GIRLS' POWER INITIATIVE (GPI) NIGERIA

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No.

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Editors

Bene Madunagu & Ndodeye Bassey



"towards an empowered womanhood"

Sexuality Education Series



No.7

MY BODY MY RESPONSIBILITY: GROWING UP HEALTHY

Editors

Bene Madunagu & Ndodeye Bassey

CALABAR CENTRE

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GIRLS' POWER INITIATIVE (GPI) NIGERIA

Who We Are

Girls' Power Initiative (GPI) is a Nigerian non-governmental, not-for-profit youth development organisation founded in 1993 by Bene Madunagu and Grace Osakue to deal with the rise of HIV/AIDS in Nigeria and to address the issues of the growing need for a programme on Comprehensive Sexuality, HIV/AIDS and Family Life Education. GPI is aimed at educating and informing adolescent girls, aged 10-18 years on non-sexist, life management skills, promoting and protecting of sexual and reproductive health and rights of girls and women.

THE CONTENT AND MEANING OF THE ACRONYM - GPI

G = Girls

A girl is a female child between the ages of 6-18 years after which she becomes a young woman of 19 - 29 years and then on adult woman from 30 years and above.

P = Power

Inner strength and capability to make things happen, as appropriate Acting from an informed position, and

conviction of what is right to overcome prejudices.

I = Initiative

As contained in the organization's name, it carries its literary meaning which is:

- The act of taking the first step to do something that must be done without being told. It is also the ability to identify what is right and just. It enables one to recognise injustice and take action without waiting to be told what to do. It means setting one's goal in life, having a vision and aspiring to reach one's goal, taking practical positive actions.
- GPI aims at being at the forefront of the struggle to raise womanhood from its age-long powerlessness in the family and society - From Vulnerability to Empowerment = Activism for Social Transformation.

Empowerment

Empowerment is feeling safe and comfortable in expressing what one thinks; in feeling happy, angry, sad, glad, and asking for what one needs, knowing that one has the right to choice, privacy and respect. It is saying, NO, when you mean NO. It is acknowledging your inner strength and capabilities. It involves appreciating and admiring yourself and being sure of yourself. It is a process by which girls and woman receive information that enables them recognise and be conscious of their rights and hence act to defend and protect such rights. It involves courage, strength and conviction based on accurate informaton and analysis of life realities.

Our Vision

To build a strong and empowered feminist institution with critical consciousness and capacity for analysis of social and gender prejudices, committed to managing and educating girls into healthy self-reliant, productive and confident women for the achievement of positive changes and transformation of patriarchal values in Nigeria.

Our Mission

GPI seeks to empower girls, especially those between the ages of 10-18 years and to promote their sexual and reproductive health and rights, through educational programmes, counseling, referral services and social action.

Membership

Admission into the GPI Sexuality Education training in the organization is free and is done twice a year at the Centres, usually between August / September and again in January. It is for girls between the ages of 10-18 years.

Services

GPI offers a range of services that include:

Library services: Our libraries are located at:

- 44 Ekpo Abasi Street, Calabar, Cross River State. (Headquarters)
- 205 Aka Road, Uyo, Akwa Ibom State.
- No. 7 Eguadase Street, off Akpakpava Street, Benin City, Edo State.
- 61 Ezenei Road, Asaba, Delta State.

Counselling and Referral Services

• We provide the required privacy and confidentiality for girls to share their problems with non-judgemental counselors. We offer guidance and information to assist girls to take the right decisions to overcome problems of growing up. We also give them support to help handle relationships and family problems. In cases of rape, sexual abuse, we support them through action by the Network to curb sexual abuse (NETCUSA). We collaborate with selected clinics in our localities for referrals of girls who require clinical services.

Information / Education

We provide space for girls aged, 10-18 years to share their experiences and learn about growing up in a positive and creative way in a safe space. We provide technical information on all issues and topics discussed. Free lessons are held from 3pm to 6pm, every Sunday afternoon at No. 44 Ekpo Abasi Street, Calabar and Saturdays, 12noon - 3pm at the Benin, Asaba and Uyo Centres. Other activities include workshops, and seminars that are built into the programme. Public education is promoted through our quarterly newsletter, Girls' Power, workshops for media people, radio and TV educational programmes, and seminars are regularly held for stakeholders.

Skills Training

We offer free training in various skills for the economic empowerment of the girls to reduce the risk of violations of their bodily integrity for financial returns.

Gender Development Institute

GDI was created to foster greater understanding of the relationship between men, women, gender and development and institutionalizing gender equality and social justice. The training in GDI is open to policy-makers, media professionals, women centers for gender studies, individuals, government workers, health service providers, teachers, etc.

