

YoungTalk is
FREE!

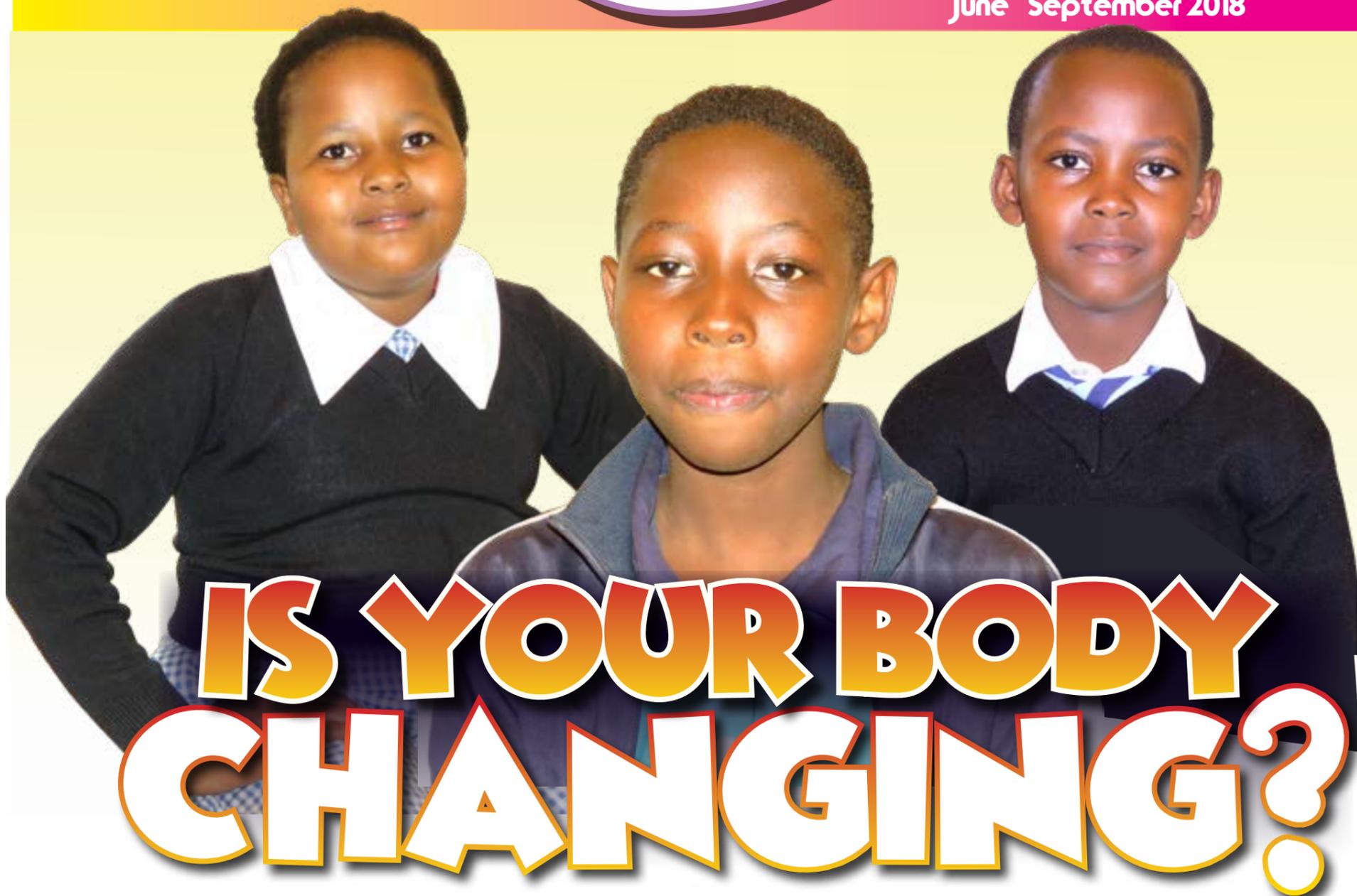
- Know your rights
- Stay in School
- Say No to sex

young
talk

Bonga na
Aunty
Jane!

Hotline:
0727101919

June September 2018



IS YOUR BODY CHANGING?

Puberty is the name for the time when your body begins to develop and change as you move from kid to adult. We're talking about stuff like girls developing breasts and boys starting to look more like men. During puberty, your body will grow faster.

Straight Talk and **Aunty Jane Hotline** recently held an interesting discussion with pupils from different schools in Nairobi on growing up and body changes. There was a lot of sharing and learning.

