



DAYS
FOR 
GIRLS
INTERNATIONAL



- Women, on average, menstruate 3000 days in their lifetime. That's more than 8 years! So knowledge and supplies are important.
- Menstruation Matters. Menstruation is a natural part of being a woman and a sign of good health.
- In fact, without menstruation you wouldn't be here and I wouldn't be here! Menstruation makes it possible to have babies. Without it, there would be no people!
- All women are beautiful and powerful naturally. That means that our bodies and menstruation, also called menses and periods, are beautiful too!

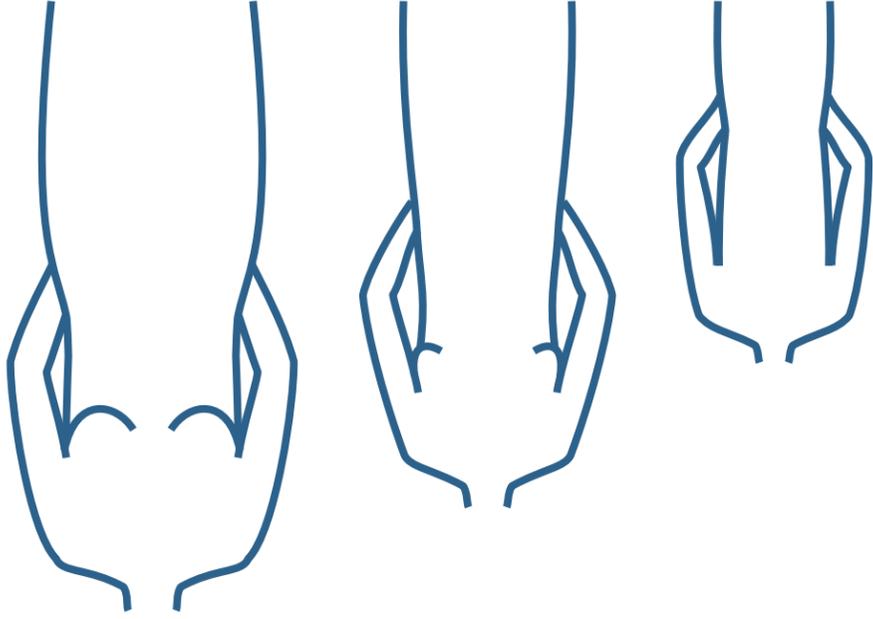


Women, on average,
MENSTRUATE



3,000

DAYS
in their lifetime



When you were a baby you grew and changed very quickly.

There is another time in your life when your body changes

a great deal—when girls start to grow into women and boys

grow into being men, is called Puberty. What are some of the

changes that happen to our bodies during this time?

- We grow taller.

- For girls, breasts get bigger (it takes about 2 years).

- Pubic and underarm hair develops.

- Body odor may increase, skin becomes more oily.

- Genitals become mature in appearance.

- Menstruation **usually** begins between ages 10-15.

- Emotions can be strong as your body changes.

- (Talk about bathing – start at the top & move down.)

All of these changes are caused by something called hormones.

PUBERTY...

**An Amazing
Journey!**

**What changes
happen during
puberty?**

**What causes all
that change?**



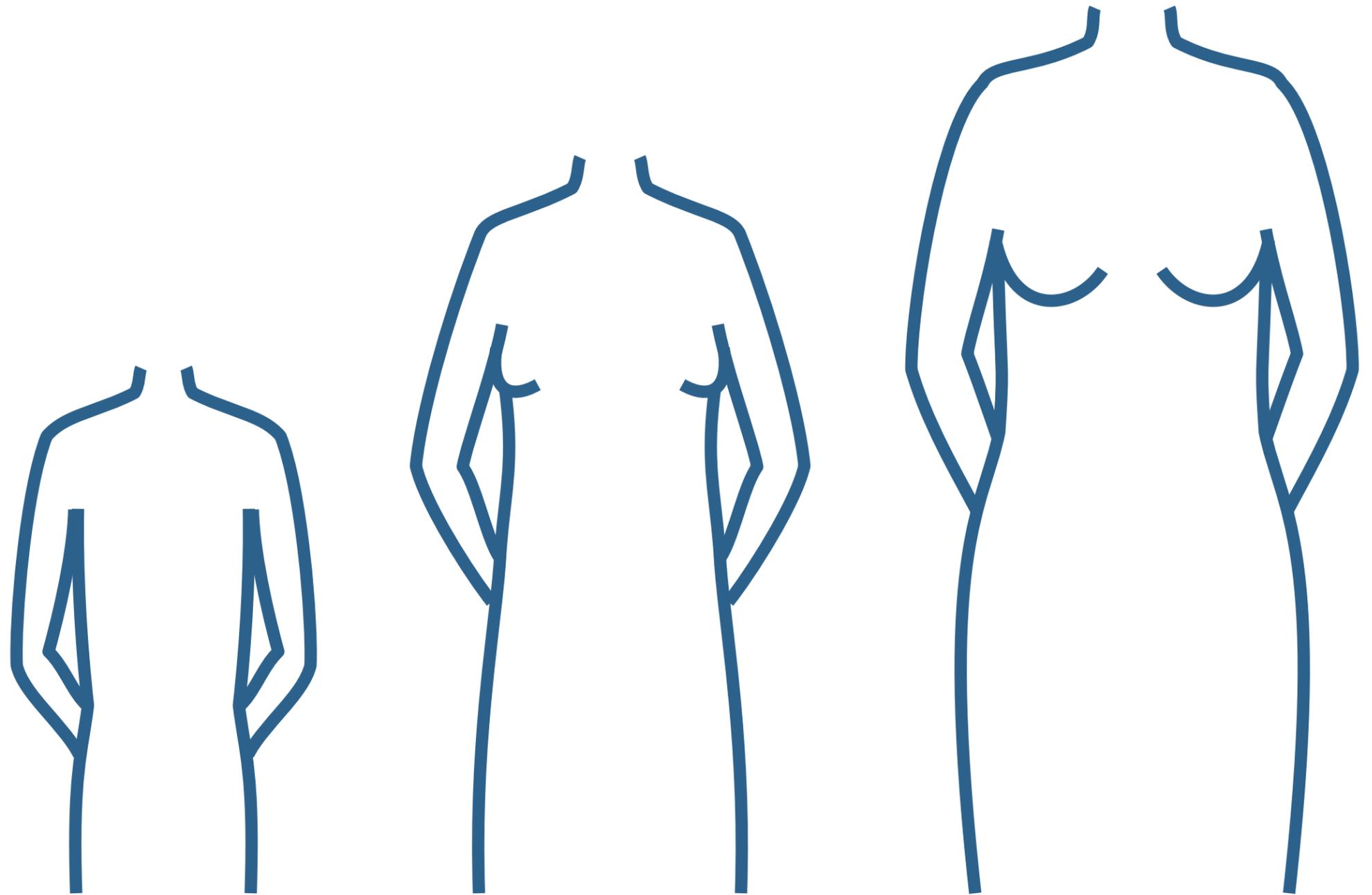
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PUBERTY....

