I am a teenager

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What is puberty?

Between the ages of 10 and 16, most girls and boys will notice changes in their bodies. These changes are both physical (in the body) and emotional (in your feelings). They last for several years.

This change from being a child to a woman or a man is called “puberty or “adolescence”.

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ການຈະເລີນພັນຂອງໜຸ່ມສາວ

ເລີ່ມຈາກຮ່າງກາຍໄດ້ຜະລິດສິ່ງໜຶ່ງອອກມາເອີ້ນວ່າ: ຮໍໂມນ ເຊັ່ນໃນຜູ້ຍິງຈະມີ 2 ເຊັ່ນຄື:ໂປຼແຊັດສະເຕໂຣນ ແລະ ແລະອັສໂຕເຢນ, ຮໍໂມນ ແລະຂັ້ນທີ່ຄວບຄຸມການຂະຫຍາຍຕົວຂອງຜູ້ຍິງ ຕັ້ງແຕ່ໄວໜຸ່ມສາວ, ໄວທີ່ມີປະຈຳເດືອນ, ວື່ອນ, ເຊັ່ນວ່າເຊັ່ນໄປສ່ຽງ... ໂຮງນຳ ເຊັ່ນການບໍ່ແນກການຮ່າຍທາຍ ແລະຈຳໄຈ, ໃນໄລຍະນີ້ຜູ້ຍິງຈະມີອາລົມປັ່ນປ່ຽນ, ເຊັ່ນເມື່ອ, ບັນດາ, ຕັ້ງແຕ່ງ, ໝາກ激光, ແຈ່ງ, ມາຊິກທີ່ເຊັ່ນ ແມ່ນມັນໄຟ ເຊັ່ນຜູ້ຍິງອາແລນໂມນສາວ ໃນການຂະຫຍາຍນະຄອນ.

Puberty and Feelings

Puberty starts when your body starts making extra chemicals called “hormones”. These hormones start the physical changes, and also emotional changes. So a girl may feel happy or sad one moment, then angry or confused later. This is normal.
ການຈະເລີນພັນຂອງໜຸ່ມສາວ:


Puberty is the time that girls’ bodies start to produce eggs, called “ovum”. They make these in the ovaries, which are small glands in your lower belly. Boys’ bodies start to make sperm. It is the time when you develop into a young woman or a young man. Puberty is a special time and means our bodies are growing, so that one day we will be able to make children and start our own families. But just because girls’ bodies are preparing, it does not mean that girls are ready to have children. That comes later.
When does puberty begin and how long does it take?

Puberty begins at different times for everybody. Usually, boys start later than girls. Some girls can start at age 10, for others it may not start until they are 14, 15 or 16. Puberty changes can take 1 year in some girls and up to 6 years in other girls. We are all different.
What are the physical changes in girls?

A girl’s breasts start to grow and her hips get rounder. Hair starts to grow under her arms. Hair grows between her legs in her private parts. She starts to have periods or to menstruate.
What is a period or menstruation?

Menstruation is the medical word for having a period. Having a period means that a girl is growing up. Her body is getting ready for the time that she is a woman and might get pregnant and have a baby. During menstruation, the lining of the uterus comes out with blood through the vagina. Bleeding usually lasts 3 to 7 days. It usually happens every month. Bleeding every month is not something to be scared of or to make you shy. It is normal and happens to every young woman.

Fallopian Tubes: The egg travels from the ovary to the uterus along this tube.

Ovary: These produce eggs. There are 2 on each side of the uterus.

Uterus: It is a hollow muscle. Your period blood comes from the uterus. It is where a baby grows if you are pregnant.

Vagina: This is where the menstrual blood comes out of the body. It also produces mucous that helps to keep it clean.
Most girls have their first period between the ages of 11 and 14. Some girls may start as early as 9 and others not until 16 or 17. The time from the first day of your period (when you start bleeding) to the first day of your next period usually is about 28 days. This is called a cycle. But some girls may have a shorter or longer cycle, anything from 21 to 35 days. A girl can look at a calendar to know when to expect her period. For many years after a girl starts her period, she may not get it every month. Again, this is normal.
When a girl has her period, she should wash her private parts at least twice a day. She should use soap and water. She can use cotton cloths or sanitary pads to soak up the blood. These should be changed every 2 to 4 hours. When a girl is going to school, she should take an extra cloth or sanitary pad in her bag, so she can change at school. If a girl has a leak of blood onto her school skirt or her *sinh*, she can tie a jacket around her waist or use her bag to hide the stain and ask a friend or a teacher for help.
Although menstruation means that a girl’s body is biologically able to have a baby, girls are advised not to have a baby until they are over 18 years old. This is because other changes are still happening in the body. Having a baby when your body is not ready can cause many health problems for the girl and her baby. If a girl who has periods every month misses a period, it may mean she is pregnant. She can only get pregnant if she has had sex with a man. Girls can also miss periods if they are feeling stressed, if they get very thin or if they get very tired.
Does having a period hurt?

Some girls do not feel pain when they have their period. Some have small pains below the navel and in their lower back. Some have a lot of pain and need to take pain-killer medicine. 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 the contraction that pushes out the lining of the uterus and the blood every month.
What is Pre-menstrual Syndrome?

Not all girls get Pre-Menstrual Syndrome (PMS), but many do for a few days before they start their period. This is a sign that in a few days you will get your period. Changes in the level of hormones in a girl’s blood can affect her moods. Some girls feel tired or sad. Others feel bad-tempered and get angry for no real reason. Some girls’ breasts feel sore and swollen, some girls have pimples and some have back pain. This is all natural and should not worry you.
Talk about your period with another woman like your friend, your sister, auntie, mother or a female teacher. When you have your period some discomfort is normal, but if you have a lot of pain, talk to an older woman. You may need to take medicine so ask her for advice. Normally, when you have your period, you may only need to change your cloth or sanitary pad 3 to 4 times a day. If you need to change more, you may be bleeding too much, so ask an older woman, a nurse or a doctor for advice.
1 ປັດຈຸບັດ ແນກຣມເປັນປະຈຳເດືອນຂອງໝູ່:

