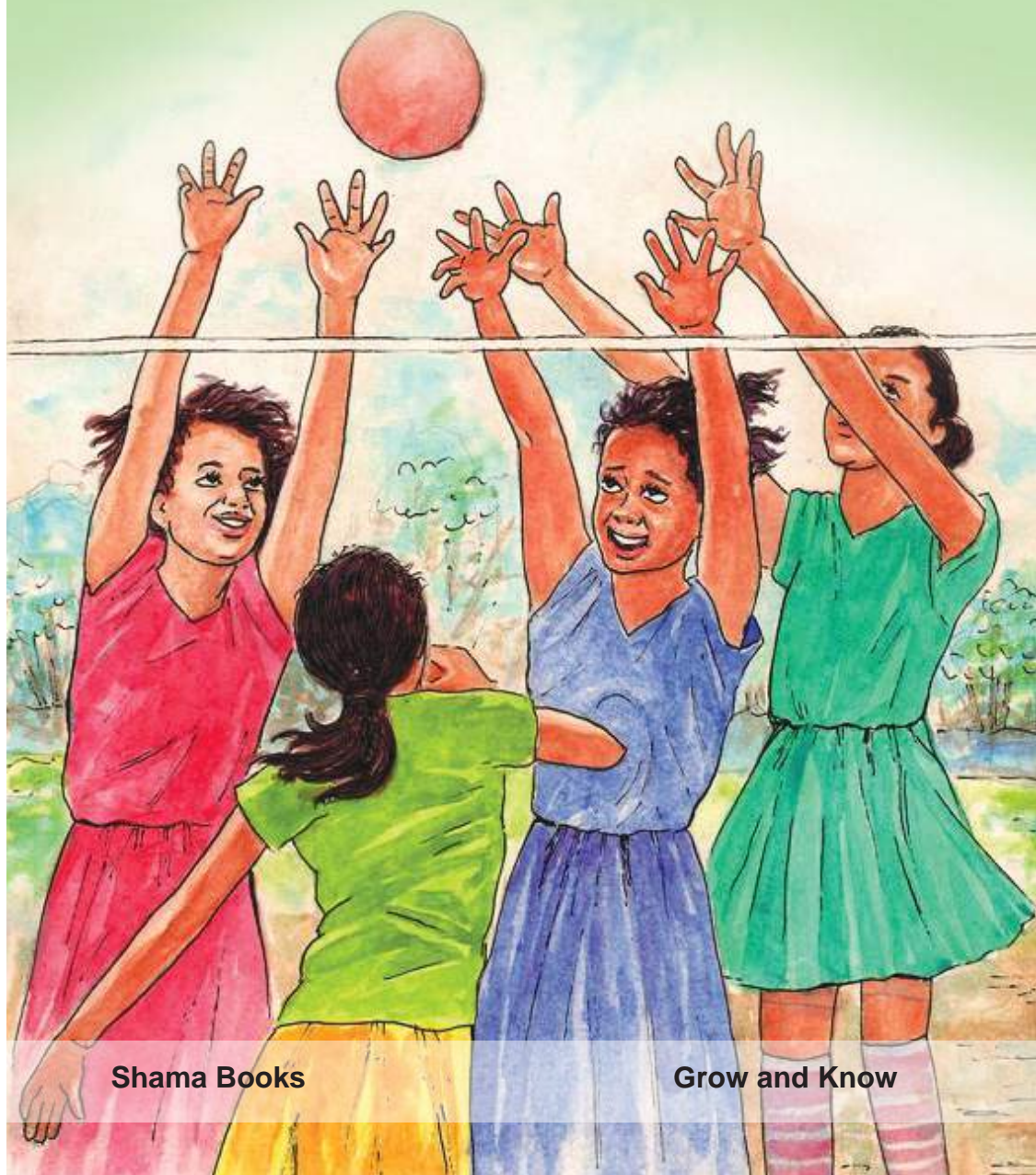


# Growth and Changes

## ዕብደትን ስወጢን



Shama Books

Grow and Know

# Growth and Changes

## ዕብደትን ስወጢን



**Shama Books**



## መልእክት

እዚ መጽሐፍ፣ አዋልድ ንኣቅመ ሂዋን እንትበፅሓ ንኣካላዊን ስነ ኣእምሮአዊን ፅብዮተን ስዒቦም ብዛዕባ ዝመፁ ለጢጢታት መረዳእታ ክረኽባ ይሕግዝን። እዚ መፅሓፍ ብፍላይ አዋልድ ኣብ ናይ ጎርባነት ዕድመኡን ዕግያት ምርኣይ እንትጅምራ፣ ኣብ ቤት ትምህርቲን ካብ ቤት ትምህርቲ ወፃኢን፣ ኣብ ናይ ጪብታን ማሕበራዊን ህይወተን ዘንገፍዎን ፀገማት መኪተን ትምህርተን ብኣግባቡ ንምክትታል ዝሕግዙዎን ምኽርታት ከካትት ተገይሩዮ።

ብዘይካ እዚ ስድራ ኣብ ኣጓላት ደቆም ኣብ ልዕሊ ዝበፅሑ ተፈጥሮአዊ ለጢጢታት ግልፂ ምይይጥ ብምክያድ ክህብዎ ብዛዕባ ዝግባእ ሓገዝ ምእንታን ክፈልጡ፣ ከምኡ'ውን መምህራን ንዝህብዎ ትምህርቲ ክህሉት ህይወት ከም ሓጋዚ መፅሓፍ ክጥቀሙሉ የገልግል።

ኣብራርባ እዚ መፅሓፍ ኣብ ሃገርና ኣብመንጐ 10ን 14ን ዓመት ዕድመ ዘለዎ ኣጓላት ኣብ መዓልታዊ ህይወተን ዘንገፍዎን ተመክሮታት ብምጥቃም ቅልል ብዝበለ ስልቲ እናዋዘየ መረዳእታ ከሕልፍ ተገይሩ ዝተሰናደኡ ብምኻኑ፣ ወለዲ፣ መምህራንን ባዕልተን አዋልድን ብኣግባቡ ክጥቀሙሉ ነገንዘብ።

ሚኒስቴር ትምህርቲ

## FOREWORD

This book is valuable to provide information about the biological and psychological progress that happens in the life of girls as a result of their physiological development. The purpose of the book is to support girls at puberty on how they need to respond to the wonderful changes that occur in their life. It teaches them how to manage their menstruation and cope up with the accompanying everyday social, physical and psychological challenges so that they can confidently continue their day to day life both at home and at school.

Further, the book is an important tool for families to create open discussions about the normal changes in their daughters and the accompanying responsibilities that each family member should take in welcoming these changes. Teachers can also use this book as a supplementary material in life skills education. The stories that are included in the book come directly from the experience of Ethiopian girls aged between 10 and 14. The book is developed in an easy to understand form and with simple illustrations so that girls, teachers and families can read with interest the information contained in it.

**Ministry of Education.**

## 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**.”

### ንኣቅመ ሂወን ምብፃሕ እንታይ ማለት እዩ?

ኣበ መንጎ 10ን 14ን ዓመት ዕድመ ዝርከቡ ኣወዳትን ኣጓላትን ሰገናት ኣካላዊ ለውጢ የምዕኡ ከምዘለዉ ይርድኡም እዩ። እዞም ኣካላዊን ስምዒታዊን ለውጢታት ኣብ ውሽጢ ሓደት ዓመታት ዝክሰቱ እዮም።

እዚ ለውጢ “ንኣቅመ ሂወን ወይ ኣዳም ምብፃሕ” ብዝብል ይግለፅ። ኣብ ክሊ እዚ ዕድመ ዝርከቡ ኣወዳት ወይ ኣጓላት ሰገናት እቲ ወዲ “በዕሒ” እታ ጓል ድማ “ጎርባ” ይበሃሉ።



Puberty starts when extra amounts of chemicals called “hormones” begin to be produced in the body.

These hormones lead to changes in the body.

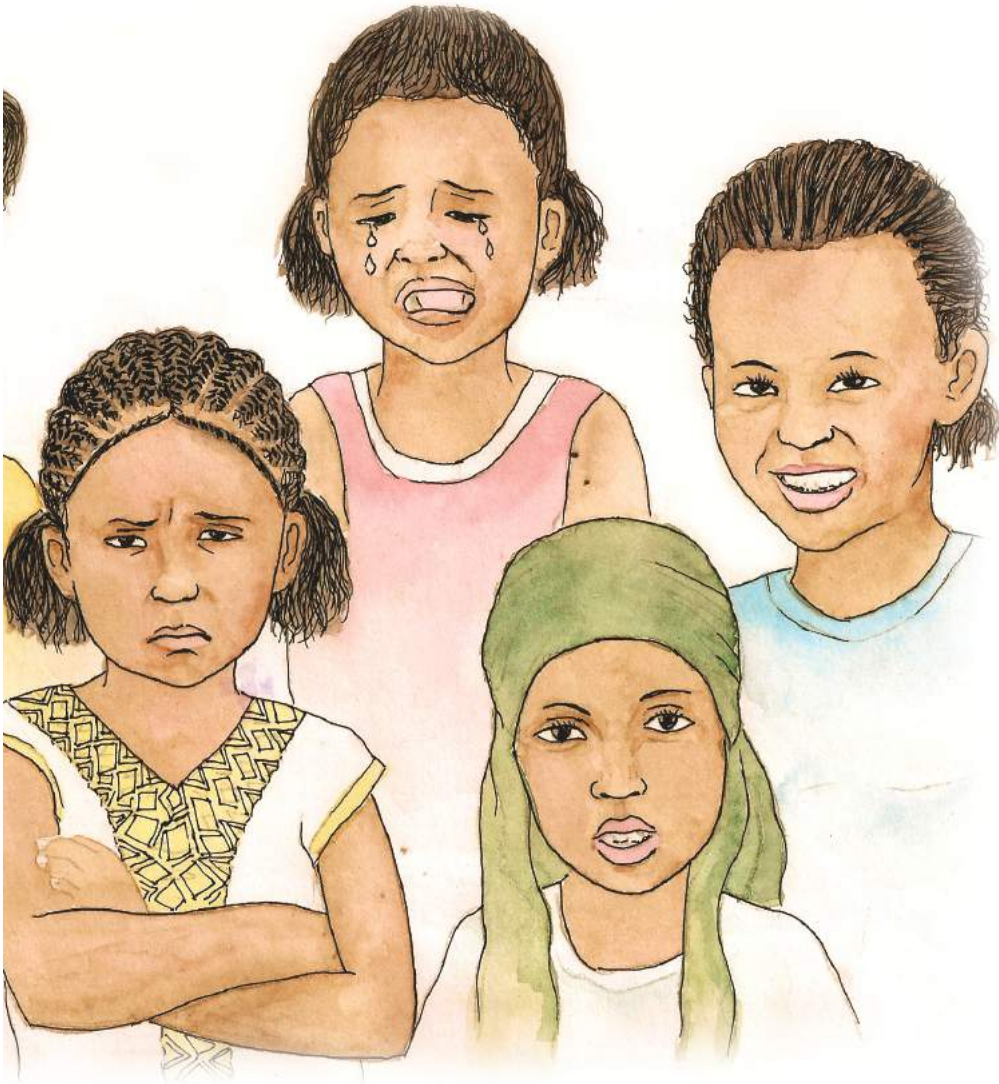
Apart from causing physical changes, the hormones cause emotional changes too. So a growing girl may feel happy one moment, and angry, sad or confused the next moment.