An Amazing Journey

What changes happen during puberty?

What causes all that change?



Female Hormones Puberty to Menopause

The same powerful hormones that cause all that amazing change in puberty are at work throughout most of your life. You can see on this chart how hormones change during a female's lifetime, building from childhood into womanhood. Menstruation is part of the cycle of hormone levels that change in your body. For many girls and women this monthly cycle is about 28 days long. These waves up and down represent those changes. Today we will talk more about those monthly changes in your body.

The part of the chart that shows hormone levels dropping is usually, for most women, between the ages of 45-55. During that time menstruation can be different from what it has been before. That is also normal. This time is called:

Perimenopause = Time of Change.

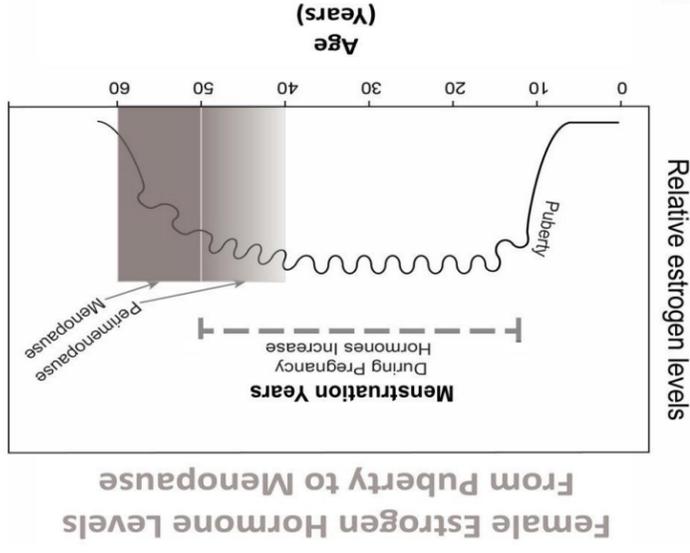
During this time:

- You may not menstruate every month.
- Your menstruation can be shorter (fewer days than usual) or longer (more days than usual).
- During menstruation the amount you flow can change (heavier menses or lighter menses).

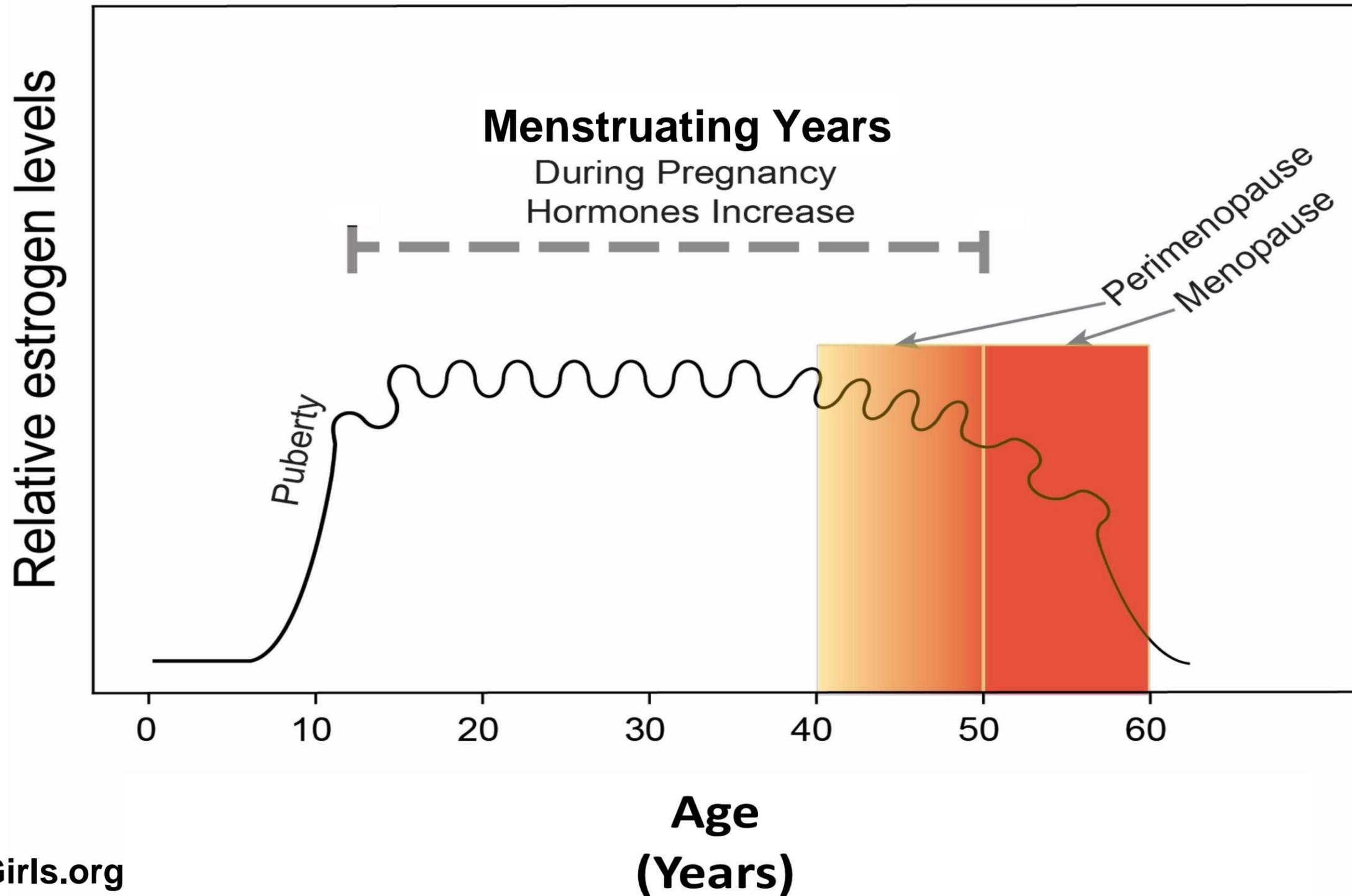
Menstruation usually stops between ages 45-55.

