

# Girls only



ISIKHOKELO ESIBALULEKILEYO SOKUYA EXESHENI KUNYE NOKUFIKISA  
KUYO YONKE INTOMBAZANA ENCINCI



II NAPKINS  
ZASIMAHLA!

# Igela

*I-PadHer ngumbutho okhokelwa ngabasetyhini ongajonganga ngeniso ozinze eLagos, eNigeria, naseNairobi, eKenya. Umbutho wethu ufundisa amantombazana aselula akwiindawo ezingakhuselekanga malunga nokuya exesheni nokufikisa esebeenzisa iicomics ukuze akwazi ukulawula kakuhle ukuya exesheni kwavo kwaye abe nokuzithemba abakufunayo ukuze balawule ikamva labo kwaye baphumelele. I-comic nganye iza kunye neepads zococeko ezinokuphinda zisetyenziswe (i-3 pads) ukunceda ukulwa nentlupheko yexesha e-Afrika kunye nesongo samahhala sokuya esikhathini ukubanceda ukuba balandele aphibekhona kumjikelo wabo.*



<b>Chika Nwaogu</b>	<b>Thelma Ahamba</b>	<b>Elvinah Nyambaso</b>	<b>Deborah Henshaw</b>	<b>Camilla Jussab</b>	<b>Kelebohile Dalaseni</b>	<b>Karen Ashraf</b>	<b>Serah Wambui</b>
<i>Umseki /i-CEO</i>	<i>UMLawuli weMisebenzi kanye Intsebenziswano Afrika</i>	<i>UMLawuli weNgingqi (eMpuma Afrika)</i>	<i>UMLawuli weNgingqi (eNtshona Afrika)</i>	<i>UMLawuli weNgingqi (kuMbindi Afrika)</i>	<i>UMLawuli weNgingqi (Mzantsi Afrika)</i>	<i>UMLawuli weNgingqi (kuMntla Afrika)</i>	<i>UMLawuli weNgingqi (eKenya)</i>

Ukuba sexesheni yinxalenye yendalo nesempilweni yobomi. Malunga nesiqingatha sabantu basetyhini bakwiminyaka yokuzala, nto leyo emele malunga nama-26% abantu behlabathi. Inkoliso yamantombazana iba sexesheni iintsuku ezintathu ukuya kwezisixhenxe nyanga nganye. Nangona ukuba sexesheni kuqhelekile, kusabekwa amabala ehlabathini lonke.

Ukungabi nalwazi malunga nokuba sexesheni kunokukhokelela kwiingcamango eziphosakeleyo kunye nocalucalulo. Kwakhona kunokuthintela amantombazana ukuba athathe inxaxheba kwimisebenzi eqhelekileyo yobuntwana. Amantombazana afikisayo avinjwa ithuba lokufunda ngokuya exesheni kwaye akhulise imikhwa enempilo ngenxa yebala, i-taboos kunye neentsomi.

"Girls Only" yenzelwe ukwenza kube simahla, kumnandi, kulula kwaye kukhululekile ukufundisa amantombazana amancinci anjengawe malunga nokuya exesheni kunye nokufikisa.

Ukuba sexesheni kuqhelekile. Yonke intombazana ihangabezana nayo ngexesha elithile ebomini bayo, ngoko akukho nto yokuba neentloni okanye ibe neentloni ngayo. Ngoko hlala ukhumbula...Yinto eqhelekileyo, ixesha!™

# Nika.

SINCEDE SIFIKELELE KUMANTOMBAZANA AMANINZI  
ASESIKOLWENI KWIINDAWO EZINGAKHATHALELWANGA  
NGOKUNIKELA NAMHLANJE. NDWENDWELA: PADHER.ORG/DONATE

## likhredithi

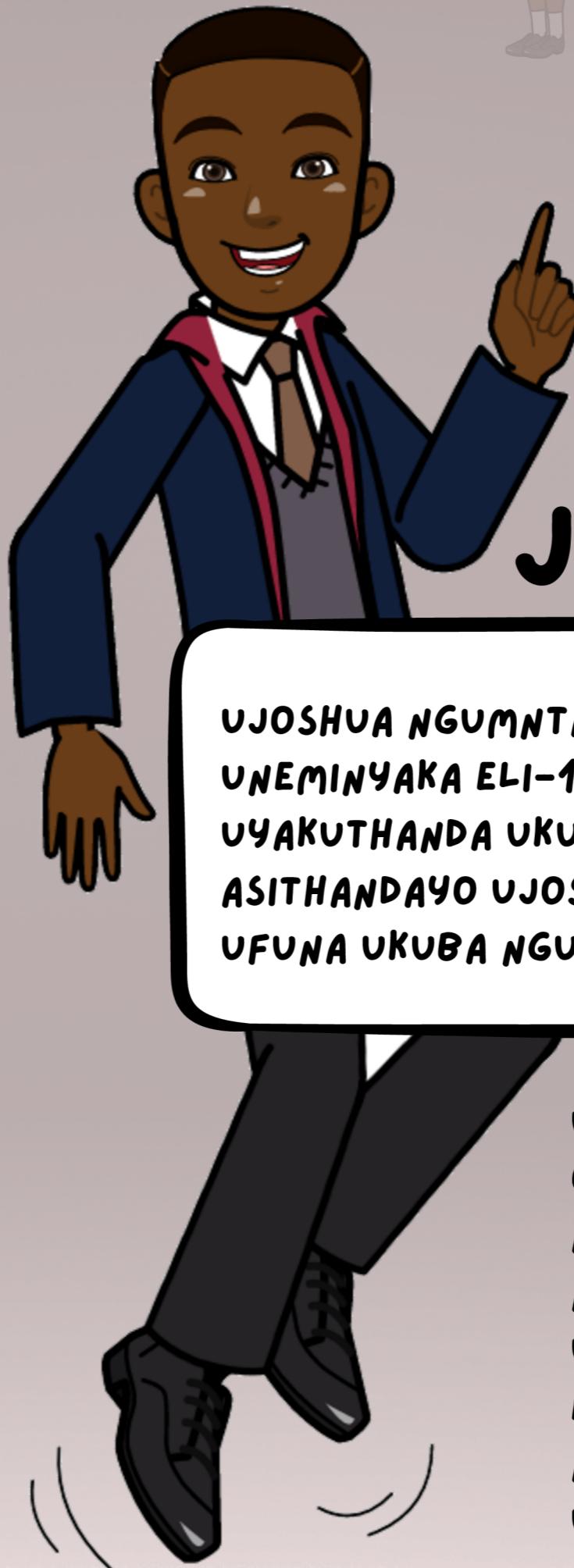
ABAHLELI: WANJIRU KINUTHIA, BRENDA JEBET ROTICH | UMZOBI: CHIKA NWAOGU  
GYNECOLOGIST, UMCEBISI WEZONYANGO: DR. JACKSON KINYUA MWANGI  
UMBHALI, UMLAWULI WEZOBUGCISA KUNYE NOMLAWULI WEMVELISO: CHIKA NWAOGU  
IPROJEKTHI KUNYE NOMNXULUMANISI WOPHANDO: SHEILA OMUNDI

*ukuhlangabezana ne  
abalinganiswa*



## AMANDA

UAMANDA NGUMLINGANISWA OPHAMBILI KOLU NGCELELE LWEE-COMIC. UNEMINYAKA EYI-12 KWAYE UYE WAQALA UKUYA EXESHENI. IZIFUNDO AZITHANDA KAKHULU UAMANDA ZEZEZIBALO NENZULULWAZI. UAMANDA UFUNA UKUBA YINJINELI.



## JOSHUA

UJOSHUA NGUMNTAKWABO AMANDA OMNCINCI. UNEMINYAKA ELI-10 UBUDALA KWAYE UYAKUTHANDA UKUDANISA. ESONA SIFUNDO ASITHANDAYO UJOSHUA SISINGESI, KWAYE UFUNA UKUBA NGUMBHALI XA EMDALA.

UJOSHUA UQUKIWE KWI—"GIRLS ONLY" KUBA SICINGA UKUBA ABAFANA BAFANELE BAZI NGAKUMBI NGEE PERIODS NABO. UYOSHUWA UBUZA IMIBUZO EQHELEKILEYO EBUZWA NGABAFANA NGOKUPHATHELELE UKUYA EXESHENI.



## SANDRA

USANDRA UNEMINYAKA ESI-8 UBUDALA KWAYE UYAKUTHANDA UKUCULA. ISIFUNDO SAKHE ASITHANDAYO YISAYENSI YEKHOMPYUTHA, KWAYE UYA KUKUTHANDA UKUBA NGUMDWELISI WEKHOMPYUTHA XA EKHULILE.



## DR. JOY

UGQIRHA JOY NGUSISI KA AMANDA OMDALA YENA UNGU GQIRHA. UNEMINYAKA EYI-28 KWAYE UYAKUTHANDA UKUFUNDISA UAMANDA NABANTWANA BAKOWABO MALUNGA NEEPERIODS KUNYE NOKUFIKISA.



UMAMA

UNKSZ ABIGAIL COKER, OBIZWA NGOTHANDO  
NGOKUTHI "MAMA" NGABANTWANA BAKHE,  
UNINA KA-AMANDA, UDKT JOY, UJOSHUA  
NOSANDRA. UNGUMRHWEBI OMNCINCI KWAYE  
UBATHANDA KAKHULU ABANTWANA BAKHE.



UTATA

UMNU. COKER NGUYISE KA-AMANDA, UGQR JOY,  
UJOSHUA NOSANDRA. UNGUMGCINI WEBHANKI.  
ISITYA ASITHANDA KAKHULU YIRAYISI NESITYU  
SENKUKHU.

