



Girls only

Selected for
hundrED
2023
Global Collection



A MUST-READ SEXUAL AND REPRODUCTIVE HEALTH AND RIGHTS
GUIDE FOR EVERY YOUNG GIRL

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.



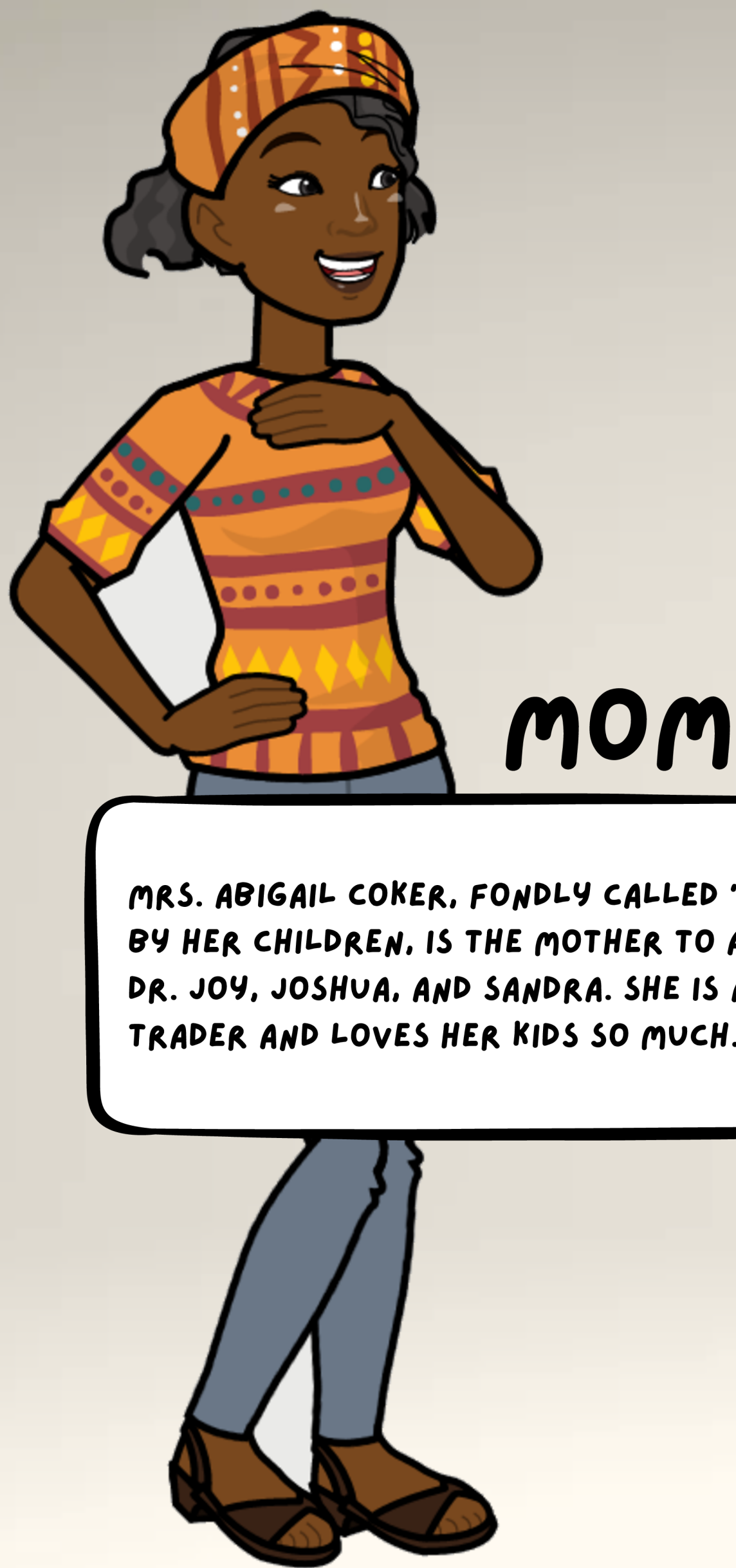
SANDRA

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.

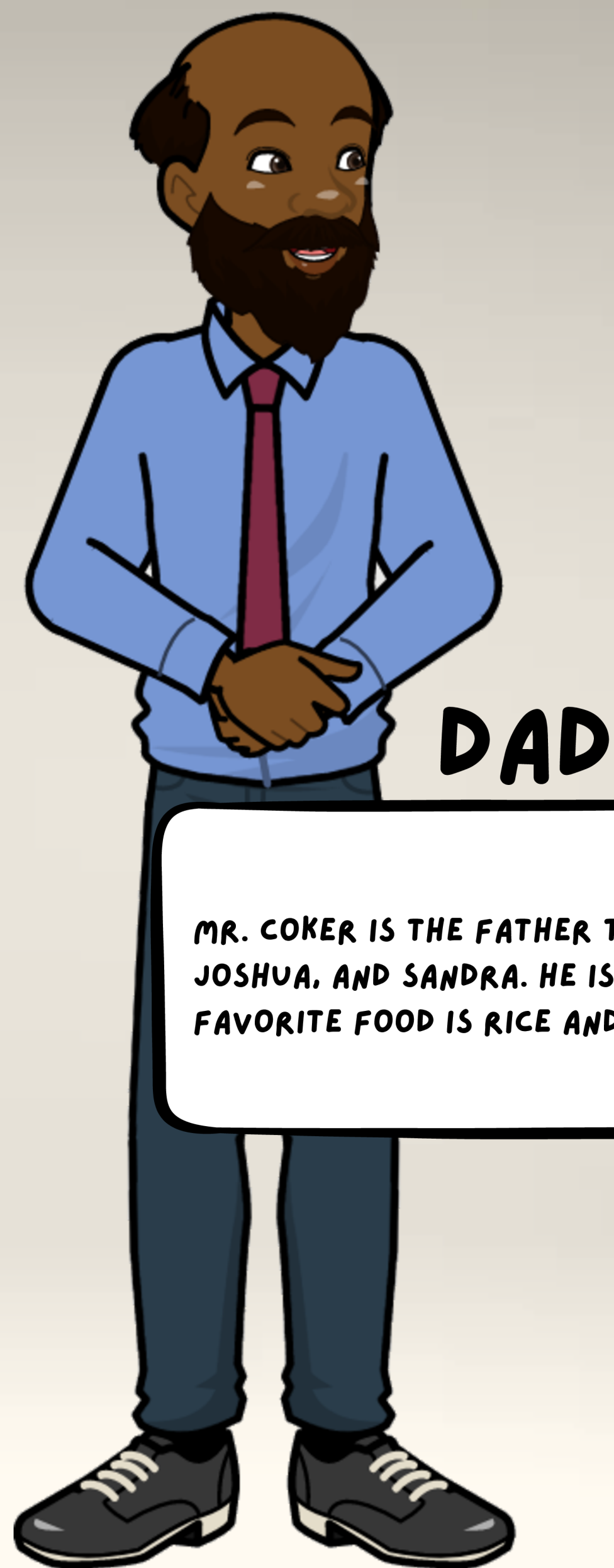


DR. JOY

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.



