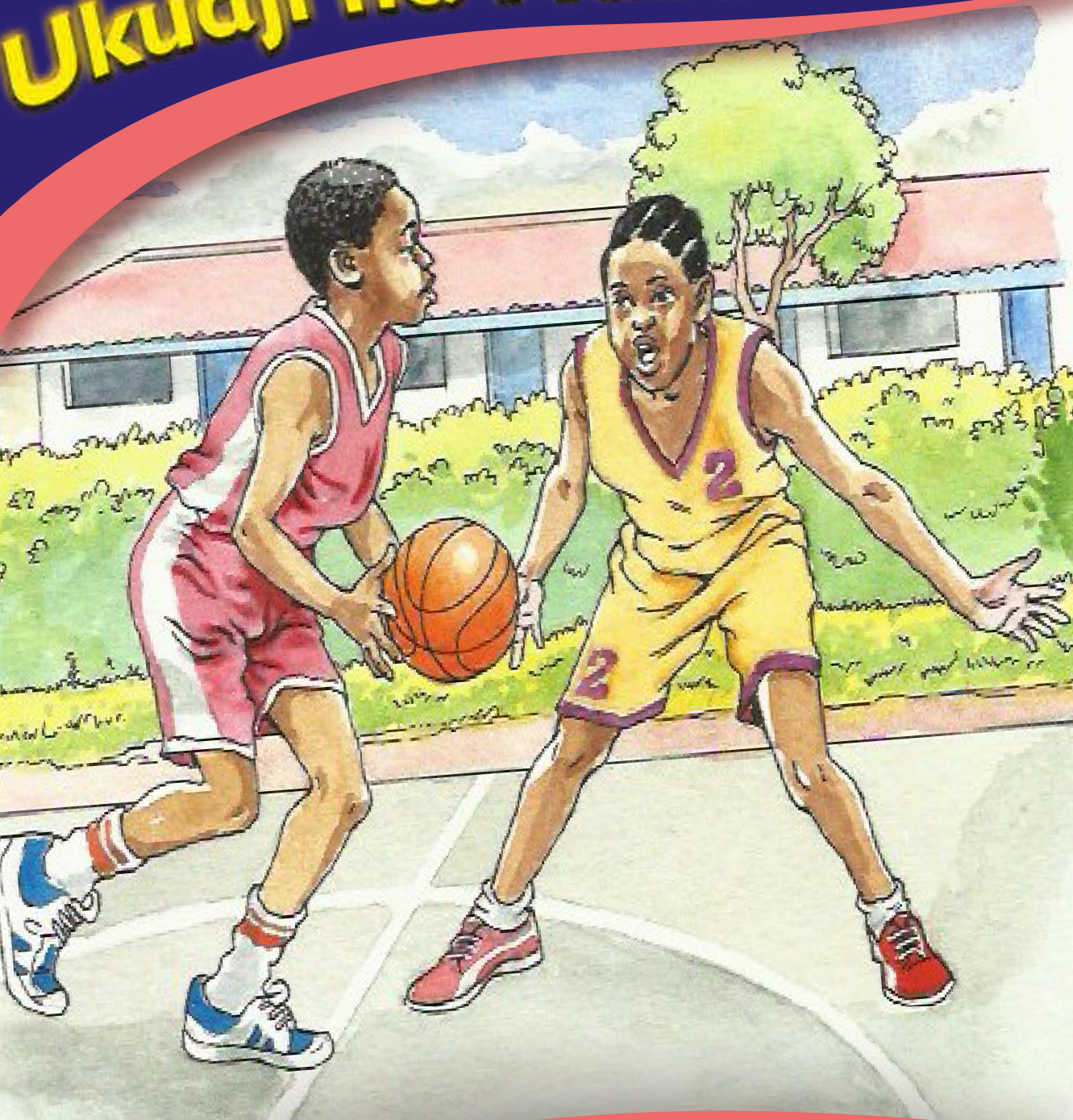


Ukuaji na Mabadiliko



Growth and Changes



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Author:	Marni Sommer, Allie Carney, and Beryl Arogo
Stories by:	Girls of Kenya
Translator:	Eileen Ambasa
Editor:	Mountain Top Publishers
Illustrator:	Chris Oluoch
© Copyright:	Grow and Know Inc 2018
Layout and Design:	Nicodemus Ogechi

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New Terms

Hormones: Hormones are chemicals in the body that are like messengers. They help to control how different parts of the body works.

Egg: An egg is the female reproductive cell that can develop into a baby, after it has been fertilized by a sperm.

Sperm: Sperm are the male reproductive cells that when combined with a female egg, can grow into a baby.

Uterus: The part of a woman's body where a fertilized egg may attach to the inner lining to grow into a baby. It is this lining that comes out along with blood during menstruation.

Vagina: The part of a woman's body that connects the uterus to the outside of the body and allows the lining and blood to exit your body during menstruation.

Cramps: Cramps are caused by the muscles in your uterus contracting (squeezing) to push out the blood, and are the pain that some girls and women feel before and during their menstrual periods.

Health care worker: A doctor, nurse, community health worker, or a chemist.

Menstrual cycle: Your menstrual cycle begins on the first day of your period and ends on the first day of your next period (it ranges from 21 to 35 days).

Maneno Mapya

Homoni: Homoni ni kemikali mwilini inayotumika kutuma ujumbe. Inasaidia kudhibiti jinsi sehemu tofauti za mwili zinavyofanya kazi.

Yai: Yai ni seli ya kike ya uzazi ambayo inaweza pevuka kuwa mtoto, baada ya kupatana na mbegu za kiume.

Mbegu za kiume: Hizi ni seli za uzazi za kiume ambazo zinapoungana na yai la kike, husababisha kukua kwa mtoto.

Uterasi (Nyumba ya Uzazi): Ni sehemu ya mwili wa mwanamke ambapo yai lililoshikana na mbegu za kiume linaweza kushikilia ngozi ya ndani ya tumbo la kike inayoweza mtoto kua. Ni ngozi hii inayotoka pamoja na damu wakati wa hedhi.

Uke wa msichana: Hii ni sehemu ya mwili wa mwanamke inayoungana nje ya uzazi mwilini na huwezesha ngozi (bomba) na damu kutoka mwilini wakati wa hedhi.

Mpindano: Hali inayosababishwa na kubanwa kwa misuli ya kizazi inaposukuma damu nje, na ni uchungu ambao wasichana na wanawake wengine hupata kabla na wakati wa hedhi.

Mhudumu wa Afya: Daktari, muuguzi, mhudumu wa afya ya jamii, au mfamasia (muuzaji wa dawa).

Kipindi cha hedhi: Kipindi cha hedhi huanza siku yako ya kwanza kutokwa na damu na huisha siku ya kwanza kutokwa na damu kipindi kinachofuatia (kuanzia siku ya 21 hadi siku ya 35).

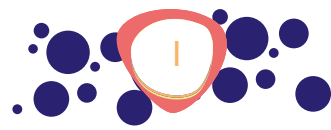
What is puberty?

Puberty is the stage between the ages of 10 and 14, when most girls and boys begin to notice physical and emotional changes in their bodies. These changes take place over a number of years. This stage is also called “**adolescence**” and girls and boys at this age are often called “**adolescents.**”



Kubalehe ni nini?

Kipindi cha **kubalehe** huanza kati ya umri wa miaka 10 na 14, wakati wengi wa wasichana na wavulana huanza kuona mabadiliko ya kimwili na ya kihisia katika miili yao. Mabadiliko haya hufanyika katika kipindi cha miaka kadhaa. Kipindi hiki pia kinaitwa ‘**ujana**’ na katika umri huu wasichana na wavulana mara nyingi huitwa ‘**vijana.**’



Puberty starts when extra amounts of chemicals called “**hormones**” begin to be produced in the body. These hormones lead to changes in the body. In addition to causing physical changes, the hormones cause emotional changes. So a growing girl may feel happy one moment, and angry, sad, or confused the next moment.