ອອນເປັນປະຈຳເດືອນຮູ້ຮັກສາ ການແຂວງຂອງຂ້ອຍ 13 ປີ. ລັງທີ່ມັນມີເພງຄ່າຮະບົບ ຕໍ່ເປັນປະຈຳເດືອນຂອງໝູ່ຂອງຂ້ອຍ. ສະໝັກນາຍ ປະຈຳເດືອນຂອງຂ້ອຍ ກໍ່ມີຄວາມຂັດທັງໝູ່ ກໍ່ມີຄວາມຄິດຕັ້ງ ກໍ່ມີຄວາມຜິດພາດ ກໍ່ມີຄວາມຮູບຮ່ວມ ກໍ່ມີຄວາມພະຍາດ ກໍ່ມີຄວາມຂັດທັງໝູ່ ກໍ່ມີຄວາມຄິດຕັ້ງ ກໍ່ມີຄວາມຜິດພາດ ກໍ່ມີຄວາມຮູບຮ່ວມ ກໍ່ມີຄວາມພະຍາດ ກໍ່ມີຄວາມຂັດທັງໝູ່ ກໍ່ມີຄວາມຄິດຕັ້ງ ກໍ່ມີຄວາມຜິດພາດ ກໍ່ມີຄວາມຮູບຮ່ວມ ກໍ່ມີຄວາມພະຍາດ.

ກາງຄືນກ່ອນມື້ທີ່ຂ້ອຍຈະເປັນປະຈໍາເດືອນຂ້ອຍໄດ້ໄປຫຼິ້ນນຳໝູ່ຮຸ່ນເອື້ອຍຊຶ່ງເຂົາເຈົ້າພາກັນເປັນປະຈຳເດືອນແລ້ວ, ຄົນຮູ້ເລື່ອງທີ່ຕົນເອງບໍ່ເຄີຍຮູ້ຂ້ອຍເລີຍຖາມພວກເອື້ອຍເຂົາວ່າ "ເອື້ອຍເປັນປະຈຳເດືອນມັນເປັນແນວໃດ?" ພວກເອື້ອຍຕອບຂ້ອຍວ່າ "ມັນກໍ່ມີເລືອດໄຫຼອອກມາຈາກອະໄວຍະວະເພດ'' ກ່ອນທີ່ຈະເປັນປະຈໍາເດືອນຈະເຈັບທ້ອງໜ້ອຍໜຶ່ງ, ບາງຄົນກໍ່ເຈັບນົມ, ແຕ່ບາງຄົນເຈັບປັ້ນທ້ອງຫລາຍຈົນໄປໃສກໍ່ບໍ່ໄດ້. ຂ້ອຍເລີຍເວົ້າວ່າ: ໂອເອື້ອຍນ້ອງລະຄິດງໍ້ໍຊິເປັນນ້ອງຢ້ານເຈັບແຕ່ພວກເອື້ອຍໆເວົ້າວ່າ ບໍ່ຕ້ອງຄິດງໍ້ ແລະ ຢ້ານດອກເພາະມັນເປັນກັບແມ່ຍິງທຸກຄົນ. ພວກເອື້ອຍໆເຄີຍອ່ານປຶ້ມກ່ຽວກັບເລືອງປະຈຳເດືອນ, ເພິ່ນຍັງບອກຂ້ອຍວ່າສິ່ງທີ່ແມ່ເຖົ້າຂ້ອຍໄດ້ຍິນນັ້ນບໍ່ເປັນຄວາມຈິງ.

ພໍຮຸ່ງເຊົ້າຂ້ອຍກໍ່ຮູ້ສຶກວ່າມີອາການເຈັບທ້ອງປວດເບົາຂ້ອຍເລີຍໄປເບົາແລະເຫັນເລືອດຕິດໂສ້ງຊ້ອນ, ຂ້ອຍຕົກໃຈຢ່າງແຮງ! ຈາກນັ້ນກໍ່ຄິດໄດ້ວ່າຂ້ອຍອາດເປັນປະຈຳເດືອນ! ບາງຄົນກໍ່ເຈັບນົມແຕ່ຂ້ອຍເລີຍບໍ່ກ້າໄປຊື້ໂຊຟີ (ຜ້າອະນາໄມ) ດ້ວຍຕົນເອງແລະໃຫ້ນ້ອງໆອອກໄປຊື້. ຮອດມື້ເປີດໂຮງຮຽນຂ້ອຍໄດ້ເລື່ອນຊັ້ນຮຽນ ແລະ ຄິດຕິດໃຫ້ຕ້ອງເປັນປະຈຳເດືອນຂ້ອຍເຂົາເຈົ້າຄ່າຂອງເປັນປະຈຳເດືອນຊ່ວງພັກແລ້ງໃຫ້ ໝູ່ຄ້າ ແລະ ນ້ອງໆອອກ ແລະຫນ້້າຂອງບົດຄ່າຂອງຊົມດິນກະນົມໂຕ. ໝູ່ຄ້າຂອງຊົມດິນກະນົມໂຕ, ຕ້າມາຜູ້ອ່ານຊົມດິນກະນົມໂຕ ຕ້າມາຜູ້ອ່ານຊົມດິນກະນົມໂຕ ຕ້າມາຜູ້ອ່ານຊົມດິນກະນົມໂຕ ຕ້າມາຜູ້ອ່ານຊົມດິນກະນົມໂຕ ຕ້າມາຜູ້ອ່ານຊົມດິນກະນົມໂຕ,