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.

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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**AT
SCHOOL...**

Remember what I told you last week about the senior who had an STI that I overheard a bunch of seniors talking about?

Yes, I remember, Kemi!

I just found out it is HIV, and she got it from a wealthy older man who gave her lots of gifts and money. I even heard she is pregnant, and the baby may be born with HIV too!

Oh! That must be scary for her

Yes, Amanda, she hasn't been in school since she discovered she had HIV. Many people are saying she is going to die because HIV is deadly.

Oh my!

AMANDA SAYS...

I feel sorry for her.
One can not imagine
what she is going
through.

AMANDA SAYS...

I am home!

Welcome home,
Amanda!

Guess who
came to visit?

Big Sis!

Amanda!
I have missed
you so much!

I have missed you
a lot too, Big Sis!
There is a lot I want
to ask you.

HABA!

How is school, Amanda?

School is fine,
Big Sis!

Earlier today, I learned from a friend that the senior I had mentioned to you who had an STI had gotten it from sleeping with an older man.

DR. JOY REPLIES...

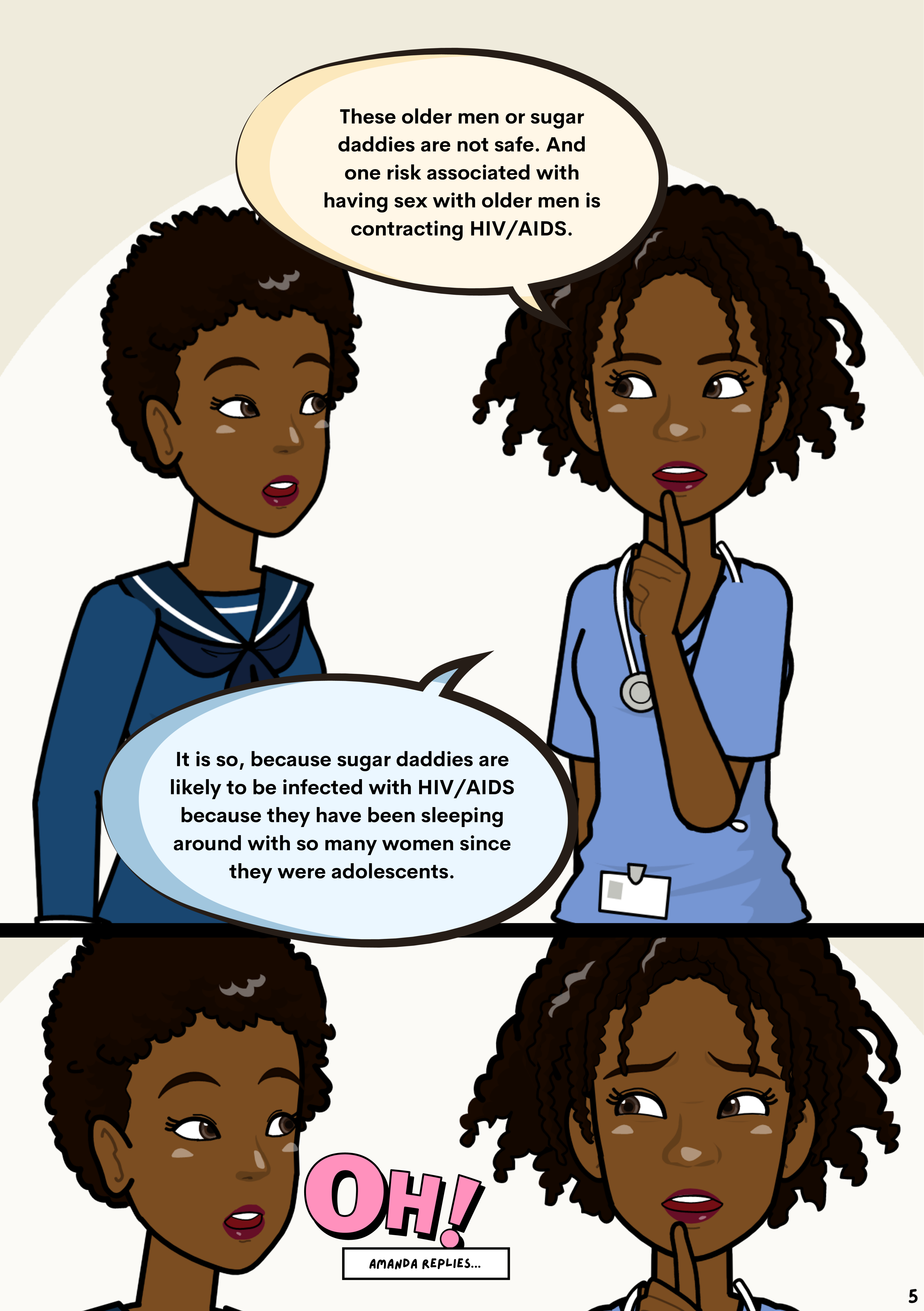
OH!!



Many girls go out with older men because of the money and the gifts they receive from the sugar daddies.



These girls who go with sugar daddies also go around with the young boys their age.