On his part, **Junior Mutua** says that when a boy starts growing, there are visible body changes like hair growing on the armpits and in the pubic area, the voice becomes

very deep and pimples may appear on their faces. Both girls and boys may experience shyness because of these new changes. He shares

For **Halima Idd, 11 years**, the start of menstruation is also a sign that a girl is growing up. 'Girls should not feel ashamed when they start their periods because it's a normal change of growing up'. She advises.

People are created differently. Therefore everyone experiences these changes in different times.

"My friends used to mock and bully me because of my size. There was one particular boy who was taller than me and used to mock and laugh at me. Today, I am taller than him!"

HIV FACT

Does male circumcision prevent HIV?

Wickey, 13 yrs Mathare

Male circumcision does not prevent HIV infection; it only decreases the likelihood of infection. Several studies have shown that male circumcision reduces a man's risk by up to 60%. These findings have led the government to embark on a campaign to provide free male circumcision services.

DID YOU KNOW?

'MENSTRUATION'

The word 'Menstruation' comes from menses, Latin word for 'Month'. That gives you a big hint what it is all about!

Puberty: My experience



Being Tall

When I was in class one I did not see any changes and when I was in class five I started growing breasts and I started being tall.

Gloria Wanyua 11 yrs.



GROWING UP IS EXCITING!

Already, I have started experiencing a lot of changes. My chest has enlarged. Hair has started to grow on my pubic area and I have experienced wet dreams. Unlike when I was Class 1, I have started to become tall. Growing up is an exciting period!

No major change



When I was in class Three, I was very tall therefore I didn't see any major changes in my life. Now, I have started growing breasts. This makes me uneasy.

(Ruth Wanya 11yrs).

www.AuntyJane.org

Do you have an embarrassing question about your sexual and reproductive health and are shy asking about it?

PLEASE CALL US (FREE)

0727101919
#BongaNaAuntyJane



Bullied...

When I was in school some years ago, I was very short. My peers used to mock and bully me because of my size. There was a particular boy who was taller than me and used to mock and laugh at me. Today, I am taller than him! I guess those are the changes associated with growing up (Zuena Muammed)



KNOW YOUR BODY

To help prevent the oil build up that can contribute to acne, wash your face once or twice a day with a mild soap and warm water. Don't scrub your face hard with a washcloth — acne can't be scrubbed away, and scrubbing may actually make it worse by irritating the skin and pores. Try cleansing your face as gently as you can.

SCIENCE CORNER

What causes wet dreams?

When you go through puberty, your body starts producing the male hormone testosterone. Once your body makes testosterone, it can release sperm. This means you'll be able to fertilize an egg if you decide to have a baby in the future. It also means you can get a girl pregnant if you

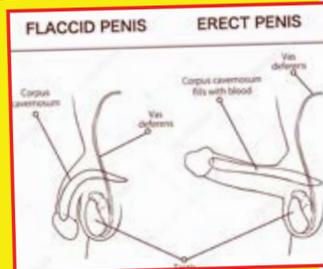


have sex. During puberty, you'll start having erections at all different times of the day -- in school, while you watch TV, in the shower. You can even have an erection while you sleep. Semen can build up inside

HOW TO DEAL WITH

Erections.

Erections are absolutely normal, and they happen to all guys. During puberty, they can happen for no reason at all - its just because your body is filled with puberty hormones. They can also happen if you're thinking about sex. Keep your cool, because erections are temporary. They



usually don't last more than a couple of minutes. If you remain calm, the erection will go away. Just breathe and try to clear your mind.

MENSTRUAL CYCLE AND MENSTRUAL PERIODS

Having your first period tells you that your body has changed, and you are becoming a woman who will be able to have a baby, if and when you want to. The period (the days that you lose blood through the vagina) is part of a 'cycle' of hormone and body changes.

During each cycle, the lining of the inside of your uterus (womb) gets thicker, so that if the egg (ovum), which is released from your ovary each cycle, is fertilised by a sperm, the uterus is ready to provide a place for the baby to grow.

A period is when the lining sepa-

rates from the rest of the uterus because it is not needed for this egg to grow.

The old lining is 'lost' and the uterus gets ready to make a new lining for the next egg.

The 'loss' is mostly blood, which can be bright red, dark red or dark brown, and sometimes has some clots (dark lumps of blood) in it.