ອອນເປັນປະຈຳເດືອນໄດ້ 2-3 ທີ່ອອນເປັນປະຈຳເດືອນໄດ້ 2-3 ທີ່ອອນເປັນປະຈຳເດືອນໄດ້ 2-3 ທີ່ອອນເປັນປະຈຳເດືອນໄດ້ 2-3 ທີ່ອອນເປັນປະຈຳເດືອນໄດ້ 2-3 ທີ່ອອນເປັນປະຈຳເດືອນໄດ້ 2-3 ທີ່ອອນເປັນປະຈຳເດືອນໄດ້ 2-3 ທີ່ອອນເປັນປະຈຳເດືອນໄດ້ 2-3 ທີ່ອອນເປັນປະຈຳເດືອນໄດ້ 2-3 ທີ່ອອນເປັນປະຈຳເດືອນໄດ້ 2-3 ທີ່ອອນເປັນປະຈຳເດືອນໄດ້ 2-3 ທີ່ອອນເປັນປະຈຳເດືອນໄດ້ 2-3 ທີ່ອອນເປັນປະຈຳເດືອນໄດ້ 2-3 ທີ່ອອນເປັນປະຈຳເດືອນໄດ້ 2-3 ທີ່ອອນເປັນປະຈຳເດືອນໄດ້ 2-3 ທີ່ອອນເປັນປະຈຳເດືອນໄດ້ 2-3 ທີ່ອອນເປັນປະຈຳເດືອນໄດ້ 2-3 ທີ່ອອນເປັນປະຈຳເດືອນໄດ້ 2-3 ທີ່ອອນເປັນປະຈຳເດືອນໄດ້ 2-3 ທີ່ອອນເປັນປະຈຳເດືອນໄດ້ 2-3 ທີ່ອອນເປັນປະຈຳເດືອນໄດ້ 2-3 ທີ່ອອນເປັນປະຈຳເດືອນໄດ້ 2-3 ທີ່ອອນເປັນປະຈຳເດືອນໄດ້ 2-3 ທີ່ອອນເປັນປະຈຳເດືອน
Story 1: My First Period

My first menstrual period came when I was 13 years old. I was visiting my grandmother in another region during the school holidays. I asked my grandmother what a menstrual period was. If I never had one what would happen? My grandmother said that she had heard that if a woman didn’t have a period she would be very thin, yellow and get diseases all the time.

The night before I got my period, I was sitting and talking with my neighbours who were older than me. I asked them what a period was. They told me that it was blood coming out of my secret place. They also told me that sometimes there was stomach and breast pain. For some girls, it hurt a lot and they can not go anywhere.

I said, “I am afraid to have my period”. They said, “Don’t be afraid. All women have this.” They had read a book about periods. They told me what my grandmother said was not true.

In the morning, I had a stomach pain and I went to pee. I saw blood on my underwear. I was very afraid. Then I remembered, “it’s OK. It’s my period”. At that moment, I did not know what to do. I sat on the stairs. I was too shy to tell my grandmother so I went for a shower. I did not want people to know that I had my period.

At night, I went to the neighbours again. I asked them, “What should I do when my period comes?” They told me to use a sanitary pad. They questioned me about why I was always asking about periods. I told them I just wanted to know. I was too shy to tell them I had already started. I knew that I had to put on a sanitary pad, but I was too shy to go and buy them. I ripped my grandmother’s old skirt apart and put the cloth in my underwear.

I had my first period for 2-3 days. I was very happy when it stopped. Even after having my period for many months, I was still too shy to go and buy pads by myself. I asked some kids to go and buy them for me. After the holidays, I went back home and returned to school, in a higher class. I was now an older girl and had experience. So when a younger girl asked me about periods I could explain everything to her.
2 ភ្នាក់ព័ត៌មានវិទ្យាសាលា រាជធានីគោលែល

តាមតុលាការ 12 បី ដែលបានបញ្ច្តំតែលំបោលក្នុងព្យាយាមនេះ។ តើអ្នកអាចចូលរួមបាន៖ រូបមន្តប្រេស័ព្ទបាននឹងបញ្ចូលពាណិជ្ជកម្មនេះនៅពេលដែលអ្នកប្រឈមមើលប្រការព្យាយាមនេះ។

លោកៗ នឹងបានព្រឹត្តិការតែលំបោលក្នុងព្យាយាមនេះ។ ។ វាមានប្រការព្យាយាមនេះដែលក្លាយជាមួយនឹងអ្នកដែលមានចម្លើយរបស់ខ្លួន។ ។ នេះជាមួយនឹងអ្នកដែលព្រឹត្តិការនេះ។ 

លោកៗ នឹងបានព្រឹត្តិការតែលំបោលក្នុងព្យាយាមនេះ។ ។ វាមានប្រការព្យាយាមនេះដែលក្លាយជាមួយនឹងអ្នកដែលមានចម្លើយរបស់ខ្លួន។ ។ នេះជាមួយនឹងអ្នកដែលព្រឹត្តិការនេះ។ 

លោកៗ នឹងបានព្រឹត្តិការតែលំបោលក្នុងព្យាយាមនេះ។ ។ វាមានប្រការព្យាយាមនេះដែលក្លាយជាមួយនឹងអ្នកដែលមានចម្លើយរបស់ខ្លួន។ ។ នេះជាមួយនឹងអ្នកដែលព្រឹត្តិការនេះ។
Story 2: A Lao Leum Girl

When I was 12 years old, I had my first period. At that time I was very surprised and afraid to see the blood come out of my vagina. I felt disgusted. The blood was not red like a cut - it was a dark colour and it was thicker than normal. It happened when I was at school, but the day was almost over. When I got home I wanted to tell my mother but I was too shy. I did not know what to do, so I kept going to the toilet to wash. When my mother saw she asked me, “Noi, what is wrong?” I told her I had blood coming out of my vagina. My mother said “maybe it is because you jumped too much and you broke something.”

I told her that I had been to the toilet many times and I had not broken anything and I did not hurt anywhere. Then my mother laughed. She told me that I had started my periods. I thought, “I’m still young. I do not want my periods yet.”

My mother told me I was now a young woman. She went to buy pads and told me how to use them. She explained I had to open the pad and that the sticky side of the pad went on my underwear and that I had to change it when it got wet. I had to roll up the used pad so nobody could see the blood, put it into a plastic bag, tie the bag and put it in the garbage. I was worried that someone else would see it, but Mum said, “It is a normal thing to have and all young woman have a period. Remember, because next month you will have it again, and every month after that. You are a teenager now. If you get married, you can have babies.”