Addresses

National Secretariat 44 Ekpo Abasi Street Calabar, Cross River State NIGERIA.

Branches

Cross River State 44 Ekpo Abasi	Akwa Ibom State
Street, Calabar.	205 Aka Road,
	Uyo
Edo State	
No. 7 Eguadase Street Off	Delta State
Akpakpava Street, Benin City	61 Ezenei Road,
	Asaba

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My body my responsibility: Growing up healthy is every person's responsibility

Dear Aunty,

I turned 13 years last Sunday. My birthday was celebrated with lots of drinks and things to eat, my parents bought me a new dress and a pair of shoes to match. To them, I was very happy just because I was smiling on that day. To be frank, dear Aunty, I am the most unhappy girl. There are so many questions on my mind that need urgent, I mean very urgent answers. But with whom can I talk?. My breasts are suddenly becoming big, my once smooth face is filled with pimples, my hips are getting wider, and to crown it all, on the night of my birthday, after all the celebrations what did I see? Bloodstains on my pant, did you hear me, I mean BLOOD STAINS. I wondered if I had any injury on my 'private part' (my vulva). I couldn't even take a closer look at my vulva to see if there was any injury. I felt so uncomfortable doing that because if I was caught looking at my vulva I would have been called a bad and corrupt girl. But the vulva belongs to me. What can I do? I used soap, water and alum to wash the bloodstains off, but the blood kept coming. I questioned myself, "Why did this happen to me? What sin did I commit?" As for my breast I am using ashes to massage and push them in. if mummy gets to see them she will start shouting at me that I have started allowing men to touch me.

Dear Aunty, I need someone to talk to and to ask all the questions bothering me. What is happening to my body and what should I do? I am so confused. I hate to write you such a long letter,

but I just can't help. I need answers to what I am experiencing.

Yours in distress, Atim

Most growing young people today are faced with the dilemma Atim has found herself. The period of adolescence can both be a scary and an exciting one when an adolescent (boy or girl) discovers the different changes in his/her body. Parents, guardians and teachers teach young people from childhood about their nose, eyes, ears, hands and so on, but they hardly mention the genitals.

Most times the genitals are given slang names, sometimesderogatory words are used particularly to describe the female genitalia, while words that reflect power are used for the male genitalia. There has been so much silence about the issue of sexuality. The genitals are called private parts to make them mysterious and scary. Secrecy is the norm where genitals are concerned. This makes discussions about the reproductive organs mysterious and confusing. This therefore creates the basis for young people to get inaccurate information from peers and hence become vulnerable to sexual abuse and exploitation. This is why

Atim had no information about the process of growing up.

If you are faced with the situation Atim has found herself then this book is just what you need to calm all those fears.

Taking a look at myself, rediscovering the me

Here are some parts of the body and possible reactions to such parts.

Take a deep breath in and out then relax and think about our body. How do you feel about each of these parts or areas of your body? Place a check mark in the column showing which best describes the way or how you feel about that part of your body. See guide on pages 9 & 10.

