

YOUR HEALTH YOUR POWER

A guide for Adolescent Girls
and Young Women

DO you know your Body?

- The changes in your body
- Your Menstrual Health
- The Care and Hygiene needed?
- Protection from Infections-
(STIs, Malaria, HIV).
- Know when to seek care.

Check the
next page

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WHAT YOU SHOULD KNOW

MENSTRUATION

CHANGES

YOUR BODY

- Breast growth, wider hips, and pubic hair
- Menstruation – Blood flow from your vagina.
- It can last 2–7 days and may be light or heavy—both can be normal

Cramps, Bloating. Mood swings, Back pain. Breast tenderness during menstruation.

NORMAL

MENSTRUATION

- It can be irregular when you first start
- Some cycles will be longer or shorter
- The colour of blood can vary (bright red, dark red, brown).

SEEK HELP

VISIT A PRIMARY HEALTH CENTER

IF YOU HAVE:

- Severe pain that stops your daily activities
- Very heavy bleeding, soaking pads every 1–2 hours
- No period for 3 months after it has started
- Itching or foul-smelling discharge (not normal for periods).

WHAT YOU SHOULD KNOW

INFECTIONS

INFECTIONS

CAUSES

Infections happen when germs (like bacteria, viruses, or fungi) enter the body and cause illness.

Some infections affect the skin, stomach, or throat, while others affect the private parts

SEXUALLY TRANSMITTED INFECTIONS

They are passed from one person to another during sexual contact.

Gonorrhea, Chlamydia, Syphilis, HPV, HIV and Trichomoniasis are some examples.

Prevention is through **abstinence**, the use of **condoms** always, and **a faithful partner**.

STI

VISIT A PRIMARY HEALTH CENTER

If you notice these:

- Unusual discharge
- Itching or burning,
- Pain when urinating
- Sores or bumps that were not there before,
- Lower stomach pain,
- Bleeding outside your normal period.

SEEK HELP

These signs do NOT always mean it's an STI, **but they DO mean you should get checked.**

SEEK HELP ASK QUESTIONS

There are Youth-Friendly
Primary Health Care
Centers around you.

PRIMARY HEALTH CARE CENTERS AROUND YOU

- **MIRINWANYI PRIMARY HEALTH CARE CENTER**
 - **MODEL PRIMARY HEALTH CENTRE, OKOCHIRI**
 - **COMPREHENSIVE HEALTH CENTRE, DEGEMA**
 - **MODEL PRIMARY HEALTH CENTRE, USOKUN**
- ...and many more

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