One day at school I saw my cousin. She asked me to tell the teacher that she couldn’t go to school because she had blood on her skirt. I told her, “It’s OK, no problem, go to the toilet and wash it off. Then turn your skirt around and take this.” I lent her a pad and I explained how to use it. I told her always to have a spare pad in her schoolbag.
3 ประสิทธิภาพประคบ(body)ศึกษาเรียนรู้แบบ

ด้วยหลักสูตรประจำปีเรียนรู้ที่มีความรู้สึกต่อ เมื่อเด็กเจริญทั้งหมดตามที่ตอบ จึงเริ่มต้นเรียนรู้ที่มีความรู้สึกต่อเนื่องกันแล้ว แต่ยังต้องการ

รู้ว่าเรียนรู้จากต้นที่เล็กเป็นมากที่สุด แล้วฝึกมหุรรม

รู้ว่าเรียนรู้จากต้นที่เล็กเป็นมากที่สุด แล้วฝึกมหุรรม

รู้ว่าเรียนรู้จากต้นที่เล็กเป็นมากที่สุด แล้วฝึกมหุรรม

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รู้ว่าเรียนรู้จากต้นที่เล็กเป็นมากที่สุด แล้วฝึกมหุรรม

รู้ว่าเรียนรู้จากต้นที่เล็กเป็นมากที่สุด แล้วฝึกมหุรรม

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รู้ว่าเรียนรู้จากต้นที่เล็กเป็นมากที่สุด แล้วฝึกมหุรรม

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รู้ว่าเรียนรู้จากต้นที่เล็กเป็นมากที่สุด แล้วฝึกมหุรรม

รู้ว่าเรียนรู้จากต้นที่เล็กเป็นมากที่สุด แล้
I learnt about periods at school. I did not know why I had not started my periods. I liked to listen and to ask girls at my school and at my dormitory about periods. My first period happened when I was 15 years old and studying in year 4 at high school. I was dancing at the Kammu New Year at school. In the afternoon I went back to my dormitory because my underwear was wet and I had a small stomach ache. I went to the toilet and I saw blood on my underwear. I was very surprised. I did not tell anybody because I was too shy. That day, I did not want to eat lunch because I was not hungry. At that time, I did not have pads. I tore a Lao house skirt (sinh tem) into pieces and put in my underwear. Then I went back to school. I was not feeling very comfortable. I did not want to walk, I was afraid it would fall down and other people would see. When I was dancing, I was very careful not to let it fall. When the party was finished, I had blood on my skirt. I went to buy pads and read on the packet how to use them. After I had my period for 5-6 days, I felt more comfortable with the pads. After that, I felt relaxed enough to talk about it to younger girls, so they could learn from my experience. I told them that periods were normal and that every woman had them and not to be scared or shy about it.

I want to tell you what I learned after that. Don’t wait for your pad to be too full, because it will smell bad. Make sure you change it every 2 - 4 hours. My friend Myna was the same age as me, but she had not started her periods. She was very worried that she was not normal. It took more than one year after I got my periods before my friend Myna got hers. Finally, she had her periods. She was so happy when she got her first one. I want you to know that periods come when your body is ready. They don’t come at the same age for everybody. So don’t worry, if you have them earlier or later.
4 ប្រទេសកម្ពុជា ទីក្រុងតំបន់ព្រែក កន្លែង (អុងមាន)

ដូចជារាលដីដ៏ពេញចិត្តបានម៉ោង 14 ឆ្នាំ ហើយយើងមានក្បាលក្រោយធ្វើៗ យើងដំឡើងសម្រាប់អត្រាជនជាច្រើន។ យើងសង្ឃឹមថាជាមួយការអំពីដំណើរការល្ហិន អាចមិនអាចដល់មិនឃើញ យើងតែងតែធ្វើគ្នារួចរឹង។ ដូច្នេះក្រោយមកយើងត្រូវបានអាចផ្តល់ឱ្យអង្កាយអំពីដំណើរការទាន់សម័យ បើយើងមិនអាចធ្វើវិញ។ ក្រោយពីរៀងរាល់ទូរស័ព្ទយើងមានស្វែងរកឡាយក្រោយខ្លា឵ យើងមានសុំស្រួលស្តីល្អ។ ក្រោយពីរៀងរាល់ទូរស័ព្ទយើងមានសុំស្រួលស្តីល្អ។ ក្រោយពីរៀងរាល់ទូរស័ព្ទយើងមានសុំស្រួលស្តីល្អ។ ក្រោយពីរៀងរាល់ទូរស័ព្ទយើងមានសុំស្រួលស្តីល្អ។ ក្រោយពីរៀងរាល់ទូរស័ព្ទយើងមានសុំស្រួលស្តីល្អ។ ក្រោយពីរៀងរាល់ទូរស័ព្ទយើងមានសុំស្រួលស្តីល្អ។

ដូចជារាលដីដ៏ពេញចិត្តបានម៉ោង 14 ឆ្នាំ ហើយយើងមានក្បាលក្រោយធ្វើៗ យើងដំឡើងសម្រាប់អត្រាជនជាច្រើន។ យើងសង្ឃឹមថាជាមួយការអំពីដំណើរការល្ហិន អាចមិនអាចដល់មិនឃើញ យើងតែងតែធ្វើគ្នារួចរឹង។ ដូច្នេះក្រោយមកយើងត្រូវបានអាចផ្តល់ឱ្យអង្កាយអំពីដំណើរការទាន់សម័យ បើយើងមិនអាចធ្វើវិញ។ ក្រោយពីរៀងរាល់ទូរស័ព្ទយើងមានសុំស្រួលស្តីល្អ។ ក្រោយពីរៀងរាល់ទូរស័ព្ទយើងមានសុំស្រួលស្តីល្អ។ ក្រោយពីរៀងរាល់ទូរស័ព្ទយើងមានសុំស្រួលស្តីល្អ។ ក្រោយពីរៀងរាល់ទូរស័ព្ទយើងមានសុំស្រួលស្តីល្អ។ ក្រោយពីរៀងរាល់ទូរស័ព្ទយើងមានសុំស្រួលស្តីល្អ។ ក្រោយពីរៀងរាល់ទូរស័ព្ទយើងមានសុំស្រួលស្តីល្អ។ ក្រោយពីរៀងរាល់ទូរស័ព្ទយើងមានសុំស្រួលស្តីល្អ។ ក្រោយពីរៀងរាល់ទូរស័ព្ទយើងមានសុំស្រួលស្តីល្អ។ ក្រោយពីរៀងរាល់ទូរស័ព្ទយើងមានសុំស្រួលស្តីល្អ។ ក្រោយពីរៀងរាល់ទូរស័ព្ទយើងមានសុំស្រួលស្តីល្អ។
Story 4: A Tai Lu Girl

I got my first period when I was 14 years old. It was at the week end. I went to help my mother cut the weeds in the field. I was sitting on my shoes to protect myself and when I moved I saw blood on my shoes. I wondered where the blood was coming from. I thought I had cut myself on a tree stump but I couldn’t see anything, I was not cut and I was not hurt. I told my mother. She said that maybe I had started my period. She checked my skirt and smiled. When I saw her face I was less frightened.

