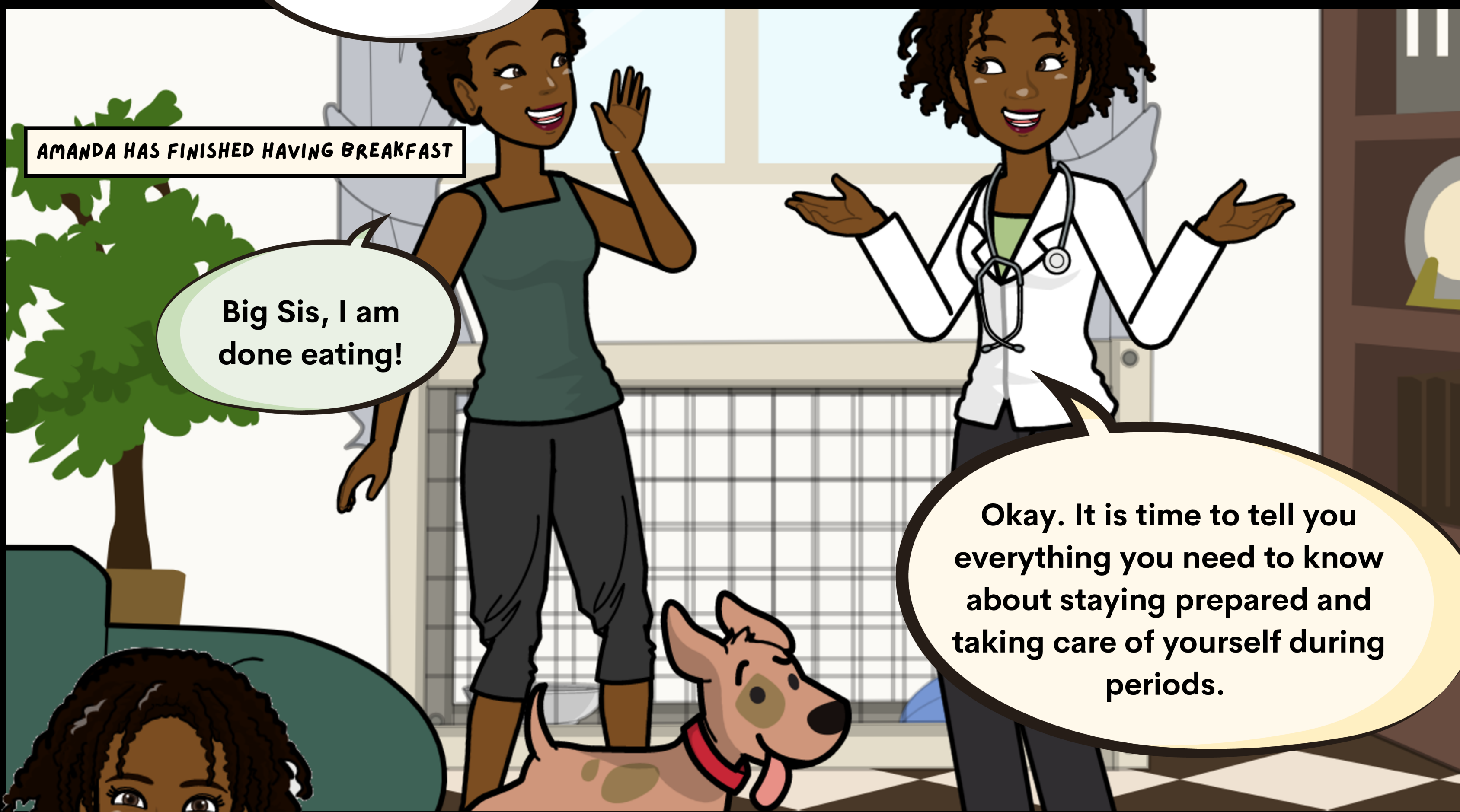


Joy, you are here. When did you get here?

Just a few minutes ago

Hope you are doing fine?