"GIRLS ONLY" ANDINCEDA UKUBA NDIKUQONDE NGAKUMBI UKUYA EXESHENI.  
— Beryl (10 iminyaka, Nairobi)

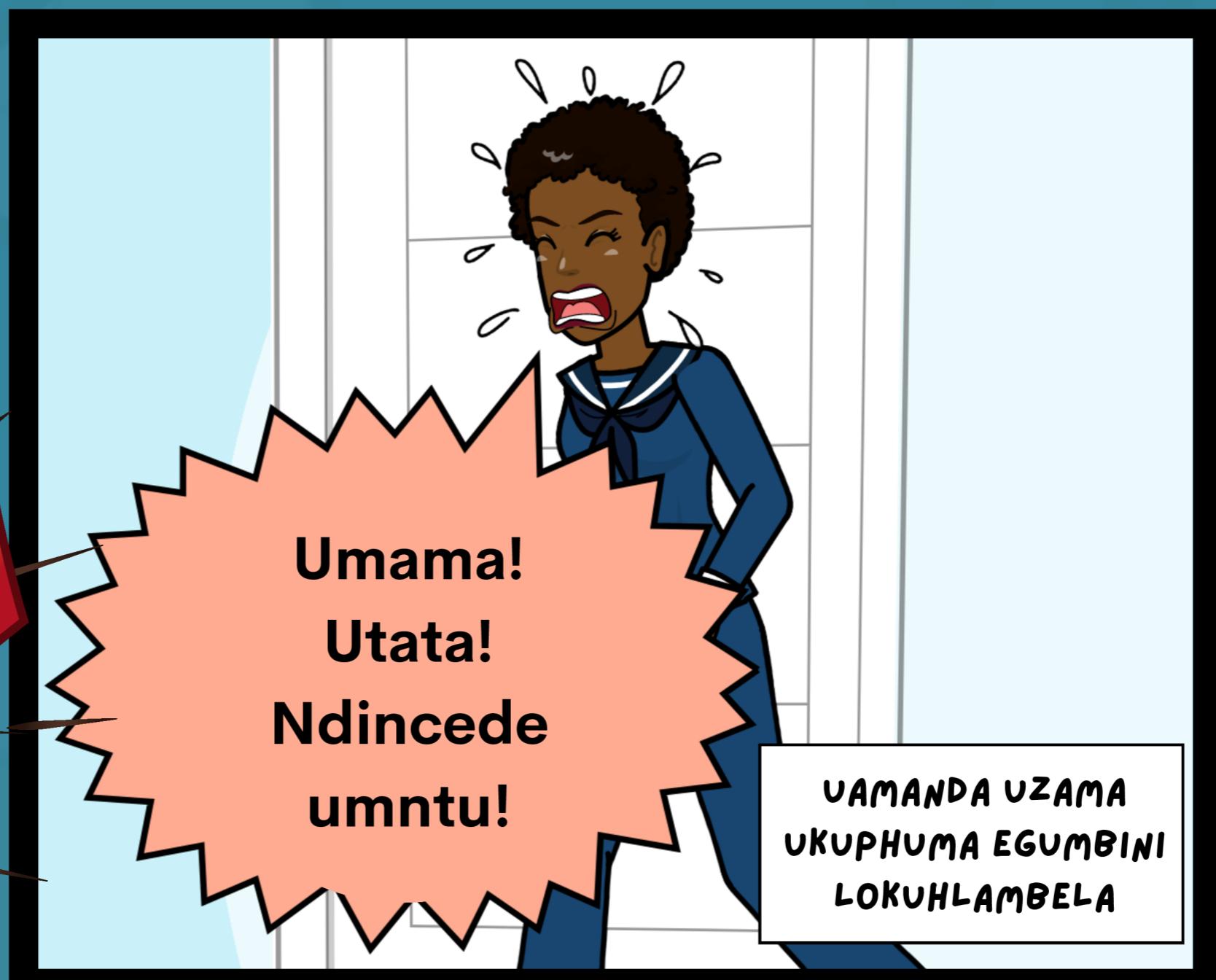
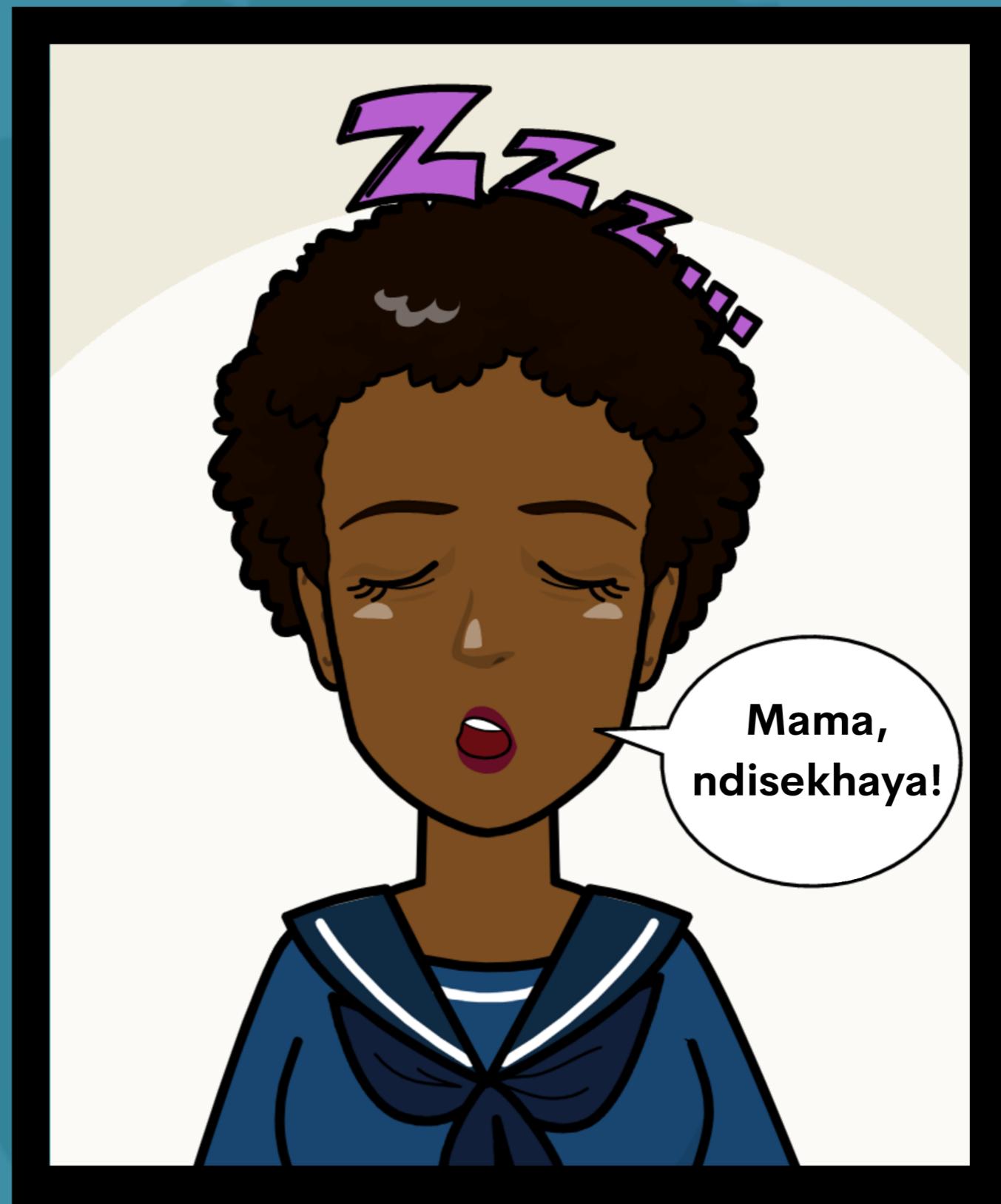
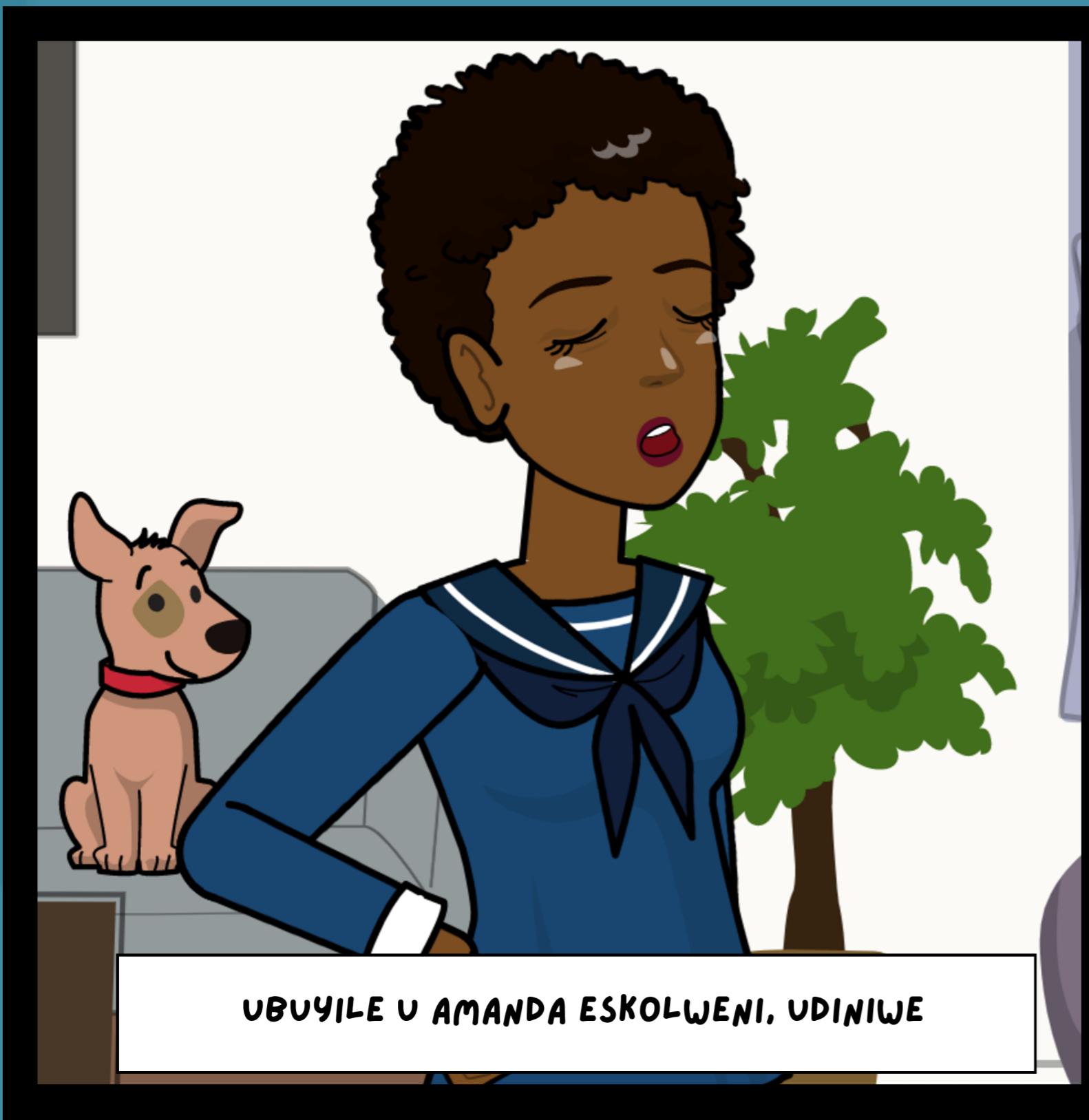


Ilungelo lokushicilela ©2021 Africa54, Onke amalungelo agciniwe.