How long a period lasts (often between about 4 and 7 days) and the time between periods varies (often between about 3 and 5 weeks) for

FOR TEACHERS

- Dear teachers, please assist children deal with body changes safely.
- Provide information on puberty and staying safe to your pupils.
- Often, kids entering puberty feel insecure about their appearance.
- Be reassuring and avoid words that may stigmatize them. They need to know that the timing of these body changes can vary greatly.
- Use materials like Young Talk to discuss body changes. Identify doctors, counselors or parents to talk to your pupils.
- Give them the right information
- Encourage them to ask questions and participate in discussions.
- Use simple language when talking about body changes.

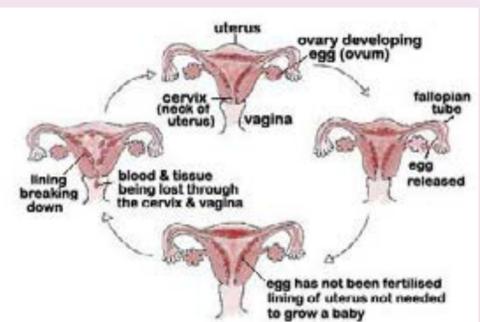
Body changes are normal when one is growing up! No need to panic
Editorial Board



Pimples?



- To help prevent the oil build up that can contribute to pimples, wash your face once or twice a day with a mild soap and warm water.
- Don't scrub your face hard with a washcloth — pimples can't be scrubbed away, and scrubbing may actually make it worse by irritating the skin and pores. Try cleansing your face as gently as you can.



Growing up

What's wrong with me?
Girls of my age have started menstruating and I have not. What do you think is wrong with me?
CK

Dear CK, Girls usually get their first menstrual period when they're between the age of 10 or 15. It's a sign that your body is maturing. By age 15, most girls have started their periods. If you're not one of them, make an appointment to talk to a doctor. She will examine you to figure out the causes for your delay.

Menstruation
What is menstruation, and when does it start?

Mwende
Dear Mwende, Menstruation is when a girl's body releases blood from the womb through the vagina. The blood flows slowly for 3 to 7 days. Girls start getting their menstrual period between the age of 10 and 15 years. Some start earlier or later.

NEW WORD

Testosterone

This is special sex hormone produced inside the testes of males. The hormone controls the male features. Testosterone makes you grow taller and change shape and causes your testicles to make sperm. Sperms are the male reproductive cells that join the female cell to form a baby



Young Talk editorial team exchange ideas. This is at the National Museums of Kenya when they were preparing this magazine. They were brought together by the Auntie Jane

Length of puberty
When does puberty stop? (Mohammed, Kibera)
Boys reach their adult height at about 19 years and girls reach theirs about 17 years. Puberty lasts for few years and may end even though you continue growing in height.

Lump in my breast
What is this hard lump in my breasts? (Sophia, Nairobi)
It is normal for some girls to notice small, sometimes tender, lumps beneath their nipples as their breasts are beginning to develop. The firm-

ness and tenderness will go away in time as the breasts continue to enlarge. Get to know your body so that it will be easier to notice if something strange should happen to your breasts.

Causes of pimples
Is it true Chocolates or margarines will cause pimples? (Kevin, Kericho)
That's not true Kevin. It's a myth that oily foods or chocolate cause pimples. Acne is caused by overactive oil glands in the skin. If certain foods seem to cause you to break out, try to avoid them. But you don't need to shun margarine or chocolate for clear skin.

I'm a boy,
So why am I getting breasts?

Some boys experience temporary breast growth during puberty. The condition, called gynecomastia, is caused by changing hormone levels during puberty. It usually disappears, often within a few months to a couple of years.

NEW WORD

Hormones

Hormones are chemicals that have many jobs throughout your body. As you grow and become older your brain begins to make special hormones that are necessary for you to grow. As you approach Female puberty, both your brain and something called the pituitary gland begin to release hormones. These hormones go to your ovaries and encourage the ovaries to produce oestrogen.

Learn with Fun!

HELP TERRY TO REACH PUBERTY



Turn upside down for the answer



COMMON BODY CHANGES

- Girls become more rounded, especially in the hips and legs.
- Girls' breasts begin to swell and then grow, sometimes one faster than the other
- Girls and boys get pubic hair and underarm hair, and their leg hair becomes thicker and darker.
- Both girls and boys often get acne and start to sweat more.
- Boys' penises and testicles grow larger.
- Boys' voices change and become deeper.
- Boys grow facial hair and their muscles get bigger.
- Boys sometimes have wet dreams, which means they ejaculate in their sleep.

Young Talk is a collaborative initiative between the **Straight Talk Foundation - Kenya** and the **Ticah Kenya** aimed at addressing access to Sexual and Reproductive Health and rights Information and services for young people.

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