Kubalehe huanza wakati mwili unapotengeneza kemikali zinazoitwa **'homoni'** kwa kiasi cha ziada. Homoni hizi husababisha mabadiliko katika mwili. Mbali na kusababisha mabadiliko ya kimwili, homoni hizi husababisha mabadiliko ya kihisia. Kwa hivyo, msichana anayekua anaweza kuhisi furaha wakati mmoja, halafu hasira, huzuni, au kuchanganyikiwa wakati mfupi baadaye.



Puberty is the time when girls begin to produce **eggs** and boys begin to produce **sperm**. It is the time when we develop into young women and men. It is a special time. It is our bodies' way of maturing so that one day, we can choose to have children and start our own families. Even though girls' and boys' bodies start having the ability to have children, this does not mean that they are ready to have children.



Kubalehe ni wakati ambapo wasichana huanza kuzalisha **mayai** na wavulana huanza kuzalisha **mbegu za kiume**. Ni kipindi ambacho tunabadilika kuwa wanawake na wanaume. Hiki ni kipindi muhimu. Ni wakati ambapo miili yetu hupevuka. Ni ishara kuwa siku moja tutapata watoto na kuanzisha familia zetu. Ingawa miili ya wasichana na wavulana inaanza kuwa na uwezo wa kupata watoto, hii haimanishi kuwa wako tayari kupata watoto.

When does puberty begin and how long does it take?

Puberty begins at different times in girls and boys. Generally, the changes start earlier for girls and later for boys. Some start seeing puberty changes before the age of 10, while others start after age 14. For some, these changes may take place in one year or less. In others, they can take as long as six years.

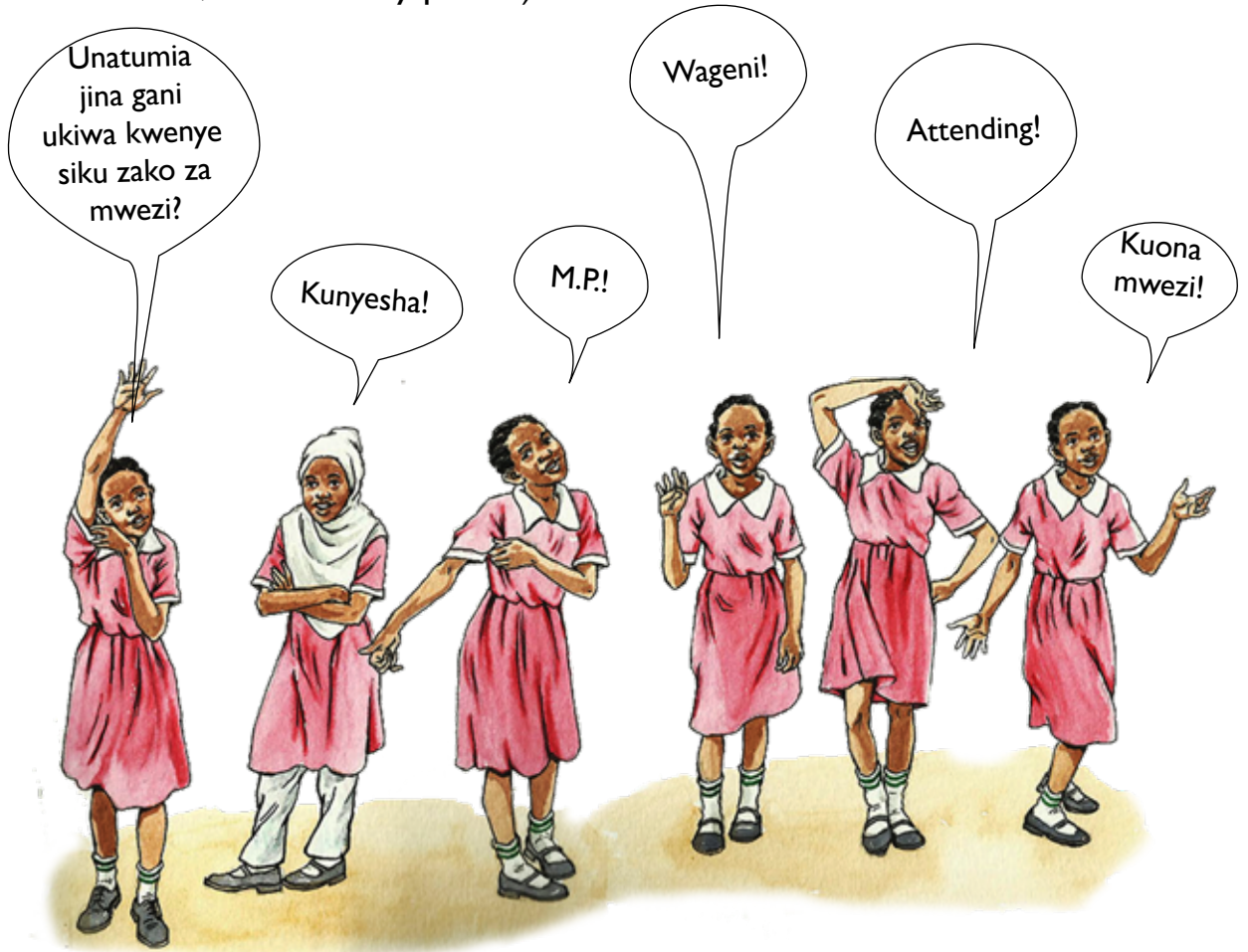


Je, kubalehe huanza wakati upi na huchukua muda gani?

Kipindi cha kubalehe huanza wakati tofauti kwa wasichana na wavulana. Kwa kawaida, mabadiliko huanza mapema kwa wasichana na baadaye kwa wavulana. Wengine huanza kuona mabadiliko ya kubalehe kabla ya umri wa miaka 10. Wengine huanza baada ya umri wa miaka 14. Kwa baadhi yao, mabadiliko haya yanaweza kuonekana katika muda wa mwaka mmoja au chini ya mwaka mmoja. Kwa wengine, haya mabadiliko yanaweza kuchukua muda wa miaka sita.

What are the physical changes that take place in girls?

The physical changes that take place for girls include her breasts starting to grow and her hips broadening. Hair starts to grow in her armpits and around her vagina. She starts to menstruate (have periods or her “M.P.,” for monthly period).



Je, ni mabadiliko yapi yanayoonekana mwilini mwa wasichana?

Baadhi ya mabadiliko haya ni kama matiti kuanza kukua na nyonga kuanza kupanuka. Nywele huanza kuota kwenye makwapa na kwenye uke wake. Ananza kupata hedhi (kuwa na vipindi vya hedhi ama M.P, kila mwezi).

What is menstruation?

Menstruation is when the lining of the **uterus** comes out along with blood through a girl's **vagina**. Bleeding usually lasts for 4-7 days and usually happens every month.

Menstruation means that a girl's body is growing up and preparing for the future when she might get pregnant and have a baby.

Monthly bleeding is not something to be scared of, because it is perfectly normal.



Je, hedhi ni nini?

Hedhi huanza wakati ngozi ya ndani ya **nyumba ya uzazi** hutoka pamoja na damu kupitia **uke wa msichana**. Kutokwa kwa damu hii hudumu kwa siku 4-7 na kwa kawaida hufanyika kila mwezi.

Kuona hedhi kuna maana kwamba mwili wa msichana unakua na unajitayarisha kupata mimba siku za usoni.

Kuona hedhi kila mwezi si jambo la kuhofia. Ni tukio la kawaida.

Most girls have their first period between the ages of 11 and 14. Some girls start as early as 8 and some at 17 or older.

The time from the first day of your period (when the bleeding starts), until the first day of your next period, is usually 28 days (one month). But it can range from 21-35 days, depending on the girl. During the first few years after a girl starts having her M.P., she may not get her menstruation every month. This is perfectly normal.