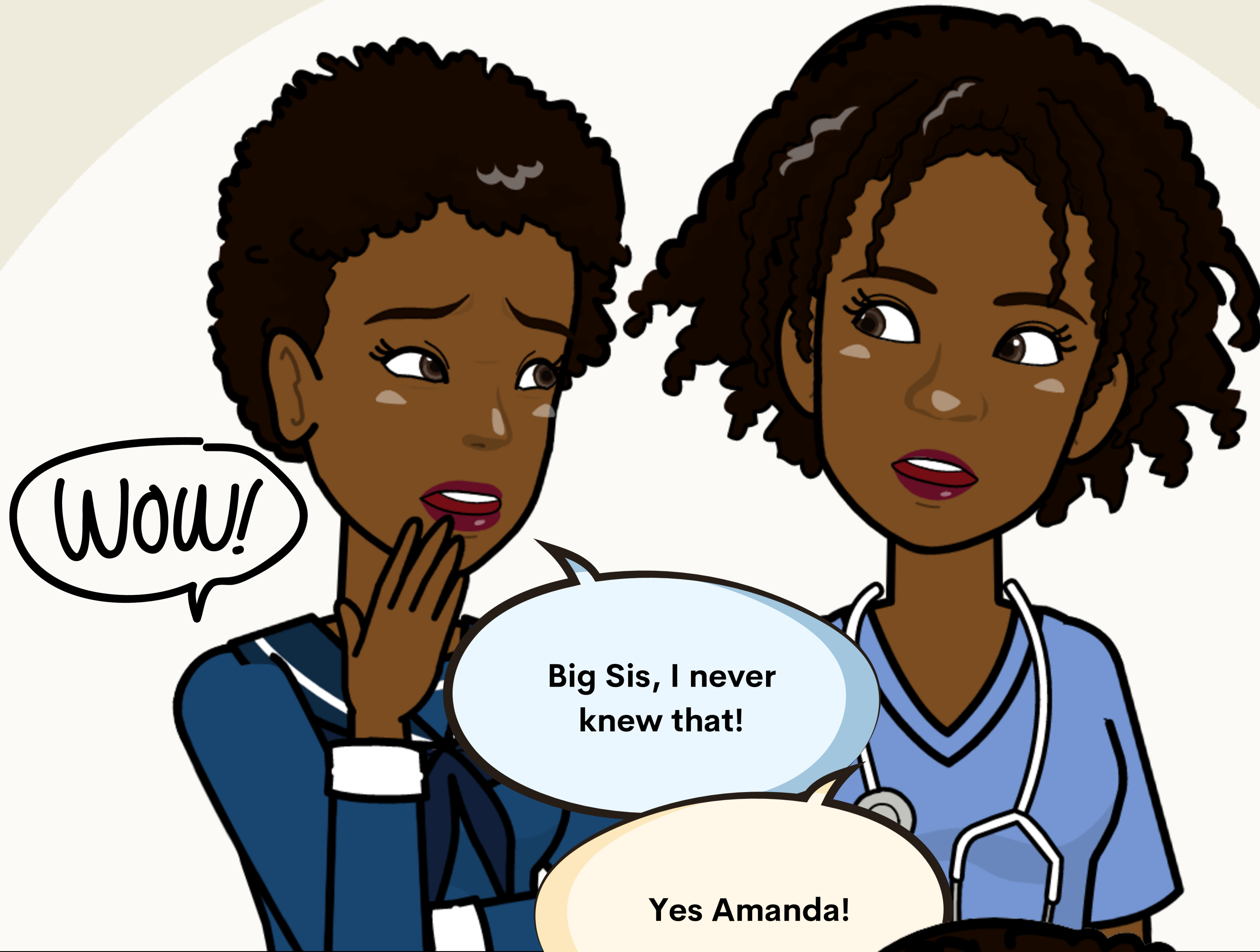


These older men or sugar daddies are not safe. And one risk associated with having sex with older men is contracting HIV/AIDS.

It is so, because sugar daddies are likely to be infected with HIV/AIDS because they have been sleeping around with so many women since they were adolescents.

OH!

AMANDA REPLIES...



Wow!

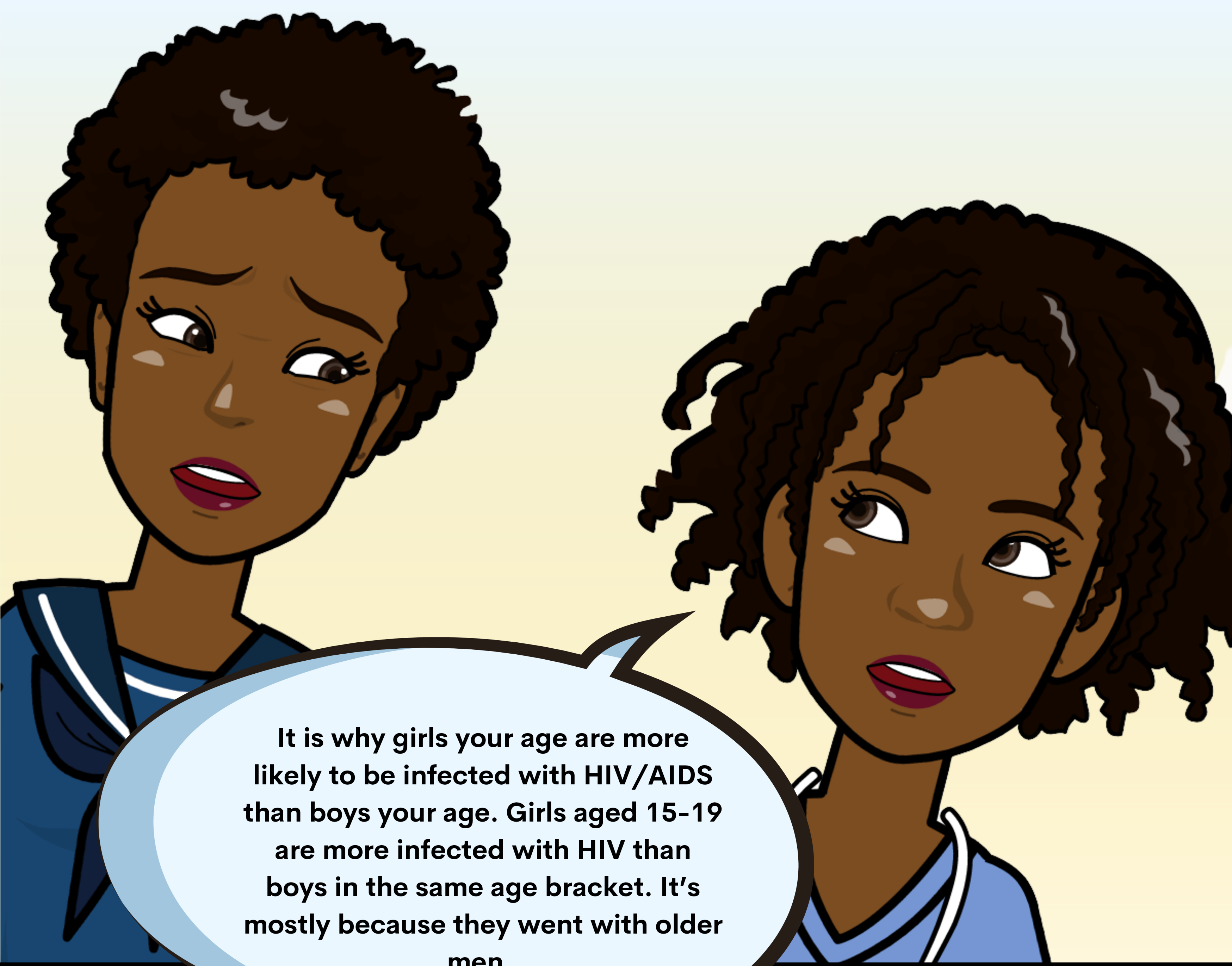
Big Sis, I never knew that!

