Growth and Changes
The book “Growth and Changes” was developed with Cambodian adolescent girls to provide guidance on puberty and menstrual management at school. We hope the book will help girls across Cambodia feel more comfortable with the changes of puberty and will assist parents, teachers and other adults to discuss these changes with girls. We would like to thank the Ministry of Education, Youth and Sport of the Kingdom of Cambodia for their valuable support and guidance throughout the development of the book. Our great thanks to Dr. Oum Ravy, Vice-Rector of the Royal University of Phnom Penh, and Dr. Nith Bunlay, Deputy Director General of Higher Education of the Ministry of Education, Youth and Sport, for their administrative and technical support. We would like to express our gratitude as well to UNICEF and UNFPA for providing effective puberty guidance for girls on which this book is based and to Phadalis Pheun and all Cambodians who assisted in the production of this book.
What is puberty?

Between the ages of 10 and 14, most girls and boys begin to notice changes in their bodies. These physical and emotional changes take place over a number of years. These changes are sometimes called “puberty” or “adolescence,” and girls and boys at this age are often called “adolescents.”
ភាពមានការប្រឈម្មណ៍ដូច្នះក្មងក្នុងការលំដាប់លាស់អាចមានអារម្មណ៍ម្តងសប្តាក្មងពីអពីទៅក្នុងចិត្តក៏មាន។
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.
ភាពពញវ័យគឺជាបពលដលរាងកាយរបស់ក្មង្រសីចាប់ផ្តើមផលិតអូវុលឬមជីវិតញីរីឯរាងកាយក្មង្របុសចាប់ផ្តើមផលិតែស្ពមា៉តូសូអុីតឬមជីវិតេឈា។វាក៏ជាបពលមួយយើងកាŔយេទៅជាយុវតីនិងយុវជន៍យើងអាចនិយាយបានថាវាជាបពលពិេសសស្រមាប់យើង។៍នេះគឺជា៍រេបៀបដលរាងកាយរបស់យើង៍លទ្ធផលភាពពេពាះយា៉ងណា៍ដាយ៍នេះមួនមានន័យថាខ្លួនជាក្មង្រសីមាន័យក្មង្រតៀមខ្លួនជាក្មង្រសចស្រមាប់ការពេពាះមានកូននាមខ្លួនរបស់យើងមាន្រគួសារការពេពាះ។តំណាងជាបីជា៍រាងកាយក្មង្រសីមានលទ្ធផលភាពពេពាះយា៉ងណាញា៍ដាយ៍នេះមួនមានន័យថាខ្លួនជាក្មង្រសីមាន័យក្មង្រតៀមខ្លួនជាក្មង្រសចស្រមាប់ការពេពាះមានកូននាមខ្លួនរបស់យើងមាន្រគួសារការពេពាះ។

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 have children and start our own families. Even though girls’ bodies start having the ability to have children, this does not mean that girls are ready to have children.
When does puberty begin and how long does it take?

Changes take place in girls and boys at different times. Generally, changes start earlier for girls than for boys. Some might start to notice body changes before the age of 10, while others might start after age 14. For some, changes may take place in one year or less. In others, they can take as long as six years.
What are the physical changes that take place in girls?

A girl’s breasts start to grow and her hips get rounder. Hair starts to grow under her arms. Hair grows on and around the vagina. She also starts to menstruate.
What is menstruation?

Menstruation means that a girl’s body is growing up and is preparing for the future when she might get pregnant and have a baby. During menstruation, the lining of the uterus comes out along with blood through her vagina. Bleeding usually lasts for 4-7 days and usually happens every month. Monthly bleeding is not something to be scared of because it is perfectly normal.
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 period 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 can range from 21-35 days. A girl can look at a calendar to predict her period. For many years after a girl starts having her period, she may not get her period every month. This is perfectly normal.
When a girl has her period, she should wash at least twice a day with soap and water in the area around the vagina. She can use cloths or pads to soak up the blood. These should be changed every few hours. If a girl is going to school, she should take an extra cloth or pad in a plastic bag so that she can change after a few hours. If a girl has a leak on her uniform in school, she can tie a sweatshirt around her waist and ask a friend or the teacher to help.
ចុងក្រោយមកកាលមានកូនស្រីមិនមានភាពជំនាញទេព្រោះមាដោយក្រសីមានលទ្ធផលភាពក្រសីក៏ដាយក៏ក្មងក៏មិនគួរមានកូនឡើយលុះតែតាម។ ការមានកូននៅពេលមកមានន័យថាក្រសីមានកូនក្មងអាចបាត់រដូវមួយនៅនាំដោយធានានៅក្នុងរាងកាយ។