My mother told me to go and cut off the bottom of the second skirt I had brought from my house and to put in my underwear like a pad. When we go to work in the field, we always bring 2 skirts. We use one skirt to work with and another clean one to change into when it is time to go home. When I got home, I cut one of my old Lao skirts into many pieces and made pads with it. I wore 2 skirts because I was afraid that the blood would show. At night, I put a skirt on my bed, and wore 2 skirts to make sure I didn’t put blood on my sleeping mat. When I went to school, I put pieces of my cloth skirt in my underwear and also I put shorts under my skirt.

I wanted to tell all my friends that periods make you change. Now I felt grown-up and I could take care of myself. Before, when I did not have my periods, I had pimples on my face. But since I started my periods I don’t have pimples anymore. I feel different. My periods give me a little bit of pain, but now I feel very good. My friend had pimples like me. She started her period but she still has pimples.
5. ພະສິມາຄ່າຄະດຳເຮັດລາຊະການແລະອາໄສ

ວ່ານຶ່ງເລືອກເປັນປະຈຳເດືອນຄັ້ງທຳອິດຂອງສາວເຜົ່າມົງຂ້ອຍເລີ່ມເປັນປະຈຳເດືອນເວລາອາຍຸປະມານ 13 ປີ, ຕອນນັ້ນເລີກຮຽນແລ້ວກໍ່ພາກັນຍ່າງກັບບ້ານນຳໝູ່ຜູ້ຍິງຫຼາຍຄົນ, ຂ້ອຍຮ້ອງສຶກສະລິບປຽກໆຈິ່ງແວ່າໃນປ່າເພື່ອໄປເບົາ, ຂ້ອຍຕົກໃຈແລະກໍ່ລືມທີ່ເຫັນສະລິບມີເລືອດຕິດພໍ້ຂ້ອຍອອກຈາກພຸ່ມໄມ້ມາ, ຝູ່greSQLວ່າເປັນຫຍັງໜ້າເຫຼືອງແທ້, ຂ້ອຍຕັ້ງສະຕິແລ້ວກໍ່ບອກກັບໝູ່ວ່າ ສະລິບຂ້ອຍມີແຕ່ເລືອດ.... ຝູ່ກໍ່ບອກວ່າ: ໂອ! ບໍ່ເປັນຫຍັງ, ຒື້ນຕະເລັດຈະເປັນປະຈຳເດືອນຂ້ອຍກໍ່ເລີຍຄິດພໍ້ວ່າ: ໂອ! ແມ່ນແລ້ວພວກເຂົ້າເຄີຍລົມກັັນເຖິງເລື້ອງນີ້ມາກ່ອນແລ້ວແຕ່ເວລາເປັນແທ້ແມ່ນທ້ອງຂ້ອຍຕົກໃຈແລະກໍ່ລືມ. ດໍ່ແກ້ຈາກດີແລ້ວກໍ່ພັບຜ້າທີ່ຊັກສະອາດແລ້ວນັ້ນໄວ້ສຳລັບໃຊ້ໃນເດືອນຕໍ່ໆໄປ. ໝູ່ສະຫະພາບລັດໂທະສານຄ່າ ໂອ! ປະຈຳເດືອນເປັນເລື່ອງທຳມະຊາດບໍ່ຕ້ອງຄິດຫຍັງຫຼາຍ, ປະຈຳເດືອນຂອງຂ້ອຍມາບໍ່ປົກກະຕິທຸກເດືອນ ຢານຄັ້ງ 2-3 ປະຈຳເດືອນຈິງເປັນເທື່ອໜື່ອ. ຂ້ອຍມີອາການເຈັບແອວແລະປັ້ນທ້ອງທ່ານຄັ້ງເວລາມີປະຈຳເດືອນ, ຂ້ອຍໄດ້ຕັ້ງຢາພື້ນເມືອງເຜົ່າມົງກິນ, ໄປພົບແພດ, ກິນຢາແກ້ປວດ, ແພຈຸ່ມນ້ຳຮ້ອນປັ້ນໝາດໆແລ້ວກໍ່ເອົາມາເຕັງທ້ອງໄວ້ ເອື້ອຍຂອງຂ້ອຍເປັນແບບນີ້ຄືກັນມີຄົນເວົ້າໃຫ້ລາວວ່າ: ລາວເຈັບທ້ອງປະຈຳເດືອນແບບນີ້, ອາດເຮັດໃຫ້ລາວບໍ່ມີລູກແຕ່ບໍ່ເປັນຄວາມຈິງເພາະຕອນນີ້ລາວອາຍຸໄດ້ 24 ປີ ແຕ່ງງານແລະມີລູກໄດ້ 2 ຄົນແລ້ວ.
Story 5: A Lao Hmong Girl

When I got my period the first time I was 13 years’ old. I was walking home from school with many friends. I felt my underwear was wet. I walked to the forest to go to pee. I was very afraid because my underwear had blood in it. When I got out of the forest my friends asked me why I looked scared and pale. I took a deep breath and said, “My underwear has blood on it.” My friend said, “no problem, you’ve started your period.”

I remembered that we had talked about this before. But when I saw the blood, I had forgotten about that. When I got home I had bad stomach pain. I was afraid to eat anything or take any medicine.

My friends said, “no problem, we also have pain when we have our periods. Soon you will be better.”

I thought that if I was patient I would feel better soon. But I was still hurting a lot and then I fainted. My mother and the older women knew what was happening to me. They boiled hot water with Hmong herbs to help me recover.

