



All Play



All Play



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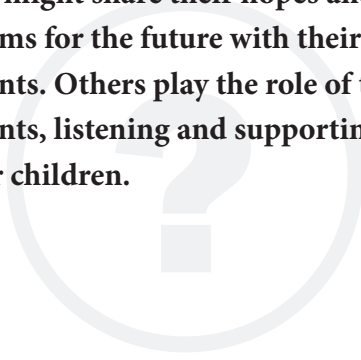
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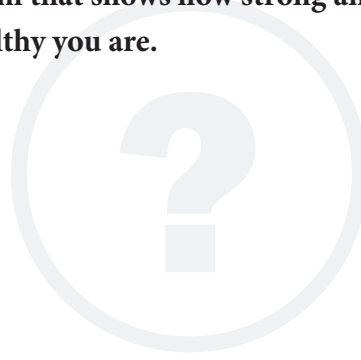
All Play

**Role-Play**

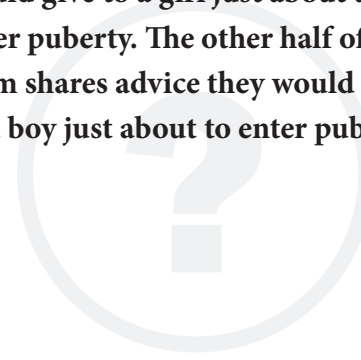
Three girls and boys act out how they might share their hopes and dreams for the future with their parents. Others play the role of the parents, listening and supporting their children.



Share a traditional dance, song or poem that shows how strong and healthy you are.



Half the team shares advice they would give to a girl just about to enter puberty. The other half of the team shares advice they would give to a boy just about to enter puberty.

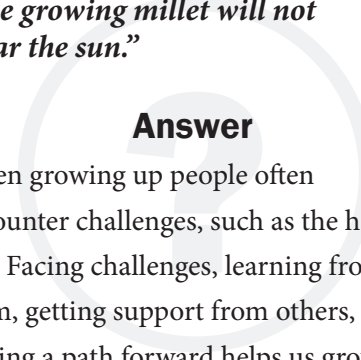


Tell what this proverb means:

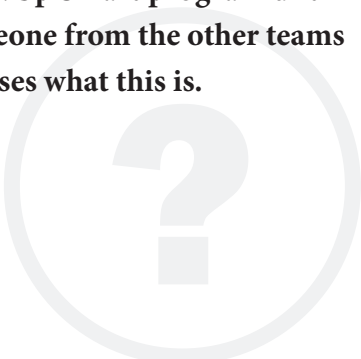
*“The growing millet will not fear the sun.”*

**Answer**

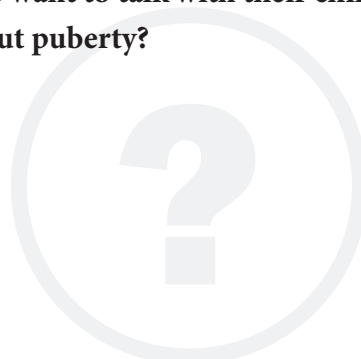
When growing up people often encounter challenges, such as the harsh sun. Facing challenges, learning from them, getting support from others, and finding a path forward helps us grow.



Act out something from the GrowUp Smart program until someone from the other teams guesses what this is.



What advice do you have for parents who want to talk with their children about puberty?





Puberty



Puberty



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Puberty

## Puberty

### Question

Name two changes of puberty that both girls and boys experience.

### Answer

You get taller, skin may be oily or have pimples, hair grows under your arms and in your genital area, you may feel moody or upset, you may have romantic feelings.

## Puberty

### Question

Name two changes of puberty that girls (and not boys) experience.

### Answer

A girl gets her menstrual period and has secretions, a wetness in the genital area that happens for several days in a row between one period and the next. A girl ovulates, which is the release of an egg from her ovary, although a girl does not see or feel this. A girl's breasts grow and hips widen.

## Puberty

### Question

Name two changes of puberty that boys (and not girls) experience.

### Answer

A boy gets erections and becomes able to ejaculate. This is when semen, which contains the male sperm, is released from his penis. Many boys have wet dreams; the penis gets hard and releases semen at night, during sleep.

## Puberty

### True or False?

Most young people's bodies grow at the same speed and look very similar.

### Answer

**False.** Everybody grows at a different rate. Some people start to grow early, while others start to grow later. This is all normal.