Wasichana wengi huanza kuona hedhi wakiwa na umri wa kati ya miaka 11 na 14. Wengine huanza mapema wakiwa na miaka 8. Wengine huanza wakiwa na umri wa miaka 17 au zaidi.

Kuanzia siku yako ya kwanza kuona hedhi (wakati unapoanza kuona damu), hadi siku ya kwanza ya hedhi inayofuata, kawaida huwa siku 28 (mwezi mmoja) lakini pia inaweza kuchukua muda wa siku 21-35, kulingana na mwili wa msichana. Kuna uwezekano wa msichana kukosa kuona hedhi kila mwezi miaka michache ya kwanza pindi tu anavyoanza kuona hedhi. Hili ni jambo la kawaida kabisa.

When a girl has her period, she should wash at least twice a day with soap and water around (not inside) the vagina. She can put clean cloths or sanitary pads on the inside of her underwear to absorb the blood. These should be changed every two to four hours. If a girl is going to school, she should take an extra cloth or sanitary pad, wrapped in a clean cloth or paper, so that she can change after a few hours.

If a girl has a leak on her uniform in school, she can tie a sweater around her waist and ask a friend or female teacher to help.



Wakati wa hedhi, msichana anapaswa kuoga angalau mara mbili kwa siku kwa sabuni na maji nje (si ndani) ya uke wake. Anaweza kuweka kitambaa safi au sodo (pedi) kwenye chupi yake ili kufyonza damu ya hedhi ambayo inastahili kubadilishwa baada ya saa nne hadi tano. Ikiwa msichana anaenda shuleni, anapaswa kujibeeba kitambaa cha ziada au sodo iliyofungwa ndani ya nguo safi au karatasi, ili aweze kubadilisha baada ya saa chache.

Ikiwa msichana amechafua sare yake ya shule kwa bahati mbaya, anaweza kujifunga fulana kiunoni, kisha aombe usaidizi kutoka kwa rafiki ama mwalimu wa kike.

Although menstruation means a girl is biologically able to have a baby, girls are not advised to have a baby until they are over 18 years old. This is because other changes in their bodies are still taking place. Having a baby when your body is not ready can cause health problems for a girl and her baby.

If a girl who has periods every month misses a period, it may mean that she is pregnant (if she has had sexual relations). But girls can also miss periods if they are feeling stress, if they lose a lot of weight, or if they have been traveling.



Ingawa hedhi inaashiria kwamba msichana ana uwezo wa kupata mimba, wasichana wanashauriwa kutopata mimba mpaka wanapokuwa zaidi ya miaka 18 na kuendelea. Hii ni kwa sababu, mabadiliko mengine yangali yanafanyika katika miili yao. Kupata mtoto wakati mwili wako hauko tayari, kunaweza kusababisha madhara ya kiafya kwa msichana na mtoto wake.

Ikiwa msichana ambaye hupata hedhi kila mwezi amekosa kuona hedhi, kuna uwezekano kuwa ana mimba (kama ameshiriki ngono). Wasichana pia wanaweza kukosa kuona hedhi, ikiwa wana mawazo mengi, wakipunguza uzito ama ikiwa wamekuwa safarini.



Ninahisi
maumivu wakati
wa kipindi changu cha
hedhi.

Ni
kawaida.

Do girls have pain during their periods?

Some girls do not feel pain when they have their period, but many have little pains in their lower stomach area or back. Some have a lot of pain and may need medical advice, but usually, the pain is not very bad and does not last long. These pains are called **“cramps”** because they are caused by the muscles of the uterus contracting. It is these contractions that push out the lining of the uterus each month during menstruation.

Je, wasichana hupata maumivu wakati wa hedhi?

Kuna baadhi ya wasichana ambao huwa hawahisi uchungu wakati wa hedhi, ilhali wengine hupata uchungu kiasi katika sehemu ya chini ya tumbo au mgongoni. Wengine huwa na maumivu makali na huenda wakahitaji ushauri wa mhudumu wa afya, lakini kwa kawaida, maumivu haya huwa si makali sana na hayadumu kwa muda mrefu. Maumivu haya huitwa **‘mpindano,’** kwa sababu yanasababishwa na kubanwa kwa misuli ya nyumba ya uzazi. Ni kubana huku, ambako husababisha kusukumwa kwa ngozi ya mfuko wa uzazi kila mwezi wakati wa hedhi.



What is PMS?

PMS is short for “Pre-Menstrual Syndrome.” PMS are the changes in the level of hormones in a girl’s body that can affect her moods. Not all girls get this, but many do for a few days before they start their periods. Some girls may feel sad. Others may feel irritable and get angry for no real reason. Some girls’ breasts may feel swollen and sore. This is all normal and natural and should not worry you.



PMS ni nini?

PMS ni ufupisho wa “Pre Menstrual Syndrome.” Hii ni hali ya kihisia kwa msichana kabla ya kuanza hedhi. PMS ni mabadiliko ya kiwango cha homoni mwilini mwa msichana, yanayoweza kuathiri hisia zake. Sio wasichana wote wanaopata hali hii, lakini wengi hupata kwa muda wa siku chache kabla ya kuona hedhi. Wasichana wengine wanaweza kuhisi huzuni, wengine huhisi hasira bila sababu yoyote. Matiti ya wasichana wengine huvimba na kuwa na maumivu. Usiwe na wasiwasi. Hii ni hali ya kawaida.

Feeling comfortable on your period

When you have your periods, some discomfort is normal, but if you have too much pain, you may need medication, so talk to a **health care worker** or an older woman for help. You can talk to your sisters, aunts, mothers, grandmothers, and female teachers for advice.

Normally when you have your period, you may need to change your cloth or sanitary pad three or four times a day. If you need to change it more, you may be bleeding too much so talk to an older woman, a nurse, or a doctor for advice. Also, if someone makes comments about your changing body or periods that make you uncomfortable, share it with someone you trust.



Kustareheka wakati wa hedhi

Wakati wa hedhi, maumivu kiasi ni hali ya kawaida, lakini ikiwa maumivu ni makali sana, unaweza kuhitaji dawa. Hivyo basi, unaweza kutafuta ushauri kutoka kwa **mhudumu wa afya** au wanawake waliokomaa. Unaweza pia kuzungumza na dada zako, shangazi, mama, bibi, na walimu wa kike, ili upate ushauri.

Kwa kawaida, wakati wa hedhi, huenda ukahitaji kubadilisha sodo au kitambaa chako mara tatu au nne kwa siku. Ikiwa unahitajika kubadilisha zaidi ya mara nne, utahitaji ushauri wa wanawake waliokomaa, mhudumu wa afya au daktari. Pia, ikiwa mtu yeyote atatoa maoni kuhusu mabadiliko yako ya kimwili ama hedhi ambayo yatakuudhi, mwambie yeyote yule unayemwamini.

Story I

My first time to experience my first menstruation, I was 14 years old and at the time it started, I was staying with my aunt. By then I was a Class 8 pupil. It was during April holiday and so I had no one to share with what I was experiencing. My aunt was a very harsh woman, to the extent that I couldn't approach her with something like that. It came for one day, then the next day I didn't see anything. I was feeling embarrassed and at the same time, I wanted assistance. At long last, I decided to tell one of my friends who explained almost everything to me. The friend gave me some pads (umbrella) so that when it came again, I could use them. She even taught me how to put them on. After that I gathered courage and approached my aunt. She gave me all the support I needed by then.

That's how I then managed to cope with that change in life. What I can tell younger girls is that they only need to have courage, and be open to their parents, guardians, or friends. Since this is something that comes normally, they don't need to fear, let them be open and courageous.