Then I went to school. When I had my periods, I put pieces of material that my mother did not use inside my underwear. My mother was sewing clothes, so she had left-over cloth which I used as pads. I washed them with soap and hung them to dry in the sun. Then I put the clean ones in a plastic bag for the next month. Now I tell my friends not to worry too much about their periods. This is a normal thing for all women to have. My periods don’t come every month, sometimes they only come every 2 or 3 months. When I have my periods, I always have stomach and back pain. I boil hot water with Hmong herbs for medicine, or I go to see the doctor and take pain medication. I put hot water in a strong Pepsi or water bottle and put it on my stomach. Sometimes, I take a cloth and put hot water on it, wring it out and put on my stomach. My sister had the same problem. Many people told her that because she had so much pain she would not be able to have babies. This is not true. Now she is 24 years old. She got married and had 2 children.
ក្រុម និង ការ៉េយ័ត
ដែលដែលនឹងមិនដែលនឹងចេញពោលជាមួយដែលមានស្លាប់មិនដូចគ្នា?
ប្រការទូទៅប្រការសម្រាប់ទូទៅចំនុចការដែលដូចមួយ: មិនលើសពីអនុម័តសម្រាប់ទូទៅស្លាប់សម្រាប់នូវ (៖ ឈូង)។ ដូច្នោះដែលមាន។
ដំណើរការដែលមាននៅដែលដូចស្លាប់ដែលមានស្លាប់ក្លាយទឹកពោល?
ដូច្នោះយើងមានមិនប្រការដូចការពោលក្លាយ... ដូច្នោះនេះអាចមានដោយប្រការដូចនេះទៅខាងក្រោយ (៖ ឈូង)។ ដូចស្លាប់ក្លាយ。
ដំណើរការដែលប្រការដែលមាននៅដែលដូចផ្លាស់ប្ដូរ?
• ដូច្នោះដែលជាអស្បេសអស្បេសមិនដូចគ្នា,
• ដូច្នោះដែលមិនប្រការដូចប្រការផ្លាស់ប្ដូរដែលនឹងសម្រេចផ្លាស់ប្ដូរចំនុចចុះ (៖ នឹង) និងសម្រេចផ្លាស់ប្ដូរមិនដូចគ្នា។

ដំណើរការដែលមាននៅដែលដូចផ្លាស់ប្ដូរដែលមាននៅដែលដូចផ្លាស់ប្ដូរ?
• ដូច្នោះជាអស្បេសអស្បេសមិនដូចគ្នា,
• ដូច្នោះដែលមិនប្រការដូចប្រការផ្លាស់ប្ដូរដែលនឹងសម្រេចផ្លាស់ប្ដូរចំនុចចុះ (៖ នឹង) និងសម្រេចផ្លាស់ប្ដូរមិនដូចគ្នា។

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• ដូច្នោះនេះអាចមានដោយប្រការដូចនេះទៅខាងក្រោយ (៖ នឹង)។ ដូចស្លាប់ក្លាយ。

ដំណើរការដែលមាននៅដែលដូចផ្លាស់ប្ដូរដែលមាននៅដែលដូចផ្លាស់ប្ដូរ?
• ដូច្នោះជាអស្បេសអស្បេសមិនដូចគ្នា,
• ដូច្នោះដែលមិនប្រការដូចប្រការផ្លាស់ប្ដូរដែលនឹងសម្រេចផ្លាស់ប្ដូរចំនុចចុះ (៖ នឹង) និងសម្រេចផ្លាស់ប្ដូរមិនដូចគ្នា។

Questions and answers.

When will I know that I have my first period?
You may have some stomach pain. You will notice a brown or red coloured stain in your underwear.

What should I do when I have my first period?
Talk to another woman. It can be scary to see blood or a stain in your underwear for the first time but it is normal and natural.

How do I keep myself clean when I have my period?
• Take a shower every day and wash with soap.
• Every day wash your private parts with soap and water. Do not put soap inside your vagina.
• Dry yourself well with a clean towel, wiping from front to back.
• Put a clean cotton cloth or pad into clean underwear. Keep clean cotton cloths or sanitary pads in a clean plastic bag to keep them hygienic.

How do I catch the blood?
• Place a clean cotton cloth or a sanitary pad between your private parts and your underwear.
• Change the cloth or pad every 2-4 hours, if it is wet or if you think there is too much blood.
ប្រការ 35 

ពេលមិនមានទូក និង ទូស្វាយ នឹងរាជសម្រាប់។
ព្រោះអ្នកធានារដ្ឋាភិបាល និង តារារដ្ឋាភិបាល នឹងមានសម្រាប់ សម្រាប់ទូស្វាយ ។

ព្រះអាទិត្យប្រមាណថ្មីបំផ្លែមកនីក្រាមទី២ 

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ព្រះអាទិត្យប្រមាណថ្មីនៃទូស្វាយ គឺជាពិធីប្រមាណថ្មីដ៏មានសេសពោះ ។

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ព្រះអាទិត្យប្រមាណថ្មីនៃទូស្វាយ គឺជាពិធីប្រមាណថ្មីដ៏មានសេសពោះ ។

ព្រះអាទិត្យប្រមាណថ្មីនៃទូស្វាឯ
What do I do if I do not have underwear or sanitary pad?
- You can make a *sanikini®* (page 36).

What should I do with the cotton cloth or sanitary pad after use?
- If you are wearing a throw-away sanitary pad, wrap it in paper so that you cannot see the blood before throwing in the garbage, or you can burn it.
- **Do not** throw it down the toilet or hide it in the pipes. It will block the toilets and break them.
- If you are wearing a cotton cloth or a washable pad, put it in a plastic bag until you are ready to wash it at home.
- Wash it with soap and clean water, rinse it well and dry it outside in the sunshine. This kills bacteria and stops it getting mouldy.

What can I do to help stomach pain during my period?
- You can put a hot water bottle on your stomach when you are resting.
- You can try to do some exercise to keep your body active so you do not think about the pain.
- You can take painkiller medicine every 4-6 hours on the most painful days.
- You can drink hot tea or hot water.
ບາມແມ່ນເລື່ອງປົກກະຕິບໍ?

1. ການທີ່ເຮົາບໍ່ເປັນປະຈຳເດືອນທຸກໆເດືອນນັ້ນເປັນເລື່ອງປົກກະຕິບໍ?
ການທີ່ເຮົາບໍ່ເປັນປະຈຳເດືອນທຸກໆເດືອນນັ້ນເປັນເລື່ອງປົກກະຕິ, ເພາະວັນທີ່ຮ່າງກາຍກຳລັງຂະຫຍາຍຕົວ ລະບົບປະຈຳເດືອນຍັງບໍ່ທັນເປັນຕາມປົກກະຕິເທື່ອ ຍ້ອນຍ້ອນ ຄ່າຍສິນໃນບາງເດືອນ.