This is called Menopause.

- At the beginning of menopause, some women feel overheated even if they aren't in the sun or a warm place. This feeling can last 1 – 20 minutes and can happen any time. These are called Hot Flashes.
- At the beginning of menopause, some women sweat a lot at night. This is called night sweats. Not all women experience this.
- Urinary tract infections (UTI) can be more common for some. We'll talk about these later.



Female Estrogen Hormone Levels From Puberty to Menopause



Female Reproductive System

These are the parts of a woman's body that make it possible for her to grow a baby. We'll tell you more about the amazing way they work soon, but first we can learn what they're called. (Point to the parts as you name each of them.)

The uterus is an amazing muscular organ inside your body. The uterus is the womb that will cradle a fetus as it grows into a baby. A fertilized egg will implant here, and it is important for the uterus to have a nice fresh supply of nutrients to help the egg during early development. If the woman does not become pregnant, then the lining is cleared out during menstruation so that a fresh one can be built. This process is called menstruation.

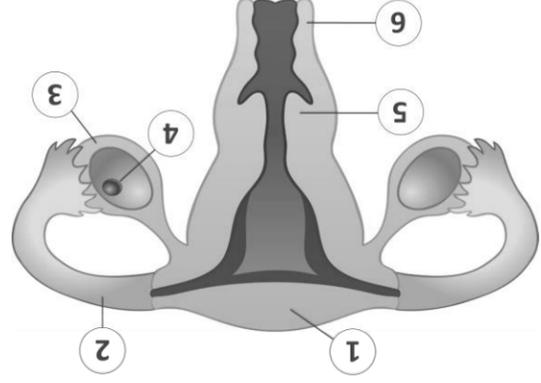
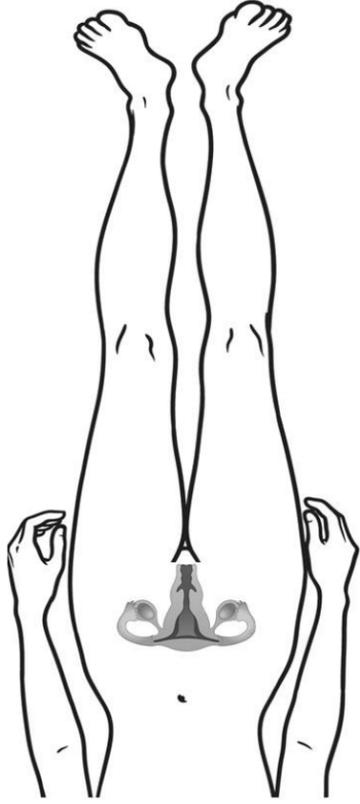
The uterus is the size of your fist but it is strong enough to grow large enough to hold a baby and then give birth. The uterus then return to the size of your fist. Isn't that amazing? The uterus is one powerful and important organ. This is what it looks like on the inside (show).

The Fallopian Tubes are the paths that carry an egg to the uterus.

Ovaries have thousands of tiny eggs. They release one egg every month.

The Cervix is at the opening of the uterus and it connects the uterus to the vagina.

This is the Vagina and this area is called the vaginal canal.



1. Uterus

2. Fallopian Tube

3. Ovary

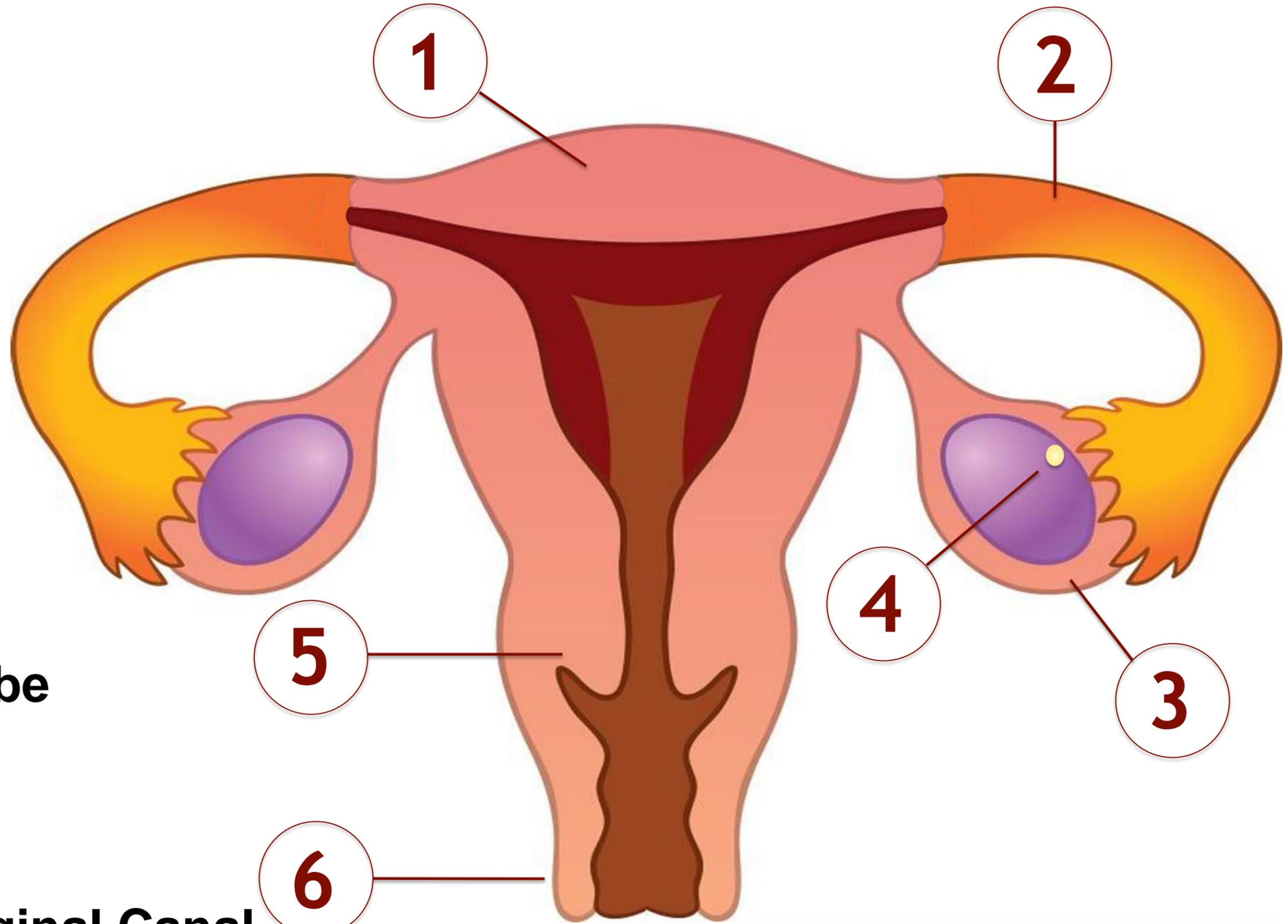
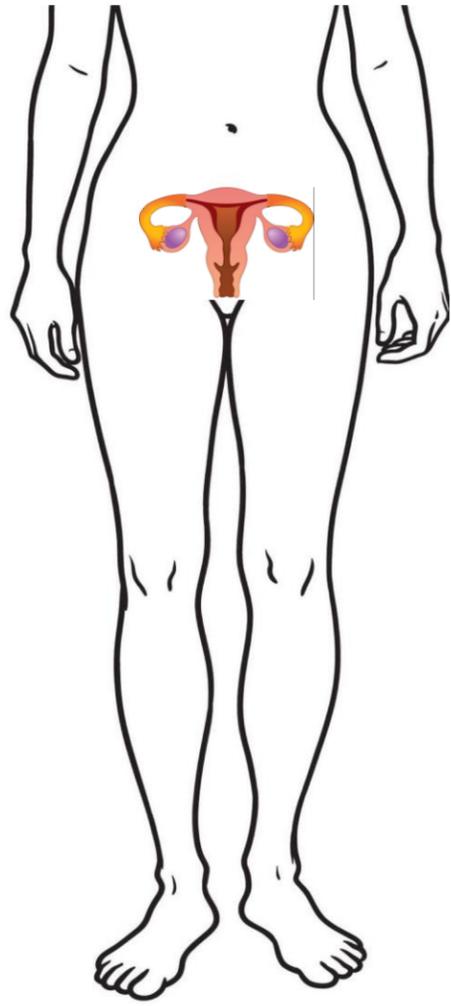
4. Egg