ንኣቅመ ሂዋን ወይ ኣዳም ምብፃሕ ዝጀምር ሆርሞን ዝበሃሉ ቅመማዊ (ኬሚካላዊ)፣ ባእታታት ዕብየት ኣብ ውሽጢ ሰብነት ብበዝሒ እንትፍጠሩ እዩ።

እዞም ሆርሞናት ኣብ ውሽጢ ሰብነት ለውጢ የስዕቡ።

ሆርሞናት ኣካላዊ ለውጢታት ካብ ምፍጣር ሓሊፎም ስምዒታዊ ለውጢታት ክፍጠሩ ይገቡሩ። ብውዕሊቱ ድማ ሓንቲ ሰገን ንል ሓደ ግዜ ታሕንስ፣ ካልእ ግዜ ኩራ፣ ሓዘን ወይ ምድንጋር ይስማዓ።





**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 very special time, and 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, it does not mean that girls are ready to have children.

ኣጓላት ናብ ኣቅመ ሄዋን እንትበዕሉ “እንቁላሊሕ” (ዘርኢ ኣንስተይቲ) ምፍራይ ይጀምራ። ኣወዳት ድማ ናብ ኣቅመ ኣዳም እንትበዕሉ “ዘርኢ ተባዕታይ” ምምንጫው ይጀምሩ።

እዚ እዋን ቆልዑ ደቂ ኣንስትዮ “መናእሰይ ኣጓላት” ቆልዑ ደቂ ተባዕትዮ ድማ “መናእሰይ ኣወዳት” ዝኾኑሉ ዕድመ ‘ዩ።

እዚ እዋን ኣዚዩ ፍሉይዮ ፤ ፍሉይ ዝኾነሉ'ውን ቆልዑ ደቂ ኣንስትዮ ብኣካል እናጎበዘ ሓደ መዓልቲ ሓዳር ንምግባርን ቆልዓ ንምውላድን ኣብ ዝክእላሉ ዕድመ ዝበዕሉሉ ስለዝኾነዮ። ኣብ'ዚ ግዜ ኣካል ኣጓላት ቆልዓ ንምውላድ ኣብ ዝክእሉሉ ብርኪ ዝበዕሕ እኳ እነትኾነ ኣጓላት ቆልዓ ንምውላድ ብቑዓት እየን ማለት ግና ኣይኮነን።



## 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 start before the age of 10, while others start after age 14.

For some girls, changes may take place in one year or less. In others, they can take as long as six years.

### ንጎቅመ ኣዳም ወይ ሂዋን ምብዓሕ መጎዝ ይጀመር? ክሳብ መጎዝ ከ ይፀንሕ?

ኣብ ኣወዳትን ኣጓላትን ለውጢ ምርኣይ ዝጀምር ኣብ ዝተፈላለዩ ግዜ እዩ። ብሓፈሽኡ እንትረስ ኣብ ኣጓላት ለውጢ ምርኣይ ዝጀምር ኣብ ኣወዳት ቀዲሙ እዩ።

ሓደ ሓደ ኣጓላት ገና 10 ዓመት እንተይ መልእን ለውጢ ምርኣይ ይጀምራ፤ ካልኦት ድማ ድሕሪ 14 ዓመት ዕድሚኦን ለውጢ የምዕኣ።

ኣብ ሓደ ሓደ ኣጓላት እቲ ለውጢ ኣብ ክሊ ሓደ ዓመት ተጀሚሩ ይዛዝም። ኣብ ካልኦት ድማ እቲ ከይዲ ለውጢ ክሳብ ሽዱሽተ ዓመት ክውሰድ ይኽእል።



## What are the physical changes that take place in girls?

A girl's breasts start to grow and her hips get wider.

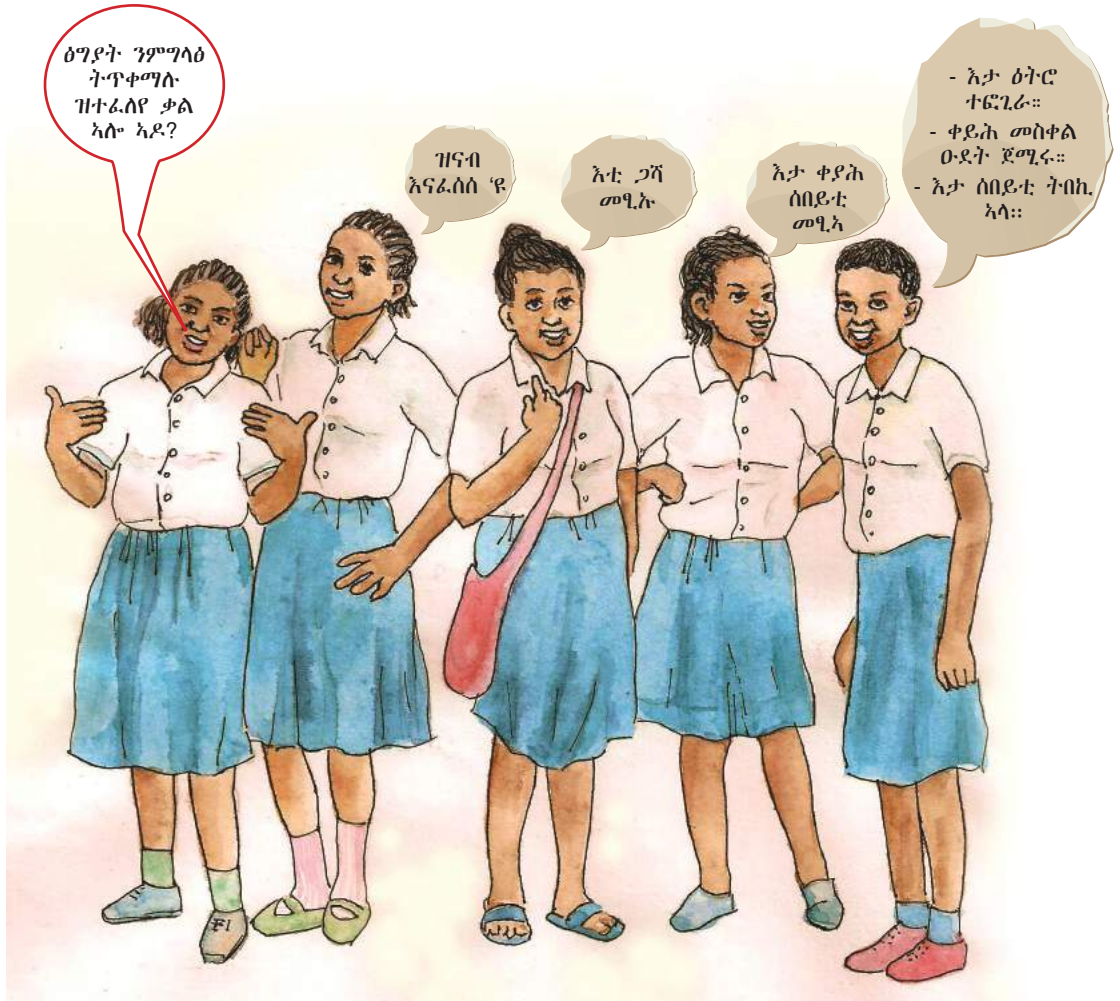
Hair starts to grow under her arms. Hair grows in her pubic area.

She starts to menstruate (have her period or bleed every month).

## ኣብ ኣፃላት ዝረካዩ ኣካላዊ ስወጢታት እንታይ እዮም?

ኣጥቢተን ይዓብዩ፤ ጎለኣን ይሰፍሕ፤ ኣብ መንኮራኩዕተን ጨጉሪ ምብቋል ይጀምር።

ብብወርሒ ዕግያት ምርኣይ ይጀምራ።



## 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 the **vagina**.

Bleeding usually lasts 4-7 days and usually happens every month.

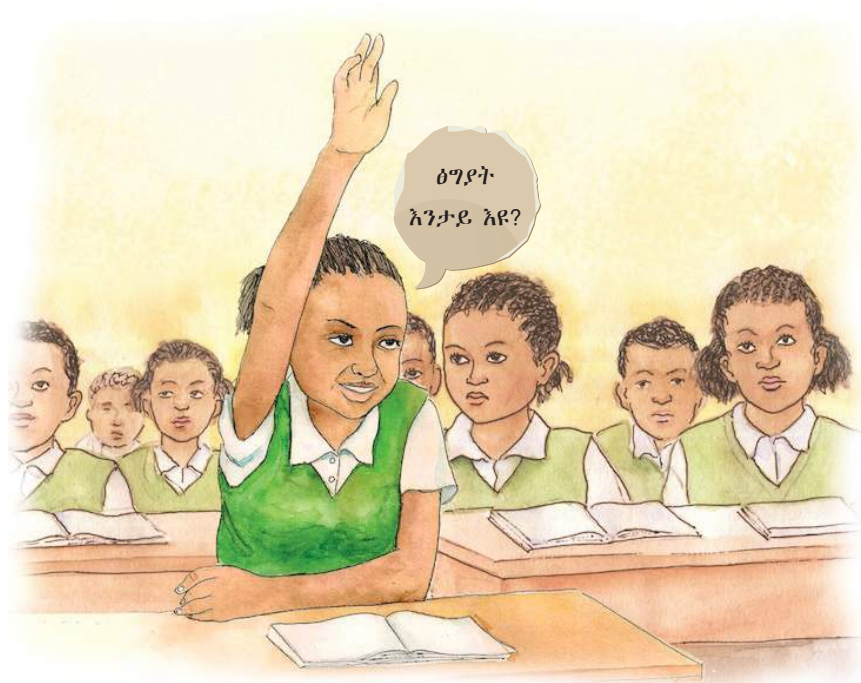
Monthly bleeding is not something to be scared of because it is perfectly normal.

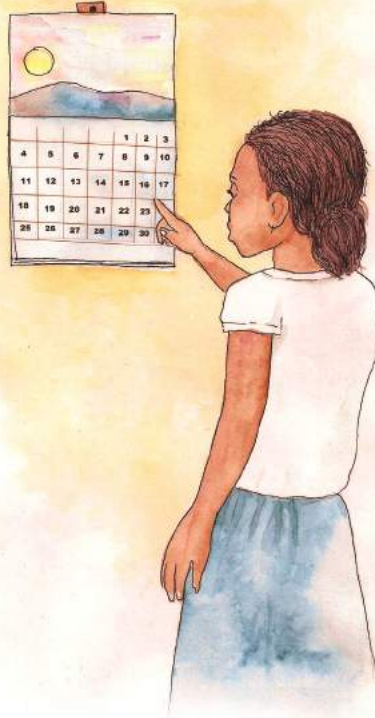
## ዕግያት እንታይ እዩ?

