






Senga Guide Part I

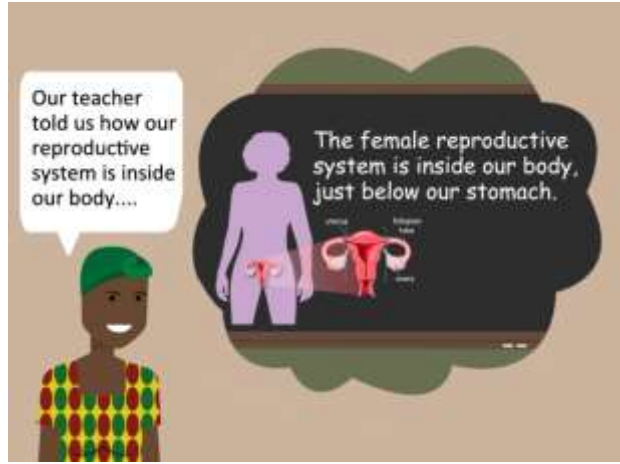


Senga Guide Part I is the first part of a guide for young girls that are entering puberty. In Part I, our Senga teaches Afiya about the changes she will experience as she matures and becomes a woman. A “Senga” is someone generally in the family that provides guidance to an adolescent as she grows and matures into adulthood.

The first portion explains about menstruation and the menstrual cycle. As the story unfolds Senga tells Afiya about body changes, reproductive health and relationships. This part of our guide is of optimum importance as the girl needs to understand that sexual desires, relationships and sexual activity can lead to unwanted pregnancy.




Module 1 – Puberty and Menstruation (meeting a girl’s trusted Senga)

Slide Number	Text	Image
Cover	<p>Senga Guide Part I</p> <p>Our Senga teaches young girls about puberty, sexual development and relationships.</p>	 <p>Our Senga teaches young girls about puberty, sexual development and relationships.</p>
Slide 1	<p><i>Senga:</i> Hi Afiya!</p> <p><i>Afiya:</i> Hi Senga!</p>	

<p>Slide 2</p>	<p>Senga: You started your period. That is a sign that you are becoming a young woman.</p> <p>Afiya: Why is there blood in my panties?</p>	
<p>Slide 3</p>	<p>Senga: Let me tell you how I learned about becoming a woman.</p> <p>Afiya: OK! Thank you Senga!</p>	
<p>Slide 4</p>	<p>Senga: I was at school when I first learned about menstruation...</p> <p>Teacher: Today we will learn about menstruation.</p>	




<p>Slide 5</p>	<p><i>Senga:</i> Our teacher told us how our reproductive system is inside our body...</p>	
<p>Slide 6</p>	<p><i>Senga:</i> ...she told our class how menstruation is part of our reproductive system, but I was still very confused...</p>	
<p>Slide 7</p>	<p><i>Senga:</i> So I asked my Senga to tell me more</p> <p><i>Afiya:</i> Senga, I'm confused about menstruation... can you explain?</p> <p><i>Senga 2:</i> Why of course! Let's talk about this!</p>	




<p>Slide 8</p>	<p><i>Senga:</i> Then she told me about our menstrual cycle...</p> <p><i>Senga 2:</i> You will menstruate on days 1-7 in your cycle.</p>	
<p>Slide 9</p>	<p><i>Senga:</i> She explained about ovulation and told me how I could get pregnant if I had sex during those days...</p> <p><i>Senga 2:</i> You are most likely to get pregnant if you have sex when ovulation occurs.</p>	
<p>Slide 10</p>	<p><i>Senga:</i> She told me how my body would change...</p> <p><i>Senga 2:</i> Your body will change as you become a woman</p>	

<p>Slide 11</p>	<p><i>Senga:</i> YES! As your body changes, so will your emotions....</p> <p><i>Afiya:</i> Will I feel different too?</p>	
<p>Slide12</p>	<p><i>Senga:</i> She told me that now I could get pregnant...</p> <p><i>Senga 2:</i> Although your body can get pregnant now, it is better to wait.</p> <p><i>Afiya:</i> Wow! I didn't know that!</p>	
<p>Slide 13</p>	<p><i>Afiya:</i> My Senga taught me about becoming a woman. Let me tell you what I learned.</p>	

Module 2 – Relationships

Slide Number	Text	Image
Slide 1	<i>Senga: As you mature, you probably will fall in love with a man....</i>	
Slide 2	<i>Senga: Let me tell you what I learned about relationships.</i>	
Slide 3	<i>Senga: It's important to have a good relationship - to trust and respect each other.</i>	

<p>Slide 4</p>	<p><i>Senga:</i> I'm glad you asked!</p> <p><i>Afiya:</i> I have a question. What's it like to have a baby?</p>	
<p>Slide 5</p>	<p><i>Senga:</i> Having a baby is one of the most important decisions you will make.</p>	
<p>Slide 6</p>	<p><i>Senga:</i> Remember when you took care of your baby brother? It wasn't easy was it?</p> <p><i>Afiya:</i> Now, I think I understand.</p>	

<p>Slide 7</p>	<p><i>Afiya: Hello Senga! Meet my boyfriend. We are in love!</i></p>	
<p>Slide 8</p>	<p>Senga: Let's talk about being in love, choices and consequences.</p>	
<p>Slide 9</p>	<p>As a young adult, you are responsible for your actions.</p> <p>Remember that many unwanted pregnancies are a result of bad decisions.</p>	

Slide 10

Afiya: This week I learned a lot from my Senga!

Now, my boyfriend and I both want to stay in school until we are older!