2. ເປັນເລື່ອງທຳມະດາບໍທີ່ມີປະຈຳເດືອນສັ້ນພຽງ 2 ມື້?
ທຳມະດາ, ເພາະການຂະຫຍາຍຕົວຂອງແຕ່ລະຄົນບໍ່ຄືກັນຈິ່ງເຮັດໃຫ້ມື້ປະຈຳເດືອນຫຼາຍ - ໜ້ອຍບໍ່ຄືກັນ.

3. ອ້າຍຄວາມປະຈຳເດືອນມັກມັນນີ້?
ປະຈຳເດືອນທີ່ຕາມຄວາມປະຈຳເດືອນໜື່(cb)ນີ້ມັກມັນນີ້ວັນທີ່ງານ 28 ມີ ການຄືວານເຂົ້າລະສັບ 21 ມີ, ແຕ່ການເຂົ້າລະສັບຄືວານ 35 ມີ.

4. ອ້າຍຄວາມປະຈຳເດືອນສັ້ນພຽງ 3 ມື້ ຄົ້ນພັງປະຈຳເດືອນມາ 5 ມື້?
ປະຈຳເດືອນນີ້, ເພາະການຂະຫຍາຍຕົວຂອງແຕ່ລະຄົນບໍ່ຄືກັນຈິ່ງເຮັດໃຫ້ມື້ປະຈຳເດືອນຫຼາຍ - ໜ້ອຍບໍ່ຄືກັນ.

5. ອ້າຍຄວາມປະຈຳເດືອນມັກຈັບມັກ ແລະ ອ້າຍຄວາມເຂົ້າວັນ?
ປະຈຳເດືອນນີ້, ເພາະການຂະຫຍາຍຕົວຂອງແຕ່ລະຄົນບໍ່ຄືກັນຈິ່ງເຮັດໃຫ້ມື້ປະຈຳເດືອນຫຼາຍ.

6. ອ້າຍຄວາມປະຈຳເດືອນສັ້ນພຽງແລະ ອ້າຍຄວາມເຂົ້າວັນ?
ປະຈຳເດືອນນີ້, ເພາະການຂະຫຍາയຕົວຂອງແຕ່ລະຄົນບໍ່ຄືກັນຈິ່ງເຮັດໃຫ້ມື້ປະຈຳເດືອນຫຼາຍ.

7. ອ້າຍຄວາມປະຈຳເດືອນສັ້ນພຽງມັກຈັບມັກ?
ປະຈຳເດືອນນີ້, ເພາະການຂະຫຍາຍຕົວຂອງແຕ່ລະຄົນບໍ່ຄືກັນຈິ່ງເຮັດໃຫ້ມື້ປະຈຳເດືອນຫຼາຍ.

8. ອ້າຍຄວາມປະຈຳເດືອນສັ້ນພຽງແລະ ອ້າຍຄວາມເຂົ້າວັນ?
ທຳມະດາ, ເພາະການຂະຫຍາຍຕົວຂອງແຕ່ລະຄົນບໍ່ຄືກັນຈິ່ງເຮັດໃຫ້ມື້ປະຈຳເດືອນຫຼາຍ.
Is it normal?

1 Is it normal if I do not get my period every month?
   Yes. When girls’ bodies are growing, periods are not regular and can skip a month.

2 Is it normal if my period only lasts 2 days?
   Yes. Every girl is different and her period will last a different number of days as she grows up.

3 Is it normal that I get my period on a different day every month?
   Yes. The average cycle is 28 days. But it can range from 21 to 35 days depending on the girl.

4 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 last from 2 to 7 days.

5 Is it normal to get breast pains when I am growing up?
   Yes. When a girl’s body is growing, many inside changes happen and small pains are normal.

6 Is it normal that one breast might grow faster than the other?
   Yes. You may have one breast that grows faster than the other. By the time puberty is over, they will have both grown and there will be no difference.

7 Is it normal that boys do not get periods?
   Yes. Boys’ bodies are different inside, they cannot have babies. So they do not have periods.

8 Is it normal that I can feel shy when I have my period?
   Yes. Many girls feel shy because they are not used to managing their period. As you get older you will become used to it and become less shy.
9. ສ່ວງເຕີກັບໃນການຕະຫຍາມທີ່ຊຸກຈຳກັດລັດຖະນາລະຊັດວາງນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄອນໂກລະສະບາດນະຄວາມຮັບໜ່າຍພາສາລາວ
9 Is it normal that some girls become rude and angry 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.

10 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 to start your period. It can be from 8 or 9 up to 16, 17 or 18.

11 Is it normal that a girl will sometimes get clots coming out with her period?
Yes. Thick clumps of blood are normal and they 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.

12 Is it normal to get a watery or white discharge from the vagina before or after a period?
Yes. Once a girl’s body starts to develop and grow, having some clear or white discharge is normal. During her period, the blood can be of different colours. It can be bright red, light pink or even brown in colour.

13 Is it normal to get stomach pain during your period?
Yes. Pains in the lower stomach may happen before or during your period. Small or medium pain is normal. If the pain is very bad, you might want to take medicine or see a nurse or doctor for medicine.

14 Is it normal to be tired during your period?
Yes. Some girls feel tired. Make sure you rest enough, drink at least 1.5 litres of water a day and eat enough meat, fish, egg and vegetables.
ការធ្វើការបង្កើត បើបានបែកត្រូនិច ឬនេះបាន?

• សម័យនៃការបង្កើតនឹងការបង្កើតមុនឱយឬឯកភាពលុយៗៗឯកជន 3-4 ឆ្នាំ
• បែកព័ត៌មានពីស្តុរ ស្តុបពីស្តុរ ឬមូលហើយ ព័ត៌មានបង្កើតឱយពាក្យទីរុងទីរំលឹក
• ការធ្វើការបង្កើតបង្កើតការសំណាក់ និងការវិគុម និងការសំណាក់ និងការវិគុម និងការសំណាក់ និងការវិគុម
• សម័យនៃការបង្កើតត្រូវបានបង្កើតនឹងការបង្កើតបង្កើតនឹងការបង្កើតបង្កើតនឹងការបង្កើតបង្កើតនឹងការបង្កើតបង្កើតនឹងការបង្កើតបង្កើតនឹងការបង្កើតបង្កើតនឹងការបង្កើតបង្កើតនឹងការបង្កើតបង្កើតនឹងការបង្កើតបង្កើតនឹងការបង្កើតបង្កើតនឹងការបង្កើតបង្កើត

Is it True or False?