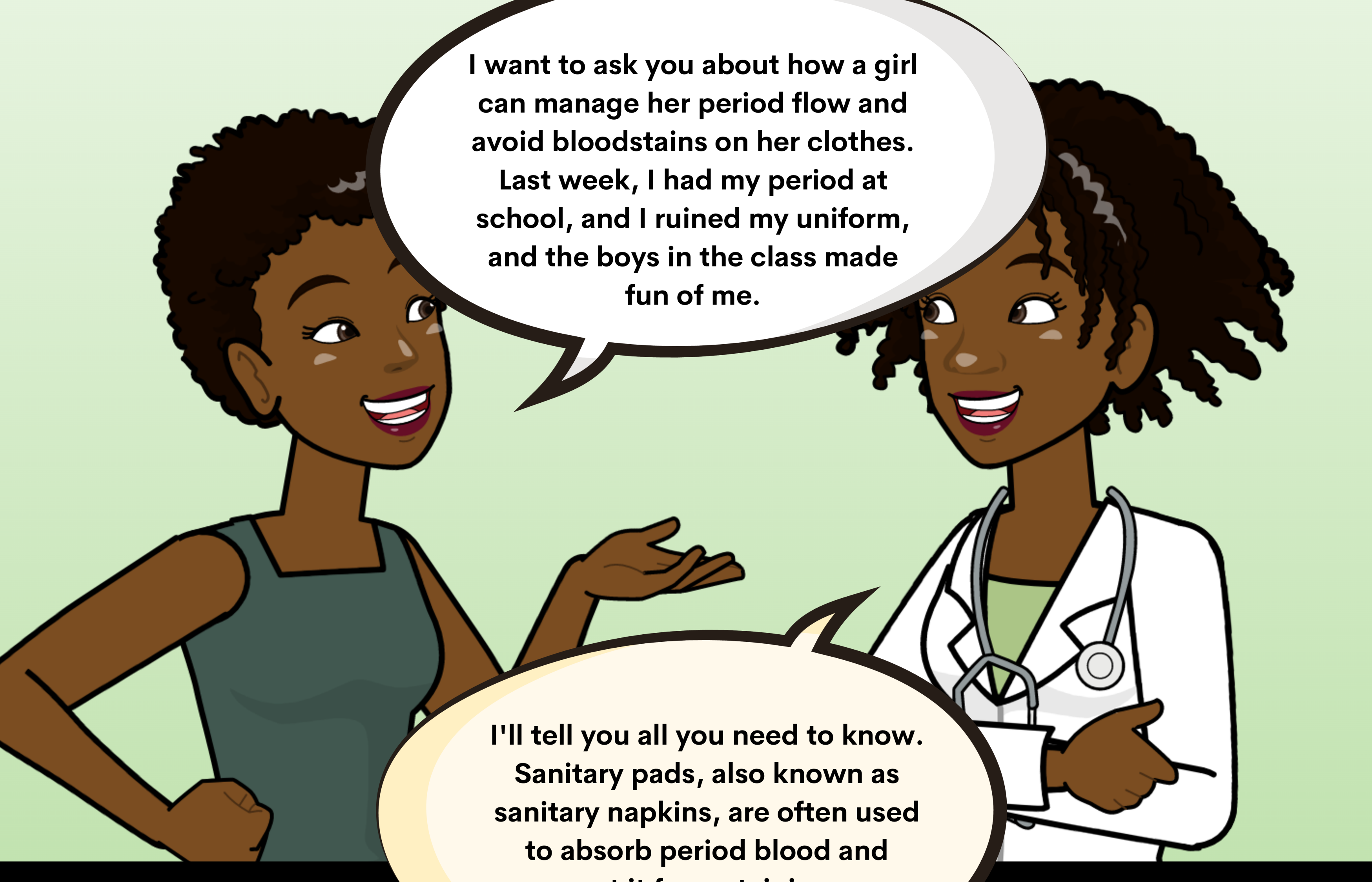
Yes, Mum. I am doing great.