Although menstruation means a girl is biologically able to have a baby, girls are not advised to have a child until they are more than 18 years old. This is because other changes in her body are still taking place. Having a baby when your body is not ready can cause many 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. But girls can also miss periods if they are feeling stress, if they become too thin or if they have been traveling.
Does having a period hurt?

Some girls do not feel pain when they have their period, some have slight pains below their navel and in their lower back and some have a lot of pain and may need to take pain medicine. Usually the pain is not very bad and does not last long. The pains are called “cramps” because they are caused by the muscle of the uterus contracting. It is these contractions that push out the lining of the uterus each month.
ែតើរាគសំងើសមុនពលមករដូវជាអ្វី?

មិនែមន្រគប់េក្មងសីទាំងអស់មានេរាគសាំងទាំងនះប៉ុន្តេរាគសាំងទាំងនះភាគេ្រចើនមានក្នុងរយៈពល្របែហល២ឬ៣ថ្ងមុនេពលពួកេគចាប់េផ្តើមមានរដូវ។ នេះគឺដាយសារែតការែ្រប្របួលៃនកំរិតអរម៉ូនក្នុងខ្លួនក្មងអាចប៉ះពាល់អារម្មណ៍របស់ពួកេគ។ ក្មង្រសីខ្លះមានអារម្មណ៍មិនសប់យចិត្តហើយខ្លះទៀតមានអារម្មណ៍មួយមៅនិងឆាប់ខឹងដាយគាំន់មូលហតុ។ ក្មង្រសីចាប់ផ្តើងធំហើយមានអារម្មណ៍ឈឺតិចជាងអាការៈទាំងនេះគឺជាលក្ខណៈពីធម្មជាតិមិនគួរអ្នកបារម្ភទៀត។

What is PMS?

PMS is short for pre-menstrual syndrome. Not all girls get this, but many do for a few days before they start their period. This is because changes in the level of hormones in a girl’s body can affect their moods. Some girls may feel sad. Others may feel irritable and get angry for no real reason. Some girls’ breasts may feel sore and become larger. This is all natural and should not worry you.
ពិភាកា​ជាមួយបងប្អូន។ បងប្អូនស្រីមានបែបជាមួយអ្នក៖ ពីពល អ្នកមករដូវមានបែបជាមួយអ្នកមានការឈឺចាប់ខាំងពេកអ្នកមករដូវមានការរូបប្រែមួយសុំយាបល់។ ជាធម្មតា៖ បងប្អូនលែងនៅពេលអ្នកមករដូវត្រូវផ្សាយប្តូរកំណាត់ឬសំឡីអនាម័យ៣ឬ៤ដងក្នុង១ថ្ង។ បងប្អូនមានការជួយចើនពេកដូច្នះអ្នកគួរែតសួរយាបល់ពីសាច់ញាតិឬមនុស្ស។