ዕግያት ምምፃእ እንትጅምር ኣካል ሓንቲ ንል እናዓበየ ምምዕኡ ፣ ማህፀና ንምጥናስን ቆልዓ ንምውላድን ኣብ ምድላው ከምዘሎ የመልክት።

ኣብ እዋን ዕግያት ገበር ማህፀን እናተቐረፈ ምስ ደም ተሓዊሱ ብብልዕቲ እታ ንል ኣቢሉ ይፈስስ።

ዕግያት ዝበዝሕ ጊዜ ካብ 4-7 መዓልቲታት ይፀንሕ። በብወርሒ ዝመፅእ ስለዝኾነ ዝተለመደ ተግባር'ዩ። እዚ በብወርሒ ዝረከ ምፍላስ ደም ወይ ዕግያት ተፈጥሮኣዊ ብምዃኑ ዋላ ሓንቲ ዘፍርሕ ነገር የብሉን።





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

The time from the first day of your period (when bleeding starts) to the first day of your next period is usually 28 days (one month), but can range from 21-35 days. For many years after a girl starts having her period, she may not get her period every month. This is normal.

መብዛሕቱአን ኣዋልድ ኣብ መንጎ 11ን 14ን ዕድመኡን ናይ መጀመርታ ዕግያት ይርእያ። እተን ካልኣት ኣብ 8 ዓመተን ገለ ውሑዳት ድማ ኣብ 17 ዓመተን ደንጉዩ ዕግያተን ይመፅኡ።

ዕግያት (ደም ምፍሳስ) ካብ ዝጀምረሉን ክሳብ እቲ ዝቐፅል ዕግያት ዝመፀሉን ናይ 28 መዓልቲታት (ሓደ ወርሒ) ግዜ ይወስድ። ሓደ ሓደ ግዜ ድማ ካብ 21 ክሳብ 35 መዓልቲታት ዝፀንሓሉ ኩነታት ኣሎ። ሓንቲ ንል ንብዙሕ ዓመታት ዕግያት ምርኣይ ምስ ጀመረት ኣብ መንጎኡ ምርኣይ ክተቋርፅ ትኽክል እያ። ከምዚ ዓይነት ተርእዮ ንቡርን ዘሎንዮ።



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 cotton cloth or sanitary 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 sanitary pad in a plastic bag so that she can change after a few hours.

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

ሓንቲ ዓል ኣብ ግዜ ዕግድታ ንብልዕታ (መሸኒኣ) እንተዋሓደ ኣብ መዓልቲ ክልተ ግዜ ብማይን ሳሙናን ክትሕፀብ ይግባእ።

ንቲ ዝፈላ ደም እውን ካብ ፈትሊ ብዝትሰርሐ ጨርቂ ወይ ብሞዴስ ገይራ ክተምጥጥ ትክእል እያ። እዞም ንቲ ደም ዝመጡ ኣጭርቕቲ ኣብ ሒደት ሰዓታት ክቕየሩ ይግባእ።

እታ ዓል ተምሃሪት እንተኾይና ተወሳኺ ጨርቂ ፈትሊ ወይ ሞዴስ ብቦርሳ ሒዛ ብምኻድ ኣብ ዝተወሰኑ ሰዓታት ክትቅይር ኣለዎ። ዲቪዛኣ (ዩኒፎርም) ደም እንተተለኸዩ ጎልፎኣ ወይ መጎልበቢኣ ብምግልጻም ክትሸፍኖ ትክእል እያ። ከምኡ ገይራ ዘይዕረ እንተኾይኑ ንምሓዛ ወይ ንዓል ኣንስተይቲ መምህራ ሓገዝ ክትሓትት ኣለዎ።

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 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.

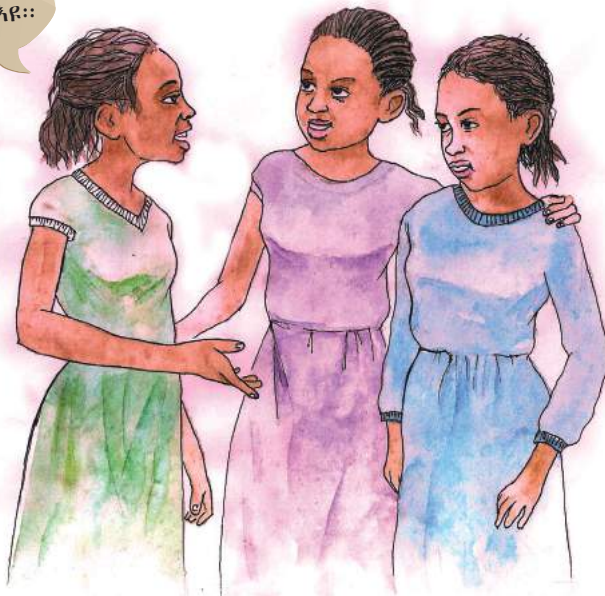
If a girl who has her period every month misses a period, it may mean that she is pregnant. But girls can also miss periods if they are feeling stress, if they become too thin, or if they have been traveling.

ሓንቲ ንል ዕግያት ምርኣይ እትትጅምር ንምውላድ ኣብ ዘኽእላ ኣካላዊ ዕብየት ከም ዝበዕሐት ምልክት እኳ እንተኾነ ኣዋልድ 18 ዓመት እንተይሓለፈን ቆልዓ ክወልዳ ኣይምከርን።

እዚ ዝኾነሉ ምኽንያት ገና ካልኦት ኣገደስቲ ኣካላዊ ለውጢታት ኣብ ዝፍፀሙሉ ከይዲ ስለእትርከብ እዩ። ስለዝኾነ ድማ ኣካል ሓንቲ ንል መሊኡ እንተይደልደል ቆልዓ እንተወሊዳ ኣብ ዓርሳ ኾነ ኣብ ውሉዳ ፀገም ጥዕና የስዕብ።

ሓንቲ ንል ዕግያታ በብወርሑ እናተርኣያ ፀኒሑ ድንገት እንተቋሪፁ ጠኒሳ ክትከውን ትኽእል እያ። ብኻልእ ወገን ድማ ኣዋልድ ድኻምን ጭንቂን እንትስመዐን፣ ሰብነተን እንትዓብር ፣ወይ ኣብ መገሻ እንተኾይነን ዕግያተን ከቋርፅ ይኽእል'ዩ።

ባህገይ  
ዩኒቨርስቲ  
ምእታው እዩ።



## Does having a period hurt?

Some girls do not feel pain when they have their period, some have slight pains below their naval and in their lower back and some have a lot of pain and may need to take pain killer medicine.

Usually the pain is not very bad and does not last long.

The pains are called “cramps” because they are caused by the muscles of the uterus contracting.

It is the contraction that pushes out the lining of the uterus each month.

### ዕግያት ቃንዛ የስዕብ ድዩ?

ሓደ ሓደ አንላት ዕግያትን እንትመዕክ ቃንዛ አይስመዐንን፤ ውሑዳት አብ ትሕቲ ሕምብርተንን አብ ታሕተዋይ ሑቕኦንን ቐሩብ ቃንዛ ዝስመዐን አለዋ፤ ካልኦት ድማ ዕንዕ ዝበለ ቃንዛ ስለዝስመዐን ፈውሲ ቃንዛ ንምውሳድ ይግደዳ።

መብዛሕቲኡ ግዜ እቲ አብ እዋን ዕግያት ዝስማዕ ቃንዛ ዕኩዕን ነዊሕ ግዜ ዝፀንሕን አይኮነን።

አብ እዋን ዕግያት ዝፍጠር ሕማም፣ **ቊርፀት** ይበሃል። ቊርፀት ካብ ምትእስሳር ጭዋዳታት **ማህፀን** ዝመዕክ ቃንዛ እዩ።

ምትእስሳር ጭዋዳታት ማህፀን፣ ገበር ማህፀን እናተቐረፈ ምስ ደም ተሓዊሱ በብወርሒ እናተደፍኦ ክወዕእ ይገብር።



## 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 her moods.

Some girls feel sad. Others feel irritable, and get angry for no real reason.

Some girls' breasts feel swollen and sore. This is all normal and natural and should not worry you.

### ስምዒት እዋን ፅግዖት

ኣብ እዋን ፅግዖት ኩለን ኣዋልድ ሓደ ዓይነት ስምዒት ፅግዖት ይረኣየን ማለት ኣይኮነን። እንተኾነ ግና እተን ዝበዝሐ ኣዋልድ ኣብ ድሮ ምምፃእ ፅግዖት እቲ ስምዒት ይረኣየን እዩ።

ኣብ ሰብነት ሓንቲ ጓል ዝኸለት መጠን ለውጢ ሆርሞኖች ንስምዒታ ይትንክፎ እዩ። ብምዃን ድማ ሓደ ሓደ ኣዋልድ ሓዘን ይስመዐን፣ ገሊኡን ይእነፋ፣ ብዘይ ምኽንያት ይኹርያ።

ኣብ እዋን ፅግዖት ናይ ሓደ ሓደ ኣዋልድ ኣጥቢት ስለዝሓብጥ ቃንዝ ይስመዐን እዚ ተርእዮ ንቡርን ዘሎን ብምዃን ኣጓላት ክሰግኣ ኣይብለንን።



Talk to your mothers, grandmothers, sisters, aunts, female teachers, or older women in your community.

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 woman to ask her advice.

Normally when you have your period, you may need to change your cloth or pads 3-4 times a day. If you need to change more times, you may be bleeding too much so ask an older woman, a nurse, or doctor for advice.