**Ask
Dr. Joy**

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

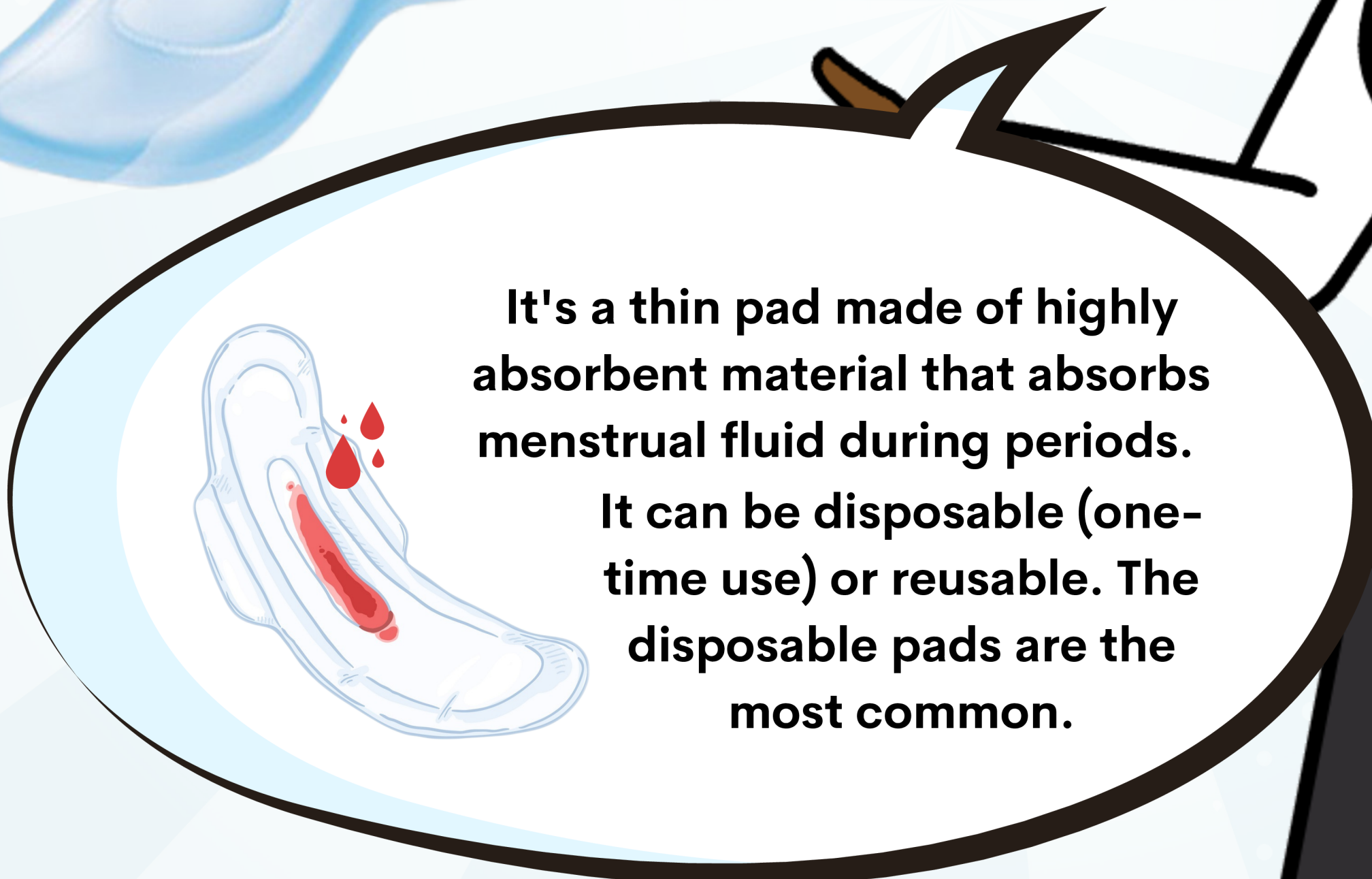
visit: padher.org/askdrjoy



I want to ask you about how a girl can manage her period flow and avoid bloodstains on her clothes. Last week, I had my period at school, and I ruined my uniform, and the boys in the class made fun of me.

I'll tell you all you need to know. Sanitary pads, also known as sanitary napkins, are often used to absorb period blood and prevent it from staining your clothes.

A SANITARY PAD LOOKS LIKE THIS



It's a thin pad made of highly absorbent material that absorbs menstrual fluid during periods. It can be disposable (one-time use) or reusable. The disposable pads are the most common.



HOW TO USE A PAD PROPERLY.

Big Sis! Please explain how to use a pad properly.

Sure Amanda, I will. When using a sanitary pad for the first time, it is a good idea to read the usage instructions on the packet of the sanitary pads to ensure that you are using the pads correctly.

You should also wash your hands thoroughly with soap and water before and after using a sanitary pad.

The absorbent middle part of the sanitary pad is worn between the underwear and the genitals, exactly covering the opening of the vagina.

I have always wanted to know how often we are expected to change our sanitary pads.



The absorbent middle part

CHANGING SANITARY PADS

That's a simple answer, as often as you need. To avoid the pad becoming overly soaked and leaking, you should change it every 6 hours or more frequently if needed.