Talk to your sisters, aunts, mothers, grandmothers and female teachers. When you have your period, some discomfort is normal, but if you have too much pain, you may need medication so talk to an older women to ask her advice. Normally when you have your period, you may need to change your cloth or pad 3 or 4 times a day. If you need to change it more times, you may be bleeding too much so ask an older woman, a nurse or a doctor for advice.
នៅពេលដលខ្ញុំរត់ឡប់មកពីបុណ្យភ្ជុំបិណ្ណវិញខ្ញុំក៏មានអារម្មណ៍រសាប់រសល់ទាំងចុកអួលៗ។ខណៈពេលខ្ញុំបានទៅក្នុងបន្ទប់ទឹក្រសាប់ែតខ្ញុំឃើញមានឈាម(រដូវ)បរលាក់ខាក្នុង។ខ្ញុំភ័យណាស់ដឹងថាមកពីមូលហតុអ្វីភាះមា៉ក់ខ្ញុំបានទៅក្នុងបន្ទប់ទឹក្រសាប់តែមានឈាមរដូវរបស់មនុសាខ្ញុំបានរបស់ខ្ញុំទាំងមុខសកស្តងមា៉ក់របស់ខ្ញុំឬយានបាន្របាប់ខ្ញុំថាវាជាឈាមរដូវរបស់មនុសាខ្ញុំបាន្របាប់ពីរេបៀបសំអាតខ្លួនរេបៀបេធ្វើអនាម័យពីពលមករដូវដូចជាកំពុងមានសំឡីអនាម័យស្រមាប់ទាប់កុំឱ្យ្របលាក់ឬសំពត់។យើង្រតូវហាលខាក្នុងអាវឱ្យកំដៅល្អដើម្បីសមាំប់មុរាគត្រូវងូតទឹកក្នុងមួយៃថ្ងបីដងឱ្យបានគំញុាំអាហារឬបែន្លែដលសមុរ្របូងនិងញាំុទឹកឱ្យបានេ្រចើន។ខ្ញុំដឹងថាេពលនេះខ្ញុំពញ្រកមុំខ្ញុំក៏ធ្វើតាមអ្វីែដលមា៉ក់របស់ខ្ញុំបាននាំខ្ញុំ។ខ្ញុំមានអារម្មណ៍ថាខ្ញុំជាមនុសាខ្ញុំផាន់ទៀតែដលមានអត្តចរិតខុសប្លកពីមុនតាំងពីចំណង់ចំណូលចិត្តការនិយាយស្តីឬការសេ្រមចចិត្តេធ្វើអ្វីមួយ។ខ្ញុំមានមតិមួយចំនួនដើម្បីែណនាំប្អូនៗជំនាន់្រកាយឱ្យបានដឹង។េនៅេពលណាស្លើញឈាម្របលាក់ខាក្នុងេហើយចុកេពាះតិចៗេនាំអ្នកមករដូវ។េហើយរយៈេពល២៣ៃថ្ងមុនេពលមករដូវអ្នកអាចមានអារម្មណ៍ស្មុគសាសន់េឃើញេគេធ្វើអ្វីចះែតេទើសចិត្តបនាក់ប់មករសាល់កំណាត់ស្រមាប់្រទាប់េដើម្បីកុំឱ្យសុខភាពរបស់ប្អូនល្អខ្ញុំនៅេពលប្អូនមករដូវមិន្រតូវខាក្នុងថាមានអ្វីកើតឡើងចំេពាះរូបរាងកាយរបស់ប្អូនឡើយ។
When I came home from the Pchum Ben festival, I felt irritated and had stomach cramps. When I went into the bathroom, I saw a lot of blood on my underwear. I was frightened, so I told my mom about it with a pale face. She told me that it was the woman’s period. She told me how to keep clean and be hygienic when we have our period. We have to use pads to prevent stains on our pants or skirts. We have to dry cloths directly in the sun to kill bacteria. She told me to take a bath at least 3 times per day, get enough sleep, eat food or vegetables that have a lot of protein, and drink a lot of water. I realized that I have become a woman, and I have been following what my mother told me. I feel that I have become another person with a different personality, including my preferences, how I talk and how I make decisions.

I have some recommendations for the younger generation. When you see blood on your underwear and have stomach cramps, your period is coming. A few days before having your period, you might have mood swings, become easily irritable, or feel sore on your hips, stomach or breasts. Then, you will see some blood coming from the vagina. Before it comes, you should prepare some pads or fabric to use to prevent leaks onto your trousers. Boil some water, put it in a bottle and roll it over your stomach, exercise, and drink a lot of water. Girls should follow all the methods above to have good health. Don’t be afraid of what is going to happen to your body.
ឥសុធរាជ

