

KANYA'S educational booklet



English



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What is puberty?



Puberty is the period in which a child's body develops into an adult one. It is an exciting time, since several changes take place in the body.

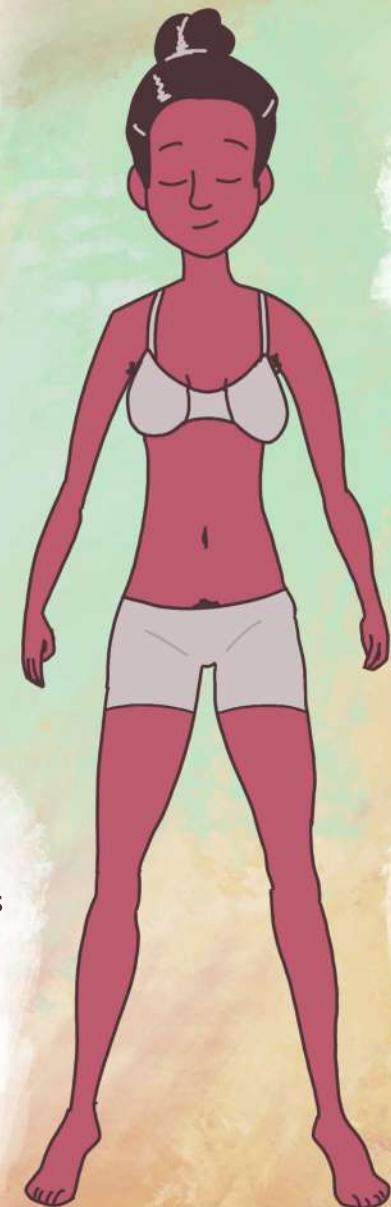


During puberty, which usually starts a little earlier in girls (8-13 years) than in boys (9-14 years) you will notice rapid growth and weight gain.

It is normal to have some skin irritations and pimples during puberty.



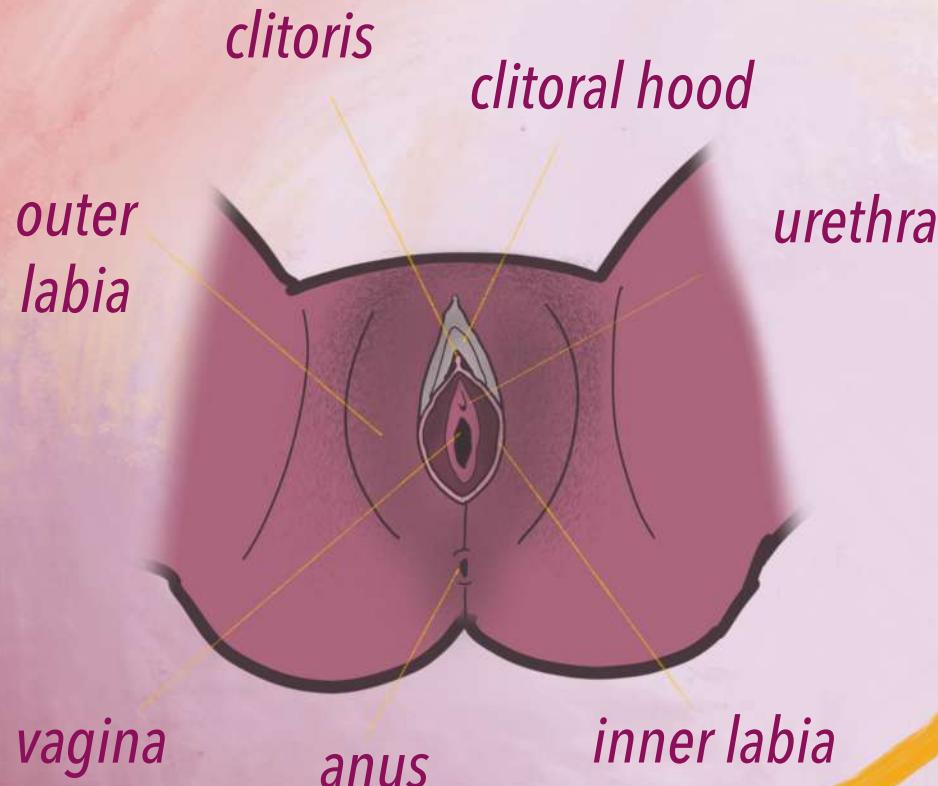
Puberty will influence your mood as well. You might find yourself feeling more emotional and irritable.