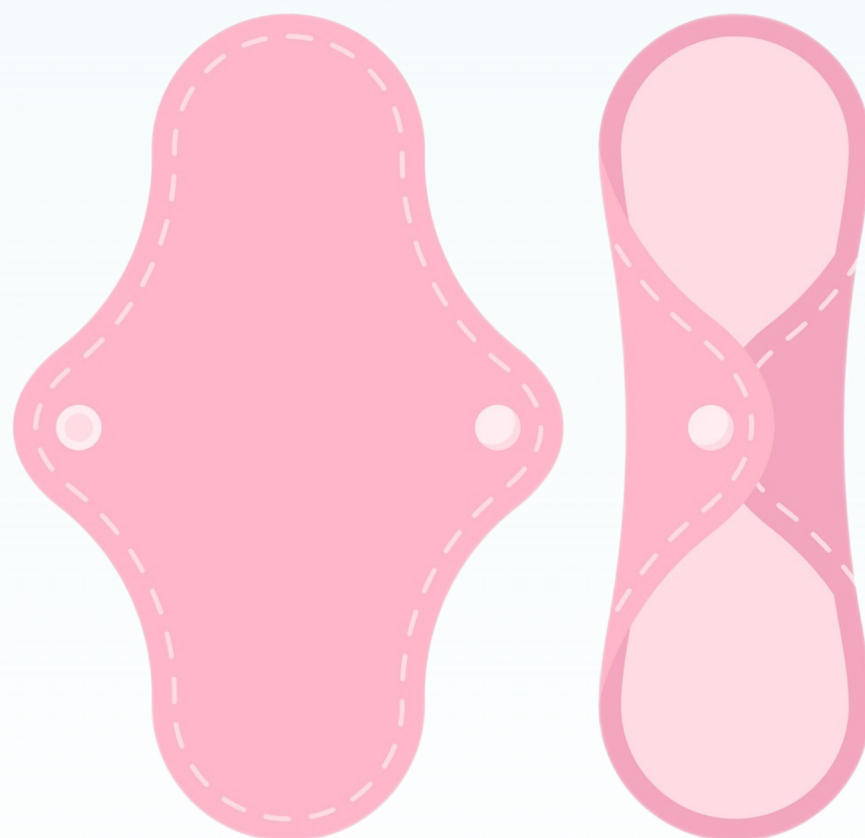
On the first day of your period, you may need to change pads more frequently because your flow is the heaviest on this day. Sanitary pads are available in a variety of sizes, shapes, and capacities to absorb menstrual fluid for both heavy and light flow.

AS A YOUNG GIRL, YOU MAY HAVE TO TRY OUT A VARIETY OF PADS BEFORE FINDING OUT WHICH ONE BEST SUITS YOUR NEED.

I had that some pads are reusable.

Yes, they are called cloth pads, and they can be washed and used repeatedly.

The majority of pads available in stores are disposable and only intended for single use.



REUSABLE PADS



WASHING REUSABLE PADS



1

RINSE OUT



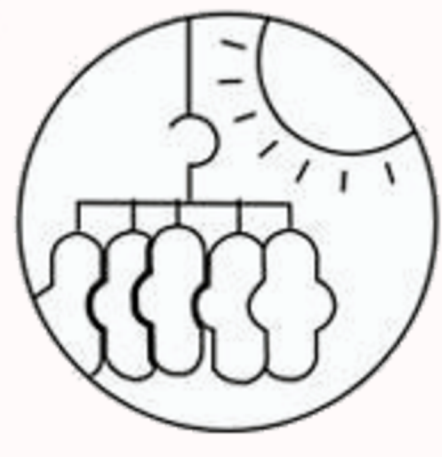
2

SOAK



3

SOAP



4

HANG DRY

1. RINSE OUT

Before washing used pads with soap or detergent, thoroughly rinse them to remove any blood. The key to stain-free cloth pad washing is to keep rinsing until the water runs clear.

2. SOAK

Soak pad in cold water for around 40 minutes. Soaking ensures that the menstrual blood is thoroughly removed. If the pad is badly stained, rinse the stained water and soak it in new water again.

3. SOAP

Cloth pads that have been rinsed can be now washed by hand, but make sure to use warm water. You only need a small amount of washing soap to get the job done.

4. HANG DRY

To avoid shrinkage, it is highly recommended that you air dry (dry under sunlight). We recommend drying under the sun because the UV rays in the sun are great natural disinfectants.

The reusable cotton pads must be rinsed and soaked in cold water immediately after each use to prevent stains from setting in.

The pad is washed afterward with soap and then hung to dry under the sun, as the UV rays in the sun are great natural disinfectants.

QUICK FACT: Grocery stores, convenience stores, drug stores, and retail stores are the most common places to buy sanitary pads.

DISPOSING SANITARY PADS



It is important to not only learn how to use a sanitary pad but also how to properly dispose of it.

To dispose of used sanitary pads, wrap them in newspaper or waste paper, and place them in a waste bin. Cover the waste bin with a lid, and remember to wash your hands afterward.