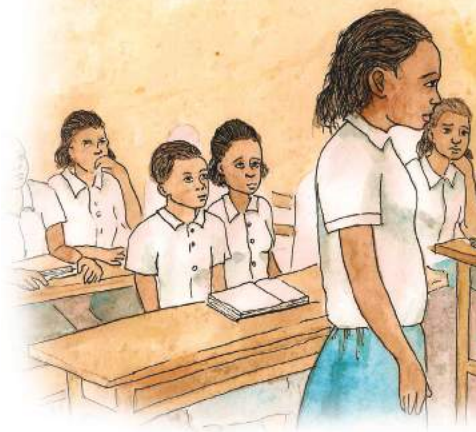
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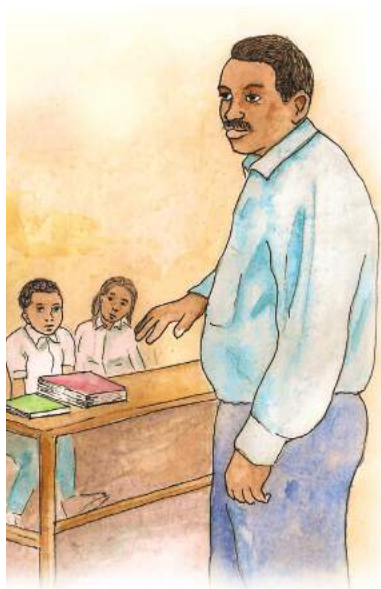
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## Story 1



The first time I menstruated, I had stomach cramps and I was very shocked! It lasted for four days. I told my friend that I had started menstruating because my mother did not tell me about it before. This is because my mother never learned about it and it is very taboo. Mothers do not usually talk about menstruation or puberty with their daughters. Instead we tell our friends our secrets. Although I was in school and shocked, I still told my friend and asked the teacher for permission to go home. I learned about menstruation in school, but I was still shocked! I went home, hid from my mother, and tore an old scarf. I used this to manage my menstruation. I couldn't attend class because I was sick. I told my biology teacher who I was close to and he told me to go home and rest. I did not go to class for three days. My advice to my younger sisters is that menstruation is natural and happens to girls from age 9-17. At this age, they should be ready by preparing the materials to use without being shocked or stressed. They should also know that it is normal. Mothers should discuss this issue with their daughters. They should discuss menstruation at different times and should not think that it is bad. Girls should share what they learn in school and from friends with their mothers and explain everything. They should be very close like a hand and glove. It should not be considered embarrassing and taboo. Girls can buy modern sanitary pads from shops and use them. To be prepared, we can keep them in our bags whenever we go out. If we have stomach cramps we can find painkillers by going to the health station. We can prevent body odor by keeping our personal hygiene.



## ተንገፎ ሐደ

“ንፈለማ ጊዜ ፅግያተይ እንትመፅእ ነቁርፀት ከብዲ ስለዝሓዘኒ ብርቱዕ ድንጋፀ ወሪሩኒ። እቲ ፅግያት ኣርባዕተ መዓልቲ ፀኒሑ። ሚሽጥረይ ንሓንቲ ዓርከይ ጥራሕ ኣውጊዐ። ኣደይ ብዛዕባ ፅግያት ዋላ ሓንቲ ኣይነገረትንን ነይራ። ኣኸውን ኣደይ ብዛዕባ ፅግያት ትፈልጦ ነገር ዘሎ ኣይመስለኒን ነይሩ። ብዛዕባ ፅግያት ምውጋፅ ከም ነውሪ እዩ ክሕሰብ ፀኒሑ። መብዛሕቲአን ኣደታት ምስ ኣዋልድ ደቀን ብዛዕባ ንኣቅመ ሄዋን ምብዓሕን ብዛዕባ ፅግያትን ኣየውጋዓን። ስለዝኾነ ድማ እዩ ምሽጥርና ንመሓዘትና ነካፍለን።

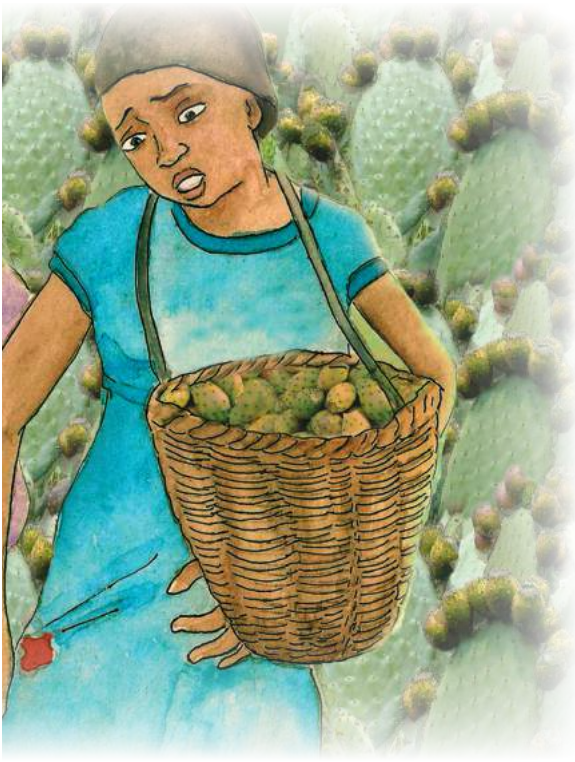
ኣብ ቤት ትምህርቲ ኮይነ ዘጋጠመኒ ኣዐርዮ እኳ እንተደንገፀኒ ንመሓዛይ ግን ነገረዮ። ፀኒሐ ድማ ንገዛይ ክኸይድ ንመምህራይ ፍቓድ ሓተትኩ። ዋላ እኳ ብዛዕባ ፅግያት ኣብ ቤት ትምህርቲ ተምሃረ እንተነበርኩ ኣባይ ምስበዕሐ ግና ደንጊፀ። ኣብ ገዛይ ምስበዓሕኹ ካብ ኣደይ ተሓቢእ ዝሕረገ ነፃይ ምቕዳድ ጀመርኩ። እቲ ዝቐደድክዋ ኣጭርቕቲ ንፅግያተይ ጉዝንዝ ኮነኒ። ስለዝቐንዝወኒ ናብ ቤት ተምህርቲ ከይደ ክመሃር ኣይከኣልኩን። ብዛዕባ ፀገመይ ብቐረባ ንዝፈልጦ ናይ ባዮሎጂ መምህራይ ነገርኩዎ። ንሱ ድማ ናብ ገዛይ ከይደ ከፅርፍ ፈቐደለይ። ንሰለስተ መዓልቲ ዝኣክል ናብ ቤት ትምህርቲ ኣይከድኩን።

ኣነ ዝረኣኹዎ ፅግያት ናይ መጀመርታይ እኳ እንተኾነ ካብ ተመኩሮይ ተበጊሰ ካባይ ንዝንእላ ኣዋልድ ዝዚ ዝስዕብ ምኽሪ ክልግስ ሓላፊነት ዘለኒ ኮይኑ ይስመዐኒ። ኣብ ህይወት ደቂ ኣንስትዮ ፅግያት ንቡርን ዘሎንዮ። ሓንቲ ጓል ካብ 9 ክሳብ 17 ዓመት ዕድመኣ ፅግያት ይረኣዩ እዩ። ኣዋልድ ናብዚ ዕድመ ቅድሚያ ምብዓሕን ፅግያት ንምቕባል ዘኽእል ስነኣእምሮኣዊ መሰናድኦ ክንገብራ ኣለወን። ፅግያተን እንትመፅእ ክድንግዓን ክሽበራን ኣይብለንን። ፅግያት ኣብ ዕብዮት ደቂ ኣንስትዮ ንቡርን ዘሎን ምዃኑ ክግንዘባ ይግበእን። እኖታት እውን ብዛዕባ ፅግያት ምስ ደቀን ክመያየጣ ኣለወን። እቲ ምይይጥ ሓደ ጊዜ ጥራሕ እንተይኮነስ ኣብ ዝተፈላለዩ እዋናት ብተኸታታሊ ክኸውን ይግበእ። ከምዚ ዝበለ ምይይጥ ፅግያት ዘነውር ከምዚይኮነ፣ ንቡርን ዘሎን ከም ዝኾነ ንምፍላጥ ይሕግዝ። ደቂ ኣንስትዮ ብዛዕባ ፅግያት ኣብ ቤት ትምህርቲ ዝመሃሮአን ካብ መሓዘተን ዝሰምዑኦን ምስ እኖታት ከውግዓሉን ብግልፃ ክርድኦኦን ይግባእ። ኣብዚ ጉዳይ ምስ እኖታተን ስጡም ርክብ እንተፈጠረን ተጠቀምቲ ይኾና። ፅግያት ዘሕፍርን ነውሪን ተገይሩ ክውሰድ ኣይብሉን። ኣዋልድ ዘመናዊ ሞዴስ (ጉዝንዝ) ካብ ሹቕን ካብ ቤት መድሓኒትን ብዘይ ሕንክት ዝዚእና ክንጥቀም ኣለና። ኣዋልድ ካብ ገዝእን እንትወጥ ሞዴስ ኣብ ቦርሳእን ክሕዛ ኣለወን። ቁርፀት እንትሕዘና ካብ ጣብያ ጥዕና ወይ ቤት መድሓኒት ፈውሲ ቃንዝ ዝዚእና ክንጥቀም ይግባእ። ሰብነትና ዘይግባእ ጠረን ከየመንጩ ናይ ውልቀ ፅርዮትና ክንከናኸን ኣለና።”

## Story 2



When I first started to menstruate, I did not know what it was. When I was 16 years old my menstruation came suddenly when I was working on the farm with my father. I was very shocked and embarrassed. I was even too embarrassed to tell my mother. I did not tell anyone the first day. The second day the blood came again. I was very embarrassed but I called my mom. I said, “Mom I want to tell you something.” I was very afraid to tell her but I told her. My mom smiled and asked “Why are you shy, I am your mom! This is something that all women experience. You are not the first girl to menstruate.” I told this to my elder sister. She told me to wear underpants and to use a clean piece of cloth. She also said that it would only last for a few days. I was very happy when she told me this. The first time I menstruated I was very shocked because I had never experienced this type of thing before. I would like to tell my younger sisters that menstruation is a gift from God only for women. I would like to tell them that menstruation happens to all women: poor, rich, young, old, white, brown, black, fat, thin, short or tall. It happens to all women! We have to accept it as a gift from God. I accepted this because it is natural. I will teach younger girls and give them advice about the things that they should use to manage menstruation. For example, that they should wear underpants and put a clean piece of cloth or a sanitary pad inside of them.