Le comic ngumsebenzi wentsomi onokuthi usekelwe kumava obuqu.

**INKCAZELO:** Umxholo wale khomikhi ulungiselelwe iinjongo zemfundo kuphela kwaye akufanele uthathwe njengento ethatha indawo yeengcebiso zonyango zobungcali.

Akukho nxalenye yale comic inokukotshwa, igcinwe okanye isasazwe nangaluphi na uhlobo, iaudio, ibonwayo, imatshini okanye i-elektroniki, ngaphandle kwemvume ebhaliwego ye-Afrika54, ngaphandle kwakwimeko yeecatshulwa ezimfutshane ezisetyenziswa kuphononongo nakumanqaku abalulekileyo. Ukuveliswa ngokutsha okungagunyaziswanga kwayo nayiphi na inxalenye yale comic akukho mthethweni kwaye kohlwaywa ngumthetho.



Umama? Utata?  
Kutheni  
kungekho mntu  
undiphendulayo?



?

...UXAKIWE UAMANDA



UAMANDA UVA IKNOCK  
EMNYANGO

KNOCK!  
KNOCK!

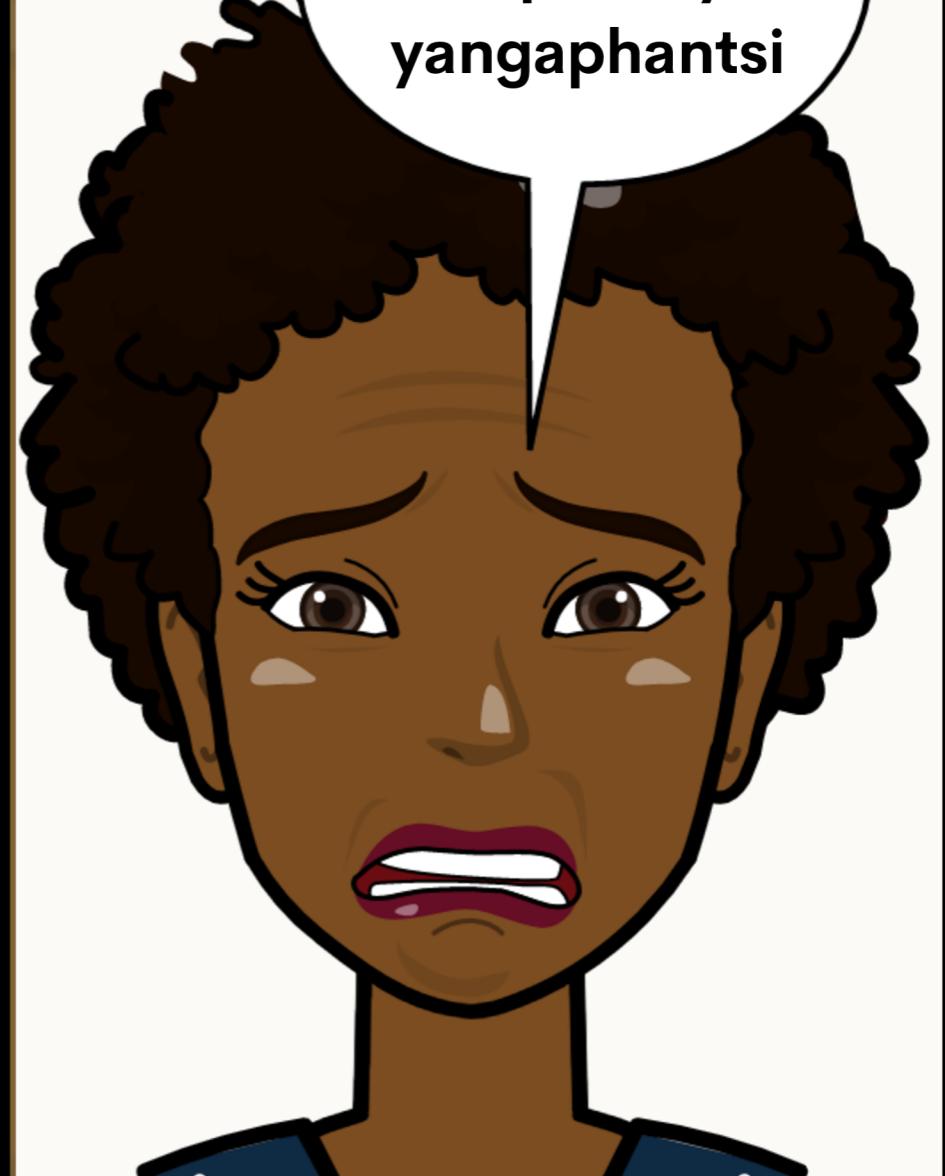
...UAMANDA UYOVULA UCANGO

USISI KA AMANDA  
OMDALA, UGQIRHA  
JOY, WEZA  
KUTYELELA USAPHO

Amanda,  
uyaphila?  
ukhangeleka  
ukhathazeke  
kakhulu



Ndabona igazi  
kwimpahla yam  
yangaphantsi



...UAMANDA WACHAZA ELILA



...kwaye  
kubonakala  
ngathi akukho  
mntu ekhaya

Awuguli wena  
Amanda. Akukho nto  
tu yakuzikhathaza  
ngayo



Ewe, unguggirha,  
kengoku yintoni  
ingxaki?

Akhonto imbi  
kuwe Amanda

UJOY  
UYANCUMA  
UAMANDA

Usandul' ukuya  
exesheni





JOY LUNIKA U-AMANDA I-NAPKIN  
YOCOCEKO

LE YINDELA  
OYIBEKA NGAYO  
KWIIMP AHLA YAKHO  
YANGAPHANTS

IYAKUFUNXA IGAZI  
ELIPHUMAYO

Enkosi Sista  
Omkhulu!

UAMANDA UTHATHA  
IPHEDI YOCOCEKO  
KUJOY

Ungakhathazeki Amanda,  
yinxenye yokuba ngumfazi

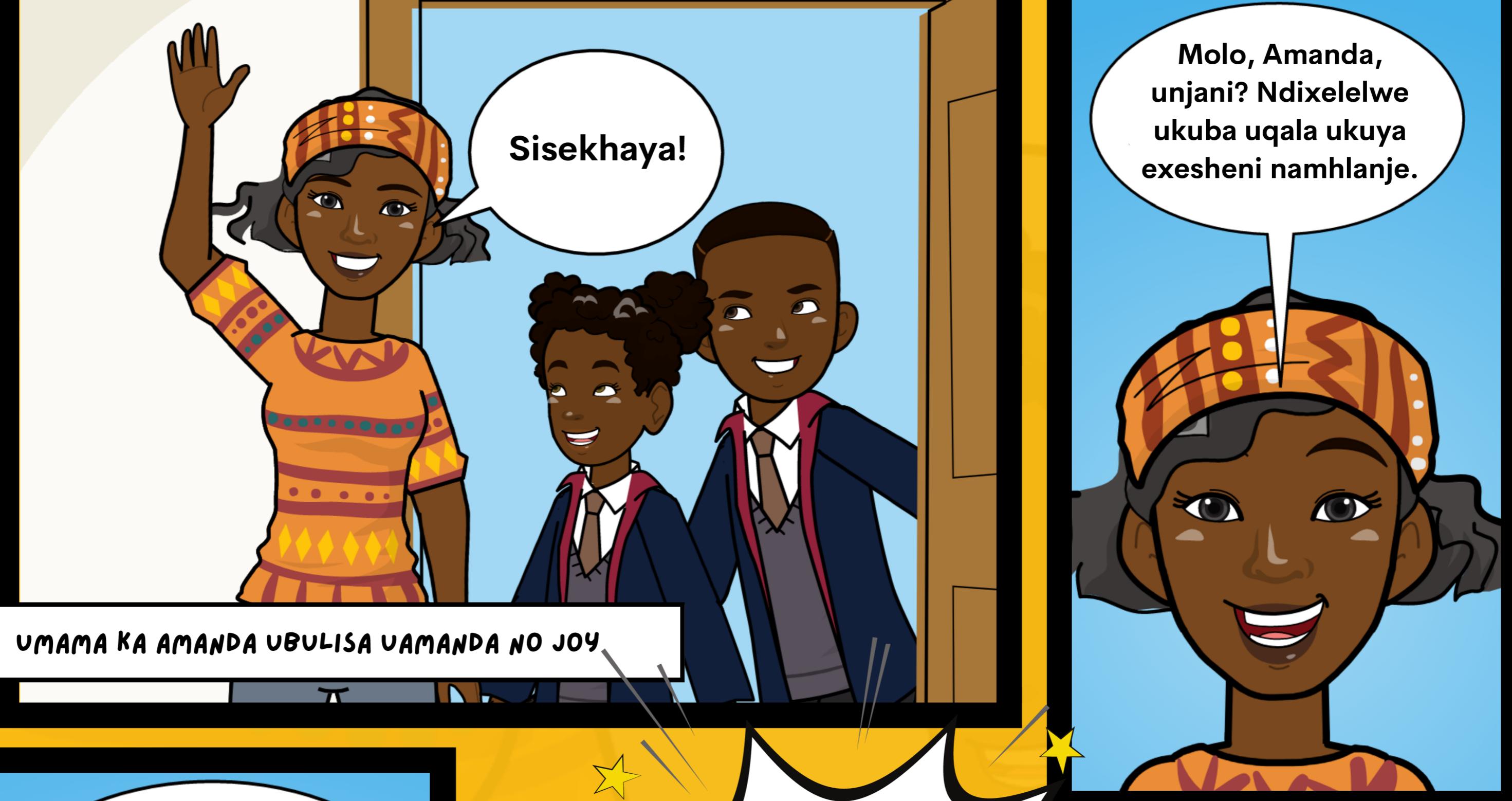
Intombazana  
nganye ifumana  
ixesha layo  
lokuqala lokuya  
exesheni