Simulizi la kwanza

Mara yangu ya kwanza kupata hedhi nilikuwa miaka 14. Wakati ilipoanza nilikuwa naishi na shangazi yangu. Wakati huo nilikuwa darasa la 8. Ilikuwa wakati wa likizo ya Aprili, kwa hivyo sikuwa na mtu wa kumueleza nilichokuwa nikipitia, kwa sababu shangazi alikuwa mkali sana, kiasi kwamba, singeweza kumkaribia na kumuambia kitu kama hicho. Nilikuwa na hedhi kwa siku moja tu. Siku ya pili, sikuona chochote. Niliona haya na kwa wakati huo pia nilihitaji usaidizi. Hatimaye nilimueleza mmoja wa marafiki zangu ambaye aliniezeza kila kitu. Huyo rafiki yangu alinipatia sodo(pedi) – ('sodo' kwa lugha ya mtaa inaitwa 'mwavuli'), hivi kwamba hedhi itakaporudi tena, basi niitumie. Alinifundisha jinsi ya kuitumia. Baada ya hapo, nilipata ujasiri/nilijipa moyo na kumueleza shangazi yangu ambaye alinipatia usaidizi wote niliohitaji. Hivyo ndivyo niliweza kukabiliana na mabadiliko ya kimaisha. Ninachoweza kuwaeleza wasichana wanaokua ni kwamba, wanahitaji tu kuwa na ujasiri, kuweza kuwa wazi na wazazi wao, wale watu wanaowafadhili, ama marafiki zao. Hili ni tukio la kawaida, na hawana chochote cha kuogopa. Wanahitaji tu kuwa wazi na wenye ujasiri.

Story 2

It was on 5th of January 2017 when I was in Nairobi. In the evening I was feeling like I had to go to the toilet. So I went to the toilet, did everything, and by the time I finished, and looked at the back of my dress, I saw something like red spots. That is when I remembered that I must be going through menstruation period. I was 16 years old. At first I felt shy, and started using some clean old cloths to manage. Later I told my aunt what I was going through and she encouraged me and told me even she had experienced her menstruation period when she was my age. She bought pads for me and I started using them. By the time I came to stay in the village with my mom, I told her what I was going through. But she didn't have a shilling to buy pads, so up to now, I always use clean old cloths.

I could advise younger girls that menstruation periods happen to all girls. If you shared this with your parents and they didn't buy any pads for you, please do not judge them because they cannot afford them and you should not feel shy.

Simulizi la pili

Ilikuwa tarehe 5 mwezi wa Januari mwaka wa 2017 nilipokuwa Nairobi. Ilipofika jioni, nilihisi kwenda msalani. Nilipomaliza shughuli za msalani, nilijangalia na kuona vitu kama madoa mekundu nyuma ya rinda langu. Hapo ndipo nilikumbuka kwamba, lazima nilikuwa nimeanza kupata hedhi. Nilikuwa na umri wa miaka 16 (kumi na sita). Kwanza niliona haya kisha nikaanza kutumia vitambaa safi vikuukuu kujitiri. Baadaye nilimueleza shangazi yangu nilichokuwa nikipitia, akanitia moyo na kuniambia hata yeye alipata hedhi kwa mara ya kwanza akiwa na umri kama wangu. Alininunulia sodo na nikaanza kuzitumia. Niliporudi kijijini kuishi na mama yangu, nilimueleza kuwa nilianza kupata hedhi lakini hakuwa na pesa za kuninunulia sodo. Kwa hivyo hadi sasa mimi hutumia tu vitambaa safi vikuukuu.

Ningependa kuwashauri wasichana wanaokua kwamba; hedhi huwapata wasichana wote. Kama utawaambia wazazi wako na washindwe kukununulia sodo, usiwahukumu kwa sababu hawana uwezo na pia usione haya.

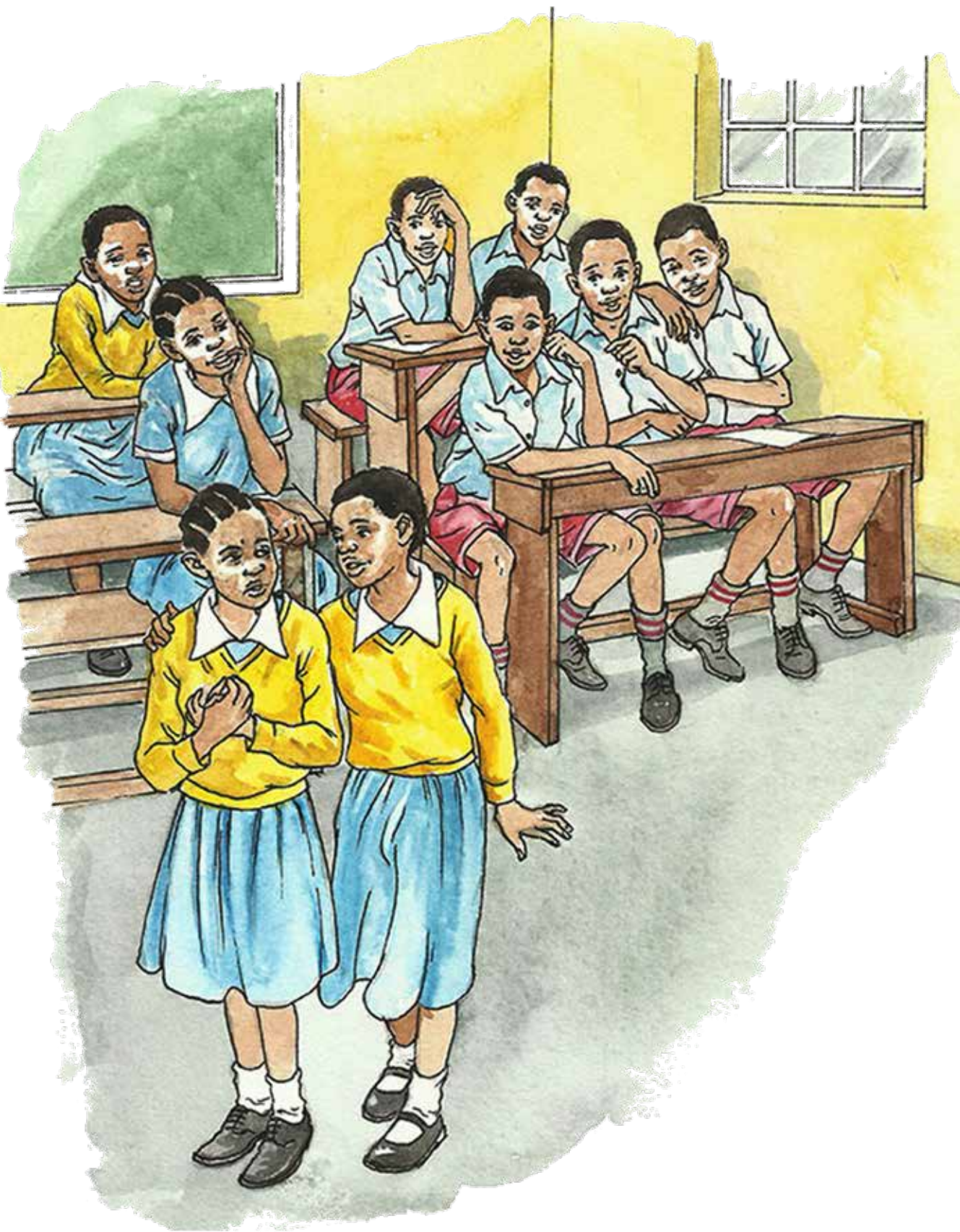


Story 3

I was in Class 7 when my menstruation started. By then I was 13 years old. I felt really embarrassed and outcast because it happened when I was in class. The boys made fun of me, telling me that “Sasa umetoshia kuitwa mama” (now you’re ready to be called a woman/mother). I was even afraid to walk because I saw myself as dirty. Luckily enough, I had a friend in Class 8 who helped me out, and helped me to understand and accept my situation, explaining to me that menstruation was normal. My fellow girls, you might feel embarrassed, and fail to accept yourself as I did, but remember, as we grow, we go through different stages. Changes in our bodies will happen. Menstruation is a normal occurrence in our body, and feeling embarrassed won’t change it. No matter what people say, just keep on with your life, you might feel you are sick, but know my girls, this is normal. All the great women in this world have gone through this process, but they didn’t feel sad and they have made it in life. For you young girls, whether you’re feeling sad, embarrassed, or shy, you can make it to be one of the most powerful women of our times.