Part of the body	Very comfortable	Not too comfortable	Absolutely not comfortable	Never gave it a thought
~~~~J				
Head				
Eyes Ears				
Nose				
Teeth				
Hands				
Breast				
Stomach				
Hips				
Buttocks				

Part of the	Very	Not too	Absolutely no	Never gave it a
body	comfo	comfortable	comfortable	thought
Vulva	rtabla			
Penis				
Scrotum				
Thighs				
Weight				
Height				
Body hair				
Mons				
pubis				
Armpit				
hair				

Now, can you recall the song young people sing in school - "Head and shoulders, knees and toes"? Try using the tune to sing differently - "Breast and vulva, (for boy use penis in place of vulva) knees and toes, all belong to me." They are all your body parts, so why are you afraid of your body? Take care of all parts of your body, protect them and keep them clean. They are all private to you. No part of your body is public for anyone to have access, except with your consent.

# Why should my body be my responsibility?

Everyone's body is her or his responsibility because:

• We owe ourselves a responsibility to know what is happening to us, physically and about our sexual and reproductive health, to protect ourselves from harm and exploitation.

- We owe ourselves a responsibility to know why the changes are occurring and at what stage in life we are, (e.g. pubertal stage, adolescent stage, etc).
- It is our responsibility to seek for and get adequate and accurate information about our body, the changes that occur as we are growing and why the changes as well as obtain accurate information about the parts of our bodies and how they function naturally.
- Your body belongs to you, nobody shares it with you, and hence it is your duty to protect your body.
- Every part of one's body is private to the person. No part is public for anyone to touch without your permission.

# What signs do young people experience when growing up?

As young people, the following are some of the signs you will be experiencing, and they are things you really have nothing to worry about. For girls starting from about ages 10-16 years, you will experience things like:

- Skin becoming oily and causing pimples, or acne especially on the face.
- Growth of body hair, e.g. under the armpit, on the vulva, etc.
- Breast development
- Hips widening
- Ovulation Mature female eggs produced in the ovary being released into the fallopian tube.

- Pubic hair growth (hair growing on the vulva) (See figure on page 9.
- Menstruation starts during this period. (This is the monthly flow of blood through the vaginal opening, (see pages 12 and 13).
- Sexual desires increase due to hormones made in the ovaries; i.e where eggs are produced and stored.
- Being conscious of one's appearance.

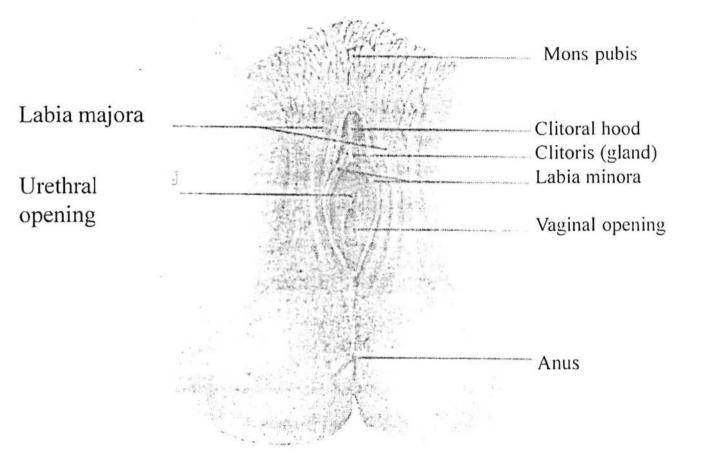
All these characteristics are normal and should cause one no worries they are signs of natural development process. Onset of these characteristics varies from person to Person and occurs from ages 9 in some people through to 18 years of age.

# For boys, you will experience:

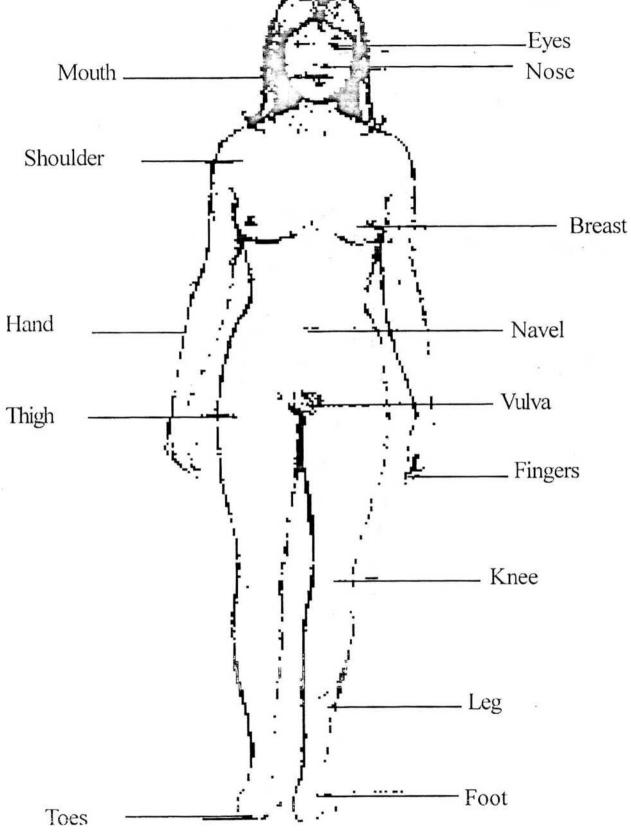
- Skin becoming oily and causing pimples
- Growth of hair on the body and chest.
- Size of scrotum increasing
- Voice breaks; that is, deepens
- Production of sperms starts
- Pubic hair growth
- Sex desires increase due to hormones produced in testes.
- Naturally the changes in boys start 2 years later than in girls.

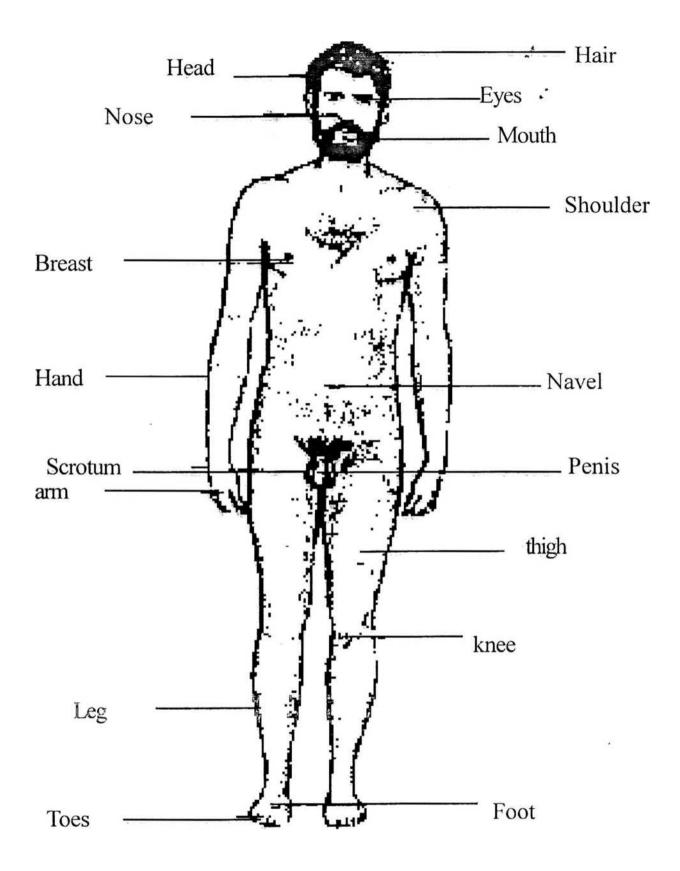
#### Female Reproductive Organs (External) THE VULVA

# Fig. II



Head