Ndaqala ukuya exesheni xa  
ndandina-13, phantse  
iminyaka yakho

UAMANDA UNEMINYAKA EYI-12

Kukho umntu emnyango, kwaye  
ndicinga ukuba ngumama  
wethu. Qhubeka uyivule.  
Ndiyazi ukuba unemibuzo  
engamawaka entloko ngoku.  
masithethe emva kwexesha

**KNOCK!  
KNOCK!**



Ndiqhuba kakuhle.  
UJoy wandixeela  
ukuba yonke  
intombazana iya  
exesheni

Umama! Umama!  
Yintoni ukuya  
exesheni?

WABUZA USANDRA,  
USISI KA AMANDA

Kufuneka nihambe  
nonke nitshintshe  
iimpahla zenu.  
Ndizakuyiphendul  
a yonke imibuzo  
yakho xa ugqibile

**Kulungile,  
Masihambe  
siyotshintsha!**

Kulungile,  
Kulungile  
masihambe

**USANDRA, UJOSHUA  
NOAMANDA BABALEKA  
UKUYA KUKHULULA  
IYUNIFOMU YABO.**

Belunjani ke  
usuku lwakho  
ntombazana?

Ndibe nosuku oluhle  
mama. Kwafuneka  
ndiphume kwangetuba  
emsebenzini ukuze ndize  
kutyelela

Kunqabile  
ngokwenene  
ukukubona kwezi  
ntsuku

Ndiza kuzama  
ukutyelela  
kangangoko  
ndinako

**HAHA!**

**Kulungile  
intombi yam**

Dade  
Omkhulu,  
sigqibile!

...DIT SANDRA

Ndinemibuzo  
emininzi endifuna  
ukukubuza yona

...WATSHO UAMANDA

Ngaba  
amakhwenkwe  
aya exesheni  
nawo?

UAMANDA NABANTWANA BAKOWABO BAPHUPHUMA  
YIMINCILI

...WABUZA UJOSHUWA

UJOY UYAHLEKA

**Ndiyanibona nonke  
ninemibuzo. Ndiza kuperhendula  
zonke. Okokuqala, makhe  
siqale ngento yokuba  
sexesheni.**

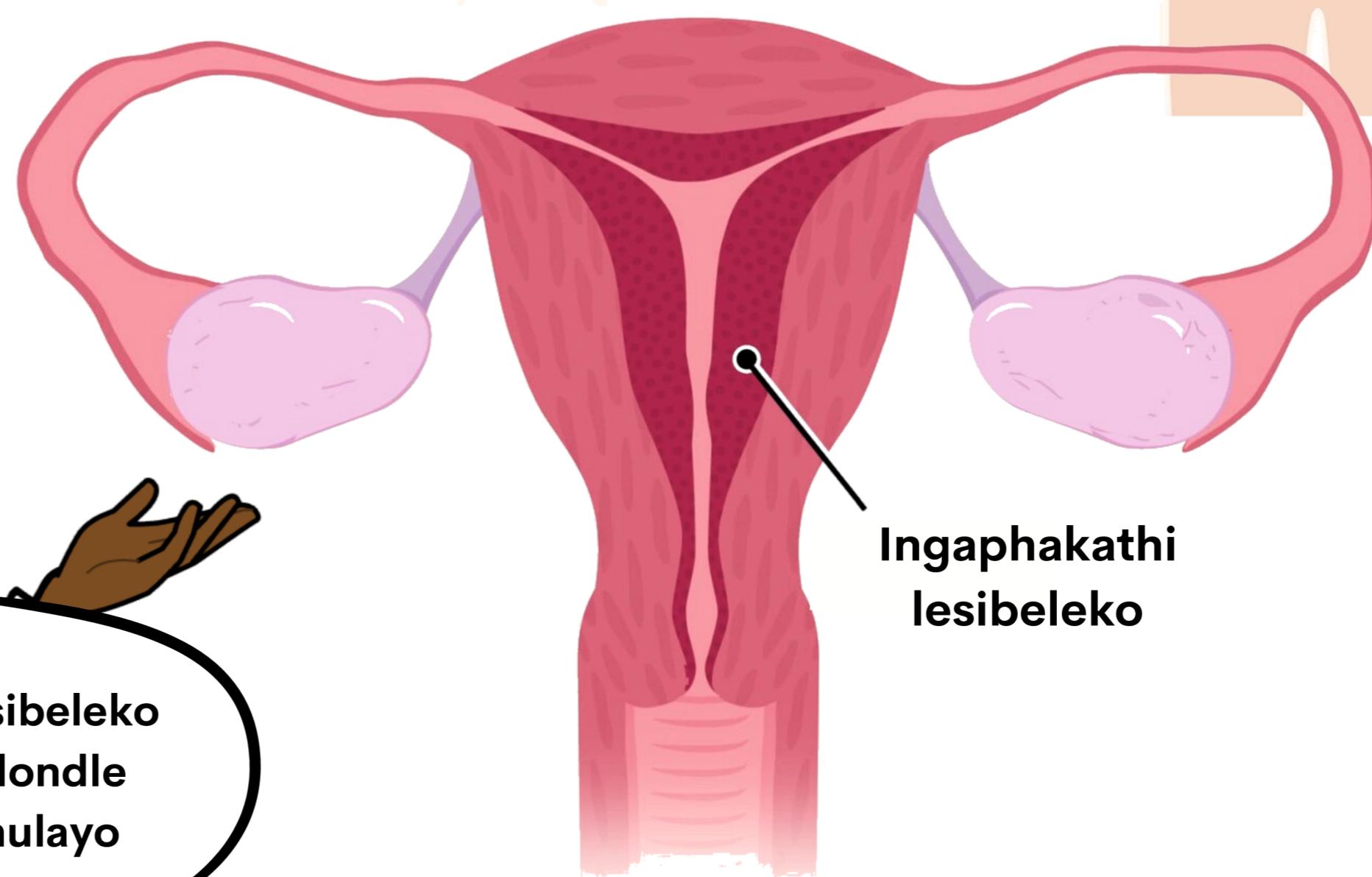
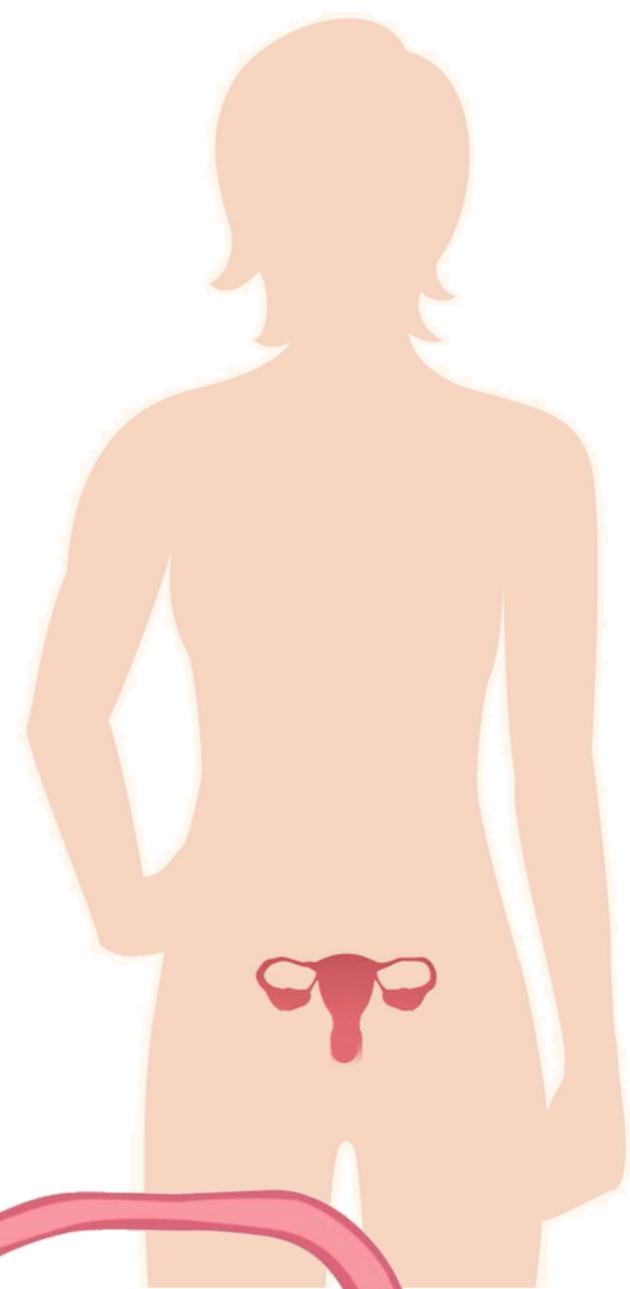
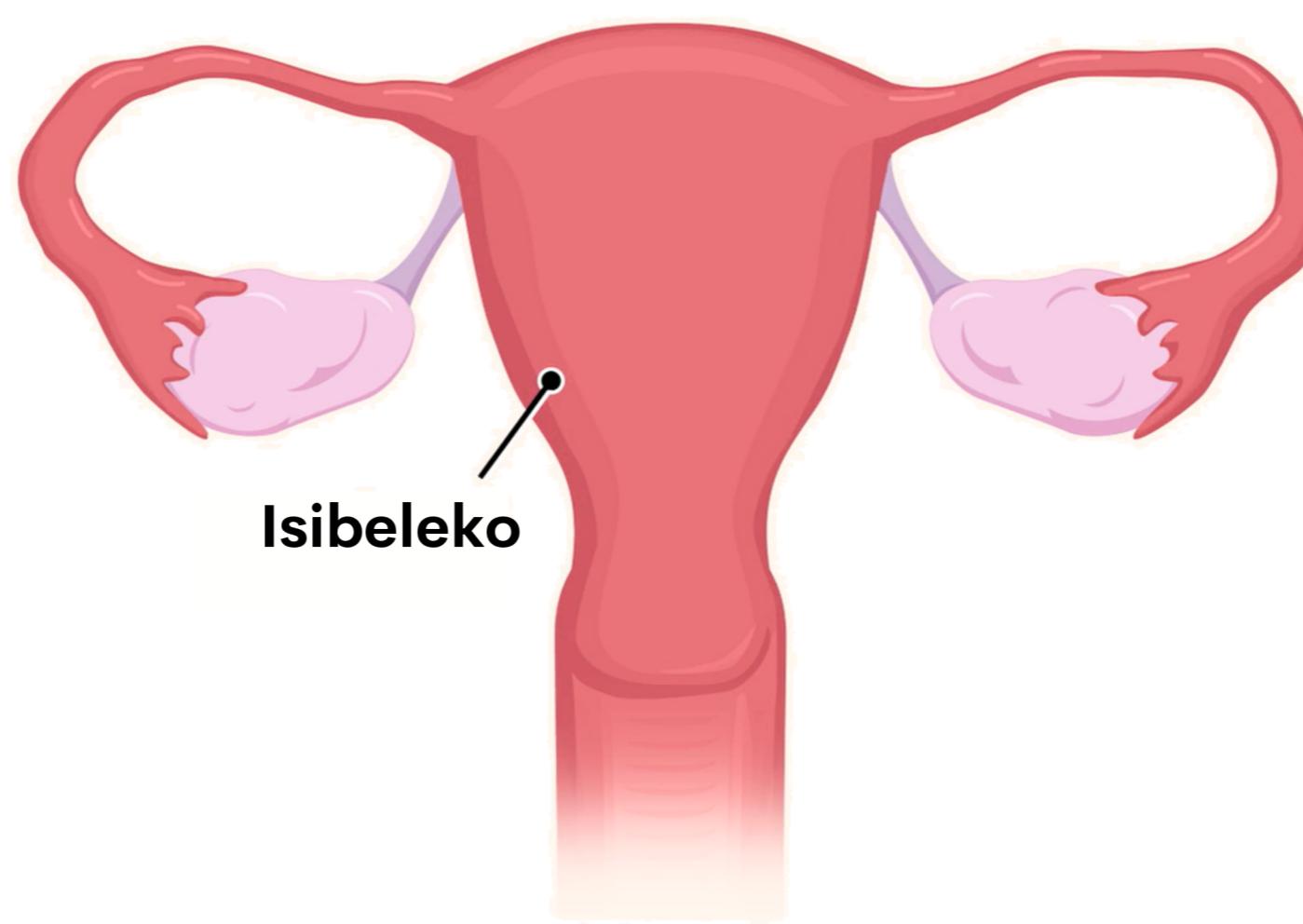
**Ukuya exesheni  
kukwabizwa  
ngokuba "period"**