How does my body change?

Your breasts will start to grow and your hips will get wider.

You will notice more hair growing under the armpits, on your legs and in the pubic region.



Here you can see the vulva, the outer part of the female sexual organs. By the vagina it is connected to the uterus, where the menstrual blood comes from. The clitoris is part of the sexual organs. The urethra is the tube that drains the bladder when you pee. The anus is the end of the intestines.

During puberty, the sexual organs develop further, which will lead to vaginal discharge and finally to your first period. Your period is blood passing out of your womb as part of a natural process called the menstrual cycle. By this your body prepares for a potential pregnancy.



Your period happens once a month, and usually lasts between 2-7 days, but it may take a few months for your periods to enter a regular cycle. You can therefore expect the first few periods to be light and irregular.



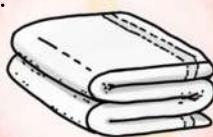
When a woman becomes pregnant, she usually stops having her monthly period during that time. After this, the woman starts her regular menstrual cycle once again and continues till she reaches 42-48 years of age.

How to use?

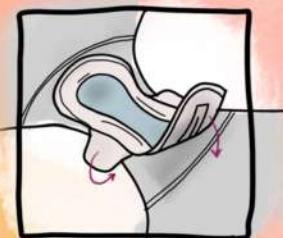
Wash your genital area every day with clean water.



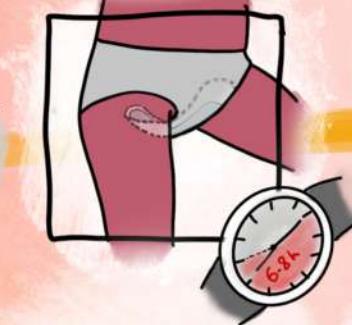
Dry yourself properly using a clean towel.



Wash your hands with soap before touching your genitals or changing your pads.

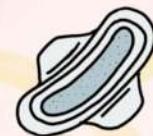


Place the sanitary napkin in your underpants, they will stick on their own.

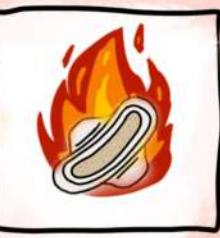


Change your sanitary napkins every 6-8 hours and whenever they are full of blood.

Wear a fresh sanitary napkin or a clean reusable napkin.



Change your underwear everyday.

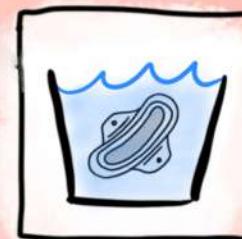


After use, wrap a newspaper around the sanitary napkin, then put it in the incinerator or burn it.

Doctor?

Using reusable pads

After every use, soak your reusable pad in soap water for an hour and wash it like any other cloth.



After washing let the pad dry in the sun, it can be kept in the pouch provided during that time. Once dry your pad is ready to be used again.



When should I see the doctor?

- Bleeding lasts more than 7 days
- Heavy bleeding (eg. soaking through a napkin each hour for several hours in a row)
- Bleeding between periods
- Lasting irregular periods (less than 21 days or more than 35 days between periods)
- When you think you might be pregnant
- Severe pain/cramps during periods
- Foul smell in the genital area



Kanya's Chance e.V.

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Menstrual calendar

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		
JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER																					