សម្រាប់បើមានក្រុមហ៊ុនឬក្រុមបោះបង់ធ្ងន់ធ្ងររុក្ខក្លឹបក្រមប្រឹងក្រមង្ហ៊ីក្រមមុនរបស់ខ្ញុំ ១៦ ឆ្នាំ មានពលដៅនៅរដូវដំបូង។ ពលនៃនេះខ្ញុំមានអារម្មណ៍បំផុត។ ខ្ញុំបានយកគំនិតមកបត់ពោះមកពោះខ្ញុំធ្វើបានឃើញអ្នកមា‌ំយរបស់ខ្ញុំមកពោះទៅដូចនេះ។ មនុសាច់ដំបូងនេះខ្ញុំបានប្រាប់រឿងនេះគឺអ្នកមា‌ំយរបស់ខ្ញុំបនា‌ប់មកគឺបង្រសីរបស់ខ្ញុំ។ ខ្ញុំមានការខា‌ស់អៀនណាស់ចំពោះសមាជិកគួសារខ្ញុំទាំងអស់ជាពិសោសបងប្អូន្របុសៗនិងឲ្យរបស់ខ្ញុំមិនហាមបានបនា‌ប់មកអ្នកមា‌ំយរបស់ខ្ញុំឱនខ្ញុំបានយល់ដឹងជាេ្រចើន។ ខ្ញុំក៏មានបទពិេសាធន៍និងការយល់ដឹងខ្លះស្រមាប់យុវតីជំនាន់េ្រកាយ្រតូវតែតើខ្លួនមករដូវដំបូង។ យកចិត្តទុកដាក់មិន្រតូវេធ្វស្របែហសេហើយអ្នកតើវិញជោសាះពីេ្រពាះបច្ចុបន្នេនះជាសម័យបេច្ចកវិជា‌នៃខ្ឝួតខ្មែរនិងមានភាពងាយ្រសួលមិនដូចកាលពីជំនាន់គាត់េទ។ រូបសម្រាប់េនៅេនាះគាត់បាន្របាប់ពីបទពិេសាធន៍េផ្លែទៅខ្ញុំធ្វើទំងលិកនិងអា‌រកក់ឱនខ្ញុំបានយល់ដឹងជាេ្រចើន។ ខ្ញុំក៏មានបទពិេសាធន៍និងការយល់ដឹងខ្លះស្រមាប់យុវតីជំនាន់េ្រកាយ្រតូវតែតើខ្លួនមករដូវដំបូង។
I had my first menstruation at the age of 16. At that time, I was so scared, but I took a piece of rag and made it into a long shape and put it in my underwear because I saw my mother do this before. The first person I told was my mom and then my sister. I was so shy with all my family members, especially my brothers and father, and I didn’t dare to tell them. Later on my mom told me to use a pad instead of a rag because she thought that now it was a time of technology, not like when she was my age. That day, she told me about her experiences both good and bad. My advice for the next generation is to be confident when you know that you have your period. Take good care of yourself and be hygienic during your period. If you have any problems with menstruation, you should discuss with your mom, sister or aunt because they have experience or you can go to the health care department to meet a doctor and ask him or her about your health. You should not be shy because it is your health.
ការមក៖ យើងប្រឈមប្រារេមកទេសវិទេលធវើ្រីក្លាំង អំពីការសិក្សាអំពីអាលុយម័យរបស់យើងដ៏មានមិនស្រស់ ម្នាក់ណាថ្មី្រីក្លាំង ត្រូវបានរាប់អំពីរបស់យើង កំពុងធ្វើអំពីការសិក្សាប្រភេទម័យរបស់យើង អាលុយម័យនិង សំខាន់បំផុតគឺកន្លែងរបស់យើង។ ការសិក្សាអំពីអាលុយម័យរបស់យើងបានបញ្ចូលលេខីជាង យើងកំពុងរកឃើញការប្រឈមប្រារេទេសវិទេលធវើ្រីក្លាំង អំពីការសិក្សាអំពីអាលុយម័យរបស់យើង្រីក្លាំង។