Simulizi la tatu

Nilikuwa darasa la 7 (saba), wakati hedhi yangu ilipoanza. Wakati huo, nilikuwa miaka 13 (kumi na mitatu). Niliona ibu sana, kama mtu aliyetengwa kwa sababu ilitokea nikiwa darasani. Wavulana walinikejeli. Wakiniambia sasa nilikuwa tayari kuitwa mama (“sasa uko tayari kuitwa mama”). Niliogopa hata kutembea kwa sababu, nilijiona mchafu. Kwa bahati nzuri, nilikuwa na rafiki aliyekuwa darasa la nane, aliyenisaidia kuelewa na kukubali hali yangu wakati huo. Alinieleza kwamba kupata hedhi ni jambo la kawaida. Wasichana wenzangu, mnaweza kuona haya/kupatwa na ibu, ama hata kujikataa kama nilivyofanya. Lakini kumbukeni, kadri tunavyozidi kukua tunapitia hali tofauti tofauti. Mabadiliko yatatokea mwilini mwetu. Hedhi ni tukio la kawaida mwilini mwetu, hivyo basi kujisikia vibaya hakutabadilisha chochote. Usijali watu watakavyosema. Endelea tu na maisha yako. Unaweza hata kujihisi wewe ni mgonjwa, lakini mnafaa mjue wasichana wenzangu kwamba; hii ni kawaida tu. Hata wanawake wote mashuhuri ulimwenguni wamepitia hali hii ila, hawakuhisi vibaya na wamefanikiwa maishani. Kwa wasichana wote wachanga, hata ukiwa unaona haya ama kuhisi vibaya, bado unaweza kuwa mwanamke mashuhuri zaidi katika nyakati zetu unayemuamini.



Story 4

When I was 9 years old, at around 2pm on a Tuesday, I was playing with my friends near our home. Suddenly, one girl saw some things like blood on my dress. I really laughed at that girl as I told her that those things are not blood. We kept on playing. Suddenly, my mom came and called me. She told me to remove all of my clothes and go to the bathroom to bathe. When I was done, my mom explained everything to me about menstruation, but by then I was still young. She took my underwear and put something soft (pad) and told me not to remove it. I was really sad, but I was still playing as usual. I am glad I told my mom. She really helped me as I did not know anything at that time. I really tried to manage it myself, but as I was still young, I could not manage without someone assisting me. My advice to other girls is that issues like menstruation are normal and we should not be afraid of it.





Simulizi la Nne

Nilikuwa na miaka 9 (tisa). Ilikuwa kama saa nane mchana siku ya Jumanne. Nilikuwa nakicheza na marafiki wangu karibu na nyumbani kwetu. Ghafla, mmoja wa wasichana akaona kitu kama damu kwenye rinda langu. Mimi nikacheka kweli nikisema hiyo haikuwa damu. Tuliendelea tu kucheza. Mara tu mama alikuja na kuniiita. Aliniambia nitoe nguo zangu zote na niende nikaoge. Nilipomaliza, mama alinielezea yote kuhusu hedhi, lakini wakati huo nilikuwa mdogo sana. Alichukua chupi yangu na kuweka kitu laini (sodo) na akaniambia nisikitoe. Nilihuzunika sana, lakini niliendelea tu kucheza kama kawaida. Nilimwambia mama yangu na alinisaidia sana kwa sababu sikujua chochote wakati huo. Nilijaribu kujisaidia mwenyewe lakini kwa vile nilikuwa mdogo, bado singeweza bila mtu kunisaidia. Mawaidha yangu kwa wasichana wengine ni kwamba, hedhi ni jambo la kawaida na hakuna haja ya kuogopa.

Story 5

My first period “Mashiro” started when I was in Class 7 at the age of 14 years. It started when I was in school and I didn’t have any idea what was happening. I just felt pain on my back and in my stomach. I found the courage to tell my close friend. She gave me a pad and went with me to the toilet where she told me how to put it on. That day, I really felt terrible and every time that I stood up, I would look at my back, to see if the blood had passed through my dress. On that day, I felt like I was abnormal. I mean, I asked myself so many questions, like what if someone comes to know that I am menstruating? But my friend told me that this thing is normal, so I had to trust her. I was so moody, I didn’t want boys or men to get close to me, because I believed what my mother told me, that if I get close to a male, I’ll get pregnant, and that scared me. But I thanked God that I gathered courage and told my dad that I had started my MP because my mom was not around. She had gone to the village, so I had no option but to tell

my dad. One thing that I thanked God for is that my dad told me to be careful and to take care of myself because I am now a woman. What I would advise young girls is that if you start your menstruation, please be careful and know the date that you are attending your period to help prevent leaks.





Simulizi la tano

Hedhi yangu ya kwanza “Mashiro”, ilianza nikiwa darasa la 7 (saba) nikiwa na miaka 14 (kumi na minne). Ilianza nikiwa shuleni, na sikuwa na ufahamu wowote kuhusu lililokuwa likitokea. Nilihisi tu maumivu ya mgongo na tumbo. Nilipata ujasiri wa kumuambia rafiki yangu wa karibu. Alinipatia sodo, akaenda na mimi msalani na kunionyesha jinsi ya kuibandika. Siku hiyo nilijihisi vibaya sana. Kila wakati niliposimama, nilikuwa najiangalia nyuma ili nione kama damu imepitia kwenya rinda langu. Siku hiyo nilijihisi kama niko katika hali isiyo ya kawaida, na nilijiuliza maswali mengi sana. Maswali kama; itakuwaje mtu akijua kwamba sasa mimi nimepata hedhi? Lakini rafiki yangu aliniambia kuwa hili ni jambo la kawaida, sasa ilibidi nimuamini. Nilikuwa mwenye hasira. Sikutaka wavulana au wanaume wanikaribie kwa sababu niliamini vile mama aliniambia kwamba; nikiwa karibu na mwanaume nitapata mimba. Hilo liliniogopesha sana. Namshukuru Mungu, nilijipa ujasiri wa kumuambia baba yangu kwamba nimeanza kupata hedhi, kwa sababu mama hakuwa nyumbani. Alikuwa amesafiri kwenda kijijini, kwa hivyo sikuwa na njia nyingine bali kumuambia baba. Namshukuru Mungu kwa kitu kimoja, kwamba baba aliniambia niwe muangalifu, na nijichunge vyema, kwa sababu sasa nilikuwa nimekuwa mwanamke. Ningependa kuwashauri wasichana kwamba, ukianza kupata hedhi, tafadhali kuwa mwangalifu, na ujue siku yako ya kuanza hedhi, ili ujikinge na kuvuja damu.

Answering the 'How to...' questions

How to manage your first period?

- ◆ Do not feel afraid! It can be scary to see the blood on your underwear or clothes, but it is normal and natural.
- ◆ Talk to your elders: your parents, sister, auntie, grandmother, female friends, or an older woman in your community. They will give you good advice. If you are at school, tell a female teacher or a fellow female student. They will guide you.
- ◆ Feel proud! Your body is developing into a young woman.

How to absorb the blood?

- ◆ Place a clean cloth or sanitary pad on the inside of your underwear.
- ◆ Change the cloth or sanitary pad every 2-4 hours or if you think that it is getting too full of blood.