## Puberty

### Role-Play

Role-play how you would tell a younger brother or male cousin about the changes of puberty. Also include the emotions, feelings, and relationship changes he may experience.

## Puberty

### Role-Play

Role-play how you would tell a younger sister or female cousin about the changes of puberty. Also include the emotions, feelings, and relationship changes she may experience.



Gender Roles



Gender Roles



Gender Roles



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Gender Roles

## Gender Roles

### Question

If you are in a small group discussion and asked to pick a leader for the group, would you pick a girl or a boy? Explain.

### Answer

Both girls and boys can be excellent group leaders, equally well.

## Gender Roles

### Read this statement aloud

*“Brothers should help their sisters fetch water in the evening.”*

Those who agree move to one side of the game board, and those who disagree move to the other side, and explain their choices.

Girls may face dangers when walking at night, as may boys. Also girls may not have time to do their school work if they have too many chores. Both girls and boys can do many different chores. They can help one another, showing caring and mutual respect.

## Gender Roles

### Question

Do you think girls and boys should be able to do the same things, such as the same chores, or the same jobs? Why? Give examples.

### Answer

Boys or girls can do nearly everything the same, when given the opportunity and practice.

## Gender Roles

### Role-Play

Are there any things that girls/women can do that boys/men cannot do? Are there things that boys/men can do that girls/women cannot do?

### Answer

Boys cannot give birth or breastfeed babies. Girls cannot father a child. Other than that, girls and boys can both do most any job as long as they have the knowledge and skills required.

## Gender Roles

### Role-Play

One person plays the role of a girl with so many chores she cannot get her homework done. One person plays her mother, another person plays her brother. Show how the girl can ask for help with her chores and possibly get help so she can study.

## Gender Roles

### Question

Agree or disagree? If you are a boy and a girl is smiling at you and giving you attention, does that mean she wants to have sex? Why?

### Answer

It could mean many things such as a boy is funny or interesting. The only way to know if a person is interested in sex is to talk about it. It is always okay to like someone and have a close friendship or relationship without having sex.

## Gender Roles

## Gender Roles



Fertility Awareness



Fertility Awareness



Fertility Awareness



Fertility Awareness



Fertility Awareness



Fertility Awareness



Fertility Awareness



Fertility Awareness

## Fertility Awareness

### Question

What is menstruation or having a “period”?

### Answer

The normal and healthy shedding of the interior lining of the uterus through a girl or woman’s vagina. Once a girl’s menstruation starts at puberty, it comes about once a month and lasts for a few days in a row each month.

## Fertility Awareness

### Question

What is the menstrual cycle?

### Answer

This covers all the days between one period and the next. The menstrual cycle begins on the first day of bleeding and ends the day before the next period starts.

## Fertility Awareness

### Question

What are cervical secretions?

### Answer

This is a normal wetness or fluid that a girl or woman can see and feel in her genital area that is not menstruation. Secretions can sometimes be seen on a girl’s underwear and last for several days in a row, around mid-cycle. This is about halfway between one period and the next. Healthy secretions are not smelly or itchy. They are a sign of a girl or woman’s fertility, her ability to become pregnant.

## Fertility Awareness

### Question

Once a girl starts having her menstrual periods, what does this mean?

### Answer

It means a girl is able to get pregnant on the fertile days of her menstrual cycle. But, her body is still growing and it is best for her body, and for other reasons for her to wait until she is older to have a child, at least 18 years old.

## Fertility Awareness

### Question

Does a woman still get her menstrual period when she is pregnant?

### Answer

No, but her period returns some weeks or months after the baby is born.

## Fertility Awareness

### Demonstration

Show how a girl can use CycleBeads to know when to expect her next period.

On the first day of bleeding she puts the ring on the red bead. Then she moves the ring one bead each day in the direction of the arrow. Her period will probably come when the ring is between the dark brown bead and the day after the last bead. This helps her know when to be sure to carry a pad with her so she is prepared for her next period.

## Fertility Awareness

### Question

How is a man or boy able to cause a pregnancy to happen (or father a child)?

### Answer

If he ejaculates (releases semen) in a woman’s vagina during her fertile days she can become pregnant. The sperm in his semen joins together with an egg inside her body, the fertilized egg attaches to her uterus and grows to become a baby.

## Fertility Awareness

### Question

Do boys have a menstrual period like girls.