## ተንገፍ ክስተ

“ንመጀመርታ ጊዜ ዕግያት እንትረክባለን እንታይ ከምዝበዕሐኒ ምርዳኡ ኣይከኣልኩን። ዕድመይ 16 ዓመት ምስኩ ከይሓሰብኩም ሃንደበት ዕግያት ተርእዮኒ። እዚ እንትኸውን ኣብ ሕርሻ ቦታ ንኣቦይ እናሓገዝኩም ነይረ። ሽቦ ዝወረደኒ ድንጋፀን ሓፍረትን ክገልፃ ኣይኸእልን። ብሰንኪ እቲ ዘጋጠመኒ ሕፍረት እንታይ ከምዘጓነፈኒ ንኣደይ ምንጋር ኣይከኣልኩን።

ዕግያት ኣብ ዝረኣኹሉ ናይ መጀመርታ መዓልቲ ሚሽጥረይ ንዝኾነ ሰብ ኣይገለፅኩን። ኣብ ካልኣይ መዓልቲ መሊሱ ደም ክፈሰኒ ጀመረ። ንኣደይ ፀዊዐ “ ዝነግረኪ ጉዳይ ኣለኒ” በልኩዎ ብሕፍረት ተውሒጠ። ሕዚኹን ግና ምዝራቡ ኣሕነኸኒ። ድሕሪ ቁሩብ ተፀሚመ ነገርኩዎ። ኣደይ እውን ክምስ ኢላ ‘ጓለይ እንታይ ኣፍረሐኪ? ኣነ እኮ እነኺ እየ። ዕግያት ኣብ ኩላትና ደቂ ኣንስትዮ ዝረከ እየ። ኣባኺ ጥራሕ ዝበዕሐ እኮ ኣይኮነን።’ በለትኒ። ኣደይ ዝበለትኒን ዝመኸረትኒን ንምዕባይ ሓፍተይ ነገርኩዎ። ንሳ ብግዴኣ ስረ ውሽጢ (ፓንት) ክገብርን ኣብ ውሽጡ ንፁህን ረጉድን ጨርቂ ፈትሊ ወይ ድማ ጉዝንዝ ክገብር መኸረትኒ። ዕግያት ድሕሪ ሒደት መዓልቲ ከምዘቋርፅ እውን ነገረትኒ። ብምኽሪ ምዕባይ ሓፍተይ ተሓንስኩ። ቅድሚኡ ኣጓኒፋኒ ስለዘይፈልገኩ ዕግያት ኣብ ዝረኣኹሉ ናይ መጀመርታ መዓልቲ ዝተሰመዐኒ ድንጋፀ ኣይርስዎን።

ብድሕሪ ኣነውን፣ዕግያት ፈጣሪ ንደቂ ኣንስትዮ ጥራሕ ዝሃበን ፀጋ ከምዝኾነ፤ ዕግያት ኣብ ኩሉን ደቂ ኣንስትዮ ዝረከ ምዃኑ፣ ድኻ፣ ሃፍታም፣ ባዕዳ፣ ፀሊም ረጉድ፣ ቀጢን ፣ሓባር፣ ነዊሕ ኢሉ እንተይፈለየ ኣብ ኩሉ ዝበዕሐ ከምዝኾነ ንምንኣሳይ ዝኾነ ኣዋልድ ይነግረን ኣለኹ። ዕግያት ኣብ ፈጣሪ ዝተውሃበና ህያብ ከምዝኾነ ፣ዕግያት ንቡርን ዘሎን ብምዃኑ ብፀጋ ክንቅበሎ ከምዝገበእና ፣ ኣዋልድ ዕግያት እንትረክቦን ብኸመይ ከምዘፀርዮሉ የስተምህረን ኣለኹ።

ንኣብነት ስረ ውሽጢ(ፓንት) ክገብራ ከምዘለወን፣ ዕግያት እንትረክቦን ኣብ ስረ ውሽጢ ንፁህ ጨርቂ ፈትሊ ክጉዝጉዝ ወይ ድማ ዘመናዊ መሓለዊ ዕርዮት ሞዴስ ክጥቀማ ከምዘለወን የረድኣን።”

## Story 3



The first time I started menstruating I was very shocked! I had stomach cramps and I told my father. He told me that this is natural, and that I should not be shocked. I was shocked because I did not know how to manage menstruation. I did not know anything about menstruation. I had not even heard other people talking about it. I asked my father to take me to the clinic. The next morning, when I woke up and went to the bathroom, I saw blood. I was very shocked! I told my sister and my father. They told me it is called menstruation. My elder sister told me everything that I should do. She told me that she uses sanitary pads and told me to use sanitary pads as well. My sister gave me her sanitary pads to use. This is how I managed my first menstruation. I was very embarrassed when I menstruated and used sanitary pads. I was afraid to leave the house. I thought people would stare at me and insult me. Whenever I menstruated, I did not go outside of the house. I didn't even go to school. At that time, this affected everything in my life. When I stopped going to school my sister and my father advised against this. They told me I am not the only girl who menstruates. They also told me that this is a sign of becoming a woman and I should not worry. I took their advice and stopped being afraid. I even gave the same advice to my friends. I would like younger girls to know that they should not be afraid of menstruation. They shouldn't be shocked, upset, or embarrassed. It is a sign of being a woman.



## ተጓጉፎ ሰበስተ

“ናይ መጀመርታ ዕግያት እንትረአየኒ ኣዘየ ሰንበደ። ቍርፀት ከብዲ እውን ተሰሚዑኒ። ነቲ ኩነታት ንኣቦይ እንትነግሮ ኣብ ኩለን ደቂ ኣንስትዮ ዘጋጥሞ ስለዝኾነ ክድንግፅ ከምዘይብለይ ኣብረሁለይ። ኮይኑ ግና ዕግያት እንትረአ ክግበር ብዛዕባ ዝግበኦ ምድላው ስለዘይፈልጥ ተሸበረ። ብዛዕባ ዕግያት ዋላ ሓንቲ ዝፈልጦ ኣይነበረንን። ካልእ ተረፉ ሰባት ብዛዕባ ዕግያት እንተውግዑ ሰሚዐ ኣይፈልጥን። ንኣቦይ ናብ ክሊኒክ ክወስደኒ ነገርኩዎ። ብዕባሒትኡ ካብ መደቀሲያይ ተንሲኦ ናብ ዓይነ ምድሪ እንትኸይድ ደም እንትፈሰኒ ረአኹ። ደም ምስረአኹ ዝገደደ ሰንበድኩ። ነቲ ዘረአኹዎ ንኣቦይን ኣደይን ነገርኩዎም። እቲ ዝፈሰስ ደም ዕግያት ከምዝኾነ ክልቲኦም ኣብረሁለይ።

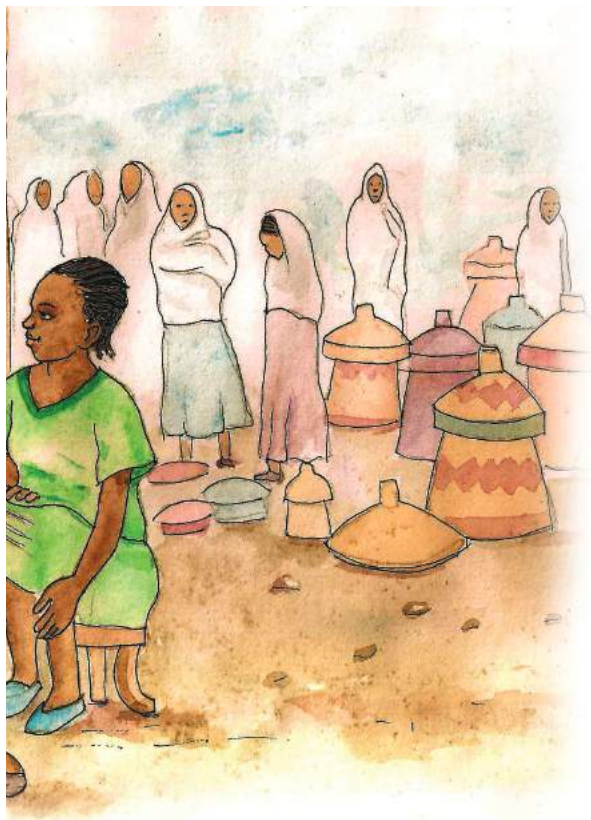
ምዕባይ ሓፍተይ ብወገና እንታይ ክገብር ከምዘለኒ ኣረደኣትኒ። ዓባይ ሓፍተይ ዕግያት እንትረአየ ሞዴስ ከምትጥቀምን ኣነ እውን ሞዴስ ምጥቃም ክጅምር ከምዘለኒን ገለፀትለይ። ንግዚኡ ግና ካብ ናይ ባዕላ ሞዴስ ሃበትኒ። ዕግያት እንትረአ እንታይ ክግበር ከምዘለዎ በዚ ኣግባብ ተረዲኡ። ዕግያቱ ምስተርአየ ሞዴስ እንትጥቀም ድንጋፀይ መሊኡ ኣይኣደገንን ነይሩ። ካብ ገዛ ምውፃእ ኣፍሪሖኒ። ሰባት ናባይ ዝጥምቱን ዝሓምዩኒን ይመስለኒ ነይሩ። ዕግያት ተርእየኒ ደም እንትፈሰኒ ናብ ደገ ምውፃእ ኣፍሪሖኒ። ብሰንኪ እዚ ናብ ቤት ትምህርቲ ምኻድ ኣቋሪፀ። ናብራይ ቅልውላው ኣትዩዎ ኩሉ ነገር ፀልሚቲ።

ኣቦይን ሓፍተይን ግና ናብ ቤት ትምህርቲ ክኸይድ ከምዝግባእ መኸሮምኒ። ኣብ እዋን ዕግያት ደም ምፍሳስ በኣይ ከምዘይተጀመረ ኣረዲኦምኒ። ዕግያት ምልክት ኣነስታይነት ስለዝኾነ ክሰግእ ከምዘይብለይ ነገሩኒ። ብምኽርን ሓገዝን ኣቦይን ሓፍተይን ካብ ፍርሒ ተናገሩኹ። ብድሕሪኡ ኣነውን ብግደይ ንመሓዘተይ ምምካር ጀመርኩ። ዕግያት ዘፍርሕ ከምዘይኮነ ንሰገናት ኣንላት መኽርኩወን። ኣብ እዋን ዕግያት ደም እንትፈሰን ክድንግፃ፣ ክሓርቃን ክሓፍራን ከምዘይብለን፣ ዕግያት ምልክት ኣነስታይነት ምጂኑ ኣረዳእኹወን።”

## Story 4



When I first menstruated I was very shocked. I had a headache, stomach cramps, and back pain. I was very confused, so I told my mother. My mother told me that menstruation is natural and that I should not be shocked. She told me to put pieces of cloth in my underpants. I then told my girl friend because when I was walking with her I was afraid that I might get stained. I started putting pieces of cloth in my underpants just like my mother advised me. I have a lot of advice for younger girls. First, girls should not be shocked or afraid when they start menstruating because it is something natural that happens to all girls when they grow to a woman. Second, I would like to tell younger girls to tell their mother or girlfriends when they begin to menstruate and to get the appropriate advice. Third, girls living in a rural area can use pieces of cloth in their underpants if sanitary pads are not available. If a girl is living in a town or city, I will advise her to use sanitary pads.