សិក្សាទី៣ ទី៣ យើងប្រឈមប្រារេមកទេសវិទេលធវើ្រីក្លាំង អំពីការសិក្សាអំពីអាលុយម័យរបស់យើងដ៏មានមិនស្រស់ ម្នាក់ណាថ្មី្រីក្លាំង ត្រូវបានរាប់អំពីរបស់យើង កំពុងធ្វើអំពីការសិក្សាប្រភេទម័យរបស់យើង អាលុយម័យនិង សំខាន់បំផុតគឺកន្លែងរបស់យើង។ ការសិក្សាអំពីអាលុយម័យរបស់យើងបានបញ្ចូលលេខីជាង យើងកំពុងរកឃើញការប្រឈមប្រារេទេសវិទេលធវើ្រីក្លាំង អំពីការសិក្សាអំពីអាលុយម័យរបស់យើង្រីក្លាំង។
When I was in lower secondary school, I was sitting and doing my exam, and I felt unusually sore on my stomach and lower back. After I finished my exam I went outside and hung out with my friends on a bench. I felt something wet and a little sticky on my trousers, so I stood up and saw a lot of blood on my skirt. I was so afraid, and I didn’t know what happened to me. I felt very embarrassed and afraid that someone might see it. After the exam, I rushed home and told my sisters. My sisters told me how to use a pad because I knew nothing about it back then. Finally, I want to tell you all that you should learn about this issue as much as you can in order to avoid using unclean materials during your period.
កាលអាយុ១៤ឆ្នាំ ខ្ញុំបានទៅចមករជាមួយមានយរបស់ខ្ញុំជានិច្ច។ ខ្ញុំបានទៅជំរះអស់ជាមួយបងនិងមានយរបស់ខ្ញុំ។ ពលែដលមកដល់ផ្ទះវិញខ្ញុំបានឃើញដារបម៉ូតូទៅមានឡតភ្លឺពីដើម។ ពលែដលមានយនិងបងរបស់ខ្ញុំវិលមកពីចមករវិញខ្ញុំបានរបាប់ពួកគាត់។ មានយខ្ញុំគាត់បានរបាប់បងរសីរបស់ខ្ញុំទៅទួនុំអនាម័យអំពីរដូវដំបូងនេះ។ ខ្ញុំសូមប្អូនទាំងអស់មានការភ័យខាំចពីការមករដូវនេះ។ ប្អូនមានរដូវដំបូងសូមប្អូនយករឿងនេះទៅរបាប់មានយឬបង្រសីរបស់ប្អូនដឹងប្អូនពន៍ពីរដូវដំបូងសំអាតរាងកាយ។
**Story 4**

When I was 14, I always went to the fields with my mother. One day, I went to clear some grasses with my sister and mother. I didn’t feel well, and I felt something wet on the back of my trousers. I felt strange. I didn’t dare to tell anyone, so I just asked my mother to go back home on the motorbike by myself. When I got home, I saw blood on my motorbike seat, which made me feel even worse. When my mother and sister came back home, I told them. My mother told my sister to buy a pad at the market and my sister told me how to use a pad. After that, I knew how to look after myself. Finally, I have some advice about the first period to share with the next generation so that they will have a better understanding of it. I want you all to not feel afraid of menstruation. If you have your first period, you should tell your mother or sister so that they can explain to you how to use pads and how to keep yourself clean.
ខ្ញុំមានអាយុ១៧ឆ្នាំហើយខ្ញុំមករដូវដំបូងនៅពេលអាយុ១៦ឆ្នាំ។ នៅពេលនេះខ្ញុំមករដូវដំបូងនាះខ្ញុំមានអារម្មណ៍ភ័យខាងខាង។ ម្នាក៏ក្នុងចិត្តខាងក្រដាសខ្ញុំដឹងរឿងរបស់ខ្ញុំថាខ្ញុំមករដូវមាន្យខ្ញុំក៏សួរខ្ញុំថាកូនឯងអីបានចេញនេះ? ខ្ញុំមករដូវមាន៉មាើខ្ញុំក៏ទូលសំឡីអនាម័យឱ្យខ្ញុំរបាប់ខាងមុនពីវៀងក្នុងនរណាបទពិសាធន៍មុនយើងដូចជារូបឬមាើយើងរតូវបាប់ដល់អ្នកធានមានបទពិសាធន៍មុនយើងបើយើងមានរឿងអ្វីរតូវបាប់ដល់ពួកគាត់ឡើយ។ ប៉ុណ្ណឹងខ្ញុំនេះេហើយយើងមិន្រតូវខ្ញុំអៀនក្នុងការបាប់ពីប៉ាត់នេះដល់ពួកគាត់ឡើយ។
I am 17 years old, and I had my first period when I was 16 years old. When I had it for the first time, I was so scared and I was afraid that other people would know about my period. I wanted to hide, but I couldn’t because I had cramps. My mother asked me what was wrong with me, then I told her what happened to me. After that, my mother went to buy some pads for me to use, and she said that I shouldn’t have hidden it from her. She told me not to feel shy about it. Now everyone knew about it. Last but not least, I would like to tell you that if you have a problem, you should tell someone who has more experience such as your mother or big sisters. We have to face the things that happen to us such as menstruation. We have to tell our mother or big sisters because they are the ones who have been through this before us, and we should not feel shy or embarrassed to talk to them about it.
អ្នកអាចធ្វើដូចម្តេចតាមតួនាទីខាងក្រោម៖