5. Cervix

6. Vagina &

Vaginal Canal

Female Reproductive System



1. Uterus
2. Fallopian Tube
3. Ovary
4. Egg
5. Cervix
6. Vagina & Vaginal Canal

You have many important body parts. Your arms, ears, nose, and legs are easy to see. These drawings show some of the other amazing parts of the female body.

- Here is the **uterus** and you can see how the **vagina** connects it to the outside of your body.
- The **bladder** is where we hold our urine (pee) until we go to the latrine. The **urethra** connects the bladder to the outside of our body.
- This is the **rectum** which stores the feces (poop) and the **anus** is where it comes out of your body when you use the latrine. All important parts of your healthy body.

This second drawing shows what a woman's body looks like between her legs. This is the outside part of women's reproductive organs. Women were created with a sensitive clitoris and a labia that enfolds and protects the urethra and vagina.

To stay clean and healthy, wipe from front to back. You can see from the second image that wiping from front to back can rub feces (poop) over your vagina and urethra. This can cause infections.

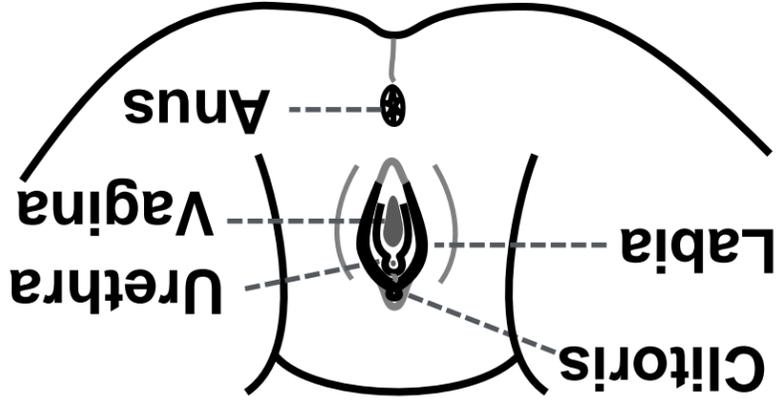
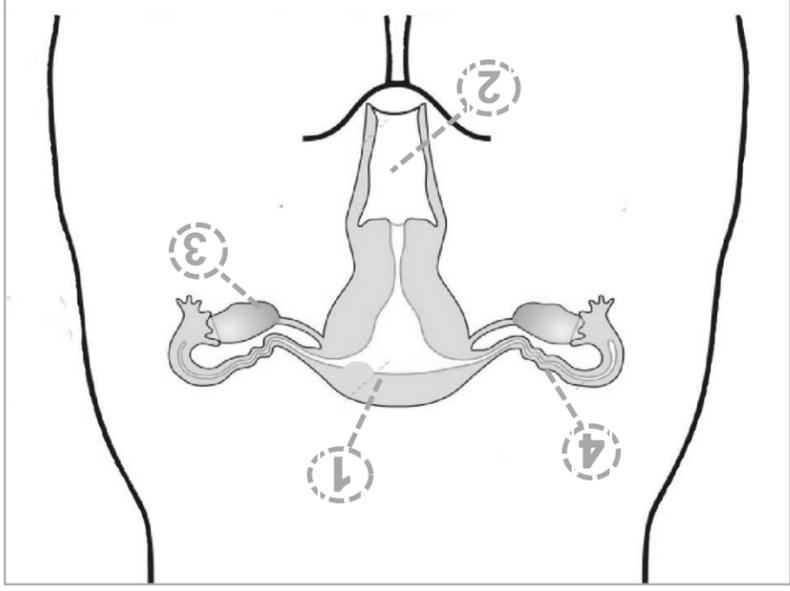
- Bathing often helps you stay healthy and smell fresh. This is important when you are menstruating too. Dry clothing and DFG kit items in the **SUN** until **totally dry** (the sun's light helps kill germs).
- Inside the Vagina is SELF-CLEANING like your eyes. You would not wash your eyes with a bar of soap. It is the same with your vagina. Your body keeps the inside clean and you keep the outside clean and dry to reduce infection and stay healthy.

- You can keep your pelvic muscles strong by doing Kegel exercises, squeeze your pelvic muscles (the same ones that help you wait to go to the washroom or latrine) 10 times a day.