• On average, it takes 3-4 years for a girls’ breast to develop.  True
• When you grow up, get married or become pregnant, you will stop having stomach pains from periods.  False
• You can go to school, do any sports, take a shower and wash your hair when you have your period.  True
• If you have sex during your period you stop having pain  False
• You can get pregnant at any time if you have sex with a man.  True
• If you get pimples during puberty you will have pimples forever  False
• Boys know when you have your period.  False
• When you have your period, you should wash your private parts with soap and water  True
• You can eat any foods or drinks when you have your period.  True
• My periods will stop in my late forties or early 50s  True
ການປ່ຽນແປງດ້ານຮ່າງກາຍໃນເວລາຈະເລີນພັນ

• ຊັ້ນຜິວໜັງຈະຜະລິດນ້ຳມັນຫຼາຍຂຶ້ນ ດັ່ງນັ້ນອາດເຮັດໃຫ້ເປັນສີວ.
• ຊັ້ນຜິວໜັງຈະຜະລິດນ້ຳມັນຫຼາຍຂຶ້ນ ດັ່ງນັ້ນອາດເຮັດໃຫ້ເປັນສີວ.
• ຊັ້ນຜິວໜັງຈະຜະລິດນ້ຳມັນຫຼາຍຂຶ້ນ ດັ່ງນັ້ນອາດເຮັດໃຫ້ເປັນສີວ.
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Puberty Body Changes

• Your skin makes more oils so you may get pimples.
• Your nipples may get darker in colour.
• Your breasts will grow larger and be more sensitive.
• Hair will grow under your arms and in your private parts.
• Sweat gland under your arms will be more active so you will smell more like an adult.
• Your hips will become wider.
• You grow taller more quickly than before.
Keeping a Period Calendar.

To help remember when you have your periods, here is an example of a calendar you can draw and use. On the first day of your period, put a circle O around the day it starts and an X through each day you have your period until the last day. Remember, during puberty, girls can have irregular periods.
วิธีเตรียมสีระดับกล้ามเนื้อ:
1. ทำสิ่งแวดล้อมที่สะอาดและไม่เป็นน้ำมันในระยะทาง 70 ซม. ทั้ง ๆ ที่ 10 ซม. แล้วเตรียมแลกซื้อวัสดุที่ใช้เป็นแผ่นภูมิ.
2. ปิ้มเปื่อยด้วยน้ำ (คุณอาจใช้ดูดด้วยอุปกรณ์ที่มีอยู่ติดบ้านแล้วจิบ).
3. จากนั้นพับ 2 ชั้นลงที่ตัวที่ 10 ซม. แล้วพับจากตัวที่ 2 ซม.
4. เพื่อให้สะอาดตัวที่ เจาะ ใส่ใส่ให้เรียบร้อยและยืดมันใส่อ่อน.
5. ใช้ 2 น้ำหน้าอุปกรณ์จากที่ตัวที่นั้นใช้ทำจากเป็นถังเพื่อใส่ชุดสีระดับกล้ามเนื้อ.

วิธีเตรียมผ้าอย่างไร:
1. ตัดสิ่งแวดล้อมที่สะอาดและมีร่อง 8 ซม. แล้วตัดที่ 23 ซม. ทั้ง ๆ ที่ 50 ซม.
2. ทิ้งตัวที่ส่วนของสิ่งแวดล้อมเพื่อให้เป็นชุดอย่างไร.
3. พับ 2 ครั้งลงที่ตัว และลดเป็นชุดอย่างไร.
4. ยืดสิ่งแวดล้อมใส่ให้เปลือกชุดอย่างไร.
5. สำนักงานบริษัทต่างจากแต่ละที่ และ บ้านใส่สิ่งแวดล้อม
How to make a *sanikini*®

1. Cut 2 pieces of a clean *sihn tem* or cloth 70 cms long and 10 cms wide x 2 pieces.
2. Sew them together around the edges on the wrong side and turn right side outside. If you want you can sew a bit of plastic in between the two pieces of cloth to make it waterproof.
3. Fold in both ends on the short side by 10 cms and sew a seam 2 cms from the outside edge to make a waistband for elastic or tape.
4. Start from the seam and sew right down both long sides to make a pouch to hold a sanitary pad.

How to make the pad

1. Cut 2 pieces of clean *sihn tem* or cloth in an octagonal shape 50 cms long and 23 cms wide.
2. Sew them together around the edges on the wrong side and turn right side outside. Then sew along the 2 long edges to make a pad shape (see diagram).
3. Fold the outside edges in to make a pad.
4. Put the pad inside the *sanikini*®
5. Take out to wash, dry in sunshine and use again.
Congratulations.

You have learnt about growing from a girl into a young woman.
You can feel beautiful, strong and proud of your body.
Eau Laos Solidarité works in school water, sanitation and hygiene and creates hygiene teaching tools. This book informs girls about puberty and menstrual periods. It is also a training guide for teachers and NGOs. www.eaulaos.org  Email: elsfrance@gmail.com

ສະມາຄົມ ໂອລາວໂຊລິເຕ ເຮັດວຽກກ່ຽວກັບນ້ຳສະອາດ ແລະ ສົ່ງເສີມສຸຂະອະນາໄມ ແກ່ໂຮງຮຽນ, ປະດິດ ອຸປະກອນ ແລະ ສອນ ກ່ຽວກັບສຸຂະອະນາໄມ. ທ່ານນຶ່ງນີ້ ຈະຊ່ວຍໃຫ້ ບັນດາຍິງສາວຮູ້ ແລະ ເຂົ້າໃຈກ່ຽວກັບໄວຈະເລີນພັນ ແລະ ການເປັນປະຈຳເດືອນຂອງພວກເຂົາ, ທ່ານນຶ່ງນີ້ຍັງຈະເປັນຄູ່ມືແກ່ຄູອາຈານ ແລະ ບັນດາອົງການຊ່ວຍເຫຼືອ ຕ່າງໆນຳອີກ.