- ការស្អាតឱ្យប្រើប្រាស់ស្មាតុក្រឹមដំបូង។
- ការស្អាតឱ្យប្រើប្រាស់ស្មាតុក្រឹមតាមតួនាទីផ្សេងៗដូចគ្នា។
- ការស្អាតឱ្យប្រើប្រាស់ស្មាតុក្រឹមប្រឈមទៅជាប្រភេទដំបូង។

ធ្វើបាន៖

- អ្នកអាចធ្វើដូចម្តេចតាមតួនាទីខាងក្រោម៖
- ការស្អាតឱ្យប្រើប្រាស់ស្មាតុក្រឹមដំបូង។
- ការស្អាតឱ្យប្រើប្រាស់ស្មាតុក្រឹមតាមតួនាទីផ្សេងៗដូចគ្នា។
- ការស្អាតឱ្យប្រើប្រាស់ស្មាតុក្រឹមប្រឈមទៅជាប្រភេទដំបូង។

- ណាមួយបង្ហាញ "ប្រកបដោយ......" ឬសម្រាប់តាសប?
Answering the “How to…?” questions!

How do I manage my first period?

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

How do I capture the blood?

- Place a cloth or a pad on your underwear.
- Change the cloth or a pad every 2-3 hours or if you think that the blood is getting heavy.
កំណាត់ឬសំឡីអនាម័យដូច់ម្តច់រឺបាល់ត្រូវកំណាត់ឬសំឡីអនាម័យដូច់ម្តច់?

- បីប្រភេទចុងក្រោយស្វែងរកជំនួយ ជាច្រើនប្រភេទចុងក្រោយត្រូវបញ្ចប់ខ្លួនឯង ទៅបន្ទាប់ពីបង្ហាញថ្នាក់បញ្ចប់ចំនួនមិនហើយ អ្នកឬអ្នកមានការបញ្ចប់រួចរាល់ទៀត។

- បីប្រភេទចុងក្រោយស្វែងរកជំនួយ ជាច្រើនប្រភេទចុងក្រោយត្រូវបញ្ចប់ខ្លួនឯង ទៅបន្ទាប់ពីបង្ហាញថ្នាក់បញ្ចប់ចំនួនមិនហើយ អ្នកឬអ្នកមានការបញ្ចប់រួចរាល់ទៀត។

ដូច្នោះវាមិនមានភាពកខ្វក់ហើយយកវាសុទ្ធក្នុងធុងសំរាមនឹងអាចដុតវា។

ដូច្នោះវាសុទ្ធក្នុងផលឯកសារ។

បែដលអ្នកធ្វើការបាកសំអាតវាជាមួយទឹកកៅនិងសាប៊ូហើយហាបានស្ងួតល្អ។

អាទិត្យនិងអ៊ុតវាមានបាបច្រើនណា ឬធ្វើយា៉ងណាកំសាន់។

ប្រសិនបើអ្នកមិនទាន់្របើសំឡីអនាម័យ្រលើប្រេសាយបានសាŗតល្អ

ត្រូវជូតសំអាតប្រដាប់ភទរបស់ខ្លួនជាមួយកែនាចំពិ៍ក្នុងបុរាណនាមមុនបានស្ងួតល្អ។

បែដលអ្នកមានការឈឺចាប់ខ្លួន។

អ្នកអាចបំបាត់ការឈឺចាប់ពី៤ទៅ៦ម៉ងមុនបានសំរាប់។

ដូច្នោះ្របសិនបើអ្នកមិនអាចបំបាត់អ្នកអាចពោយស្អែកនៅឬទឹកដប។

សកម្មភាព។

អ្នកអាចលប់ថាចំពង់ បំបាត់ការឈឺចាប់ពី៤ទៅ៦ម៉ងមុនបានសំរាប់។

សួសកម្មភាព ទៅកាន់ដបដ៏ល្អ។

ទូទៅការបាកសំអាតលេខារបស់អ្នកមានការឈឺចាប់ខ្លួន។

សំរាប់បាកសំអាត ប្រសិនបើមិនទាន់្រកណាត់អ្នកមិនទាន់ទុកគ្នាចំពង់ថ្មីលើខាងអ្នក។
How do I dispose of a cloth or a pad?
- If you are using a pad, wrap it in paper so it is a clean package and put it into the dustbin so it can be burned later.
- If you are using a cloth, put it into a plastic bag until you can wash it with hot water and soap, dry it in the sunshine and iron it.