### Functions of the female reproductive organ

At puberty hormones make the sexual/reproductive organs of girls to grow and develop secondary sex characteristics. Between her legs is an opening called vagina, located in the vulva. (See page 8). The vagina can stretch for menstrual flow, sexual intercourse and for a baby to be 'bom.

Around the vagina are two fleshy lips called the labia minora and labia majora. These are the inner and outer fleshy ends of skin of the vulva. There is another opening on the vulva, the urinary opening from which liquid waste are removed in the form of urine. Just above the urinary opening is the clitoris. The touching of the clitoris is naturally pleasurable and is responsible for orgasm during sexual intercourse. The hymen can rupture either during intercourse, cycling and other sporting or physical activities, or in some cases girls are borne without the hymen.

#### Menstruation

Upon reaching puberty, every month, the girl's body prepares to receive the sperm and make a baby if she engages in sexual intercourse. The ovary releases a ripe egg, the uterus (womb) forms a thin lining on the inner wall for the baby to grow. The ripe egg travels down the fallopian tube towards the uterus. This process is known as OVULATION. When the ripe egg is not met by a sperm in the fallopian tube, the egg passes out and the uterus lining breaks up. The lining along with the egg is shed through the vagina as menstrual blood, which normally lasts from 2-7 days, depending on individuals. This is called menstruation, or period.

Menstruation continues every month in all normal females until the middle age of about 40-50 years and ends at when the woman reaches menopause. The first menstruation a girl experiences is called MENARCHE and when a woman has had her last menstruation she enters into the stage of development called MENOPAUSE. Young people should note that menstrual function is normal and healthy. It is a sign that girls can produce babies, i.e a sign of fertility.

The menstrual cycle differs from person to person, a cycle ranges from 28-30 days from one period to another. It is never the same number of days in a cycle for all the month. Hence, there is a risk of unwanted pregnancy during what is called "safe period" during a menstrual cycle.

Each normal female menstruates monthly for about 30 to 38 years during a life-time that goes beyond 55 years of age, that is from menarche to menopause.

Here are some signs that some young girls may experience before, or at the onset of menstruation.

# **Symptoms of Menstruation**

- 1) Body feels bloated
- 2) Backache
- 3) Enlarged or painful and tender breasts
- 4) Depression or moody behaviours
- 5) Tiredness
- 6) Headache
- 7) Nausea
- 8) Lower abdominal pains or cramps
- 9) Irritability.

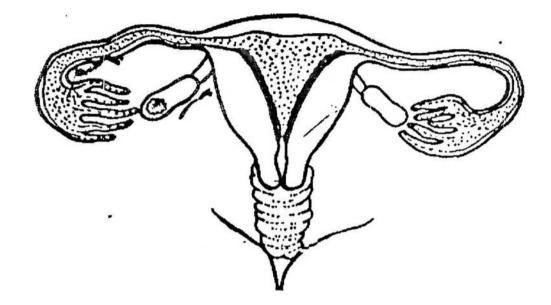
# How does menstruation happen?

- A girl is born with thousands of egg cells in each of her two ovaries.
- From when puberty starts in a girl (about 9-10 years of age), each month an egg in one of the ovaries begins to ripen.
- This happens between days 5 and 7 of the menstrual cycle. From days 7 - 11 the lining of the uterus starts preparing to receive the ripe egg.
- From days 11-14 the egg ripens in the ovary and is released.
- The released ripe egg is drawn by the fingers of the fallopian tube into the tube to be fertilized. Fertilization occurs naturally if there is sexual intercourse during this period where the sperm then fertilizes the egg. The fertilized egg divides in the

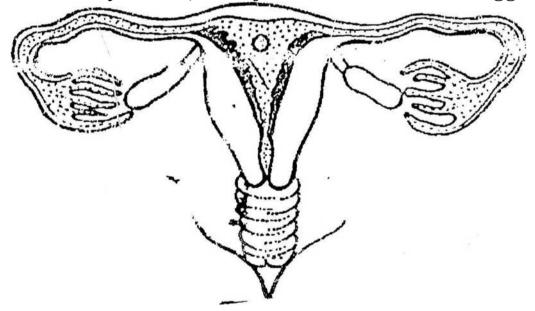
fallopian tube to form an embryo, if the embryo succeeds in being implanted in the walls of the uterus, and then pregnancy occurs.

- If fertilization does not occur, the egg disintegrates and the prepared lining of the uterus peels away, menstruation starts.