**ALWAYS
REMEMBER TO
COVER THE
WASTE BIN**



COVERING THE WASTE BIN KEEPS THE FOUL SMELL FROM SPREADING IN THE HOUSE AND PREVENT THE SPREAD OF DISEASES BY FLIES OR OTHER INSECTS. DISPOSE OF THE GARBAGE IN THE WASTE BIN AS SOON AS POSSIBLE. SANITARY PADS SHOULD NEVER BE FLUSHED DOWN THE TOILET.

FLUSHING SANITARY PADS DOWN THE TOILET MAY QUICKLY BLOCK THE DRAINAGE SYSTEM, RESULTING IN TOILET FLOODING.

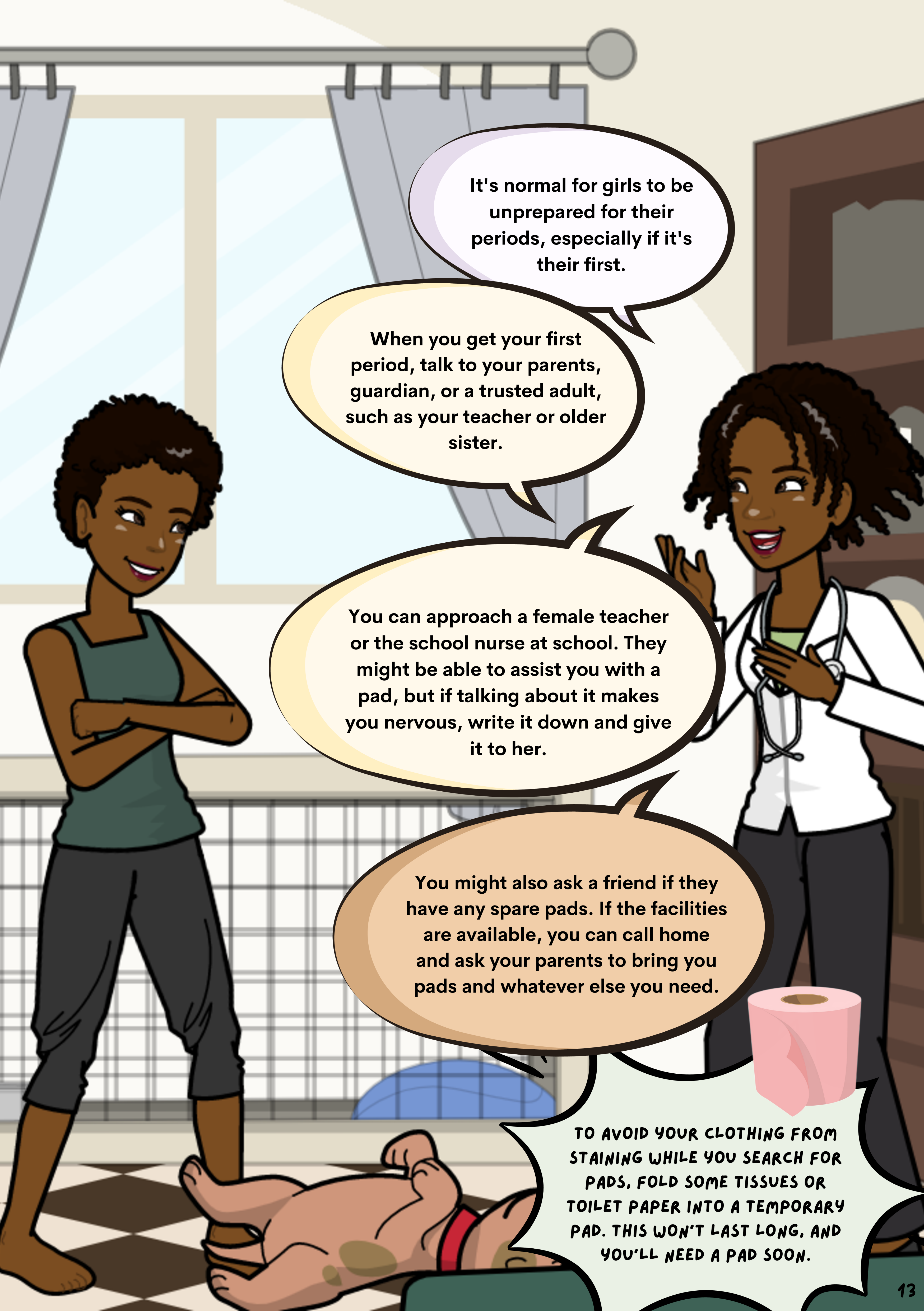
GETTING PERIODS IN SCHOOL

An illustration featuring a female doctor with dark skin and curly hair, wearing a white lab coat and a stethoscope, standing on the right. She is talking to a female student with dark skin and short curly hair, wearing a green tank top and grey pants, on the left. The student is smiling and has her hand on her hip. A red backpack is shown on the ground between them, with a red arrow pointing into it from a speech bubble. A blue and white pad is also shown next to the backpack. The background is a solid light purple color.

