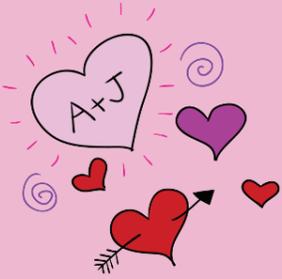


Romantic Feelings



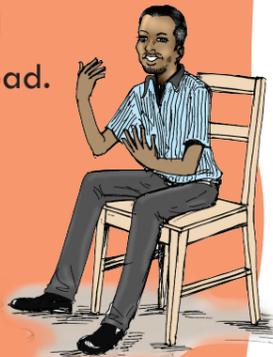
It's normal to have romantic feelings or be attracted to someone. And it's also normal not to have these feelings. We show love in many ways. Love and caring does not have

to mean having sex. **Not** having sex is the best way for young people to prevent pregnancy and infections a person can get from having sex, like HIV.

Remember

No one should touch you in a way that makes you feel uncomfortable, wrong or bad.

Talk to your parents or a trusted adult if you feel pressured or unsafe about anything.



I can't stay here with you.

Take good care of yourself and stay **HEALTHY** and **SAFE**.

Staying Safe & Healthy

Part of growing up is staying healthy and safe. Your friends can help you do that. Choose friends (girls and boys) who respect you and care about what's best for YOU.



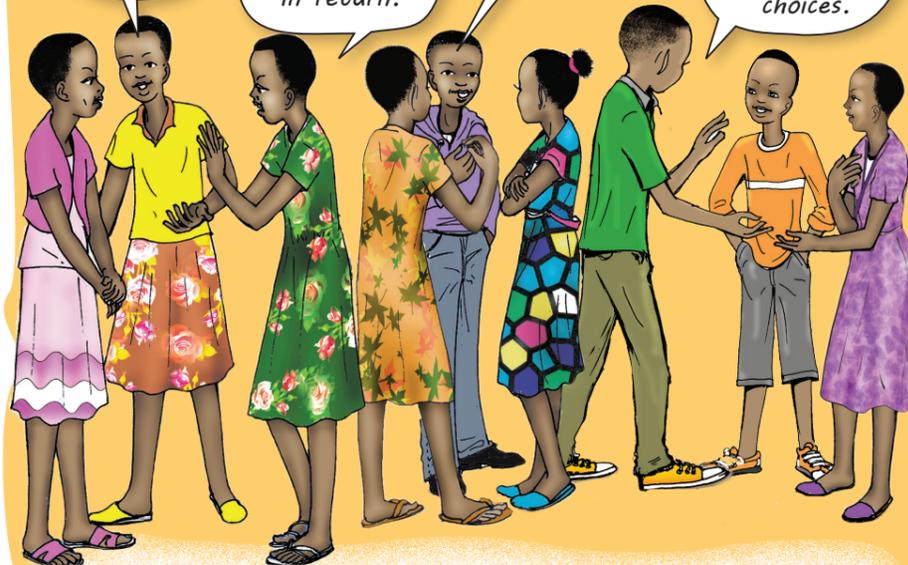
Here are some things my friends and I do to stay safe.

Be careful about going to a private place, alone, with a boy or man.

Don't be tricked by gifts or money. Some people really want sex in return.

Always say, "No" to these gifts. Say 'No' to sex. You could get pregnant or get an infection like HIV.

Stay away from alcohol and drugs. These lead to risky choices.



How do you and your friends stay safe? _____

For more information contact your health facility, school or youth center.



MINISTRY OF HEALTH



Institute for Reproductive Health
Georgetown University

GrowUpSmart



No one told me about getting my period. I was so scared when it happened!

My mom was telling me about it. Then my dad walked in, and they both explained it.

Yeah!

You talked with your dad about this?

Talking about Our Changing Bodies

My schoolmates told me about wet dreams. Then I checked with my teacher, to make sure I had the right information.

I'm going to talk with my younger brother so he knows too.



Rwanda

How is your body changing?

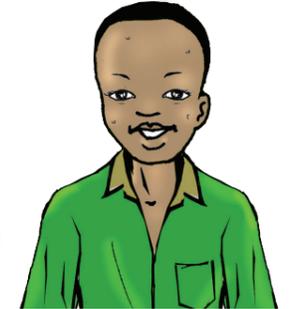


Both girls and boys notice many changes in their bodies and in the way they feel. These changes happen to everyone over several years.

- You get taller.
- Your skin may be oily or have pimples.
- You may sweat more and have some body odor.
- Hair grows under your arms and on your private parts (also called genitals).
- You may feel moody or upset.
- You may have romantic feelings.



These changes can happen sooner or later for different people, and it's all normal! Show and discuss this brochure with your parents or another caring adult.



For Girls

The first change I noticed was my breasts started to grow. Later my hips also widened.



One day a girl gets her first period, which is when blood comes out of her vagina for a few days each month. This means she is becoming a woman, and is now able to get pregnant if she has sex.

However, a girl's body is not quite ready for pregnancy. She should be at least 18 years old, with a caring partner, before starting a family.

For Boys

My voice got deeper, my muscles grew bigger and stronger, and some hair grew on my upper lip and face.



A boy does not get a period. Instead, he may have a wet dream, and notice that semen has come out of his penis during sleep. This means he is able to get a girl or woman pregnant, if his penis releases semen in her vagina.

A boy also has erections. This is when his penis gets hard, and it can happen at night or during the day. If a boy has an erection or wet dream, this does not mean he needs to have sex. It's just a normal part of growing up and becoming a man.

Although boys and girls become able to have a child, it takes many more years to become physically and emotionally ready to care for a baby and provide for a family.

How are girls and boys treated?

As your body changes sometimes family and friends start treating girls differently from boys. There may be different expectations or different chores.



6 to 8 years old



10-14 years old

Have you been treated differently? Yes No

Describe: _____