If you feel itching and burning between your legs, you may have a Yeast Infection. First clean with soap and water. Keep the area as clean and dry as possible and keep your under clothes clean. For some women rubbing garlic (roughed to release beads of juice) and / or coconut milk to your skin may help with a yeast infection. Go to the clinic if pain continues.

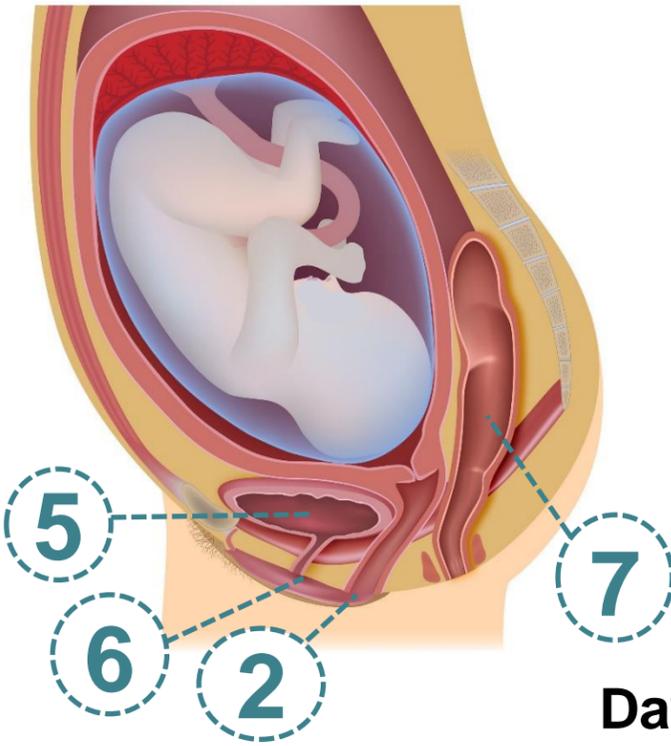
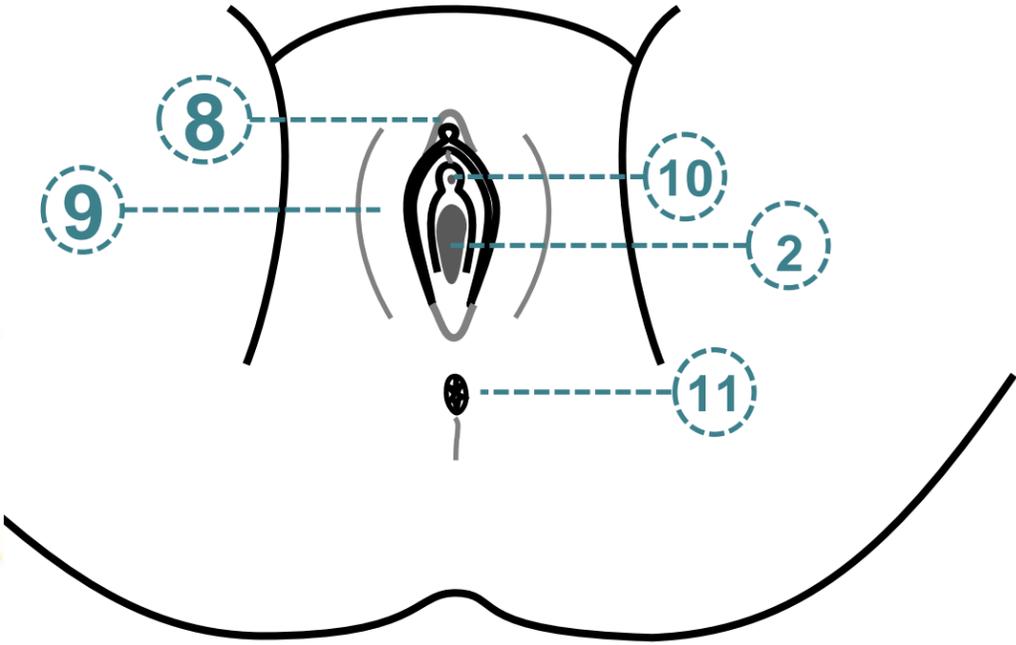
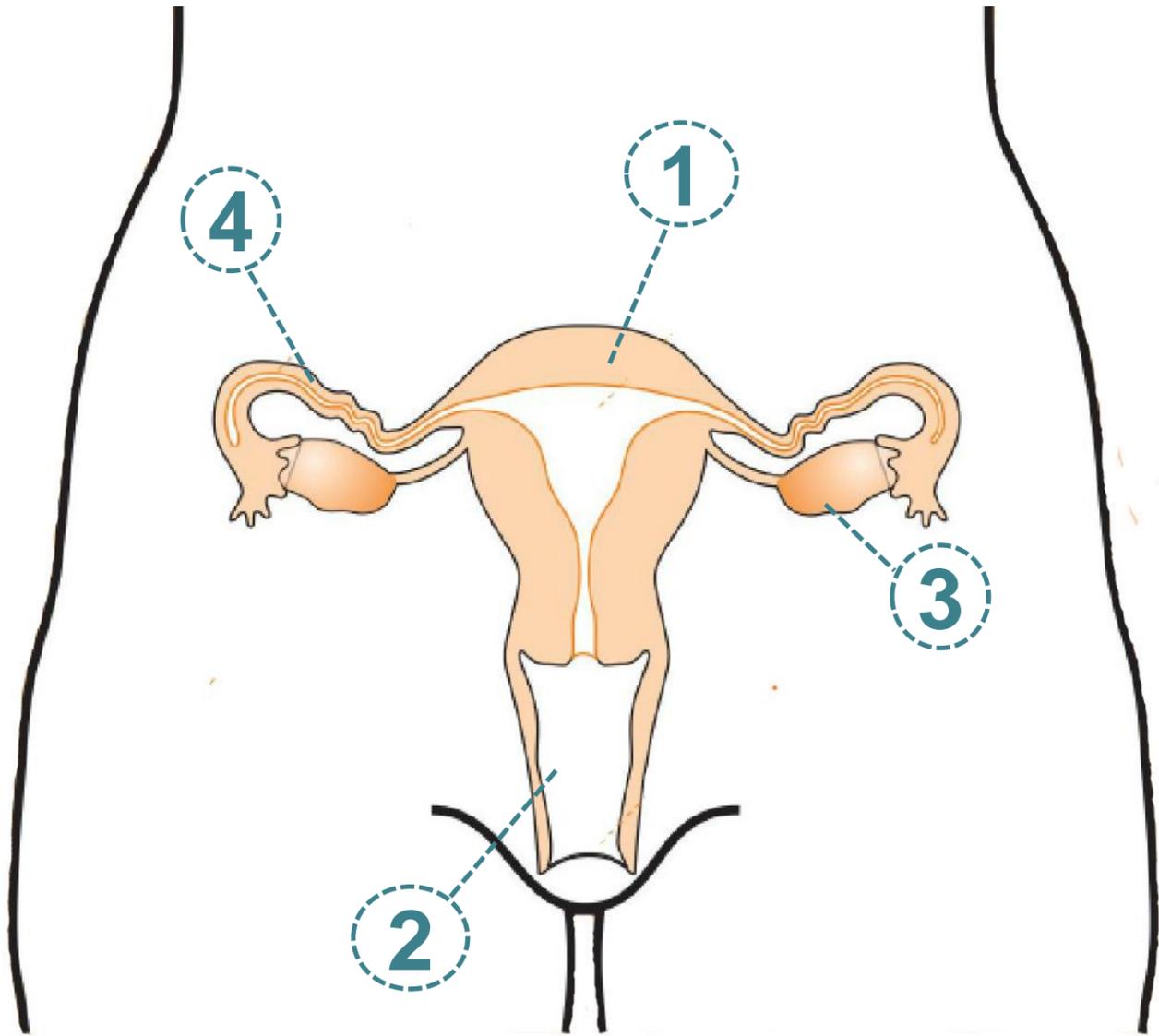
If you feel burning when you urinate (pee), the need to pee more often than usual, your pee is cloudy or smells different than usual, you may have a Bladder Infection. Drink a lot of fluids (water). As much as you can. Go to the clinic if burning continues. Stay healthy and strong.