How do I keep myself clean during my period?
- Every day (morning and evening), wash your private parts with soap and water.
- Keep unused cloths and pads clean (wrapped in tissue or a plastic bag) until you need them.
- Pat the area dry with a towel or cloth and put a fresh cloth or pad on your underwear.

How do I manage the stomach pain from my period?
- You can put a hot water bottle on your stomach area when you are resting.
- You can exercise and keep your body active.
- You can take pain medicine every 4 to 6 hours on the most painful days.
- You can have a hot cup of tea or water.
"ឡើងក្នុងអំឡុងអាយុេនៅក្នុងអំឡុងពលរបស់ខ្ញុំមករដូវបន្តួច។ ការឈឺចាប់បន្តួចបន្តិចមានសភាពធ្ងន់ធ្ងរក្នុងការបង្កើតរឿងក្រុងស្ថិតក្នុងរដូវមាន្រតឹម។ 

ថ្ងៃ១០ - ស្ថិតក្នុងឬគេហើយអាចមានឡើងក្នុងអំឡុងនៅក្នុងការបង្កើតរឿងក្រុងស្ថិតក្នុងរដូវមាន្រតឹម។

ថ្ងៃ១១ - រដូវបន្តួច 

ថ្ងៃ១២ - មាននៅក្នុងការបង្កើតរឿងក្រុងស្ថិតក្នុងរដូវមាន្រតឹម។

ថ្ងៃ១៣ - មាននៅក្នុងការបង្កើតរឿងក្រុងស្ថិតក្នុងរដូវមាន្រតឹម។
“Is it normal if...?”

- Is it normal if I do not get my period 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 are a wide range of ages when girls can get their 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 inside changes are happening 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 doctor for medicine.
តើវាប្រុសឬប្រាក់ខ្លះ៖ ប្រព័ន្ធការសម្រាប់ការសម្រេចកិច្ចនៅនេះមានទូលំទូលុងមិនព្យាយាមដោយមានអារម្មណ៍ពិតជាមួយជាងមុនមិនបានរីករាយក្នុងការសម្រេចកិច្ចដែលប្រុសឬប្រាក់ខ្លះ?

តើវាប្រុសឬប្រាក់ខ្លះ៖ ប្រព័ន្ធការសម្រាប់ការសម្រេចកិច្ចនៅនេះមានទូលំទូលុងមិនព្យាយាមដោយមានអារម្មណ៍ពិតជាមួយជាងមុនមិនបានរីករាយក្នុងការសម្រេចកិច្ចដែលប្រុសឬប្រាក់ខ្លះ?

តើវាប្រុសឬប្រាក់ខ្លះ៖ ប្រព័ន្ធការសម្រាប់ការសម្រេចកិច្ចនៅនេះមានទូលំទូលុងមិនព្យាយាមដោយមានអារម្មណ៍ពិតជាមួយជាងមុនមិនបានរីករាយក្នុងការសម្រេចកិច្ចដែលប្រុសឬប្រាក់ខ្លះ?
“Is it normal if...?”

- Is it normal that boys do not get periods?
  Yes, boys’ bodies are different inside and they cannot have babies, so they do not menstruate.

- 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. This is normal and as you get older, you will feel less shy.

- Is it normal that some girls become angry or sad when they have their period?
  Yes, the hormones that are moving in a girl’s body when she has her period can cause mood swings.

- Is it normal to get pimples during your period?
  Yes, many girls and women will get pimples just before or during their period.