Staying prepared is the best way to manage your periods. You can stay prepared by tracking your menstrual cycle using a calendar, which can help you predict your next period and be ready with additional pads in your school bag at all times.

During your periods, you can also wear dark-colored clothing. Wearing dark-colored clothing during your period will come in handy if you bleed accidentally since it will be unnoticeable.

KEEP YOUR PADS IN YOUR BACKPACK AT LEAST 2-3 DAYS BEFORE YOUR EXPECTED PERIOD.



It's normal for girls to be unprepared for their periods, especially if it's their first.

When you get your first period, talk to your parents, guardian, or a trusted adult, such as your teacher or older sister.

You can approach a female teacher or the school nurse at school. They might be able to assist you with a pad, but if talking about it makes you nervous, write it down and give it to her.

You might also ask a friend if they have any spare pads. If the facilities are available, you can call home and ask your parents to bring you pads and whatever else you need.

TO AVOID YOUR CLOTHING FROM STAINING WHILE YOU SEARCH FOR PADS, FOLD SOME TISSUES OR TOILET PAPER INTO A TEMPORARY PAD. THIS WON'T LAST LONG, AND YOU'LL NEED A PAD SOON.

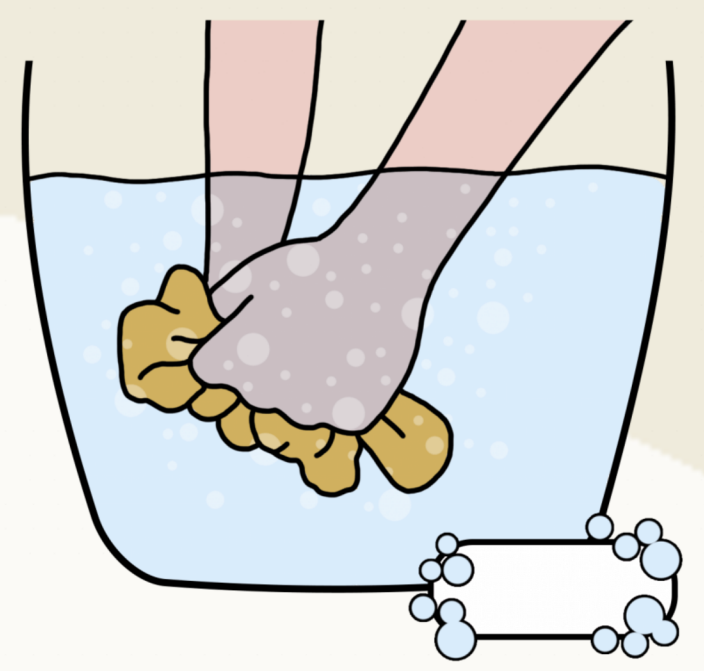
Though periods could cause a bit of inconvenience, you should never miss school because of it.

Big Sis! I get so embarrassed when blood leaks through my dress, and I get a spot.

SAYS AMANDA...

That is normal. It happens to almost every girl at some time, and there is absolutely nothing to be ashamed of.

IF BLOOD LEAKS THROUGH YOUR CLOTH, CHANGE AS SOON AS POSSIBLE AND RINSE THE STAINED CLOTH IN COLD WATER




If blood leaks through your cloth, change as soon as possible and rinse the stained cloth in cold water.

If you are not able to change your cloth immediately and you have a jacket or sweater with you, wrap it around your waist to hide the stain.

Wearing a dark-colored dress during your period helps make the spot much less visible, but you should still be cautious.

DR. JOY EXPLAINS...



Always keep track of
your periods and have a
spare pad in your bag.

What about taking a shower
during your period? I heard
you shouldn't shower during
your period, is this true?

Amanda, that's a myth. Taking a
shower and other hygienic
practices are essential during
periods.