### Answer

No. Boys have erections and ejaculation.





Fertility Awareness



Fertility Awareness



Fertility Awareness



Fertility Awareness



Fertility Awareness



Fertility Awareness



Fertility Awareness



Fertility Awareness

## Fertility Awareness

### Question

What does it mean if a boy has an erection?

### Answer

This is when a boy's penis becomes harder, larger, stiffer and points away from his body. It can happen when he has sexual thoughts or for no reason at all. It is not a sign that he needs to have sex. The erection will go away on its own.

## Fertility Awareness

### Question

What is ejaculation?

### Answer

After an erection, this is when semen, a fluid that contains sperm comes out of the penis of a boy or man. It means a boy has the ability to cause a pregnancy to occur if his semen is ejaculated into a girl or woman's vagina. But, a boy or man does not have to ejaculate if he has an erection. This causes no harm. The erection will go down on its own.

## Fertility Awareness

### Question

What are "wet dreams" and what does this mean?

### Answer

A wet dream, also called a nocturnal emission, is when a boy's penis gets hard and ejaculates semen while sleeping. This is normal and commonly starts to happen during puberty, although not to every boy.

## Fertility Awareness

### Question

Can a boy get a girl pregnant if he has not yet had his first ejaculation?

### Answer

**No**, the ejaculate or semen has sperm, which causes pregnancy if it unites with an egg. If a boy has not had his first ejaculation, there is no sperm to cause a pregnancy.

## Fertility Awareness

### True or False?

Boys can always control their erections.

### Answer

**False.** Erections can happen for no reason at all. An erection is when a boy's penis becomes harder and more erect. This is a normal part of growing up. If a boy waits, his erection will go away on its own. An erection and ejaculation does not mean he needs to have sex.

## Fertility Awareness

### Question

Name one thing a boy can do if he has an erection at school?

### Answer

Nothing, wait until it goes down, wear baggy pants, walk with a sweater or book in front.

## Fertility Awareness

### Question

If a couple has vaginal intercourse, what three things need to happen for a pregnancy to occur?

### Answer

- 1) a woman's egg is present in her Fallopian tube
- 2) a sperm from the man's semen joins and fertilizes the woman's egg; and
- 3) the fertilized egg attaches to the lining of the woman's uterus, and grows to become a baby.



Hygiene



Hygiene



Hygiene



Hygiene



Hygiene



Hygiene



Hygiene



Hygiene

## Hygiene

### Question

What are three things boys and girls can do to take care of their hygiene during puberty?

### Answer

Any three of the following:  
Wash daily with soap and water, brush teeth after meals, keep genital area clean, wash hands after using the toilet, for girls use and care for menstrual products correctly.

## Hygiene

### Question

How does an uncircumcised boy clean his penis?

### Answer

He pulls back the foreskin and cleans gently.

## Hygiene

Pretend you are advertising a new soap for washing daily and smelling nice. Create a song or dance to educate others about keeping the body clean every day and washing hands before meals.

## Hygiene

### True or False?

Should a girl go to school on days of menstrual bleeding?

### Answer

Yes. She just needs to bring reusable or disposable pads to put in her underwear to prevent blood from staining her clothes.

## Hygiene

### Question

If you notice a girl at school has started menstruating and stained her clothes, what would you do?

### Answer

Accept all reasonable answers like:  
gently let her know, offer a sweater to tie around her waist, go with her to the head mistress for a disposable pad, comfort and reassure her, do not laugh at her or tease, etc.

## Hygiene

### Question

What does a girl do with her reusable pad once she has used it for menstruation? How does she clean and dry the reusable pad?

### Answer

If it is a reusable pad, a girl can take it home in the plastic bag. Then, she soaks it in clean water, washes it with soap and water, rinses it, and hangs it to dry completely before using it again. The pad should be completely dry before using it again to prevent infection. Also girls should not share reusable pads for this same reason.

## Hygiene

### Question

Should a girl use powders or herbs to wash away or dry up the secretions inside her vagina?

### Answer

No. These products can cause irritation and discomfort. Simple washing of the outer genital area with soap and water is best.



Safety



Safety



Safety



Safety



Safety



Safety



Safety



Safety

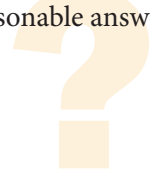
## Safety

### Question

Are there areas in the community that are unsafe for girls and boys to walk through alone? Explain or act this out.