## ተጓጉፎ ሻርባዕተ

“ናይ መጀመርታ ዕግያት እንትረአየኒ ኣገዢ ደገጊ። ሕግም ርእሲ፣ ቀርቦት ከብዲን ቃንዛ ሓቕን ተሰማራኒ። ኣዕሪዩ ስለዝደገገኒ ንኣደይ ነገርኩዋ። ኣደይ እውን ዕግያት ንቡርን ዘሉን ከምዝኾነን ክድንግዕ ከምዘይግባእን ኣረዲኣትኒ። ደም እንትፈስስ ንፁህ ጨርቂ ፈትሊ ኣብ ስረ ውሽጢ ክጉዝጉዝ ሓቢራትለይ። ሓቢረያ እንትኸድ ክዳነይ ደም ክይዕየኹ ስለዝፈራሕኹ ብዛዕባ ዘጋጠመኒ ንመሓዛይ ነገርክዋ። መሓዛይ እውን ነቲ ኣደይ ዝመኸረትኒ ደገመትለይ። ኣብ ስረ ውሽጢ ዕሩይ ጨርቂ ፈትሊ ምጉዝገዝ ኣዘውተርኩ። ብድሕሪኡ ኣነ እውን መኻሪት ኣናእሽተይ ኣሓተይ ኮንኩ። ናይ መጀመርታ ዕግያት እንትረአየን ክድንግባ ወይ ክሓፍራ ከምዘይብለን ንኣናእሽተይ ኣሓተይ መኸርኩወን። ዕግያት ኣብ ኩለን ደቂ ኣንስትዮ ንቡርን ዘሉን ምዃኑ፣ ዕግያት መግለባ ዕብየት ኣነስታይነት ምዃኑ ኣዘውተረ መዓድኩወን። ንኣናእሽተይ ኣሓተይ ዝነግረን ካልኣይ ምኽሪ ናይ መጀመርታ ዕግያት እንትረአየን ንኣይታተንን መሓዙተንን ክነግራን ግቡእ ሓቢራታ ክረኽባን ከምዘለወንዮ። ንኣናእሽተይ ኣሓተይ ዝነግረን ሳልሳይ ምኽሪ ኣብ ገጠር ዝነብራ ሰገናት ኣዋልድ ናይ መጀመርታ ዕግያት እንትርእያ ኣብ ቀረበኣን ሞዴስ ዘይረኽባ እንተኾይንን ንፁህ ጨርቂ ፈትሊ ኣብ ስረ ውሽጢ ክጉዝገዝ ከምዘለወን እዩ። ኣብ ከተማ እትነብር ንል ግና ክንዲ ዝኸኣለቶ ሞዴስ ክትጥቀም እመኽራ።”

## Story 5



When I first started menstruating I was very shocked and I called my mom. While crying, I told my mom that I was bleeding. She comforted me and told me that I should not be shocked because it is normal. She explained that I should keep myself clean and take care of myself so that I will not be stained. She also told me that since I have started menstruating I should be careful of certain things such as unwanted pregnancy. When I menstruated, my father saw me washing my underpants. I was very shocked and did not say a word. He asked me what it was and I told him nothing. He demanded an answer and picked up a stick to hit me. I dropped everything and ran to my mom. My mother told my father not to hit or scare me because it is normal for girls to experience this. My father said, “I send her to school to learn, but instead she goes off to the forest with boys and comes back home.” My mother tried to explain, but my father did not believe her. He said that menstruation happens only after a girl has had sex with a man and that I am not ready. Then, he beat me and asked me to tell him how this happened to me. Because of this my mother and my father fought and she left the house. My father then went to a doctor to ask him about menstruation. They told him that it happens when a girl grows up, not because she has had sex with a man. He stopped being angry with me. Now everything is clear. Younger girls should prepare themselves before starting to menstruate and should not be afraid to tell their parents. Girls should have all of the necessary things such as sanitary pads or pieces of cloth. Girls should keep themselves clean when they are menstruating. I also advise them to go and speak with doctors if they have pain during menstruation.



## ተጓጉፎ ሓሙሽተ

“ንመጀመርታ ግዜ ዕግያት እንትረአየኒ ደንጊፀ ንአደይ ፀዋዕኹዋ። ካብ ብልዕተይ (መሸኒየይ) ደም እናፈሰሰ ምዃኑ እናነባዕኹ ነገርኩዋ። እቲ ነገር ዕግያት ምዃኑ ፣ዋላ ሓንቲ ዘፍርሕ ከምዘይኮነ፣ ንቡርን ዘሎን ምዃኑን ክድንግዕ ከምዘይብለይን ነገራ ኣረጋገፀትኒ። ውልቀ ዕርየተይ ክሕሉን ከዳነይ ብደም ከይፅዮቕ ክጥንቀቕ ከምዘለኒን ኣረደአትኒ። ዕግያት ምርኣይ ስለዝጀመርኩ ካብ ዘይተደለየ ጥንሲ ክጥንቀቕ መኸረትኒ ። ኣብ ቅነ ዕግያተይ ንስረ ውሽጢ እንትሓፀብ ኣቦይ ረአየኒ። እንታይ ከምዝኾንኩ ኮርዩ ሓተተኒ። ስለዝደንገዕኩ ቃል ኣይመለስኩሉን። ኣቦይ ቦትሪ ኣልዒሉ መልሲ ክህቦ ኣፋጠጠለይ። ነቲ ዝሓፀቦ ዝነበርኩ ስረ ውሽጢ ደርብየ ናብ ኣደይ ብጉያ ከድኩ። ኣደይ እውን ከይኹርየለይን ከይወቕዐኒን ተማሕሂና፣ ናብ ኣቅመ ሂወን ምብሃሕን ዕግያት ምርኣይን ኣብ ደቂ ኣንስትዮ ንቡርን ዘሎን ምዃኑ ነገረቶ። ኣቦይ ግና “ኣነ እኮ ናብ ቤት ትምህርቲ ዝሰደድኩዎ ክትመሃር እይ ነይሩ ንላ ግና ምስ መናእሰይ ኣብ ዱር ውዒላ እያ ትምለስ።” በለ። ኣደይ ክተረድኦ እኳ እንተፀፃረት ንሱ ግና ኣይተቐበላን። ሓንቲ ጓል ዕግያት ዝረአያ ምስ ወዲ እንተባዕሊጋ ከምዝኾንን ኣነ ናብዚ ዕድመ ከምዘይበሃሕኹን ነገራ። ብድሕሪሉ እናዘበጠ ሓቂ ኣውዕሊ በለኒ። ብናተይ ጉዳይ ኣቦይን ኣደይን ብዙሕ ምስተጓየቒ ክረዳድኩ ስለዘይከኣሉ ኣደይ ገዝኣ ገዳፋ ወፀት። ብድሕሪሉ ኣቦይ ናብ ሓኪም ከይዱ ብዛዕባ ዕግያት ሓተተ። እቲ ሓኪም ብወገኑ ሓንቲ ጓል ዕግያት ዝረአያ ፆታዊ ርክብ ስለዝፈፀመት እንተይኮነስ ብምኽንያት ተፈጥሮኣዊ ዕብየታ ከምዝኾነ ነገሮ። ብድሕሪሉ ኣባይ ዘሕደሮ ጥርጣረን ኩራን ዘሓለ። ኩሉ ነገር በርሀለ። ኣብ መንጎ ስድራና ሰላም ወረደ። ሰገናት ኣዋልድ እዋን ዕግያተን ቅድሚ ምብዕሉ ኣድላይ መሰናድኦ ክገብራ ኣለወን። መዓልቱ እንትበዕሕ እውን ብዘይ ፍርሒን ምሽቕራርን ንወለደን ክነግራ ይግባእ። ሰገናት ኣዋልድ ንዕርየት ዕግያት ኣድለይቲ ዝኾኑ ሞዴሳት ወይ ንፁህ ጨርቂ ፈትሊ ኣሰናዲኦን ክፀንሓ ኣለወን። ሰገናት ኣዋልድ ኣብ እዋን ዕግያት ዕርየት ሰብተን ክሕልዋን ቃንባ እንትስመዐን ንሓኪም ከማኽራን ግቡእ እዩ።

## Answering the “how to” questions!

### How to manage your first period?

- Talk to your elders...  
your mother, sister, aunt,  
grandmother, female  
friend, 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 underpants...but  
it is 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 to capture the blood?

- Place a folded piece of  
cloth or a sanitary pad in  
your underpants.
- Change the cloth/pad  
every 2 to 3 hours or if  
you think that the blood  
flow is getting heavy.



## “ከመደ?” ንዝብሉ ሕቶታት መልሲ ምሃብ፡

ናይ መጀመርታ ፅግዖት “ከመደ “ ምቕባል ይከኣል?



- ሓንቲ ንል ናይ መጀመርታ ፅግዖት እንትረከያ ምስ ብዕድመ ዝግብያኣ፣ ምስ ኣዴኣ፣ ምስ ሓፍታ፣ ምስ ሓትኖኣ፣ ምስ መሓዛኣ ወይ ምስ ዝቐርባኣ ዓበይቲ ኣንሹቲ ብምምይያጥ ጠቐምቲ ምክርታትን መረዳኦታታትን ክትረክብ ትክእል እያ።
- ስረ ውሽጢ (ፓንት) ብደም ተፀይቐ ምርኣይ ከደንግፅ ዝክእል እኳ እንተኾነ ንቡርን ዘሎን ብምጂኑ ምስንባድ ኣየድልን።
- ሓንቲ ንል ኣብ ቤት ትምህርቲ እናሃለወት ፅግዖት እንተተርእዩዋ ንንል ኣንስተይቲ መምህራ፣ ወይ ንመሓዛኣ ብምንጋር ኣድላይ ሓገዝ ክትረክብን ፅግዖታ ክትውግንን ትክእል እያ።
- ሰብነትኪ ናብ ኣቅመ ሄዋን እናማዕበለ ብምጂኑ ኩርዓት ክስመዐኪ ይግባእ።

ንቲ ዘፈስስ ደም “ከመደ” ምቁፅፃር ይከኣል?

- ንፁህ ጨርቂ ፈትሊ ወይ ሞዴስ ኣብ ስረ ውሽጢ ብምጉዝንዝ ፤
- ኣፈሳስሳ እቲ ደም ብዝሕ ዝበለ እንተኾይኑ በብክልተ ወይ ሰለስተ ሰዓት ነቲ ጨርቂ ወይ ሞዴስ ብምቕያር ነቲ ዝፈስስ ደም ምቁፅፃር ይከኣል።

## How to dispose of the cloth/ pad?

- If you are using a pad, wrap it in paper so it is a clean package and drop it in the latrine or put it into the dustbin so it can be burned/ thrown away later.
- If you are using a cloth, put it into a plastic bag until you can wash it with hot water and soap, and dry it in the sunshine.

## How to keep yourself clean during your period?

- Every day (morning and evening) wash your pubic area with soap and water.
- Keep unused cloths and pads clean (wrapped in paper or plastic bag) to use later.
- Pat the area dry with a clean cloth, and put a fresh cloth or pad in your underpants.

## How to manage the stomach pain from your period?

- You can put a hot water bottle on your stomach area when you are resting.
- You can try to do some exercises and keep your body active.
- You can take 1-2 pain killer tablets every 4 to 6 hours on the most painful days. You can drink a hot cup of water, tea, or oatmeal.

- Growth and Changes



መቅበሉ ደም ዝኾነ ጨርቂ ወይ ሞዴስ “ከመይ” ይውገድ?