Yes Amanda!

Indeed, Amanda! Sugar daddies are very much at risk of being infected with HIV or any other STIs, and because they have a lot of money to attract young girls, a lot of young girls get infected with HIV through this.

These girls then go with the boys their age and infect them too. It's a vicious circle, where the old generation is infecting the young generation.



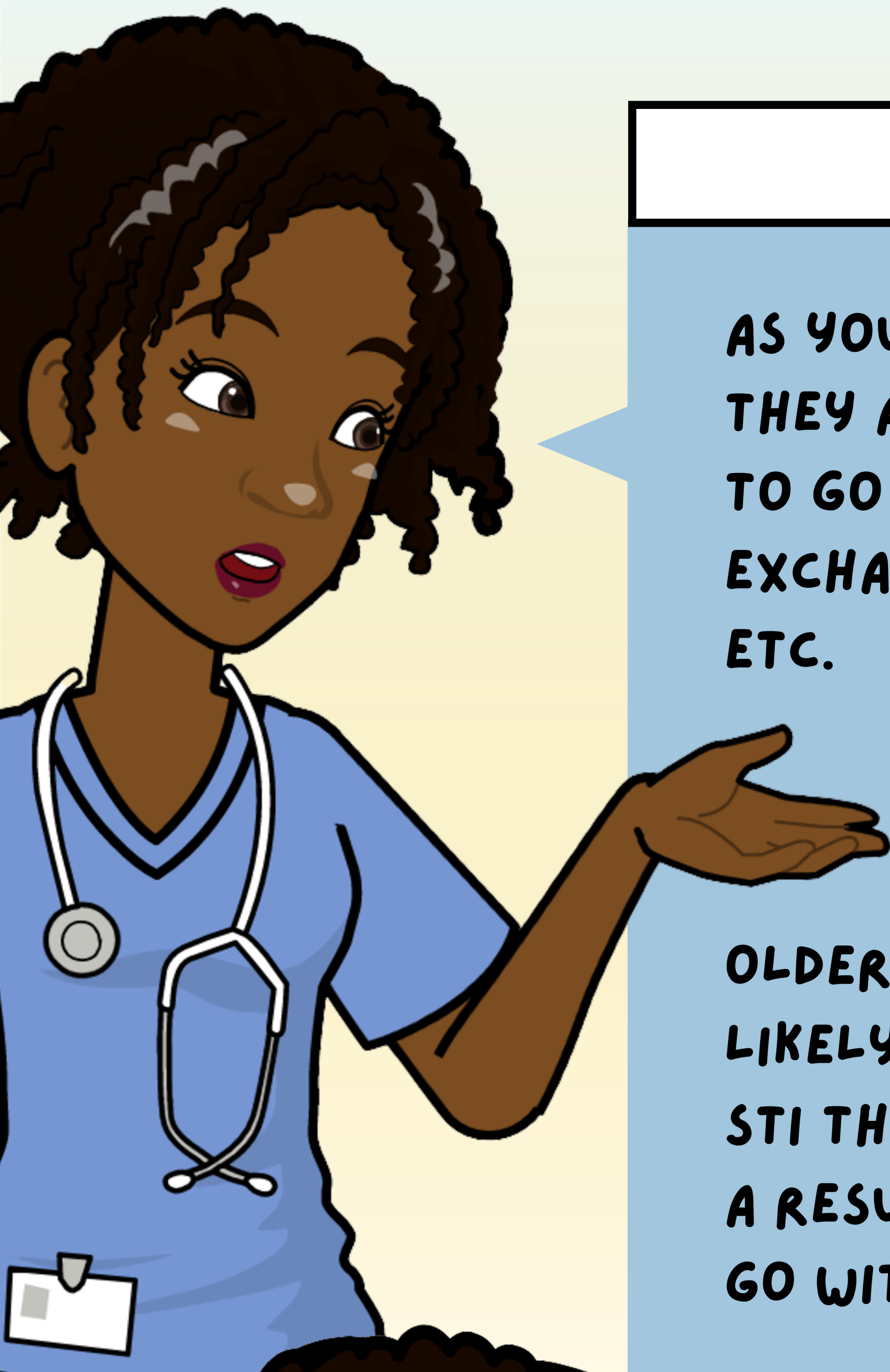


It is why girls your age are more likely to be infected with HIV/AIDS than boys your age. Girls aged 15-19 are more infected with HIV than boys in the same age bracket. It's mostly because they went with older men.

If these girls had gone with the young boys, even though they do not have money, they would have been much less risky at contracting HIV.

But because they went with older men, they are very much at risk. The young girls get infected, and then infect the boys too.





KEY TAKEAWAYS

AS YOUNG GIRLS GET OLDER, THEY ARE EVEN MORE TEMPTED TO GO WITH OLDER MEN IN EXCHANGE FOR GIFTS, MONEY, ETC.

OLDER MEN ARE MUCH MORE LIKELY TO BE INFECTED WITH AN STI THAN YOUNG BOYS, AND AS A RESULT, GIRLS SHOULD NOT GO WITH OLDER MEN.



IMPORTANT

YOUNG GIRLS ARE MUCH MORE LIKELY THAN BOYS THEIR AGE TO CONTRACT AN STI LIKE HIV SINCE THEY TEND TO GO WITH OLDER MEN.

AVOID OLDER MEN, KEEP YOURSELF SAFE, TO STAY HIV-FREE. IT IS ALWAYS BETTER TO GO WITH BOYS YOUR AGE. REMEMBER THAT YOUR BODY BELONGS TO YOU, AND NO ONE, NOT EVEN POVERTY, HAS THE RIGHT TO YOUR BODY.



Thank you so much,
Big Sis! It has been
very enlightening.

You're welcome,
Amanda.