- The lining of the uterus peels away through the vagina in the form of blood mixed with water and mineral salts, it passes through the vagina in the form of blood. This process is called menstruation and would last for 3-7 days.
- After menstruation the womb starts all over again rebuilding its lining in preparation for receiving a fertilized egg. The first day when menstruation begins, to the day before the next menstruation begins, forms the menstrual cycle.

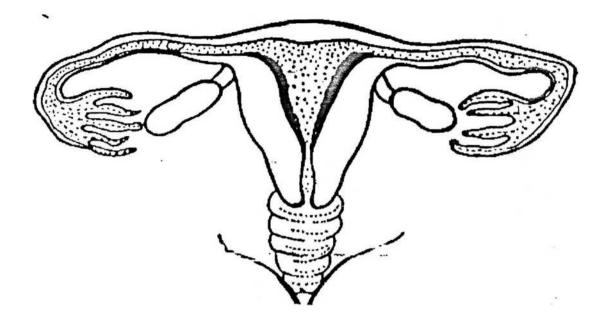
#### The Monthly Period (Menstruation)



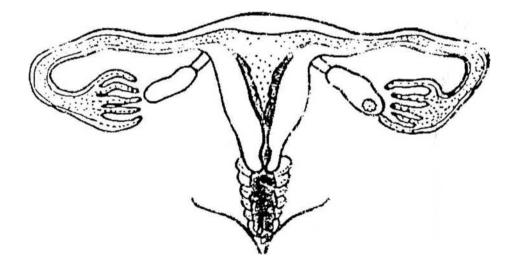
Once every month, one of the ovaries makes an egg



At the same time the egg travels, the body's hormones make the inside of the womb develop a spongy surface. The egg completes its passage to the uterus (womb). If the egg has not met with a sperm on the way, it dies.



Ovulation happens when a mature egg leaves the ovary. Once the egg leaves the ovary, it is caught up into one of the Fallopian tubes. It begins its passage to the uterus (womb).



The egg, together with the spongy lining of the womb, is pushed out of the body through the vagina. This is the blood we can see during **menstrua-tion**. Next month the cycle will start again.

# Why do some females experience pains during menstruation?

Some forms of menstrual problems include:

Abdominal cramps: these are abdominal pains experienced during menstruation.

Inter-menstrual bleeding or spotting: This is when blood occurs before the next expected period.

Heavy menstruation: This is when the menstrual flow is excessive and sometimes comes in clots.

Scanty menstruation: This is when the menstrual flow is minimal in quantity or flow.

Prolonged menstruation: This is when the menstrual period exceeds the normal duration and lasts for more than 7 days.

### How can menstrual problems be managed? Abdominal cramps

- Put a warm pack on the lower abdomen and back
- Drink hot pap, tea, water or other hot beverages such as chocolate, bournvita, milo, etc without sugar.
- The use of painkillers is self-medication and is therefore, not really advisable, but if pains become unbearable, visit a qualified medical personnel in a modern health care facility.

- Do some exercises such as walking, swimming, etc, e.g pelvic press or stretch exercises (as shown on page 20).
- For scanty and heavy menstruation: observe flow for some months, if case is persistent then seeing a doctor is advisable
- Maintaining good hygiene by changing sanitary pad regularly as often as it gets soaked and bathing regularly, at least twice a day, is highly recommended.
- Take plenty of fruits at least one week before and during menstruation.
- Seeing a doctor is also advisable if you are worried.

Are there other things to do to relieve menstrual pains? Yes. Here are some exercises to relieve menstrual pain: Pelvic press (Page 20 (a).

- Lie on the floor face down, palms on the floor beside the shoulders
- Raise your head and shoulders off the floor until the arms are out-stretched
- Repeat this several times

Crouch (Page 20 (b).

• Lie on the side, knees drawn up to the chest and head tucked under to touch the knees.

Pelvic Rock (Page 20 (c))

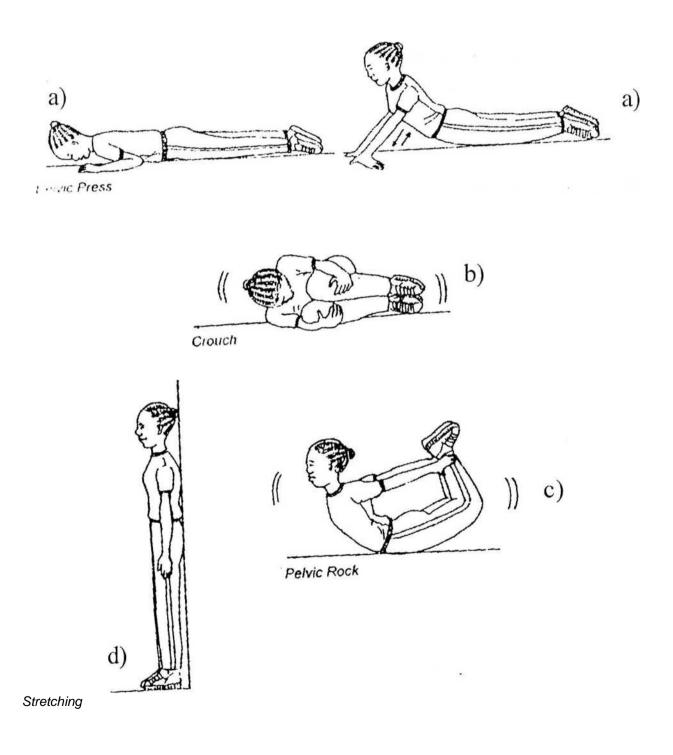
• Lie on the floor, face down

- Stretch your arms behind your back to grope the ankles
- Bending the knees and bringing the feet up to meet the hand
- In this position both the legs, hands and shoulders will be off the floor.
- Gently rock in this position

Stretching (Page 20 (d))