1. Uterus
2. Vagina
3. Ovaries
4. Fallopian Tubes
5. Bladder
6. Urethra
7. Rectum
8. Clitoris
9. Labia
10. Urethra
11. Anus



Female Reproductive System and Genitals

- 1. Uterus
- 2. Vagina
- 3. Ovaries
- 4. Fallopian Tubes
- 5. Bladder
- 6. Urethra
- 7. Rectum
- 8. Clitoris
- 9. Labia
- 10. Urethra
- 11. Anus



Male Reproductive System

These drawings show some of the amazing parts of the male body. Do men look the same as women on the outside? No. They also look different on the inside.

This small drawing shows the outside of a man.

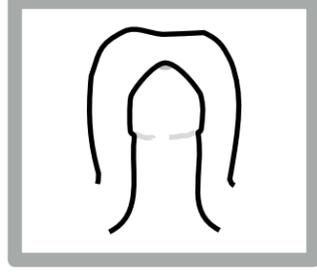
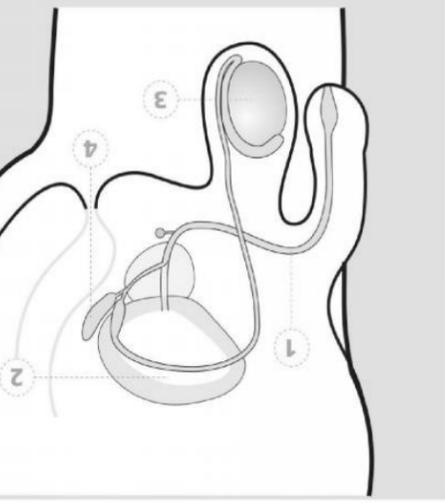
- This is called the penis.
- This is the foreskin. If a man is circumcised, he will not have a foreskin.
- This is called the scrotum. It is skin that holds 2 testicles. One amazing thing about men's bodies is that muscles in the scrotum automatically help keep sperm healthy by keeping testicles closer to the body if it is cold or farther away from the body if it is hot, the scrotum helps keep the temperature just right. We'll take about sperm more later.

This large drawing shows what a man's body looks like from the side. If we had special eyes that could see through our skin. This small picture of a man shows us where these parts are located.

- Men have a bladder and urethra, just like women, they just look different. In men the urine (pee) leaves the body from the opening at the end of the penis. What does the bladder hold? Do you remember what a urethra is?

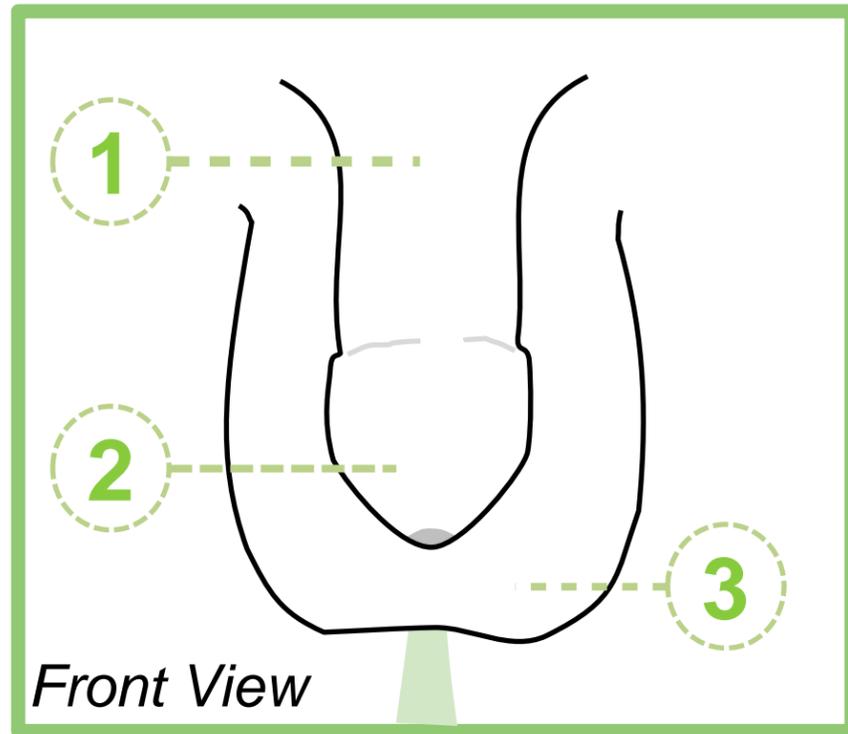
- Here is where a man's rectum and anus is. What do they do?
- This is a testicle. This is where sperm are made.
- This is sperm. They are very tiny (you can't see them with your eyes alone, but a microscope can see them). Most men produce sperm through their whole lives, which means that many can have babies until they are very old. Men do not go through menopause.