- ሓንቲ ንል ሞዴስ ትጥቀም እንተኾይና፤ ነቲ ኣብ ኣገልግሎት ዝወግለ ሞዴስ ብፅርየት ብወረቓት ጠቕሊላ ኣብ ግቡእ ስፍራ ምድርባይ ወይ ክቃፀል ኣብ መእከቢ ንሓፍ ምቕማጥ ኣለዋ።
- ሓንቲ ንል እንድሕር ደኣ፤ ጨርቂ ፈትሊ ትጥቀም ኮይና ነቲ ዝተገልገለትሉ ጨርቂ ብወፅዖ ማይን ሳሙናን ሓባባ ኣብ ፀሓይ ክሳብ ተሰጥሖ ጠቕሊላ ኣብ ፌስታል ክተቐምጦ ይግባእ።

ኣብ እዋን ፅገዖት ውልቀ ፅርየት “ከመይ” ምሕላው ይክኣል?

- ሓንቲ ንል (ንጉሆን ምሽትን) ንክባቢ ብልዕታ ብማይን ሳሙናን ክትሓፅብ ኣለዋ።
- ነቶም ዘይተጠቐመትሎም ኣጭርቕቲን ሞዴሳትን ብፅርየት ጠቕሊላ ኣብ ፌስታል ክትሕዞምን ኣብ ዘድልዩ ግዜ ክትጥቀመሎምን ይግባእ።
- ምስተሓፀበት ንክባቢ ብልዕታ ብንፁህ ጨርቂ ምሕባስን ሓደሽቲ ኣጭርቕታት ወይ ሞዴሳት ኣብ ስረ ውሽጢ ክትጉዝጉዝ ይግባእ።

ሓንቲ ንል ኣብ እዋን ፅገዖት ንዘስማዓ ቀርፀት ክብዲ “ከመይ” ገይራ ፍታሕ ትረክብ?

- ኣብ ግዜ ዕረፍታ ትኩስ ማይ ዝሓዘ ጥርሙዝ ኣብ ክብዳ ምግባር፤
- ምጡን ኣካላዊ ምንቅስቓስ ምዝውታር፤
- እቲ ቑርፀት ክብዲ እንተገዲዱ ሓደ ወይ ክልተ ፈውሲ ቃንዛ ክኒና ብብ 4ን 6ን ሰዓታት ምውሳድ፤
- ሓደ ብርጭቆ ትኩስ ማይ፤ ሻሂ፤ ወይ ናይ ዓረስ ስብቆ ብምስታይ ፍታሕ ክትረክብ ትክእል እያ።





### Is it normal if....?

#### **Is it normal if I do not get my period every month?**

Yes, when girls' bodies are developing, the period is often not regular and can skip months.

#### **Is it normal to get your period 5 days one time, 6 days another time, and 4 days another time?**

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

#### **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 I get my period for 3 days and my friend gets her period for 5 days?**

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

#### **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 that boys do not get periods?**

Yes, boys' bodies are different inside and they cannot have babies. So they do not get a period.

#### **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.

### ...ንቡርን ዘሎን ጉዳይ ድዩ?

ፅግዖተይ በብወርሑ ኣብ መዓልቲ ዘይምምፅኡ ንቡርን ዘሎን ድዩ?

እወ ንቡር እዩ። ኣካል ኣዋልድ ኣብ ከይዲ ዕብየት እናሃለወ ፅግዖት ኣብ መዓልቱ ከይመፅእ ይኽእል፤ ወይ ድማ ኣዋርሕ ከሕልፍ ይኽእል እዩ።

ፅግዖት ሓደ ሓደ ግዜ 5 መዓልቲ ካልእ ግዜ 6 መዓልቲ፤ ከምኡውን 4 መዓልቲ ክፀንሕ ይከክል?

እወ ክፀንሕ ይኽእል። ፅግዖት ሕድሕድ ኣዋልድ ዝተፈላለየ ብምዃኑ እናዓበያ እንትኸዳ ዝተፈላለየ መዓልቲ ክፀንሕ ይኽእል እዩ።

ፅግዖት በብወርሑ ኣብ ዝተፈላለየ መዓልቲ ክረኽ ምኽኣሉ ንቡር ድዩ?

እወ ንቡር እዩ። ፅግዖት ድሕሪ 28 መዓልቲ ዝረከ እኳ እንተኾነ ከከም ኩነታት እታ ጓል ኣብ መንሃ 21ን 35ን መዓልቲ ዝረከየሉ ግዜ ኣሎ።

ናቲይ ፅግዖት ሰለስተ መዓልቲ እንትፀንሕ ናይ መሓዛይ ግና 5 መዓልቲ ምፅንሕ ንቡር ድዩ?

እወ እዩ። ፅግዖት ብማእኸላይ 5 መዓልቲ ዝፀንሕ እንትኾን ካብ 2 ክሳብ 7 ኣብ ዘሎ መዓልቲ ክፀንሕ ይኽእል እዩ።

ሓንቲ ጓል ክትዓቢ እንተሓገጡዎ ንቡርን ዘሎን ድዩ?

እወ ንቡር እዩ። ኣካል ሓንቲ ጓል እናዓበየ እንትኸድ ብዘሕ ውሽጣዊ ለውጢታት ይኽሰቱ። በዚ ምኽንያት ዝተወሰነ ሕማም ክስመዓ ንቡርን ዘሎን እዩ።

ኣወዳት ፅግዖት ዘይረኽዩም ምኽንያት ንቡርን ዘሎን ድዩ?

እወ። ውሽጣዊ ኣካል ኣወዳት ካብ ደቂ ኣንስትዮ ዝተፈለየ ስለዝኾነ ቆልዓ ክወልዱ ኣይኽእሉን። ስለዝኾነ ፅግዖት ኣይርእዩን።

ኣብ እዋን ፅግዖት ዝስማዕ ሕፍረት ንቡርን ዘሎን ድዩ?

እወ። መብዛሕቲኦን ኣዋልድ ፅግዖት ምርኣይ ስለዘይለመዳ ይሓፍራ። ከምኡ ዝበለ ስምዒት ንቡርን ዘሎን እዩ። እናዓበያ እንትኸዳ ብፅግዖት ምሕፋር እናነከያ ይመዓ።

### Is it normal if....?

#### **Is it normal that some girls get angry easily 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 if a girl gets her period when she is young, such as age 9,10, or 11?**

Yes, there are a wide range of ages when girls can get their period, from 8 or 9 up until 17 or 18 years of age.

#### **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 pimples during your period?**

Yes, many girls and women will get pimples just before or during their period.

#### **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 different colors, including bright red, light pink or even more brown in color.

#### **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 or nurse for medicine.

....ንቡርን ዘሎን ጉዳይ ድዩ?

ሓድ ሓድ አንሳት ፅግዖት እንትረክዩን ብንክሽተይ ምኹራዩን ንቡርን ዘሎን ድዩ?

እወ ንቡርን ዘሎን እዩ። ፅግዖት ሓንቲ ንል እንትረክ ኣብ ውሽጢ ሰብነታ ዝዘዋወሩ ሆርሞናት ለውጢታት ስምዒት ክስዕቡ ይክእሉ እዮም።

ሓንቲ ንል ኣብ 9፣10፣ወይ 11 ዓመት ዕድሜኻ ፅግዖት እንትረክዩት ንቡርን ዘሎን ድዩ?

እወ እዩ። ኣዋልድ ኣብ ዝተፈላለዩ ዕድሜ ፅግዖት ክረክብን ይክእል እዩ። እዚ ክልል ዕድሜ ኣብ 8 ክሳብ 9ን ኣብ 9 ክሳብ 17ን 18ን ዓመት ይሸፍን።

ፅግዖት ሓንቲ ንል እንትረክ ሓፊሒፍ ምስቲ ስሩዕ ደም ተሓዊሱ ዘረገኽ ደም ምምፅኡ ንቡርን ዘሎን ድዩ?

እወ እዩ። ኣብ እዋን ፅግዖት ሓፊስን ዝረገኸን ደም ምርኣይ ንቡርን ዘሎን እዩ። ክምዚ ዓይነት ደም “ዝረገኸ ደም” ይበሃል። ዝበዝሕ ግዜ ዝረገኸ ደም ዝፍጠር እታ ንል ቐሩብ ግድም ኢላ ኣዕሪፋ ወይ ደቂሳ ሓዲራ ንጉሆ እንትልዓል እዩ።

ቅድሚ እዋን ፅግዖት ኣብ ገፅ ዘወፅእ ፈፀጋ (ዕንፉርር) ልሙድ ድዩ?

እወ እዩ። ኣንሳት ወይ ደቂ ኣንስትዮ ቅድሚ ፅግዖት ወይ ኣብ ቅኑ ፅግዖት ኣብ ገፀን ፈፀጋ ይወፅእዮ።

ማይ ወይ ፀባ ዘመስል ፈሳሲ ቅድሚ ወይ ድሕሪ ፅግዖት ብብልሳት (መሸኒ) ንል ምፍሳስ ንቡር ድዩ?

እወ እዩ። ኣካል ሓንቲ ንል ምዕባይ እንትጅምር ማይ ዝመስል ወይ ክም ፀባ ዕዕድው ዝበለ ፈሳሲ ምውራድ ንቡርን ዘሎን እዩ። ኣብ እዋን ፅግዖት ዝፈስስ ደም ዝተፈላለዩ ሕብሪ ዘለዎ እንትኾን ድሙቕ ቀይሕ፣ ሓውሲ ሃምራዊ ወይ ናብ ቡናዊ ሕብሪ ዘዘንበለ ክኸውን ይክእል።

ኣብ እዋን ፅግዖት ቍርፀት ክብዲ ንቡርን ዘሎን ድዩ?

እወ እዩ። ቍርፀት ክብዲ ኣብ ቅኑ ፅግዖት ኣብ ክባቢ ትሕቲ ሕምብርቲ ዝስማዕ ሕማም እዩ። ንእሽተይ ወይ ማእኸላይ ቃንዛ ንቡር እንትኾን እቲ ቃንዛ እናበርተዐ ዝኸይድ እንተኾይኑ ግና ንሓኪም ወይ ነርስ ብምምኻር መድሓኒት ምውሳድ ይኖሊ።

### Is it true or false?

When you grow up you will stop having stomach pain (cramps) during your period.

**False**

On average, it takes 3-4 years for a girls' breasts to fully develop.

**True**

If you get married or become pregnant, you will stop having stomach pain.

**False**

You can go to school or participate in any sports during your period.

**True**

Bathing while menstruating will make the menstrual blood heavier.

**False**

Eating nutritious food such as vegetables will cause a girl to menstruate early or will cause the menstrual blood to be heavy.

**False**

If a girl gets her period at a young age, it is because she has been having sexual relations.

**False**

Speaking with a man while menstruating will make the menstrual blood heavier.

**False**

“ሐቂ፣ ወይ ሐሶት?”