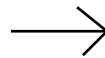
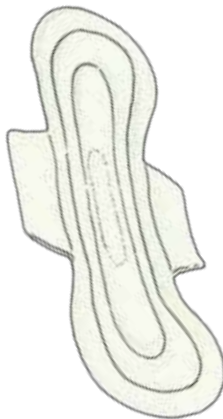
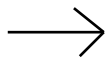
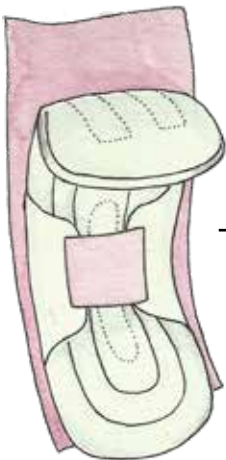
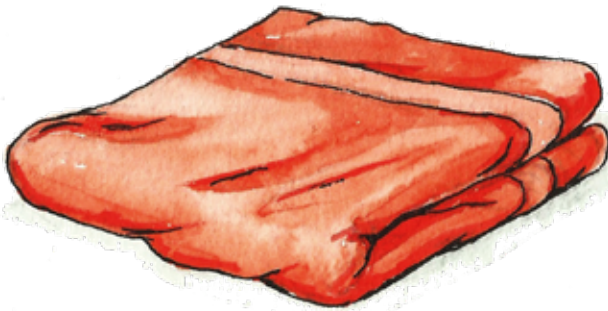
Kujibu maswali ya 'Jinsi ya ...'

Jinsi ya kujichunga mara yako ya kwanza ya hedhi?

- ◆ Usiwe na hofu! Unaweza kutishika ukiona damu kwenye chupi yako au nguo, lakini ni kawaida ya kiaisilia.
- ◆ Pata ushauri kutoka kwa wakubwa wako, wazazi, dada, shangazi, bibi, marafiki wa kike, au ajuza katika jamii yako. Watakupa ushauri mzuri. Ukiwa shuleni, zungumza na mwalimu yeyote wa kike au mwanafunzi mwenzako wa kike na watakuongoza/watakushauri.
- ◆ Furahia! Mwili wako unaendelea kuwa mwanamke mdogo.

Jinsi ya kufyonza damu?

- ◆ Weka kitambaa safi au sodo kwenye chupi yako.
- ◆ Badilisha kitambaa au sodo baada ya muda wa saa 2-4 au ikiwa unahisi imejaa damu.

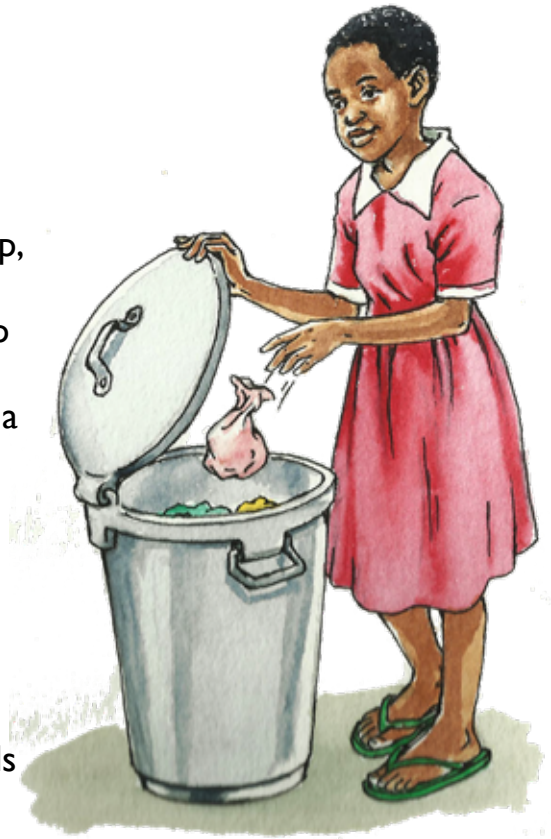


How to dispose of the used cloth or sanitary pad

- ◆ If you are using a cloth, wrap it in another clean cloth, paper, or reusable bag and take it home. You can wash it with hot water and soap, and dry it in the sun or iron it.
- ◆ If you are using a sanitary pad, wrap it in the wrapper it came in or a paper, so you can throw it away in a dustbin or other disposal area.

How to keep yourself clean during your periods

- ◆ Wash the area around (not inside) your vagina with soap and water, every morning and evening.
- ◆ Keep unused cloths or sanitary pads clean until you need them.
- ◆ Gently dry your vagina with a cloth and put a fresh cloth or sanitary pad inside your underwear.



How to manage the stomach pain from your period

- ◆ You can place a hot water bottle on your stomach area when you are resting.
- ◆ You can try to exercise and keep your body active.
- ◆ You can have a hot cup of tea or water to help you relax.
- ◆ After talking to a health care worker or a trusted adult about your pain, you can take medicine on your most painful days.



Jinsi ya kutupa kitambaa kilichotumiwa au sodo



- ◆ Ikiwa unatumia kitambaa, kifunge vizuri kwenye kitambaa kingine safi, karatasi, au kijifuko kinachoweza kutumika tena na kukibeba nyumbani. Unaweza kukifua kwa maji moto na sabuni, na kukianika kwenye jua au ukipige pasi.
- ◆ Ikiwa unatumia sodo, ifunge vizuri kwenye kijikaratasi kilichokuwa kimefungiwa ndani au karatasi, ili uweze kuitupa kwenye pipa au eneo lililotengwa kutupa taka.

Jinsi ya kujiweka safi wakati wa hedhi

- ◆ Safisha sehemu ya nje (si ndani) ya uke wako kwa sabuni na maji, kila asubuhi na jioni.
- ◆ Weka kitambaa chako au sodo safi hadi utakapovihitaji.
- ◆ Panguza uke wako kwa upole kwa kitambaa kisha uvae kitambaa safi au sodo.



Jinsi ya kustahimili mauvimu yanayotokana na hedhi

- ◆ Unaweza kuweka chupa yenye maji moto kwenye eneo lako la tumbo wakati unapumzika.
- ◆ Unaweza kujaribu kufanya mazoezi na kulainisha mwili wako.
- ◆ Unaweza kunywa kikombe cha chai au maji moto ili kikutulize.
- ◆ Baada ya kupata ushauri kuhusu maumivu yako, kutoka kwa mhadumu wa afya, au mtu mzima anayeaminika, unapopata maumivu zaidi, unaweza kumeza dawa.

‘Is it normal if...?’

Is it normal if I do not get my periods every month?

Yes, when girls’ bodies are developing, periods are often not regular and can skip months.

Is it normal if my period only lasts for 2 days?

Yes, every girl’s period is different and will last different numbers of days as she is growing up.

Is it normal if I get my period for 3 days and my friend gets hers for 5 days?

Yes, the average length of a period is 5 days, but it can range from 2 to 7 days.

Is it normal if you get your period on a different day each month?

Yes, a typical menstrual cycle is 28 days but it can range between 21 and 35 days, depending on the girl.

Is it normal if a girl gets her period when she is young, such as ages 9, 10 or 11?

Yes, there is a wide range of ages when a girl can get her first period, from 8 or 9 up until 17 or 18 years of age.

Is it normal to get breast pains when you are growing up?

Yes, as a girl’s body is developing, many changes are happening inside her body and small pains are natural.

Is it normal to get stomach pain during your period?

Yes, “cramps” are pains in the lower abdomen that may happen during or just before your period. Small or medium pain is normal, but if the pain is very bad, you might want to see a health care worker for advice.

‘Je, ni kawaida ikiwa ...?’

Je, ni kawaida ikiwa sioni hedhi kila mwezi?

Ndiyo, wakati miili ya wasichana inapoendelea kupevuka, hedhi mara nyingi huwa sio kawaida na inaweza kuruka miezi.

Je, ni kawaida kama hedhi yangu itadumu kwa siku mbili tu?

Ndiyo, kipindi cha hedhi ni tofauti kwa kila msichana na hudumu muda tofauti kwani angali anapevuka.