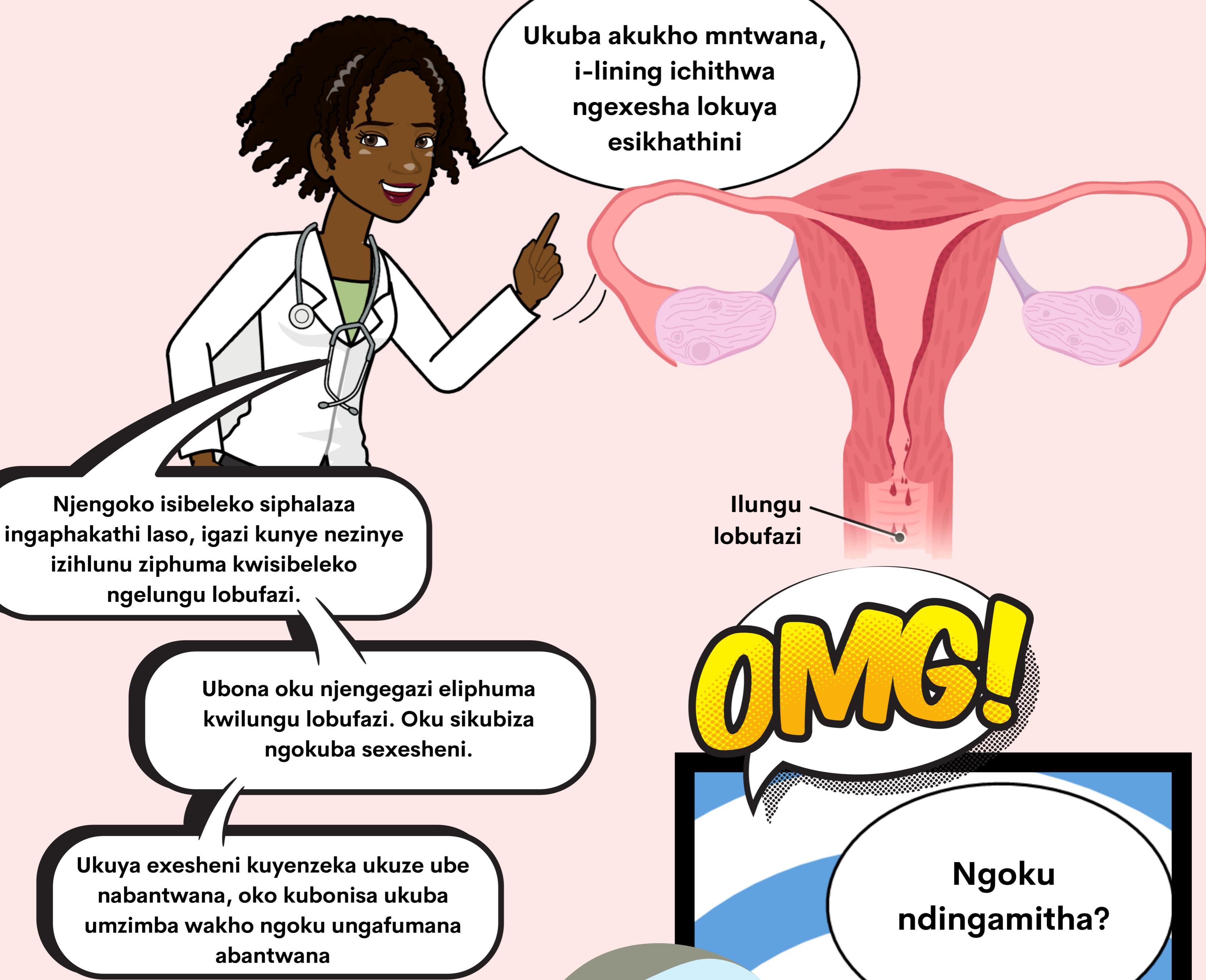


...UJOY UYAQALA UKUCACISA

Isibeleko lilungu lomzimba apho usana luhkhula khona xa umfazi ekhulelw.

Njengoko amantombazana ekhula nemizimba yawo itshintsha, aya exesheni





Ndiyavuya ubuze loo  
mbuzo, Amanda.

...WAPHENDULA UJOY

Amaqanda akho sele eqalile  
ukuvelisa amaqanda, kwaye  
ngoku unokukhulelwa, kodwa  
usemncinci kakhulu ukuba  
uqalise ukuba nabantwana.

UJOY LUCHAZA UKUBA ZEZIPHI II-OVARI KUNYE  
NAMAQANDA NGOKUHAMBA KWEXESHA

Ukuya exesheni kubonisa ukuba ungamitha ngoku,  
kodwa awumithanga kuba ngoku uya exesheni.

Ukuya exesheni akuyena unobangela  
wokukhulelwa. Ndiza kuchaza ukuba abantwana  
bakhawulwa njani kamva. Okwangoku, makhe  
sithethe ngokuya exesheni.

UKUBA SEXESHENI LUPHAWU LOKUBA  
USEMPILWENI KWAYE NOMZIMBA WAKHO UKHULA  
KAKUHLE.





Enkosi  
ngengcaciso,  
sisi omkhulu!



**Wamkelekile,  
Amanda. Ngoko  
masibuyele kwixesha  
lokuya exesheni**



Ngaba ukhe  
weva ngomjikelo  
wokuya  
exesheni?