* Stand with your back against the wall with your shoulders, head and heels and as much of your body as possible, touching the wall. Try to feel as if your head is drawn upwards making you as tall as possible.

# Some simple exercises to ease menstrual cramps



# The different ways to care for oneself during menstruation include:

- Take your bath daily and at lest twice a day during menstruation
- Change sanitary pads, tampons or menstrual cloth regularly to avoid stale odour and spread of infection. Menstrual blood does not smell. Smell arises when there is contact of the blood with air.
- Never use toilet paper to absorb menstrual flow as it may cause irritation and lead to infection. The use of toilet paper for menstrual flow is unhygienic.

# Functions of the male reproductive/sexual organ

At puberty, a boy's testicle starts to grow and his penis gets bigger and longer. Sex hormones would start to make millions of sperms in his testicles everyday. Sperm cells are the male part or rather half part of making a baby. They are carried in a milky fluid called semen.

The penis usually hangs out soft and limp. When a male is sexually aroused his penis gets hard and stands away from his body. This is called an erection. Erection is not always a sign of sexual arousal. It is known to happen even when there is a desire to urinate or in circumstance of extreme fear. So no male will die if he does not have sexual intercourse when he experiences an erection. It is a mere myth used to sexually abuse girls, particularly when people are dating. Dating is an opportunity for people to communicate and learn more about each other, it need not involve sexual intercourse.

# Wet dreams/nocturnal emission

- A sexually exciting dream associated with ejaculation of semen in boys is called wet dreams or nocturnal emission. This is a sign of puberty and is normal for any adolescent boy or man. It should not be considered as an illness or a disorder.
- Testes are constantly producing sperms from puberty. Emissions may occur also as a result of a prone position in sleep causing local stimulation resulting in erection and emission of semen, it is natures way of removing excess sperm that is not used particularly in growing adolescents not mature mentally to engage in sexual intercourse.

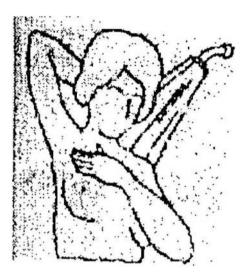
# Regular self examination as a responsibility

As young people it is our responsibility to examine our bodies regularly. Regular self examination can assist one notice any abnormalities that if let unnoticed can lead on to serious health problems. One of such cases is cancer of the breast and cancer of the testicles. Most people have the believe that cancer is a disease for only the old. Cancer of the breast and testicle are among the most common types of cancer. Researches have shown that testicular cancers is common in young men 20-40 years. If you have a testicle that is not descended into the scrotum or after you were 6 years old, you may be at risk of testicular cancer and at a rate that is about 40 times the normal rate.

Ones life could be saved if cancers are detected on time and treated early when they are over 85% curable. Going for cancer treatment does not necessary mean that "breast is abnormal" or there is loss of manhood or inability to enjoy normal sex life.

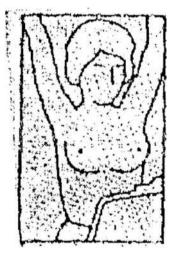
Examining your breasts or testicles at least once a month can increase your chances of noticing breast or testicular cancers early if it does occur. Here are examples of ways for you to do that:

## **Breast self-examination procedure**



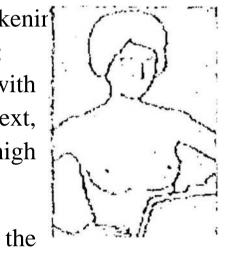