### Answer

Accept all reasonable answers.



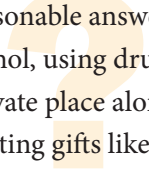
## Safety

### Question

What are two things that can lead a young person to risky or unsafe behaviors?

### Answer

Accept all reasonable answers such as: drinking alcohol, using drugs, a girl going to a private place alone with a boy or man, accepting gifts like school fees from someone without your parents' knowledge, going alone to a dark or secluded place, following poor advice from "friends", etc.



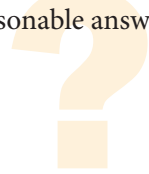
## Safety

### Question

If someone insisted you try some free alcohol, what would you do or say? Explain or act this out.

### Answer

Accept all reasonable answers.



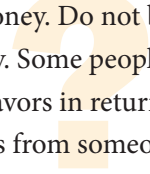
## Safety

### Question

If someone offered to give you money for school fees, and said, "But you can't tell your parents!" What would you do?

### Answer

Refuse the money. Do not be tricked by gifts or money. Some people really want sex or other favors in return. Do not take money or gifts from someone without your parents' knowledge.

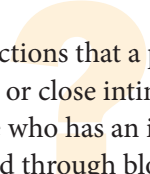


## Safety

### Role-Play

One person plays the role of an older adolescent and the others their younger schoolmates. Explain what a sexually transmitted infection (STI) is and how to prevent this.

These are infections that a person can get from have sex or close intimate contact with someone who has an infection. STIs are spread through blood, semen or vaginal fluids. Not having sex is an excellent way for young people to prevent both STIs and pregnancy. If someone does have sex, condoms also provide protection against both pregnancy and infections.



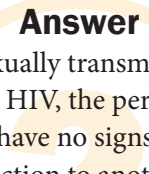
## Safety

### Question

How does a person know if they have a sexually transmitted infection?

### Answer

With many sexually transmitted infections, like HIV, the person with this infection may have no signs, but still spread the infection to another person during any type of sex or exchange of body fluids. Some STIs do have signs like discharge from the penis or vagina, or abdominal pain. If someone thinks they may have an STI, they should see a health provider to be tested. Many infections can be treated and cured; others respond to medicines that can slow the progression of the infection.



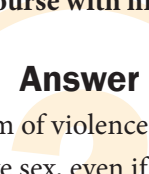
## Safety

### Question

Is it acceptable for a boy or man to pressure or force his girlfriend to have sexual intercourse with him? Why?

### Answer

No. It is a form of violence to force anyone to have sex, even if she is your girlfriend.



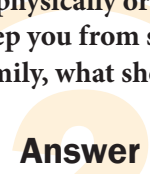
## Safety

### Question

If someone you care about, like a boyfriend or girlfriend, threatens you, or hurts you physically or emotionally or tries to keep you from seeing your friends or family, what should you do?

### Answer

This is not OK. Talk with a caring adult. Go to a safe place. Get support to keep away from a person who is threatening, abusing or hurting you.





Support



Support



Support



Support



Support



Support



Support



Support



## Support

### Question

When girls and boys feel sad or frustrated, what should they do?

### Answer

Sharing feelings and talking with a caring person, like a parent, aunt or uncle, teacher, health provider, etc. can help you think through a problem, get support, and connect with others.

## Support

### Question

When do your parents think a person should first have sex? Why?

### Answer

Answers depend on the experience of the game players. Accept all reasonable answers.

## Support

### Question

Name three different people a girl or a boy could go to for advice when they have questions about body changes and growing up.

### Answer

Any acceptable answers such as: Parents, uncles, aunts, teachers, older brothers and sisters, youth center leaders, and/or health workers.

## Support

### Role-Play

One person plays a student being cruel and teasing a classmate in a mean way. Two other people play classmates who respond and stand up for the student being teased. Include what they say and do to offer support.

## Support

### Question

Where in this community could a young person go for information and services regarding a health concern including family planning or testing for a possible infection that could have been spread from having sex?

### Answer

Answer depends on the community.

## Support

### Role-Play

One person plays a girl or boy going to a health facility seeking health information or services. Another person plays a health provider, others play different grown-ups who work at a health facility, and one person plays a friend or relative encountered along the way. Act out a typical scenario of what would happen.

## Support

## Support