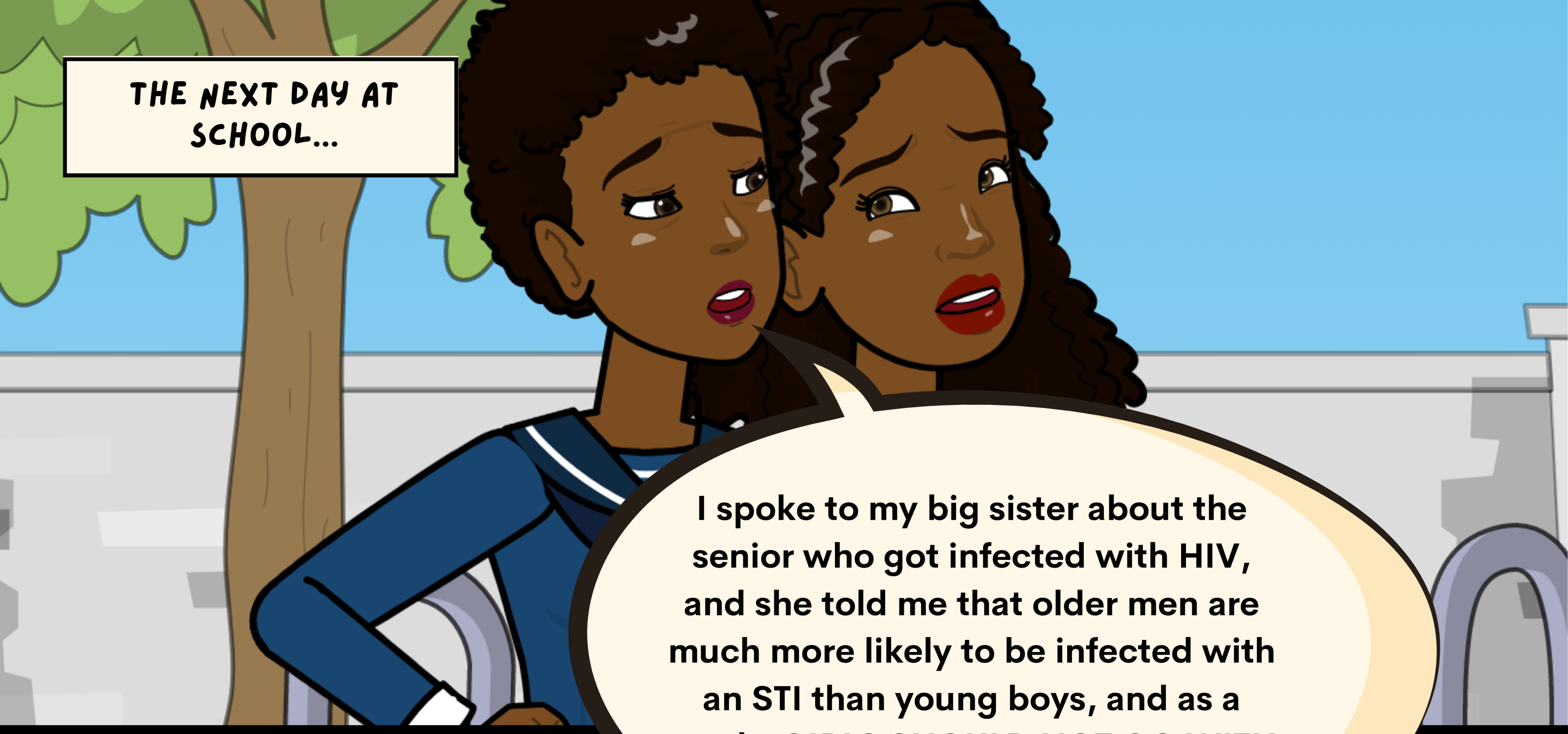


Now go and freshen
up and have your
lunch.

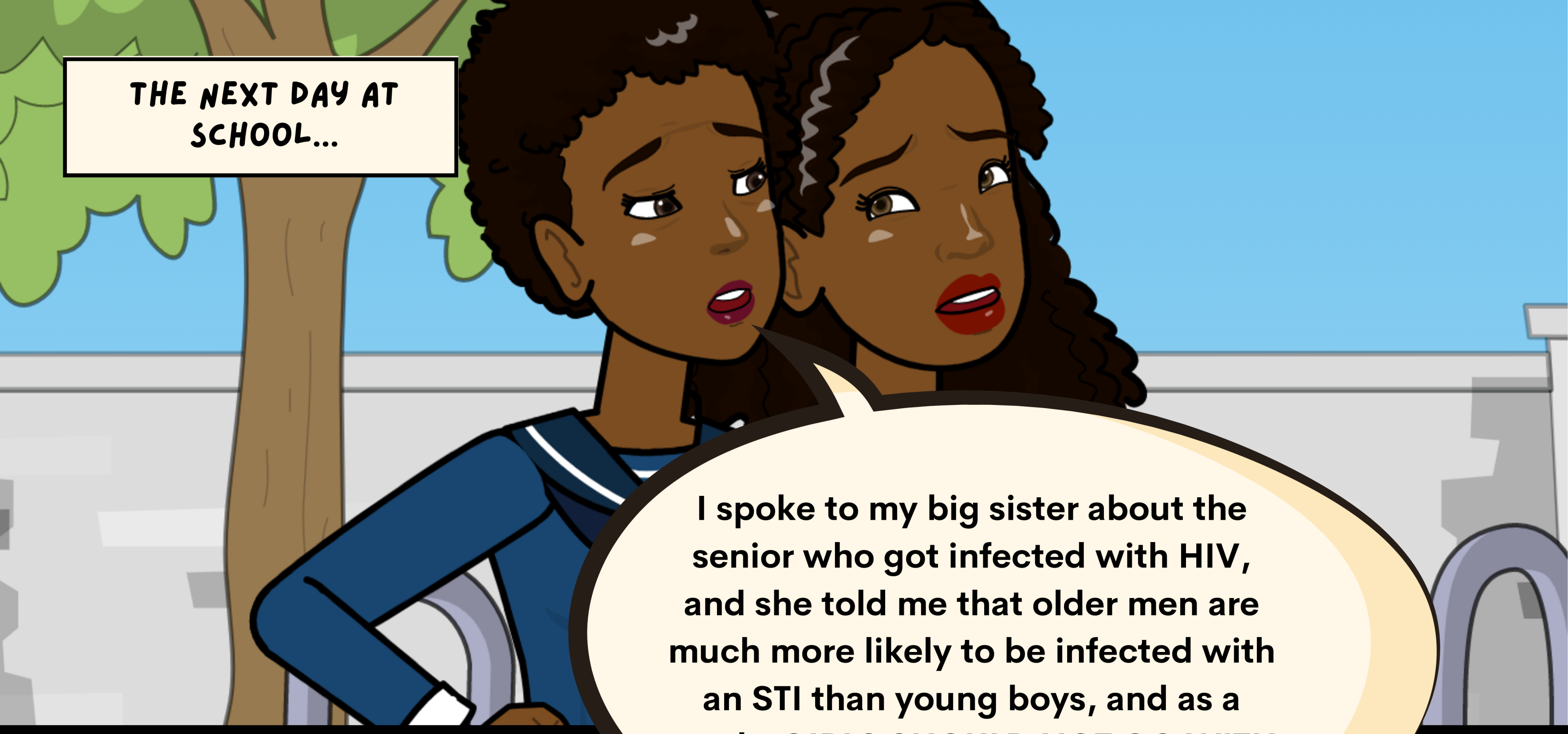
Okay, Big Sis!