1

TAKE A SHOWER AT LEAST ONCE DAILY

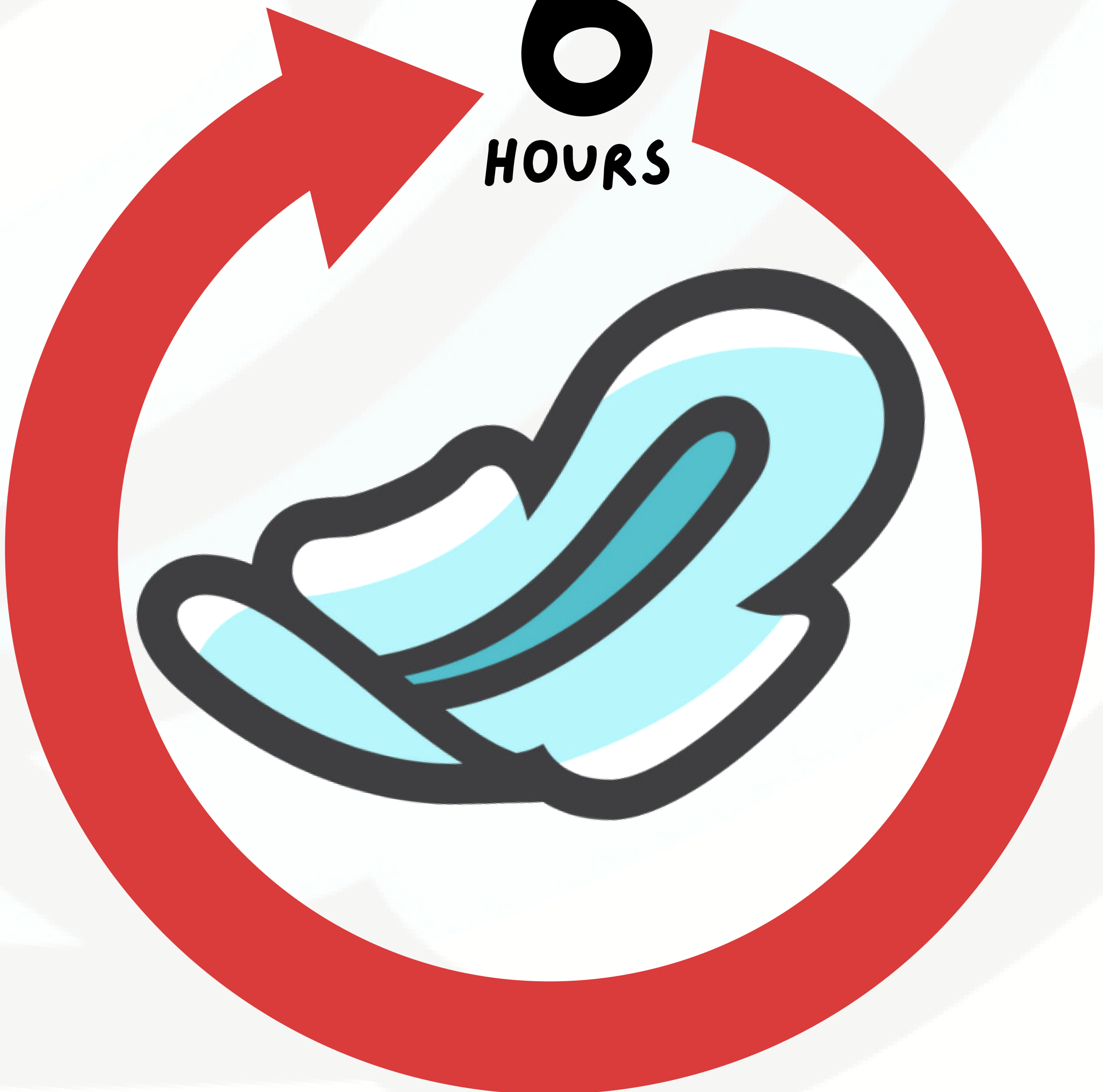
BATHE AT LEAST ONCE A DAY WHEN YOU'RE ON YOUR PERIOD. WHILE MENSTRUATING, IT'S CRITICAL TO KEEP YOUR VAGINA CLEAN, AS THE INCREASED GERMS CAN LEAD TO DISEASES LIKE A URINARY TRACT INFECTION OR PELVIC INFLAMMATORY DISEASE.



2

CHANGE YOUR PADS EVERY 6 HOURS AT THE VERY LEAST, AND WASH YOUR HANDS PROPERLY BEFORE AND AFTER EACH USE.

6
HOURS



3

**CLEAN CLOTHING AND
UNDERWEAR ARE ESSENTIAL AND
SHOULD BE CHANGED
REGULARLY.**



4

**AFTER USING THE
RESTROOM, WASH YOUR
GENITAL AREA WITH PLAIN
WATER.**



**Keep the area
between your legs as
dry as possible.**

5


**INSIDE THE VAGINA,
AVOID USING ANY
CLEANING AGENTS SUCH
AS SOAP OR DEODORANT.**



The vagina maintains an ecosystem of healthy bacteria that helps it keep itself clean, and your menstrual fluid is what sweeps away anything unwanted.

Wow!

RUFF!