Je, ni kawaida nikipata hedhi muda wa siku 3 na rafiki yangu anapata kwa siku 5?

Ndiyo, urefu wa muda wa hedhi ni siku 5, lakini inaweza kuanzia siku 2 hadi 7.

Je, ni kawaida kama unapata hedhi kwa siku tofauti kila mwezi?

Ndio, mzunguko wa kawaida wa hedhi ni siku 28 lakini inaweza kuanzia siku 21 hadi 35, kulingana na msichana.

Je, ni kawaida kama msichana anapata hedhi wakati yeye ni mdogo, kama akiwa na umri wa miaka 9, 10 au 11?

Ndiyo, kuna umri tofauti ambao msichana anaweza kupata kipindi chake cha kwanza cha hedhi, kutoka miaka 8 au 9 hadi miaka 17 au 18.

Je, ni kawaida kupata maumivu ya matiti unapopevuka?

Ndiyo, wakati mwili wa msichana unapevuka, mabadiliko mengi hutendeka ndani ya mwili wake na maumivu ni kawaida.

Je, ni kawaida kuwa na maumivu ya tumbo wakati wa hedhi?

Ndiyo, ‘mpindano’ ni maumivu katika sehemu ya chini ya tumbo ambayo yanaweza kutokea wakati wa hedhi au kabla ya hedhi. Ni kawaida kupata maumivu madogo, lakini ikiwa maumivu yamezidi, unaweza kutafuta ushauri wa mhudumu wa afya.

‘Is it normal if...?’

Is it normal that boys do not get periods?

Yes, boy’s bodies go through different changes during puberty and they cannot have babies, so they do not menstruate. Boys’ voices get deeper, their muscles get bigger, and they grow hair in their armpits.

Is it normal to feel shy when you have your period?

Yes, many girls feel shy, because they are not used to managing their period or their changing bodies. This is normal, and as you get older, you will feel less shy.

Is it normal that some girls become angry, happy, or sad when they have their period?

Yes, the hormones in a girl’s body when she has her period can sometimes cause her mood to change quickly.

Is it normal to get pimples during your period?

Yes, many girls and women will get pimples just before or during their period. Pimples look like small bumps under your skin.

Is it normal that sometimes a girl will get clots coming out with her period?

Yes, thick clumps of blood in your period are normal and are called “clots.” They are more frequent when you have been lying down, so you may see more when you wake up in the morning.

Is it normal to get water-like or white discharge right before or after your period?

Yes, once a girl’s body starts to develop, having some clear or milky-white substance coming from her vagina is normal. This is called discharge. During her period, the menstrual blood can be of different colours, including bright red, light pink, or even brown in colour.

‘Je, ni kawaida kama ...?’

Je, ni kawaida kwamba wavulana hawapati hedhi?

Ndiyo, miili ya wavulana hupitia mabadiliko tofauti wakati wa kubalehe na hawawezi shika mimba, hivyo hawana hedhi. Sauti za wavulana huwa nzito, misuli yao inakua kubwa, na humea nywele kwapani.

Je, ni kawaida kuona haya wakati unapata hedhi?

Ndiyo, wasichana wengi huona haya, kwa sababu hawajazoea kumudu hedhi na mabadiliko ya miili yao. Hii ni kawaida, na unapokua, utawacha kuona haya.

Je, ni kawaida kwa wasichana wengine kuwa na hasira, furaha, au huzuni wakati wa hedhi?

Ndiyo, homoni katika mwili wa msichana wakati anapopata hedhi huweza kusababisha hisia zake kubadilika haraka.

Je, ni kawaida kupata chunusi wakati wa hedhi?

Ndiyo, wasichana wengi na wanawake hupata chunusi kabla au wakati wa hedhi. Chunusi huonekana kama uvimbe/ nundu inayotokea kwenye ngozi yako.

Je, ni kawaida kwamba wakati mwingine msichana atatokwa damu iliyoganda pamoja na hedhi?

Ndiyo, ni kawaida kutokwa na vidonge vya damu wakati wa hedhi vinavyojulikana kama ‘viganda damu’. Hutokea mara nyingi ikiwa umekuwa ukilala, hivyo basi unaweza kuviona sana unapoamka asubuhi.

Je, ni kawaida kutokwa na unyevunyevu mweupe kabla au baada ya kipindi chako cha hedhi?

Naam, mara mwili wa msichana unapoanza kupevuka, kuwa na dutu safi au nyeupe-nyeupe inayotokana na uke wake ni kawaida. Hali hii huitwa kutokwa na unyevu. Wakati wa hedhi, damu ya hedhi inaweza kuwa na rangi tofauti, kama nyekundu, rangi ya waridi au hata kahawia rangi.

Is it **TRUE** or **FALSE**?

If you become pregnant and have a baby, you will stop having periods and stomach pains forever. FALSE

White, milky discharge can be present before and after a girls' period and is normal. TRUE

Only girls who have had sexual thoughts or relations with boys experience their periods or develop breasts at an early age. FALSE

Some girls and women have small breasts, while others may have bigger ones. This is very natural. TRUE

You can go to school and participate in any sports while you have your period. TRUE

When a girl first begins her monthly period, she is now a grown woman who can get married. FALSE

If a girl's egg is mature, but she has not yet had her first period, she is still able to become pregnant if she has sexual relations. TRUE

Je ni KWELI au SI KWELI?

Ukishika mimba na upate mtoto, utaacha kupata hedhi na maumivu ya tumbo milele.

SI KWELI

Ni kawaida kwa msichana kutokwa na unyevu mweupe kabla au baada ya hedhi.

KWELI

Ni wasichana ambao wamekuwa na mawazo ya ngono au uhusiano na wavulana pekee wanaopata hedhi wangali wachanga.

SI KWELI

Ni kawaida kwa wasichana na wanawake wengine kuwa na matiti madogo, ilhali ya wengine yanaweza kuwa kubwa zaidi.

KWELI

Unaweza kuenda shule na kushiriki katika michezo yoyote wakati unapata hedhi.

KWELI

Msichana anapoanza kupata hedhi, sasa ni mwanamke mzima ambaye anaweza kuolewa.

SI KWELI

Ikiwa yai la msichana limekomaa, lakini bado hajapata hedhi, bado anaweza kushika mimba ikiwa ameshiriki ngono.

KWELI

Body Changes

- ◆ Your skin makes more oils, so you may get pimples.
- ◆ Your nipples will get darker in colour.
- ◆ Your breasts will grow larger and be more sensitive.
- ◆ Hair will grow in your armpits and on your vagina (pubic area).
- ◆ Sweat glands under your arms will be more active, so you will smell more like an adult.
- ◆ Your hips will become broader.
- ◆ You will grow taller more quickly than you grew before.



Mabadiliko ya Mwili

- ◆ Ngozi yako hutoa mafuta zaidi, hivyo basi unaweza kupata chunusi.
- ◆ Kilembwa cha titi kitabadili rangi kiwe cheusi zaidi.
- ◆ Matiti yako yatakua kubwa na kuwa nyeti zaidi.
- ◆ Nywele zitamea kwenye makwapa yako na kwenye uke (mavuzi).
- ◆ Tezi za jasho kwenye makwapa zitafanya kazi zaidi, hivyo utatokwa na harufu kama mtu mzima.
- ◆ Nyonga zako zitakuwa pana zaidi.
- ◆ Utakua mrefu zaidi kuliko ulivyokua hapo mbeleni.

Keeping track of your menstruation

To help you keep track of your period, here is an example of a calendar you can draw and use to help you manage.

Kuweka rekodi ya hedhi yako

Ili kukusaidia kuweka rekodi ya hedhi yako, unaweza kutumia mfano huu wa kalenda ambayo unaweza kuchora ili uweze kutumia.

When you get your period:

- ◆ Each time you get your period, circle the date it begins for that month and draw an X through each day that the bleeding continues.
- ◆ Count for 28 days (ranging from 21 to 35 days) from the date you began your period to help you guess when you might start your next period again.