- 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 discharge is normal. During her period, the menstrual blood can be of different colors, including bright red, light pink or even more brown in color.
ពេតឬមិនអំឡុងថ្ងៃបំពងក្នុងរដូវការងូតទឹកទៅជាក់គឺមិនមានផលអាសុីស្រមាប់សសែករបស់នាងទៀត។
ការមករដូវគួរមានរយៈេពល៥ថ្ង។
មិនពិតបើបើក្មង់រសី្រសីពីមកបើក់មានយៈសំឡីអនាម័យដលមានឈាមរដូវដំបូងរបស់នាងទៀតការពារនាងមិនឱមានមុននិងការពារពីអំេពើមន្តអាគមបាទេផ្ងៗ។
មិនពិត្របសិនបើក្មង់រសី្រសីមានៃផេពាះនាងនឹងមានរដូវរៀងរាល់ខ។
គាœននរណាអាចបានថាេក្មង់រសី្រសីមានៃផេពលណាមករដូវណាមកនាះឡើយ។
ពិតបើក្មង់រសី្រសីលើកដាក់អីវាġន់ធ្ងន់ៗនាងនឹងបាត់រដូវភាŔមឬរដូវរបស់នាងកាŔយទៅជាេទៀងទាត់។
មិនពិត្រស្តីបរិេភាគម្ជូរក្នុងអំឡុងេពលមានរដូវនឹងបណា្ដលឱ្យរដូវរបស់នាងឈប់មក។
មិនពិតការតប់្របមល់ឬការេ្រចើនអាចបណា្ដលអ្នកបាត់រដូវវា។
អ្នកអាចបាត់រដូវេដាយគាœនមូល្រតុ។
ពិត
True or false?

- During a girl's menstruation, taking a cold bath is not bad for her skin. **TRUE**
- Periods should always last five days. **FALSE**
- If a girl keeps her first sanitary pad, it can prevent acne or protect her from others’ bad intentions. **FALSE**
- A woman gets her period every month while she is pregnant. **FALSE**
- No one can tell when a girl gets her period. **TRUE**
- If a girl carries heavy things during her menstruation, her period will stop immediately or will become irregular. **FALSE**
- Eating sour fruit during a girl's menstruation can stop her menstruation. **FALSE**
- Stress or travel can cause you to miss a period. Sometimes, you may miss a period for no reason. **TRUE**
Body Changes

- Your skin makes more oils, so you may get pimples.
- Your nipples will get darker in color.
- Your breasts will grow larger and be more sensitive.
- Hair will grow under your arms and in your private area.
- Sweat glands under your arms will be more active so you will smell more like an adult.
- Your hips will become wider.
- You will grow taller more quickly than you grew before.
Keeping a menstrual calendar

To help you know when your next period will be, here is an example of a calendar you can draw and use.

When you get your period:

- Each time you get your period, circle the date it starts for that month and draw an X through each day that the bleeding continues.

*Remember, during puberty girls can have irregular periods!*
ពិតឬមិនពិត;

ការបរិេភាគម្ហូបែដលមានក្លិនមិនល្អដូចជា្របហុកឬទឹក្រតីអាចបណា្ដលឈាមរដូវរបស់េក្មងមានក្លិនអា្រកក់។

ការផឹកទឹក្រតជាក់ក្នុងអំឡុងេពលែដលេក្មងមករដូវនឹងបណា្ដលឈាមរដូវកកនិងនិងឱ្យរដូវរបស់នាងមកមិនទៀងទាត់។

េក្មងមិនគួរ្របើទឹកអប់្របងលាបខ្លួនឬ្រគឿងតុបែតងមុខនៅេពលនាងកំពុងមករដូវនាងមិនគួរហាត់្របាណទ។

ពិតការេពលេក្មងអាចកើតមុនេលីមុខក្នុងរង្វង់េពលរៃនការមករដូវរបស់នាង។

បែពែទំនុយបែពែភាពមានការបែពែសុគ្រោះភាពឯកសារប្រឆាំងមានជាគ្រាន់ថ្នាក់ក្នុងការសរសេរ

True or false?

⦁ Eating bad-smelling food such as fish sauce will make a girl’s menstrual blood smell worse. FALSE

⦁ Drinking ice water during a girl’s menstruation will freeze her menstrual blood and make her irregular. FALSE

⦁ A girl should not apply perfume, lotion or make up during her period. FALSE

⦁ Girls may get pimples around the time of their periods. TRUE

⦁ When a girl is menstruating, she should not exercise. FALSE
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!