An illustration featuring a female doctor with dark skin and curly hair, wearing a white lab coat and a stethoscope, gesturing with her hand. She is talking to a young girl with dark skin and short curly hair, who is wearing a grey tank top. A third character, a young girl with dark skin wearing a red baseball cap and a blue hoodie, is shown from the chest up at the bottom center, looking up. The background is a solid yellow color.

The more you understand your body, the more confident you will become. I encourage you to explore your body and seek answers to your questions, and always assist others during their periods.

Okay, Big Sis!

I have to go now.
I will be back next week
to tell you more about
periods.

**Want to know more
about Periods?**

VISIT

www.padher.org/for/girls

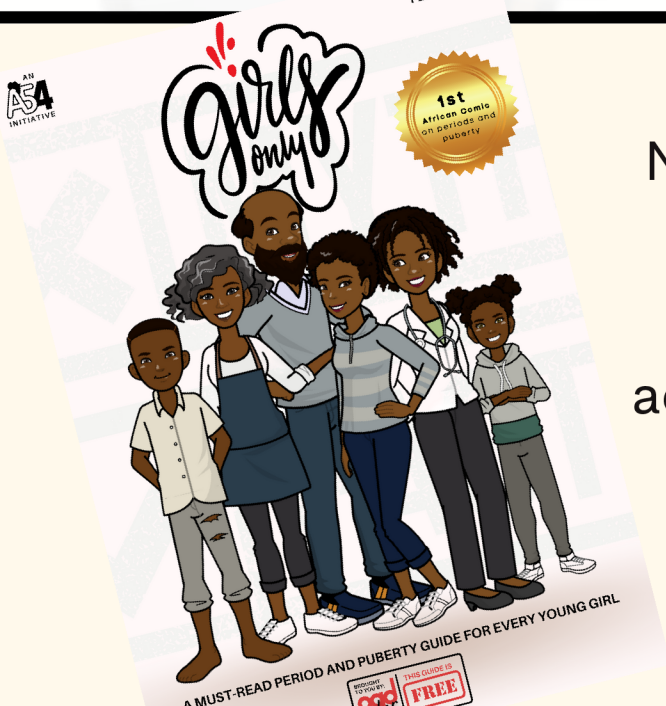
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 **ON THE
NEXT
ISSUE!**



Next month, Girls Only will return with an all-exciting new issue titled **Debunking Period Myths.**

In the upcoming issue, Dr. Joy debunks period myths and provides accurate answers to some of the most common period misconceptions.

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...**

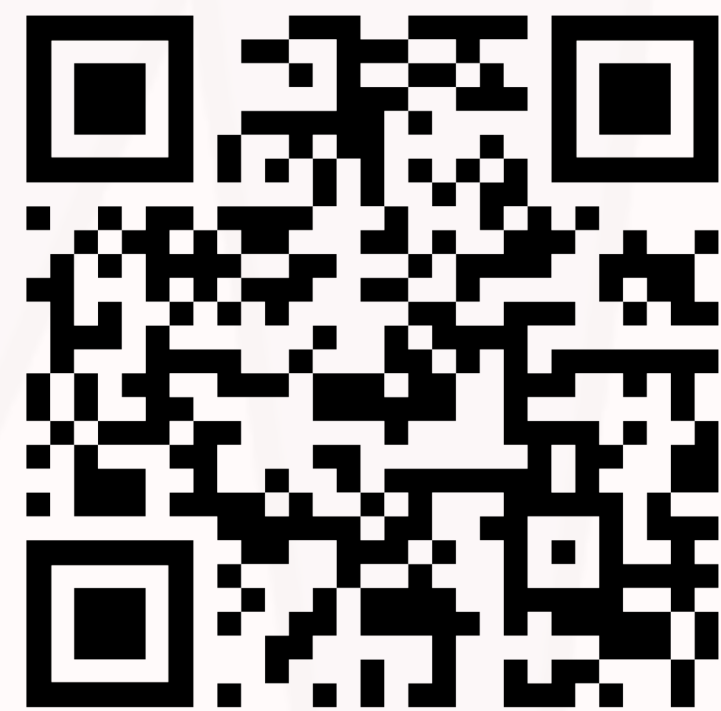
— Meghan Hammond, Project Manager, HundrED



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

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

OR

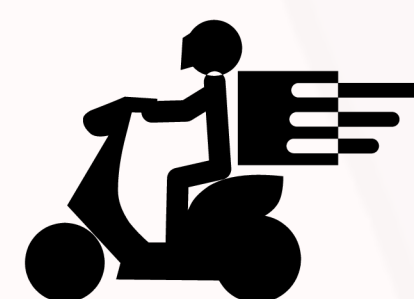


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