Hayi,  
dade wethu

KUPHENDULA UAMANDA



**Lixesha lokusuka  
kwelinYE ixesha  
lokuya exesheni  
ukuya kwelinYE.**

...ngokuqhelekile  
yo malunga  
neentsuku  
ezingama-28

**Usuku loku-1**  
**Iomjikelezo wokuya**  
**esikhathini lusuku**  
**lokuqala lokuya**  
**esikhathini**

Imibhobho  
ye Fallopian

UKUYA ESIKHATHINI NGOKUQHELEKILEYO KUTHATHA IINTSUKU EZI-3-7

I-ovary Isibeleko

I-ovary

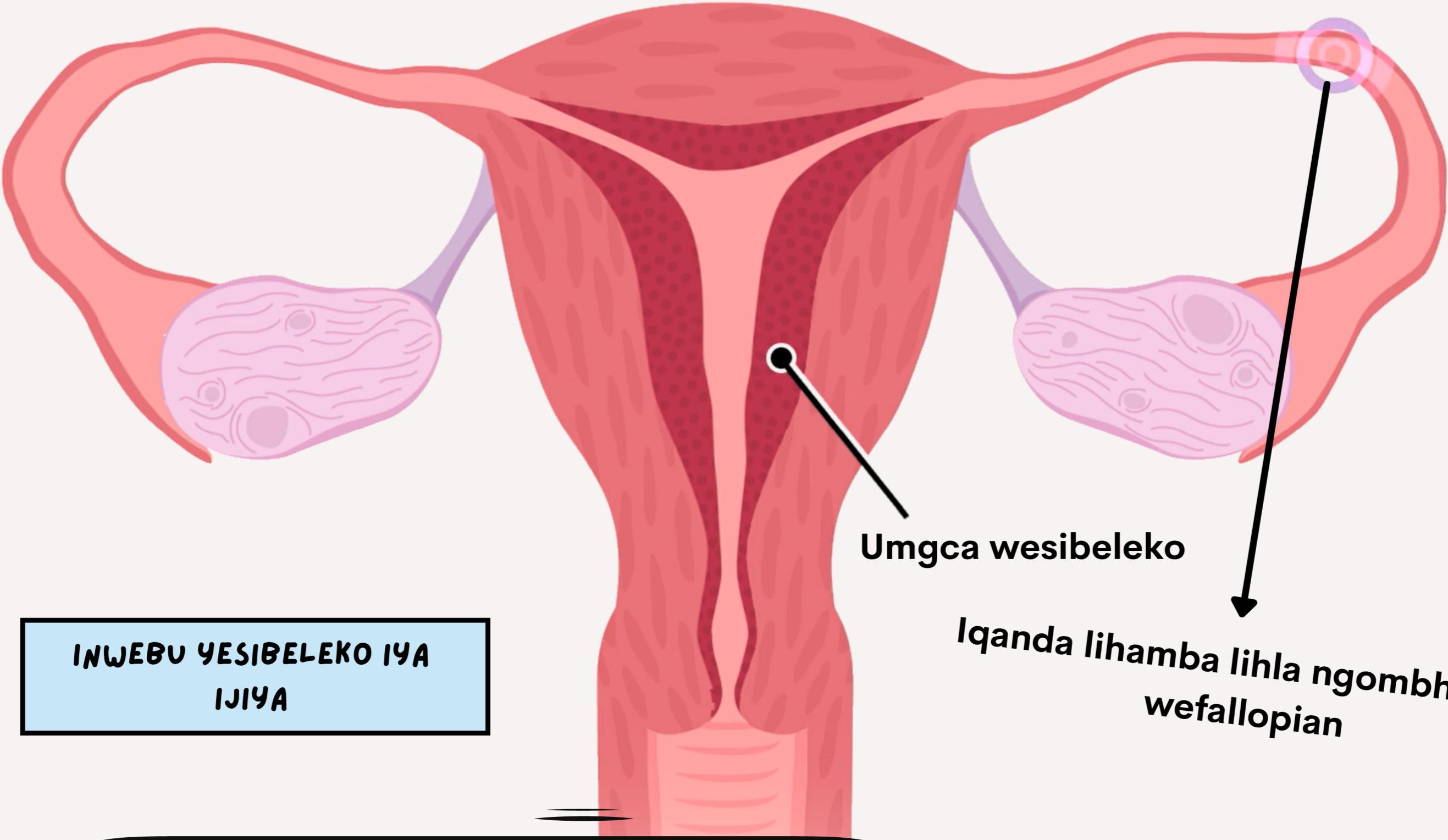
Amaqanda

Isibeleko silahla umgca waso

**Ngomhla we-1 womjikelezo wokuya esikhathini,  
isibeleko siqala ukulahla umgca waso.**

Ngokukhawuleza ukuba ixesha lokuya exesheni liphelile, isibeleko siphinda silungiselele ukufumana iqanda eliqhameyo yaye ucweyo Iwesibeleko luyazakha kwakhona ukuze lube ngqindilili. Amaqanda akhutshwa ngamaqanda omfazi mancinane kakhulu. Isinye kwishumi ubukhulu bembewu yepopi.

Imazi zinee-ovari ezimbini, enye kwicala ngalinye. Iityhubhu ze-fallopian zikhokelela kwi-ovary nganye ukuya kwisibeleko.



Phakathi komjikelezo wokuya esikhathini (usuku lwe-14), i-ovary ikhupha iqanda; oku kubizwa ngokuba yi-ovulation

Emva kwe-ovulation, iqanda lihamba nge-fallopian tube ukuya kwisibileko. Kuthatha iintsuku ezimbalwa ukugqiba uhambo



Kwangaxeshanye, Inwebu yesibileko iya lujiya ngokuthe ngcembe ukuze lixhase ukukhula kweqanda eliqhame.

Ukuba iqanda lidibene, liya kufakwa kwisibileko kwaye umfazi ukhuelwe

Ukuba iqanda alikhuliswanga, umfazi akakhulelwanga kwaye iqanda liya kuqala ukunyibilika



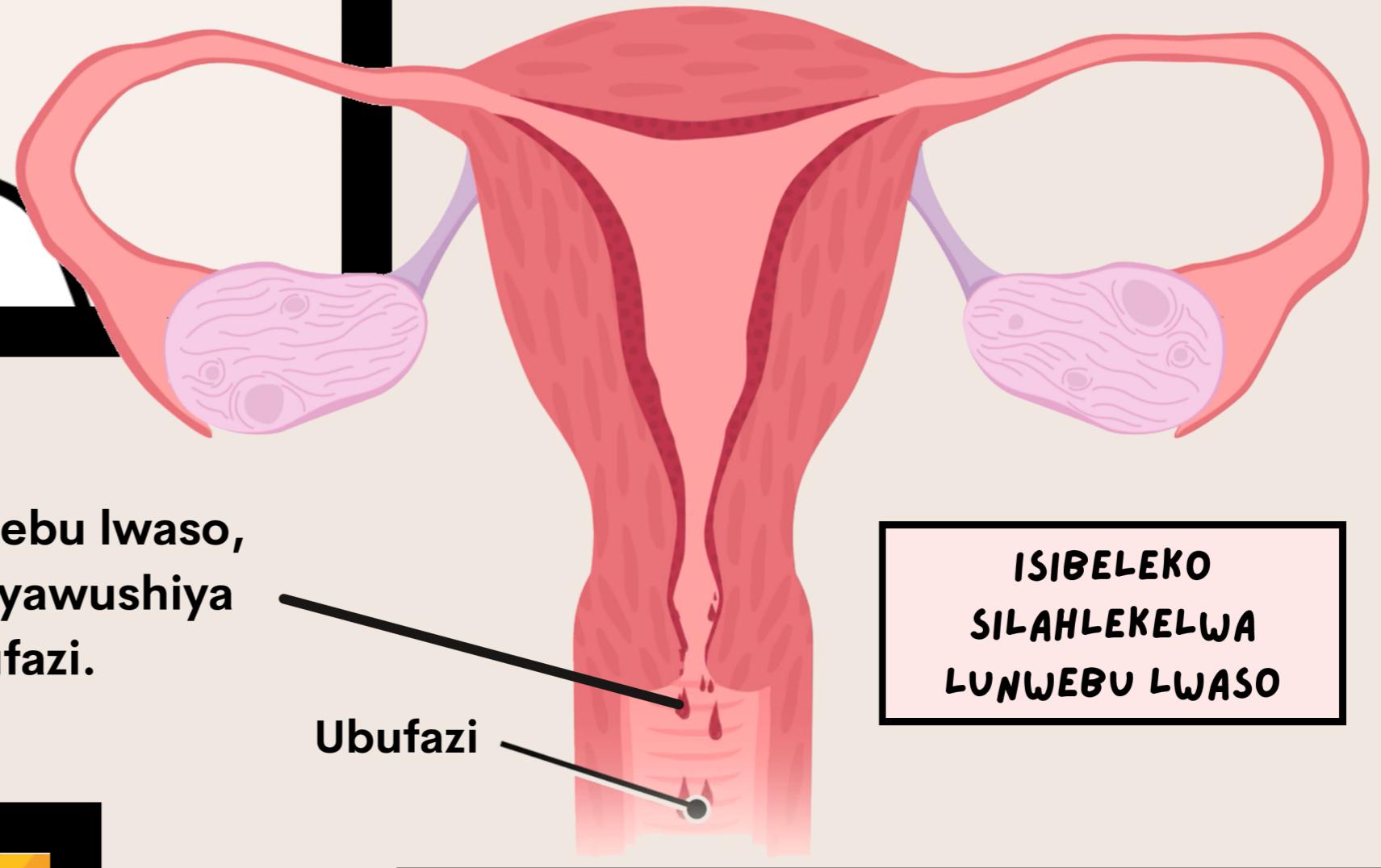
...UJOY UYACACISA



Ngenxa yokuba ibhinqa lingakhulelwanga, intambo yesibeleko ayidingeki kwaye isibeleko silahla umgca waso (Usuku Iwama-28).

Emva koko umfazi uya kuba nexesha lakhe lenyanga, kwaye umjikelo uya kuqala kwakhona

Igazi ophulukene nalo xa usexesheni lunwebu Iwesibeleko.



Xa isibeleko silahlekelwa lunwebu Iwaso, igazi kune nezinye izihlunu ziyawushiya umzimba ngelungu lobufazi.

ISIBELEKO  
SILAHLEKELWA  
LUNWEBU LWASO



Ewe Sandra,  
uninzi Iwamantombazana  
afumana ixesha lawo  
lokuqala xa emalunga  
ne-12 leminyaka  
ubudala



Ukuba sexesheni nanini na phakathi  
kweminyaka eyi-10 kanye ne-16  
kulungile

Abanye banokuqala kwiminyaka eyi-8  
kwaye abanye baneminyaka eyi-18. Akukho  
minyaka ilungleleyo okanye engalunganga  
yokuqalisa ukufumana ixesha lakho.