THE NEXT DAY AT
SCHOOL...

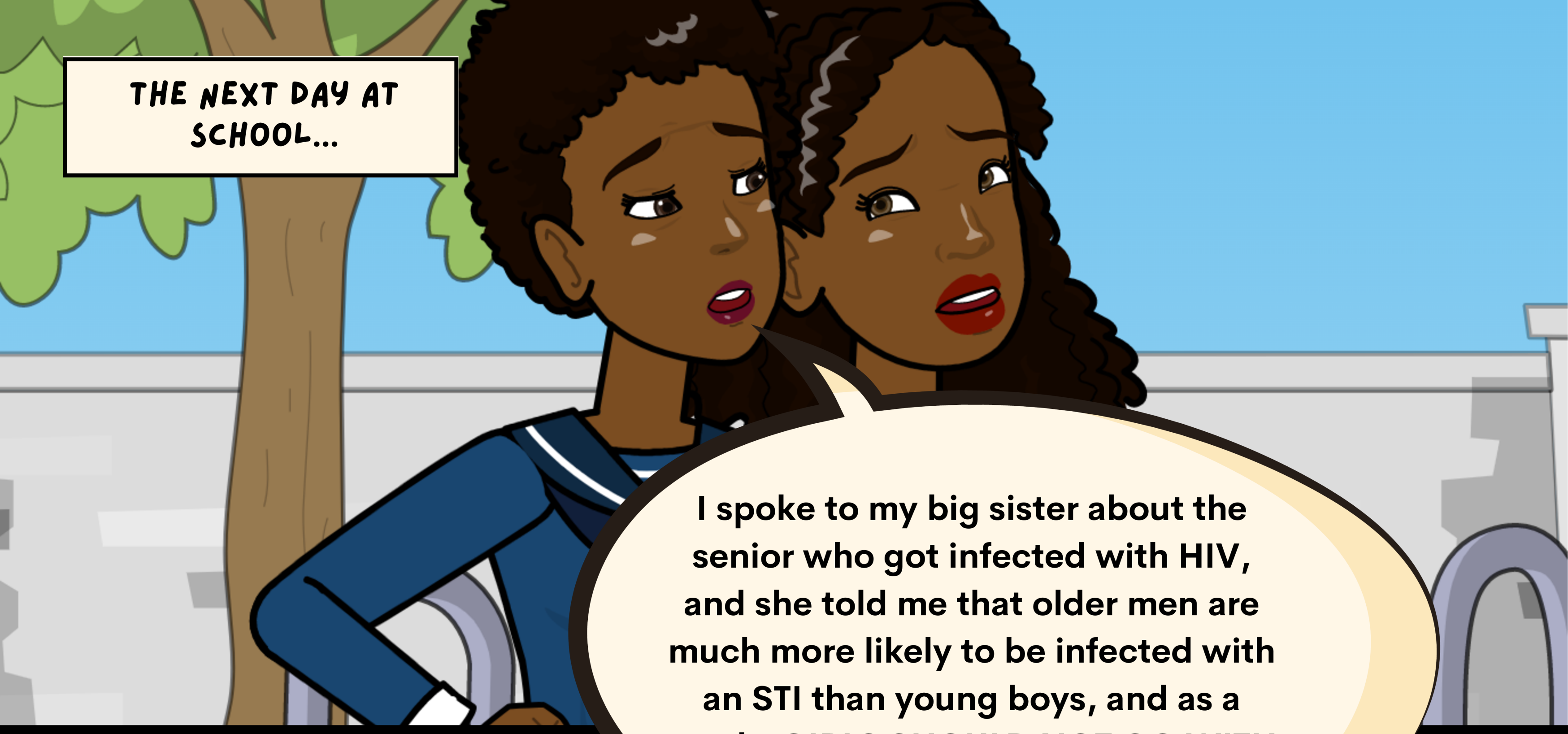


I spoke to my big sister about the senior who got infected with HIV, and she told me that older men are much more likely to be infected with an STI than young boys, and as a result, **GIRLS SHOULD NOT GO WITH OLDER MEN.**