Remember, during puberty, girls can have irregular periods, so your starting days may change every month!

Ukipata hedhi:

- ◆ Kila mara unapopata hedhi, weka alama kwa tarehe itakapoanza mwezi huo, halafu chora X kila siku ambayo unaona damu.
- ◆ Hesabu kwa siku 28 (kuanzia siku ya 21 hadi siku ya 35) kuanzia tarehe uliyopata hedhi ili uweze kubuni siku unayotarajia kupata hedhi tena.

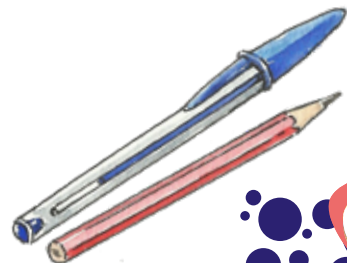
Kumbuka kwamba, wakati wa kubalehe, kuna uwezekano kwa wasichana kuwa na ubadilifu wa wakati wanapopata hedhi, hivyo basi kuna uwezekano kuwa siku za kuanza hedhi zinaweza kubadilika.

January						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

February						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

March						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

April						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					



Menstrual Myths

Menstruation is not a disease.	TRUE
When a girl has her menstruation, she should not go to the kitchen and cook because she will not be able to have children in the future.	FALSE
Stress can cause a girl to miss her period.	TRUE
If you braid someone's hair while menstrating, their hair will fall out.	FALSE
If you climb a fruit tree or visit the garden to pick or plant fruits and vegetables, when you are menstruating, the plant will dry up.	FALSE
If a girl gets too excited, her period will start immediately.	FALSE

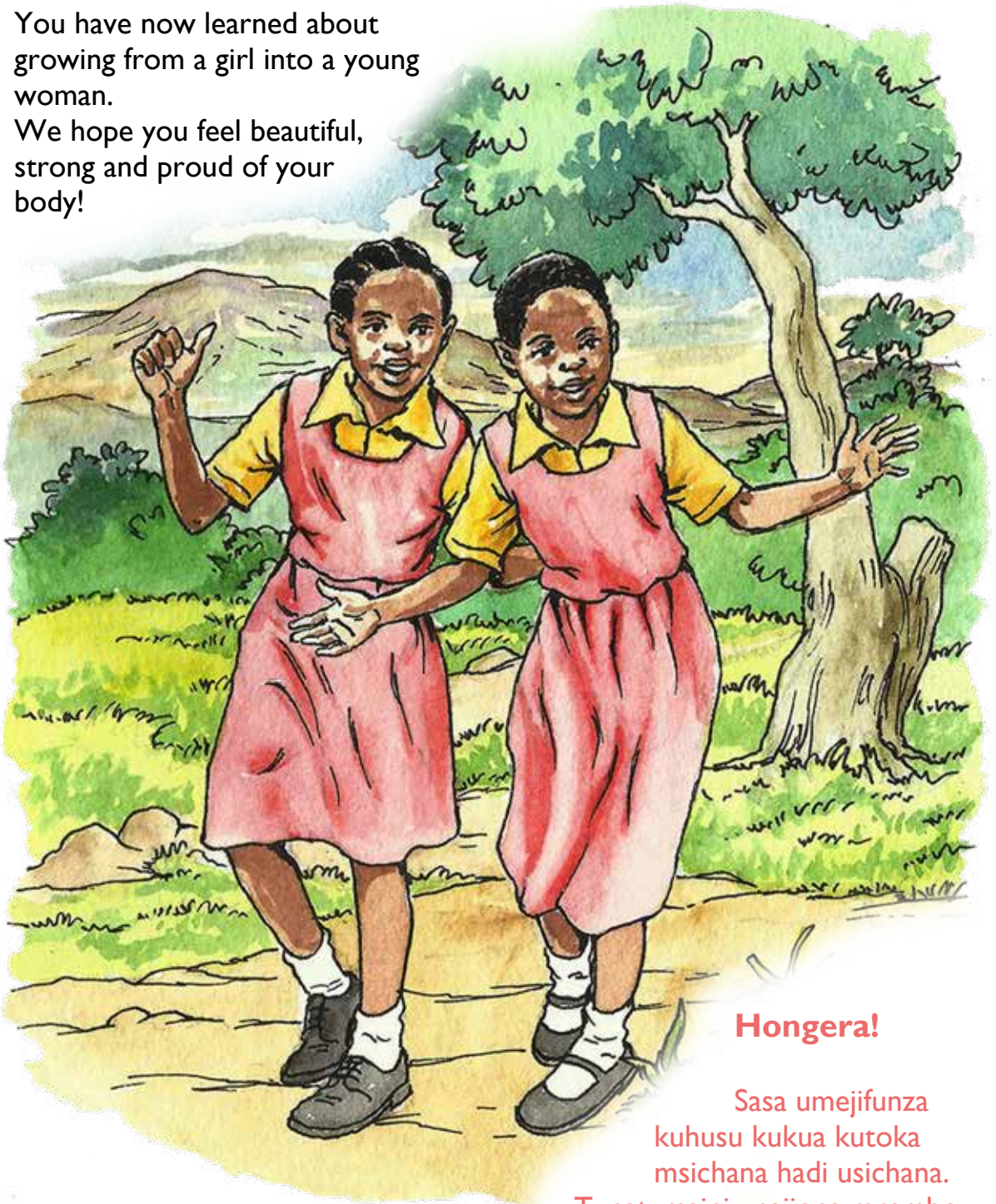
Ngano kuhusu hedhi

Hedhi si ugonjwa.	KWELI
Wakati msichana anapata hedhi, hapaswi kuenda jikoni kupika kwa sababu hataweza kupata watoto siku za usoni.	SI KWELI
Fedheha inaweza sababisha msichana kukosa kuona hedhi yake.	KWELI
Ikiwa unasuka nywele za mtu wakati wa hedhi, nywele zao zitaanguka.	SI KWELI
Ukipanda mti wa matunda au kutembelea bustani kuchukua au kupanda matunda na mboga, wakati wa hedhi, mimea hiyo itakauka.	SI KWELI
Ikiwa msichana anapata msisimko sana, hedhi yake itanza mara moja.	SI KWELI

Congratulations!

You have now learned about growing from a girl into a young woman.

We hope you feel beautiful, strong and proud of your body!

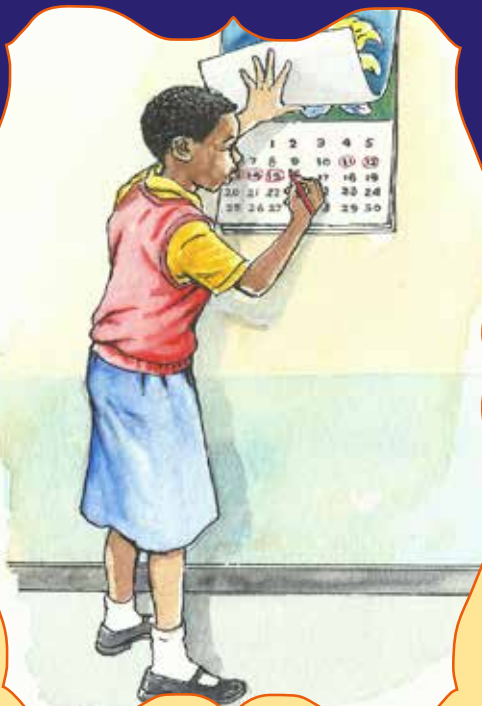


Hongera!

Sasa umejifunza kuhusu kukua kutoka msichana hadi usichana. Tunatumaini unajiona mrembo, imara na unajivunia mwili wako!

This book tells the stories
of young Kenyan girls.

Kitabu hiki kinasimulia
hadithi za wasichana
wadogo wakenya.



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