Umzimba wentombazana nganye  
usebenza kwishedyuli yawo

Ixesha lakho liya kuqala xa umzimba  
wakho ulungile. Nangona kunjalo,  
kukho imiqondiso yokuba iya kuqalisa  
kungekudala

Ukuya exesheni kwentombazana  
ngokuqhelekileyo kubonakala malunga  
neminyaka emibini emva kokuba  
amabele eqalisile ukukhula

...UJOY UYACACISA

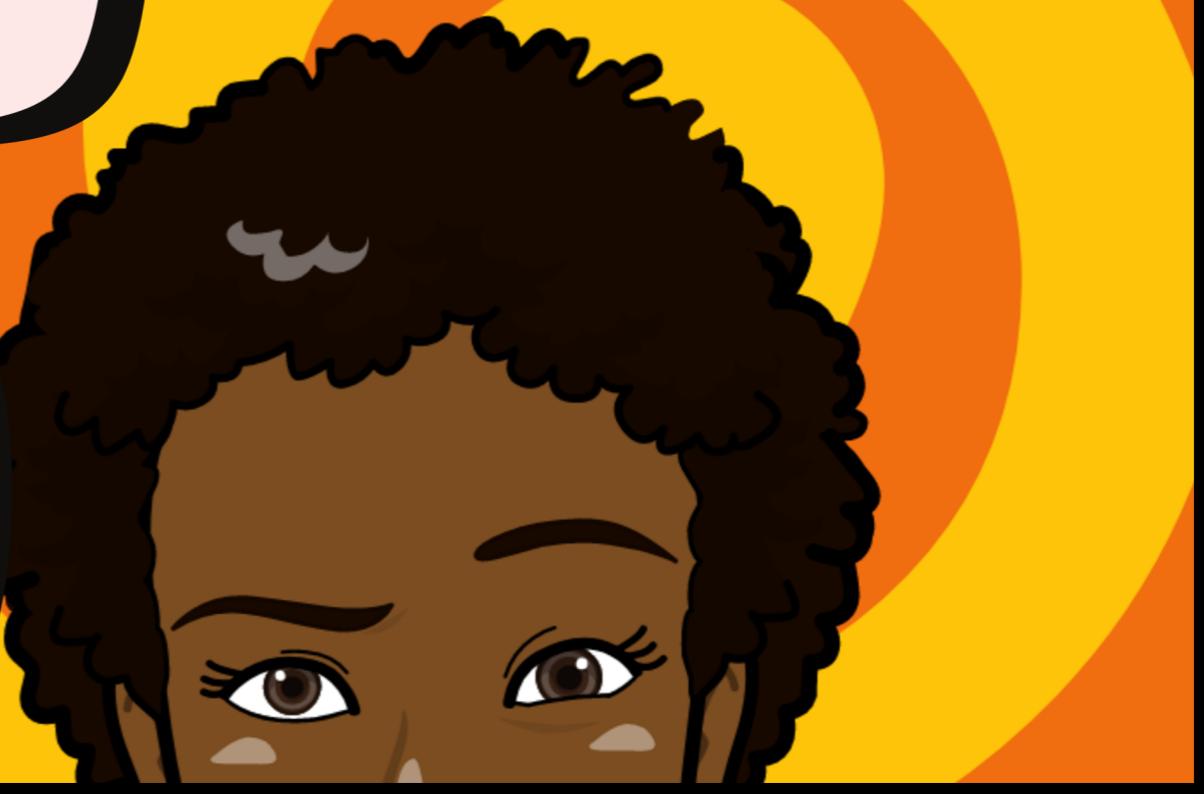
Enye into ebonisa ukuba ixesha lentombazana sele  
liza kufika kukubonakala okanye ukuvakalelw  
kwamanzi (okufana ne-mucus-like) ukukhutshwa  
kwelungu lobufazi kwimpahla yakhe yangaphantsi.  
Malunga neenyanga ezintandathu ukuya kunyaka  
ngaphambi kokuba intombazana iqale ukuya  
exesheni, iya kuphuma ulwelo

Hmm, yilaa nto imhloph  
incangathi ndiyiqaphele  
kwimpahla yam  
yangaphantsi kwiinyanga  
ezidlulileyo.

Intombazana inokungafiki rhoqo kwiminyaka  
embalwa yokuqala emva kokuba iqalile.  
Ekuqaleni yinto eqhelekileyo

UAMANDA UYAQONDA

Ixesha lexesha lentombazana kufuneka lifike  
kanye kwiiveki ezi-4 ukuya kwezi-5, kwiminyaka  
emi-2 ukuya kwemi-3 emva kokuya kwayo  
kokuqala



Ukuya exesheni ngokuqhelekileyo kwenzeka rhoqo kwiiveki ezi-4 ukuya kwezi-5. Noko ke, amanye amantombazana aya exesheni kancinane okanye kaninzi

...UJOY UYACISA

Ukuya exesheni kunokubangela ukuguquka kwemizwelo, ukudandatheka, ukuxhalaba kunye namaqhakuva

**Yhoo yiyo  
lento bendiziva  
ndigula  
namhlanje!**

**Unyanisile  
Amanda!**

Oku kubizwa ngokuba yi-PMS  
(i-premenstrual syndrome).

I-PMS kuxa intombazana iba neempawu ezingokweemvakalelo nezomzimba ngaphambi okanye ebudenibexesha layo

Impawu ziyanyamalala emva kweentsuku zokuqala zokuya esikhathini

**HMM...**

...UJOY UYACACISA

Ngalo lonke ixesha lokuya exesheni,  
intombazana idla ngokuphalaza amacephe  
ambalwa egazi, nangona oku  
kusenokubonakala ngathi ligazi elininzi.

Uninzi Iwamantombazana atshintsha i-pad, i-  
tampon okanye ikomityi yokuya exesheni 3  
ukuya kumaxesha ama-6 ngosuku

Ngaba amakhwenkwe aya  
exesheni?

...KUBUZA UJOSHUA

Hayi, Joshua, amakhwenkwe akayi exesheni.  
Kodwa amakhwenkwe namantombazana abona  
utshintsho olukhawulezayo kwimizimba yaho  
njengoko ekhula. kubizwa ngokuba kukufikisa

Ndiza kukuxelela yonke into kutyelalo Iwam  
olulandelayo

Molweni, ndinguGqirha Joy, kwaye ndizele ukuphendula yonke  
imibuzo yakho malunga nokuya exesheni kunye nokufikisa. Ngaba  
unombuzo?

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

**Buza  
uDctr Joy**

UTATA KA AMANDA  
UFIIKA EKHAYA

Ndive nge knock emnyango

KNOCK!  
KNOCK!

Ndicinga ukuba ngutata

Mandijonge

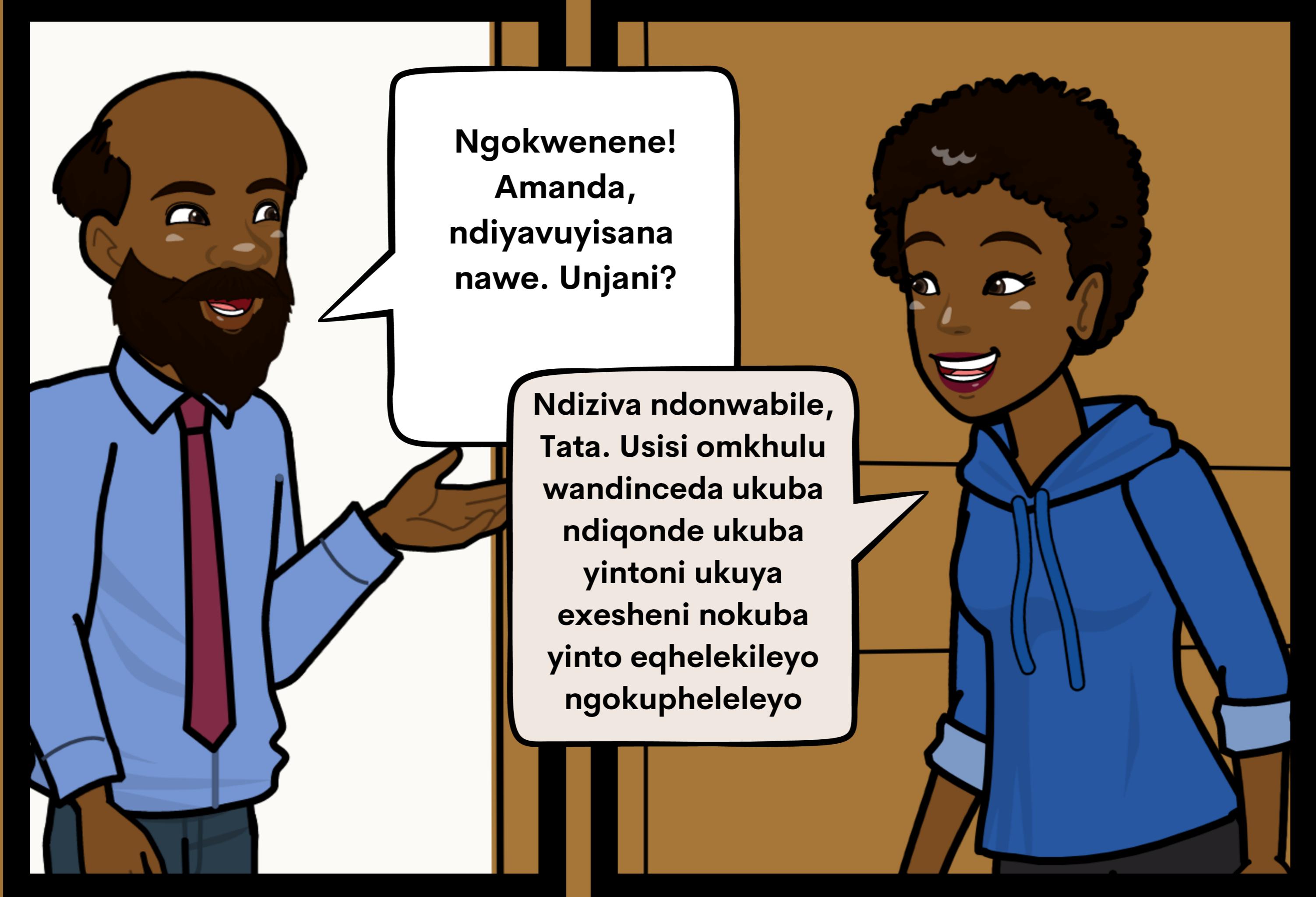
Molo Amanda?