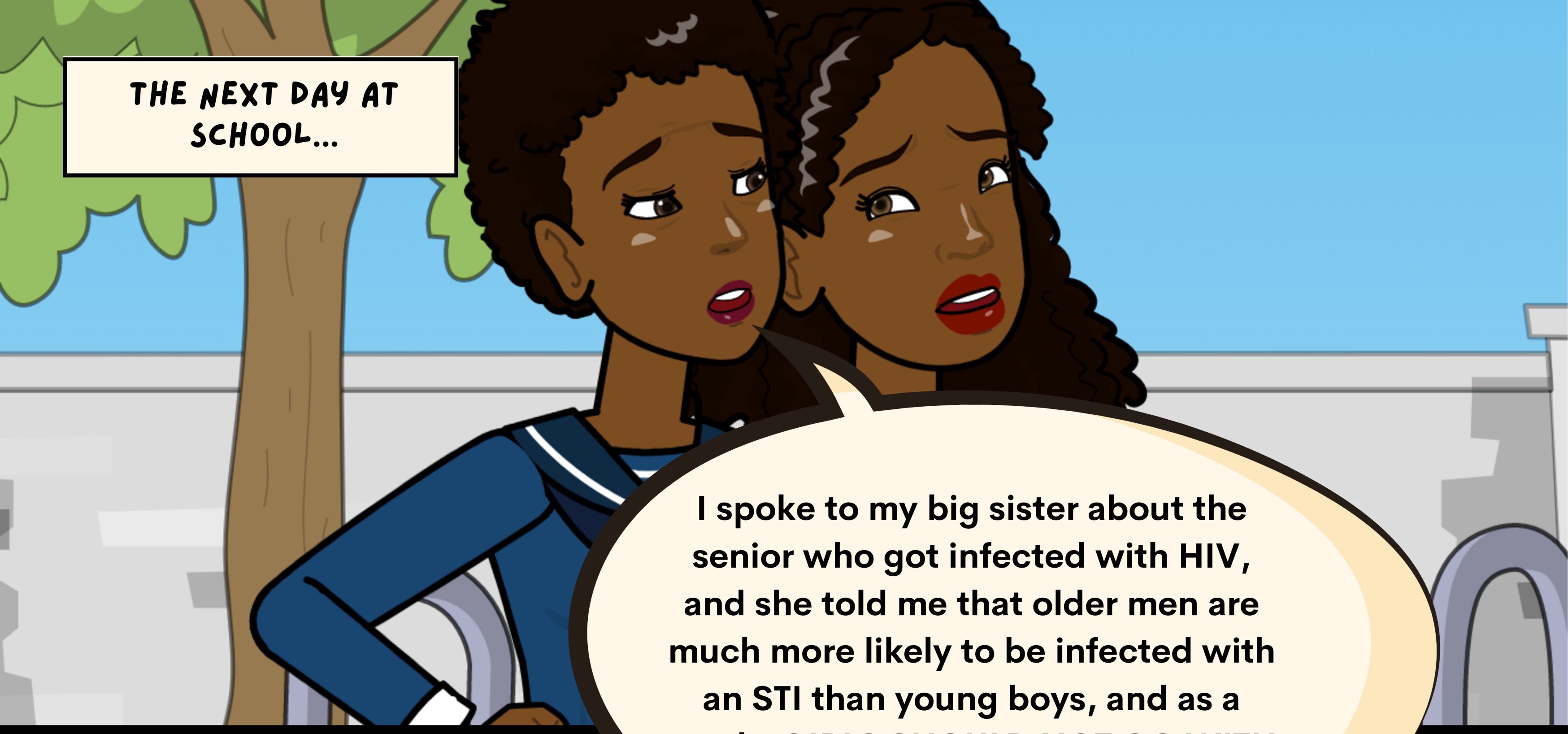


It is good that you have an older sister who is very knowledgeable about things like this. You are lucky.

AMANDA REPLIES...



I know! Most girls think that these older men are less likely to have an STI because they are married and only cheating on their wives with them.



They are unaware that they are not the only girl he is doing this with, and he has probably done this with a number of other girls as well.

KEMI REPLIES...

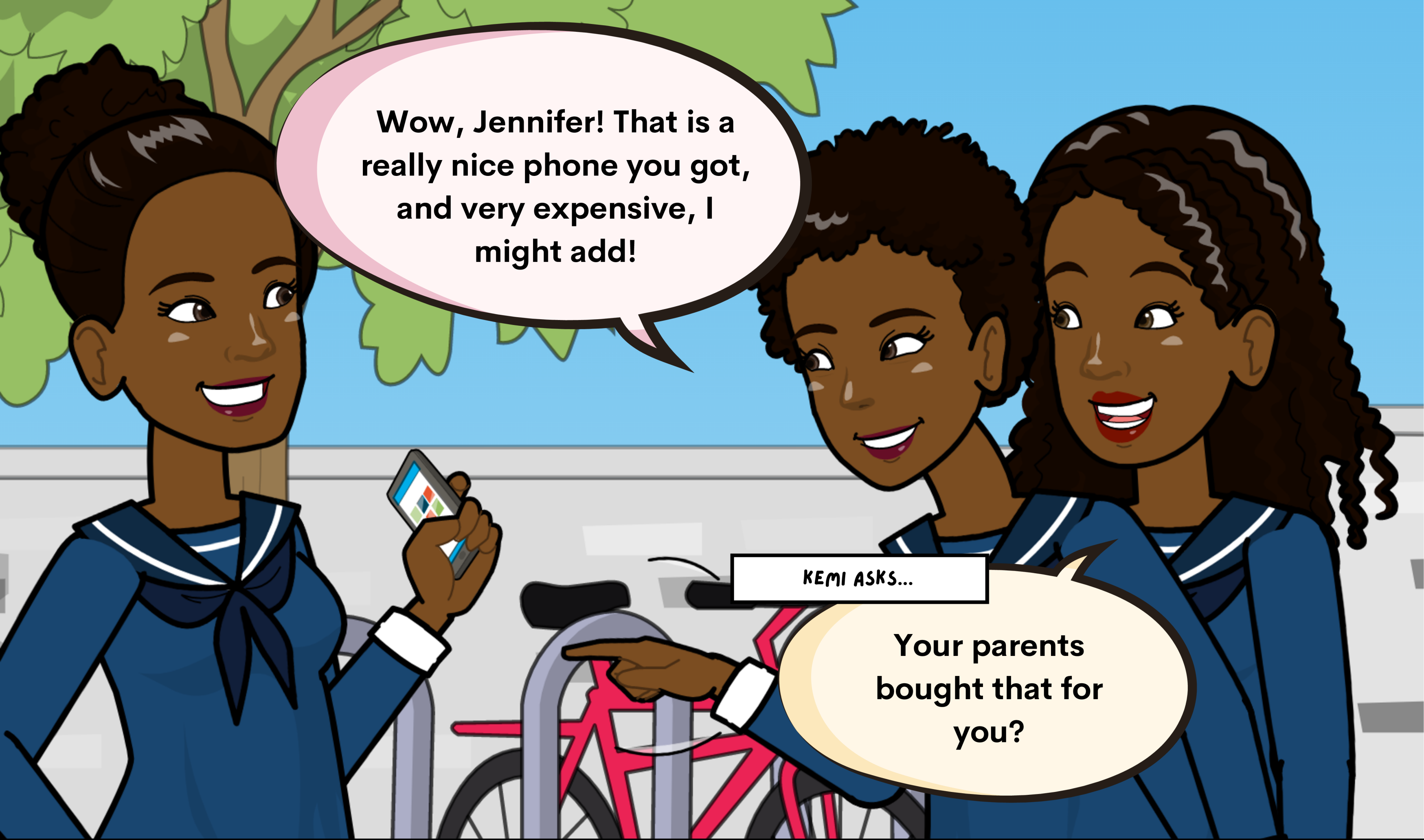
Very true!

JENNIFER, A FRIEND TO BOTH AMANDA AND KEMI, ARRIVES SOON AFTER.

Hi, Amanda!
Hi, Kemi!

Hi, Jenny!

Hello, Jennifer!



**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



Then who did?

My boyfriend!



Your boyfriend?

How can a boy your
age afford a phone
like this?

Hmm...

JENNIFER REPLIES...