# In the shower:

Examine your breasts during bath or shower; hands glide easier over wet skin. With fingers flat, move gently over every art of each breast. Use right hand to examine left breast, left hand for right breast and vise versa. Check for any lumps,



hard knot or thickenir Before a mirror:

Inspect your breasts with arms at your sides. Next, raise your arms high overhead. Look for

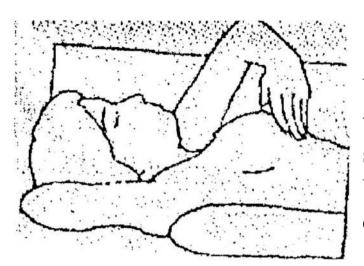


any changes in

contour of each breast, a swelling, dimpling of

skin or changes in the nipple. Then rest alms on hip and press down firmly to flex your chest muscles. Note that left and right breasts will not exactly match but few women's breasts do.

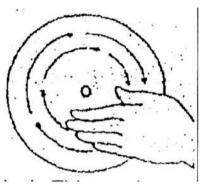
Regular inspection shows what is normal for you and will give you confidence in your examination.



### Lying down:

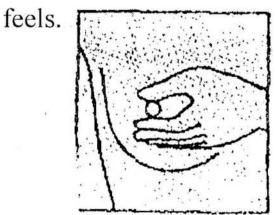
To examine your right breast^ put pillow or folded towel under your right shoulder. Place right hand behind your head - this distributes

breast tissues more evenly on the chest. With left hand, fingers flat, press gently in small circular motions around an imaginary clock face. Begin at outermost part of your right breast for 12 O'clock, then move to 1 O'clock, and so on around



the circle back to 12. A ridge of firm tissue in the lower curve of each breast is normal. Then move in an inch, toward the nipple, keep circling to examine every part of your breasts, including nipple. This requires at least three more circles, as in the figure above. Now slowly repeat procedure on your left breast with pillow under your left shoulder and left hand behind head. Notice how your breast structure

Finally, squeeze the nipple of each breast gently between



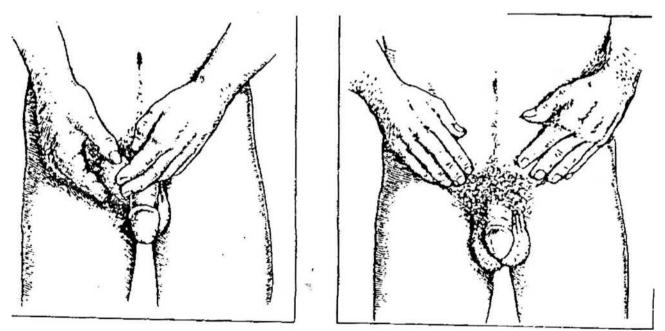
thumb and index finger. Any discharge, clear or bloody, should be reported to your doctor immediately.

# Why is Self-Examination Important?

By checking his own genitals once a month, a boy or man can find health problems before they become serious.

- Cancer of the testicles is one of the most common cancers in young men. It usually can be cured if it is found early.
- Other problems, including sexually transmitted disease (STDs), can also be found by self examination.

The best time to examine your penis, scrotum and testicles is after a warm shower or bath. Then your scrotum is soft and the testicles hang down away from your body.



How Can I Examine My Genitals?

1. Roll each testicle between the thumbs and fingers of both hands. A normal testicle is firm, smooth, egg- shaped,

about 1.1/2 inches long. One testicle may be a little larger than the other. This is normal. One usually hangs lower in the scrotum.

2. feel the epididymis behind the testicle on each side. It should feel soft, rope-like and tender.

## It isn't normal:

- If you feel a lump or hard area in the testicle.
- If the whole testicle feels harder than usual.
- If one side of your scrotum is very swollen.

These could be signs of cancer, even if there is no pain.

- 3. Check the skin on your scrotum and penis for sores and little rough bumps. These could be signs of STDs, such as herpes, syphilis or genital warts.
- 4. If you are not circumcised, be sure you pull back the foreskin. Check the glands and the inside of the foreskin.
- 5. Look at the opening at the tip of the penis. It should not be red or painful. A yellow or white discharge could be a sign of an STD.
- 6. Feel your groin area on both sides for any lumps or swollen glands.

# How Can I Examine My Prostate?

Your health care provider will usually check your prostate when you have a regular checkup. You can also examine your own prostate if you want to:

- Put on a rubber glove and put your index finger up inside your rectum. You can feel the prostate through the front wall of the rectum.
- When you press the prostate, you will feel like you have to urinate. You may feel some pain at the tip of your penis.
- The prostate should feel firm and smooth, with a slight Vshaped groove. Any hardness, pain or lumps should be checked by a health care provider.

Prostate cancer is common in middle-aged and older men. After age 50, every man should have his prostate examined once a year by a health care provider.

# What if I find something wrong?

Any lumps in your testicles or groin, any skin sores, bumps, or other changes in your genitals that do not seem normal should be checked right away. Do no wait. Your health depends on getting care as soon as you can.

#### Courtesy: Planned Parenthood Association

# GLOSSARY

Acne • Skin condition common among young people that produces spots on the face.

Adolescent • Any human being between the ages of 10-19 years.

Adolescent stage • A period of transition from childhood to adulthood that begins at puberty.

Derogatory • Discrediting or insulting remarks.

Exploitation • Being treated in an unfair; abusive and undignified manner.

- Genitals
  Fallopian tube
  External sex organs, e.g. penis, vulva, etc.
  Slender tube through which the ova pass from the ovaries to the uterus. It is also called the oviduct.
- Chemical substances produced by the endocrine glands that circulate in the body fluid and influence key body functions.
- The membrane partially covering or concealing the vagina opening.
- Cleanliness, sanitary practice which promotes and maintains good health
- Periodic shedding of the lining of the uterus through the vagina of a sexually mature and nonpregnant female,, that come out as blood for 3 -7 days monthly.

	• The first menstruation that a girl experiences.
Menarche	
Menopause	• This is a stage where a woman has experienced her last menstruation.
Mons pubis	• Fatty cushion situated at the pubic area where pubic hair grows
N	• An inclination to vomit.
Nausea	• Female reproductive organ which produces ova
Ovary	(eggs) and secrets the female hormone, estrogen.
Orgasm	• Intensive, reflective, physiological, and pleasurable release of sexual tension, following sexual stimulation and the build up of sexual arousal in intercourse, oral sex or masturbation.
Ova	• Plural of ovum, which is the unfertilized female egg cells.
	• The release of an ovum or egg from the ovary.
Ovulation	
	• Part of the male genital anatomy used to penetrate the
Penis	vagina during sexual intercourse and it is also used to pass out semen and urine.
Puberty	• The period at the beginning of adolescence when the sex glands become functional. Hormones would cause these changes. It doesn't happen to everyone

at the same time. For a girl this begins to happen about the ages of 8-15 years. The changes, most times, finish at the age of 20 years. It is also a time when feelings about self, family or other people change, mood, and emotions change too. It can be a very confusing and frustrating time, or exciting time if adequately prepared with accurate information.

Scrotum •	The external sac containing the testicles.
Sperm	• Short form for spermatozoa, the male Reproductive cell.
Testicles testes	•Two sex glands located in a wrinkled sac called scrotum which hangs behind the penis.
Uterus	• A pear-shaped muscular organ in which the fertilized egg becomes embedded to develop as a foe tus.
Vulva	• The female external organ/ genitals
Vulnerable	• Exposed to damage

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