Wamkelekile ekhaya,  
tata!

Wamkelekile ekhaya tata!...

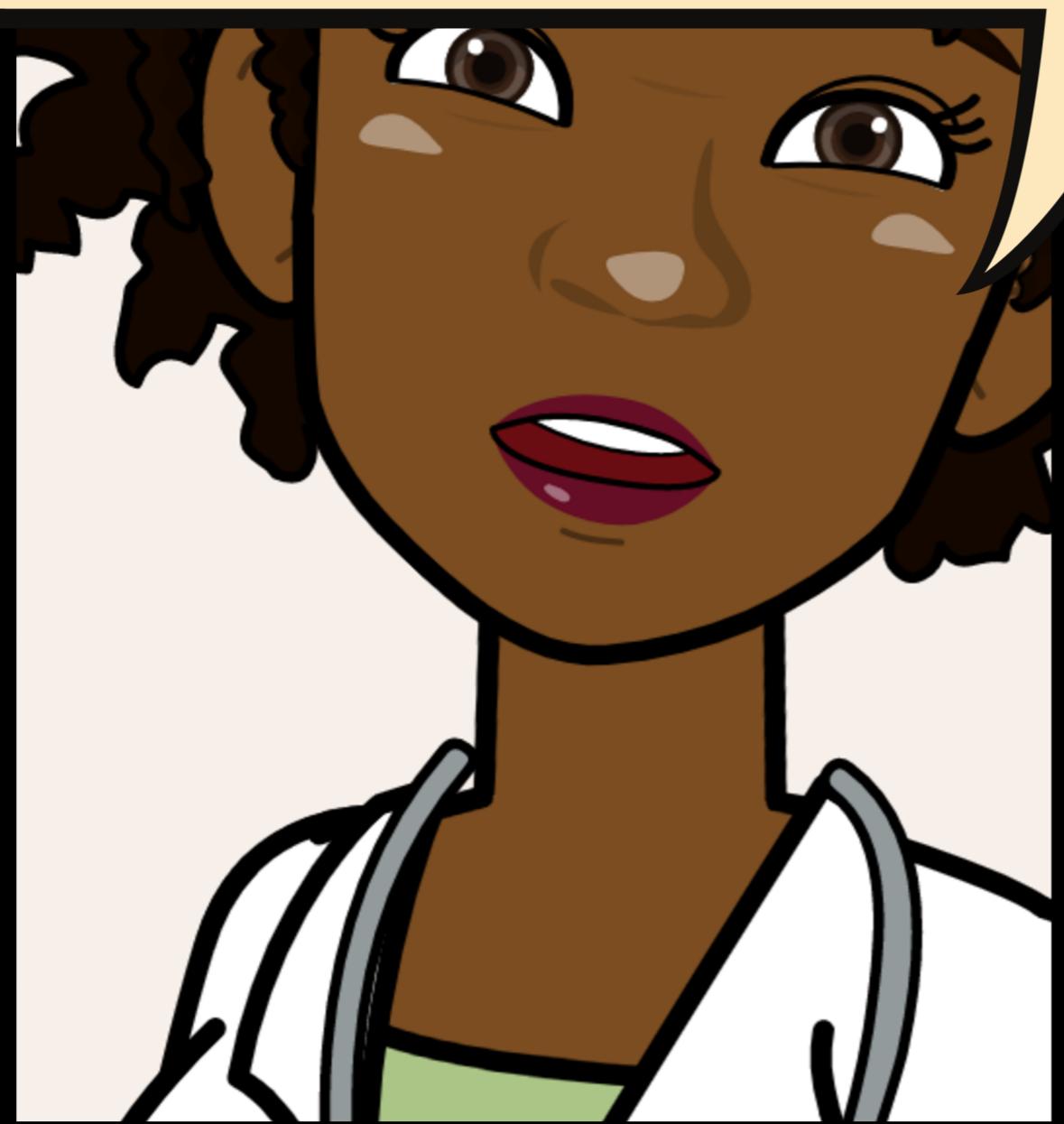
UAmanda ebeqala ukuya  
exesheni namhlanje

USANDRA WABULISA  
UYISE NGOMDLA



Ndiyaphila tata. Ngamanye amaxesha  
umsebenzi uyandithintela ekubeni  
ndichithe ixesha nosapho lwam...

...kodwa ndiza kuzama ukuthatha ixesha  
elingakumbi



Nceda, Vuyo, zama ukusinika ixesha  
elingakumbi. Siyakukhumbula

Nam ndiyakukhumbula

...WATSHO UJOY

Enkosi kakhulu!

Owu, sithandwa, usekhaya.  
Ndiyayazi ukuba udiniwe,  
mandikulungiselele amanzi  
okuhlamba ashushu



Ngaphambi kokuba ndilibale  
ngoAmanda, bendifuna  
ukwazisa ngale nto

...WATSHO UJOY

Amantombazana amaninzi aneentlungu  
ezinzima zokuya esikhathini, ngakumbi  
kwiintsuku ezimbalwa zokuqala.

IBHOTILE  
YAMANZI ASHUSHU

Ukuba iintlungu zokuya esikhathini ziyakukhathaza,  
ungazama ukusebenzisa ibhotile yamanzi ashushu  
esiswini sakho okanye uthathe izithomalalisi  
zentlungu ezifana ne-ibuprofen okanye i-naproxen.

Kulungile, dade omkhulu.  
Ngenene ndinentlungu  
emazantsi esisu.

Thatha iipilisi zeentlungu kule nto  
okanye usebenzise ibhotile yamanzi  
ashushu ebhijelwe ngetawuli

Yaye khumbula, ukuba sexesheni  
yinxalenye yendalo nesempilweni  
yobomi bentombazana

Ukuba sexesheni akunyanzelekanga  
ukuba kukuyekise ukwenza umthambo,  
ukonwaba nokonwabela ubomi

Kufuneka ndibuyele  
esibhedlele ngoku

...WATSHO UJOY

Ndizakubuya ngenye imini  
ndizokuxelela ngakumbi malunga  
nokuya exesheni nokufikisa

Sala kakuhle!

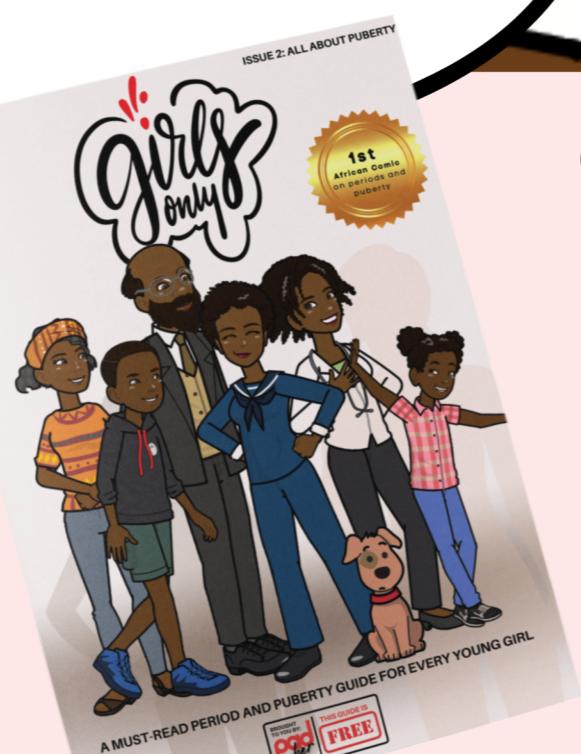
Sala kakuhle!

Sala kakuhle!

Sala kakuhle!

Sala kakuhle!

**KWINCWADI  
ELANDELAYO  
YENKUPHO**



Girls Onlyaza kubuya kwinyanga ezayo nenguulelo entsha enika  
umsla ebizwa **Konke malunga nokufikisa**  
Sijoyine kushicilelo olulandelayo njengoko uGqirha Joy ekhokela  
uAmanda ukufikisa kune notshintsho olulindelekileyo njengoko  
umzimba wakhe ukhula ngokukhawuleza. Ukukhuphela olu hlelo  
kune/okanye imiba yamva nje simahla, yiya ku  
[padher.org/download](http://padher.org/download)

\*Sebenzisa esi sithuba ukubhala phantsi into oyifundileyo ukuza kuthi ga ngoku malunga nokuya exesheni\*



\*Sebenzisa esi sithuba ukubhala phantsi into oyifundileyo ukuza kuthi ga ngoku malunga nokuya exesheni\*





## YINTONI EYENZA "GIRLS ONLY" ABE MHLE?

- Iphandwe kakuhle
- Yenzelwe amakhwenkwe nawo!
- Umxholo ochanekileyo ngokwamayeza
- Ngokusekelwe kumava obomi bokwenyani
- Ukonwaba kwamantombazana esikolo
- Ukhululekile kubazali nootitshala

...IZOTYWE KAKUHLE...

**NGELIXA NDIFUNDA NDIYAKWAZI UKUCINGA NGEZIGANEKO EZISENTLOKO YAM**

—Blessing Akpan (The Innovative Child Network)



**Ngaba uyafuna  
ukunceda intombi  
yakho ilawule ixesha  
layo lokuya exesheni?  
Ndwendwela  
*padher.org/for/parent*  
ukufumana isikhokelo  
esipheleleyo somzali**

OKANYE



ZIZISWE  
KUWE NGU:



Ubudala: iminyaka  
eyi-8 nangaphezulu  
Xabiso: SIMAHLA

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