Who told you my boyfriend is the same age as me, Amanda!


OH!

Yes, Amanda! I am dating an older man

What? How old are we talking?

I don't know, but He will be in his late 50s.

Late 50s, Jennifer? That is old enough to be your father.



Hey! Stop that right there. I knew you guys would be jealous and start with your holier than though attitude. I better take my leave.

I'm sorry. I didn't mean to offend you, Jennifer.

Keep your apology to yourself. I am not interested.

What did I say wrong? I was only trying to advise a friend.


Don't worry, Kemi! I hope she doesn't learn the hard way. Let's go to classes.

AFTER SCHOOL...

AMANDA AND KEMI HEAD FOR HOME....



Hello, Beautiful ladies!



Beautiful ladies?
We are just 13
years old, sir!



KEMI REPLIES...






You are such
pretty girls.

I don't think it is
appropriate to say that,
sir, and if you don't
mind, we have to go
now.


Don't be in such a
hurry. I am only
here to help you.

You are such
pretty girls.



Please, we don't need your help and do not remember asking for one.

I can give you everything you want, pretty girl, money, gifts, anything. Just name it!



I am sure you have a daughter at home that needs that money and gift, so please save them for her. We are not interested.

Don't be such stubborn girls!





It hasn't come to that yet.



I was only trying to help!

A comic book illustration featuring two young Black girls in blue sailor-style uniforms on the left and an older Black man with white hair and a beard on the right. The girls are looking at the man with expressions of concern or dismissal. The man has his hand to his forehead in a gesture of frustration or despair. The background shows a simple outdoor setting with a green lawn, a brown brick wall, and a blue sky with stylized buildings in the distance.

We don't need
your help!

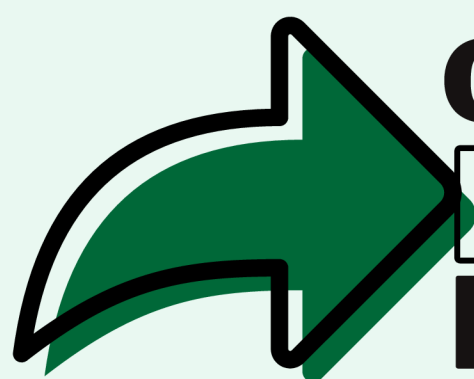
Alright, I'm
sorry.



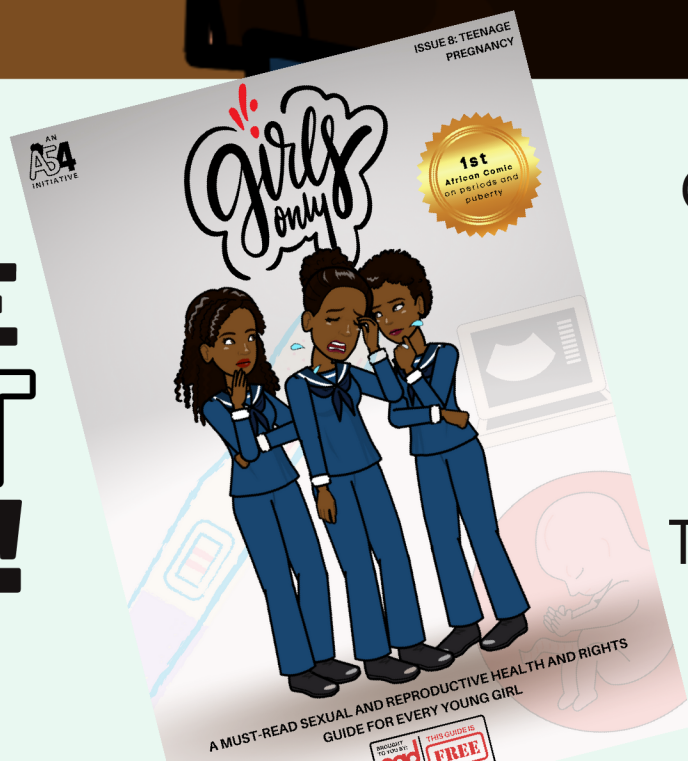
Can you imagine?



I am sure he must be five times our age. How shameful.



ON THE
NEXT
ISSUE!



Girls Only will be returning next month with an all-exciting new issue titled **Teenage Pregnancy**. Join us on the next issue as Dr. Joy talks to Amanda about teenage pregnancy, its causes, and health, social and economic consequences. 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...**

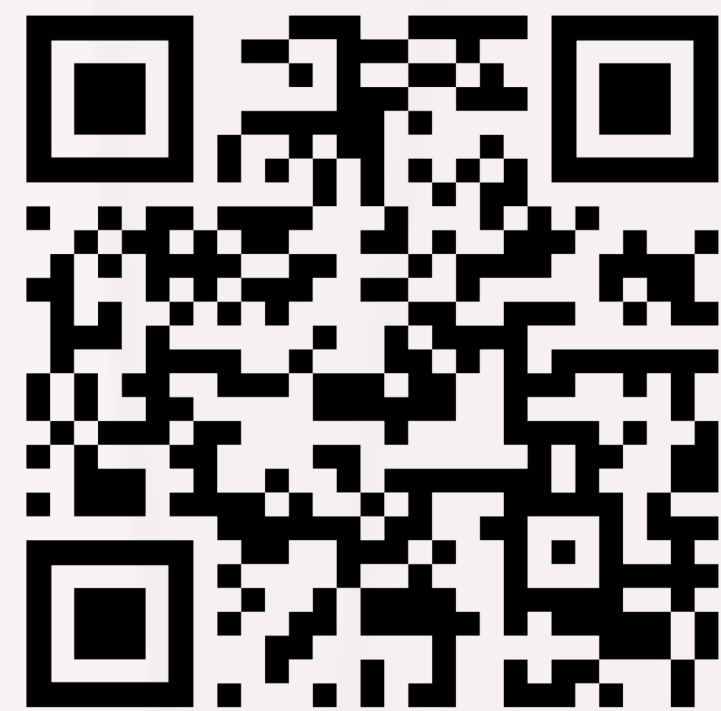
— Meghan Hammond, Project Manager, HundrED



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

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

OR

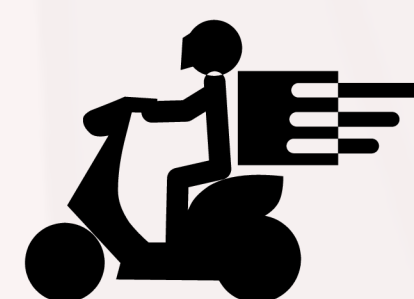


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