ሐንቲ ንል ምስ ዓበየት ኣብ እዋን ፅግያታ ቊርፀት ከብዲ ኣይስማዓን።

ሐሶት

ጡብ ሐንቲ ንል ናብ ምሉእ ዕብየት ንምብዓሕ ብማእኸላይ ካብ 3 ክሳብ 4 ዓመት ይወስድ።

ሐቂ

ሐንቲ ንል ምስተመርዐወት ወይ ምስጠነሰት ቊርፀት ከብዲ ኣይስማዓን።

ሐሶት

ሐንቲ ንል ኣብ እዋን ፅግያት ናብ ቤት ትምህርቲ ክትከይድ ወይ ኣብ ዝኾነ ስፓርታዊ ንጥፊት ክትሳተፍ ትኽእል እያ።

ሐቂ

ኣብ እዋን ፅግያት ሰብነት ምሕዓብ ምፍሳስ ደም የብዝሕ።

ሐሶት

ሐንቲ ንል ዝተመጣጠነ ምግብ፣ ኣትክልቲን ፍራምረን እንተበለዓ ፅግያታ ኣብ ዘይእዋኑ ይረኣያ ወይ እቲ ዝፈሰስ ደም ይበዝሕ።

ሐሶት

ሐንቲ ንል ኣብ ዘይዕድመኣ ፅግያት እንተተርእያ ምስ ወዲ ተባዕታይ የታዊ ርክብ ፈዒማ ኣላ ማለት እዩ።

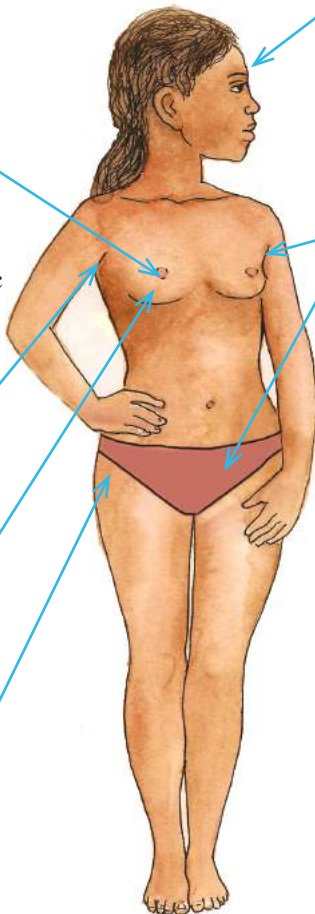
ሐሶት

ኣብ እዋን ፅግያት ምስ ወዲ ተባዕታይ ምውጋዕ ነቲ ምፍሳስ ደም የብዝሕ።

ሐሶት

## Puberty Changes

- Your skin makes more oils, so you may get pimples.
- Your nipples will get darker in color.
- Hair will grow under your arms and in your pubic area.
- Sweat glands under your arms will be more active so you will smell more like an adult.
- Your breasts will grow larger and be more sensitive.
- Your hips will become wider.



## ምልክታት ምብዓሕ ኣቅመ ሂዋን

- ቆርበት ገፅ ሓንቲ ቓል ፈፀጋ ንምውፃእ ወዝ የመንጩ።
- ጫፍ ኣጥቢታ ይፅልሙ።
- ኣብ መንኮራኩዕታን ፣ ኣብ ከባቢ ብልዕታን ጨጉሪ ይቦቁል።
- ኣብ ከባቢ መንኮራኩዕታ ዘለዉ ዋህዮታት ረሃዕ፣ ስራሕቶም ስለዘሳልጡ ጠረን መናኸሰይ ይህልዋ።
- ኣጥቢታ እናዓበዩ ስለዝኸዱ ዚያዳ ስምዒታዊ ይኾኑ።
- ንሎታታ ምስፋሕ ይጅምሩ።

### Keeping a Menstrual Calendar

To help you keep track of your period, 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, and draw an X through each day that the bleeding continues.

Remember, during puberty girls can have irregular periods!

### ሰሌዳ ዕለት ፅግያት

መምዕሩን መኸድን ዕለት ፅግያት ንምቁፅፃር ዘኽእል ሰሌዳ ዕለት ንኣብነት ቀሪቡ ኣሎ።

#### ፅግያታ ኣብ ዘረኻዎ ግዜ

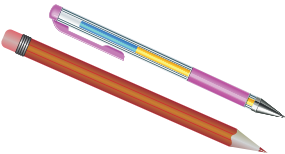
- ዝጀመረሉ ዕለት ብብርዒ ገይራ ዙርያኡ ምኽባብ። ደም ኣብ ዝፈሰሉ ሕድሕድ መዓልቲ ምልክት X ምሕንፃዕ።
- ኣዋልድ ንኣቅመ ሄዎን ኣብ ዝበዕሓሉ ግዜ ፅግያተን ካብቲ ሰሩዕ ኣቆፃፅራ ዕለት ክመዛበል ክምዘኽእል ምግንዛብ ይግባእ።

መስከረም												
እ	ሰ	ማ	ረ	ሐ	ዓ	ቅ						
			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									

ጥቅምት																
እ	ሰ	ማ	ረ	ሐ	ዓ	ቅ										
						1	2	3								
④	<del>5</del>	<del>6</del>	<del>7</del>	8	9	10										
11	12	13	14	15	16	17										
18	19	20	21	22	23	24										
25	26	27	28	29	30											

ኅዳር												
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30												

ታኅሣሥ												
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		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....True or False?

Eating spicy food will cause a girl to reach puberty at an early age and will make the menstrual flow heavier.

**False**

Drinking local alcoholic beverages such as tela, tej, areke or gin will make the menstrual flow heavier or cause menstruation to start at an early age.

**False**

Consuming hot food and drinks while you have your period will make the menstrual flow heavier or cause a girl to reach puberty at an early age.

**False**

Girls can get pregnant if they have sex while menstruating.

**True**

Menstrual blood is dirty and will cause health problems if it does not leave the body.

**False**

Eating sugary food while you have your period can make the menstrual flow heavier.

**False**

Physical work such as exercise or carrying heavy objects will make the menstrual flow heavier or cause menstruation to start at an early age.

**False**

## በዛዕባ ዕግያት ዝዘረቡ ኣፈ ታሪኻት ....ሓቂ ወይ ሓሶት?

ቅመም ዝበዝሐ ምግብ ምብላዕ ሓንቲ ንል ዕድመኣ እንተይደልደል ናብ ኣቅመ ሄዋንነት ክትበዕሕን ኣብ እዋን ዕግያት ብዙሕ ደም ክፈላን ይገብር።

**ሓሶት**

መስተ ውሽጢ ዓዲ ከም ስዋ፣ ሜስ፣ ኣረቂ፣ ወይ ጂን ምስታይ ኣብ እዋን ዕግያት ብዙሕ ደም ክፈስስ፣ ኣብ ዘይእዋኑ ኣብ ግዜ ቁልዕነት ክመዕእ ይገብር እዩ።

**ሓሶት**

ውዑይ ምግብ ምብላዕ ፣ ኣብ እዋን ዕግያት መስተ ምስታይ፣ ምፍላስ ደም የብዝሕ፣ወይ ድማ ደቂ ኣንስትዮ ኣብ ዘይዕድመኡን ንኣቅመ ሄዋን ክበዕሓ ይገብር።

**ሓሶት**

ኣጓላት ኣብ እዋን ዕግያት የታዊ ርክብ እንተፈላመን ክጠንሳ ይኽእሉ።

**ሓቂ**

ደም ዕግያት ዝረስሐ ስለዝኾነ ካብ ውሽጢ ሰብነት እንተዘይወሊኡ ንሕማም የቃልዕ እዩ።

**ሓሶት**

ኣብ እዋን ዕግያት ጥዑም ምግብ ምብላዕ ኑቲ ዝፈስስ ደም ከብዝሐ ይኽእል።

**ሓሶት**

ኣካላዊ ምንቅስቃስ ምዝውታርን ከበድቲ ነገራት ምሽክምን ንምፍላስ ደም ዕግያት የብዝሐ ወይ ኣብ ዘይዕድመ ክመዕእ ይገብር።

**ሓሶት**

## Congratulations!!

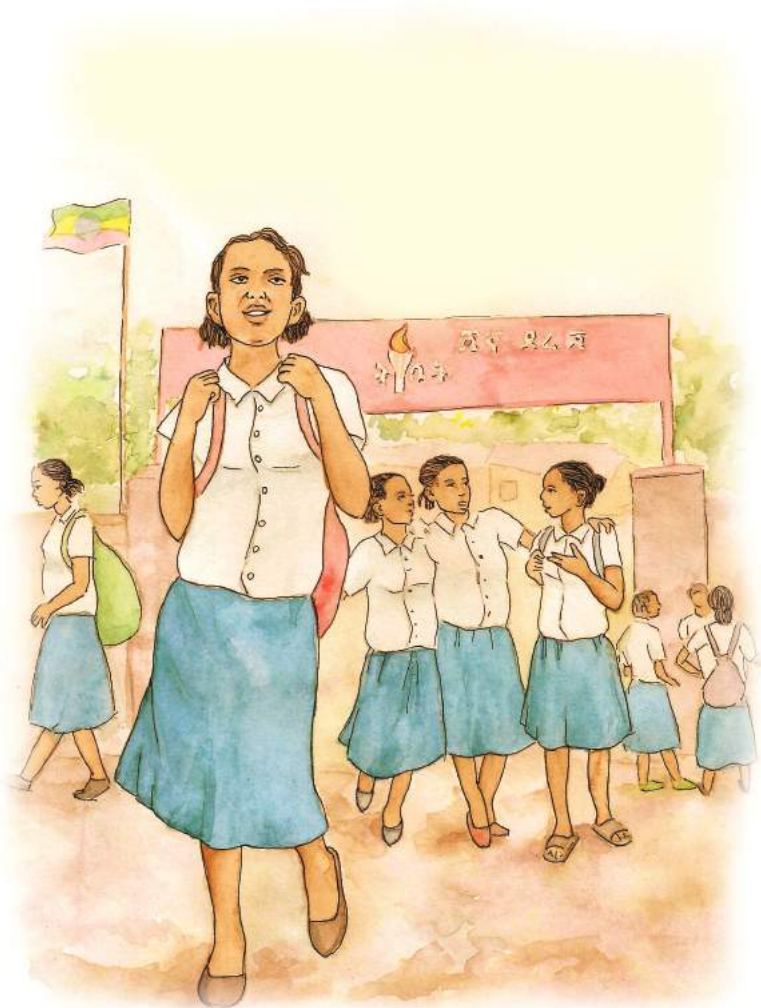
You have now learned about growing from a girl into a young woman.

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

### እንቋዕ ደስ በስኪ!

ሐንቲ ዓል አንስተይቲ፤ ካብ ዓልነት ናብ አቅመ ሄዋንነት ናብ ዝበዕሐት ጎርቦ  
ከመይ ክትግባሊ ከምትኽእል ዘገንዝብ ትምህርቲ ወሲድኪ አለኹ።

ብቐንጅናኺ፣ ብጥንካረኺ፣ ብኣካላዊ ቅርፅኺ ሓበን ከምዝስመዐኪ ተስፋ ንገብር።



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stories of young  
Ethiopian girls



እዚ መፅሓፍ ንተጓጎፎ  
ኢትዮጵያውያን መናጎሰይ  
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ሻማ ቡክስ

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