These parts of both women's and men's bodies are very sensitive. If a man is hit in the groin (between the legs), where his penis and scrotum are, it hurts a lot.

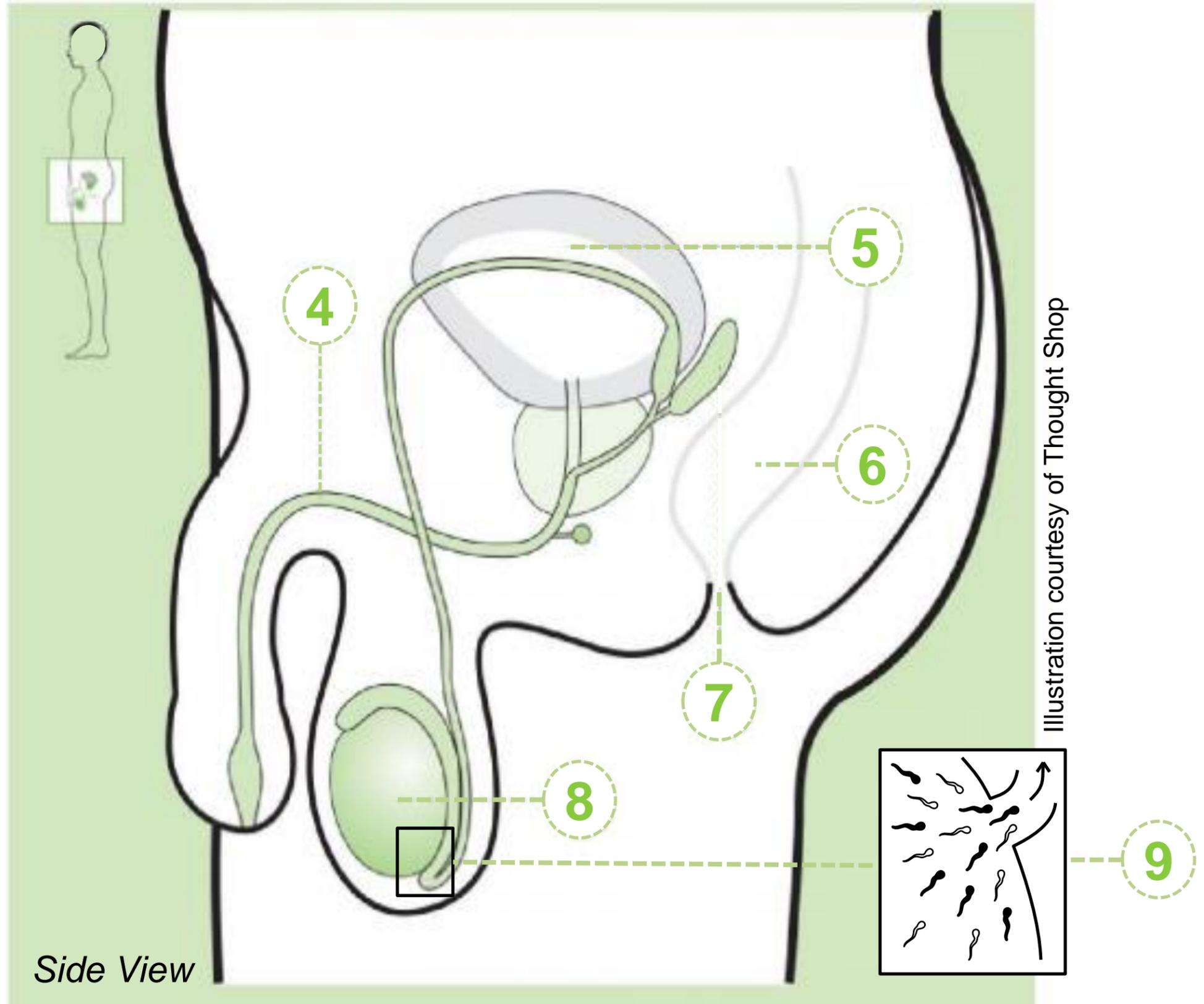


1. Penis
2. Foreskin
3. Scrotum
4. Urethra
5. Bladder
6. Rectum
7. Anus
8. Testicle
9. Sperm

Male Reproductive System



1. Penis
2. Foreskin
3. Scrotum



Side View

Illustration courtesy of Thought Shop

How Babies Happen

Intercourse / Penetration

- Intercourse is when a man's penis enters (penetrates) the woman's vagina/vaginal canal. A fluid comes out of a man's penis (ejaculation). This fluid is white/yellowish and it has thousands of sperm in it. This is called semen.

- Sperm swim up the vagina (they are very fast), through the cervix into the uterus, and finally into the fallopian tubes.

- If there is an egg in the uterus or a fallopian tube, a sperm joins the egg and starts to grow into a baby.

- Sperm can live in the fallopian tubes for about 3 days.

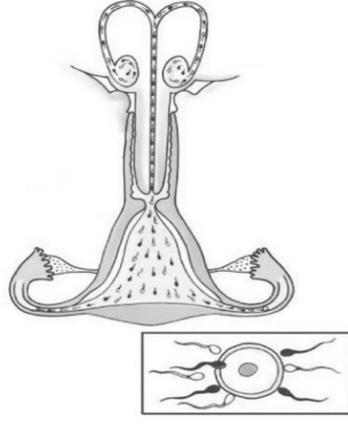
- Do you see that you can get pregnant even the first time you have intercourse/penetration? The only way to be 100% certain you will not become pregnant or sick with STD's is to not have

intercourse. (*Invite local clinic to discuss other options to avoid getting STD's and avoid pregnancy here.*)

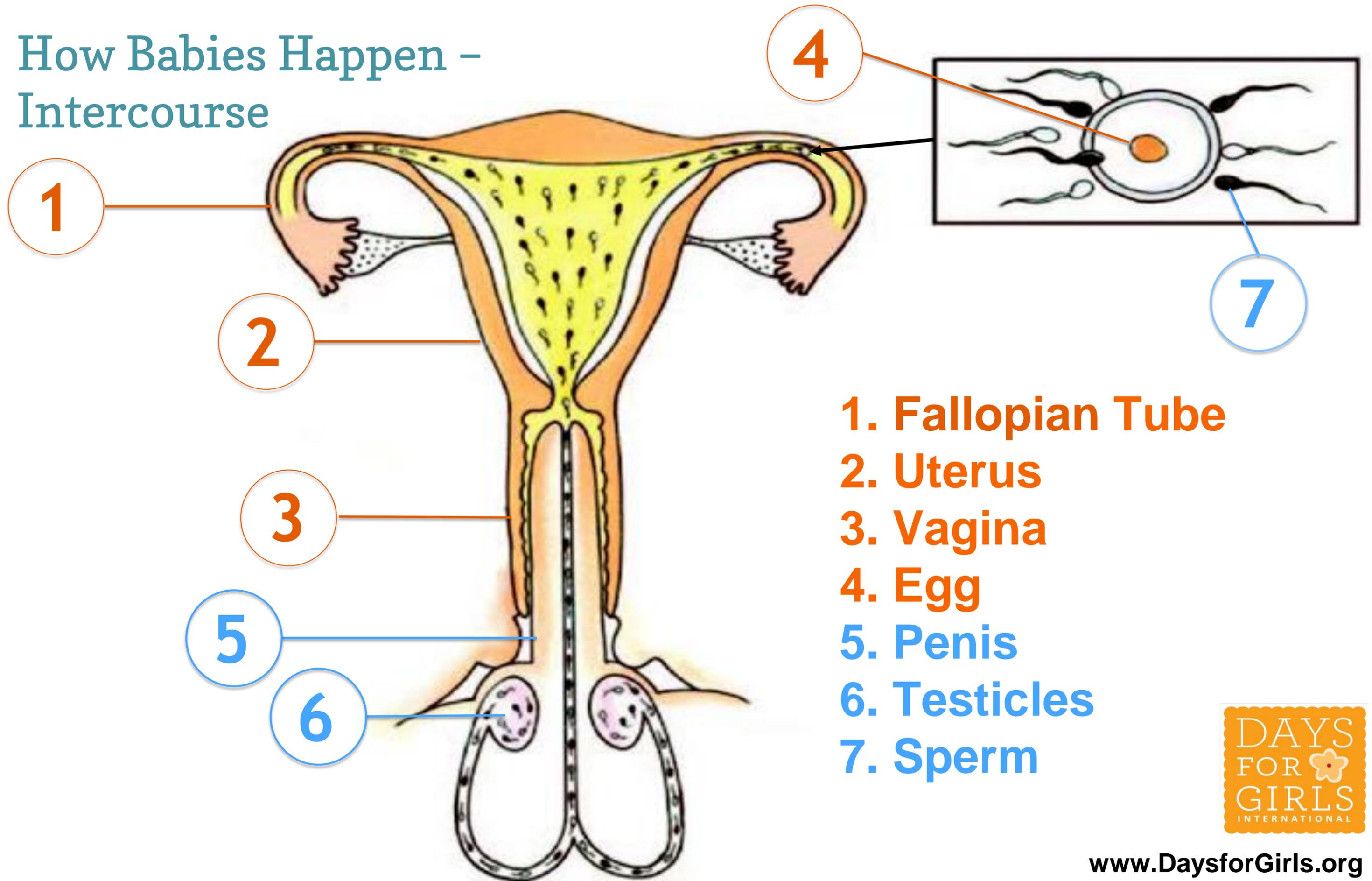
- Whether it grows into a baby boy or girl is decided by which of the male's sperm joins the egg.

- Girls under the age of 18, who get pregnant, and their babies are much

more likely to have problems than mature women because the girl's body isn't finished growing inside. Complications during pregnancy and childbirth are the second highest cause of death for 15-19 year-old girls.



How Babies Happen – Intercourse



- 1. Fallopian Tube
- 2. Uterus
- 3. Vagina
- 4. Egg
- 5. Penis
- 6. Testicles
- 7. Sperm

The Menstrual Cycle

The cycle of building and shedding of the uterine lining is called the menstrual cycle.

A typical cycle is 28 days, but it is different for all of us. Cycles from 21 to 45 days can often occur. Females do not have periods until puberty. Most female's begin their first period is between 8 - 16. The menstrual cycle continues regularly until menopause. Menstruation also ceases during pregnancy.

Menstruation, or a **menstrual period**, is the periodic shedding of the lining of a woman's uterus. It is one of the phases of the **menstrual cycle**. The uterine lining breaks down into a bloody substance. It then passes down through the cervix and exits through the vagina. The process usually lasts from **three to five days**, but it is different for all of us.

For some women it can last 2 days. For others 7 or even 8 days. The number of days might change from one month to the next. This is normal. If your flow lasts more than 15 days it is a good idea to go to the clinic. The amount of menstrual blood can vary from period to period and from woman to woman. We often call this "bleeding" because it looks like blood but very little of it is really blood (about 11%). Menstruation fluids can range in color from pink to red to brown. Menstruation is a natural and important process. It is the sign of a healthy girl or woman.

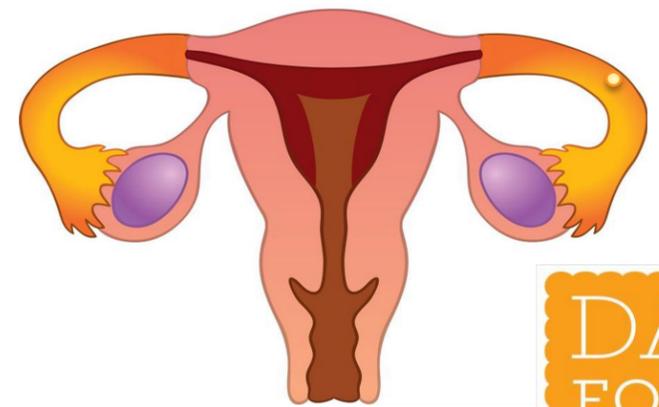
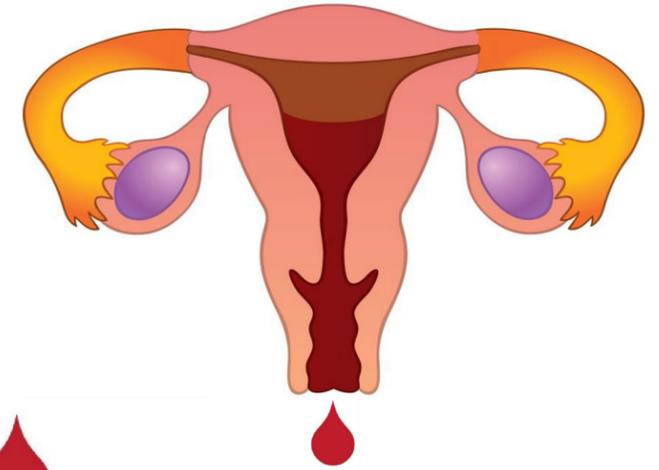
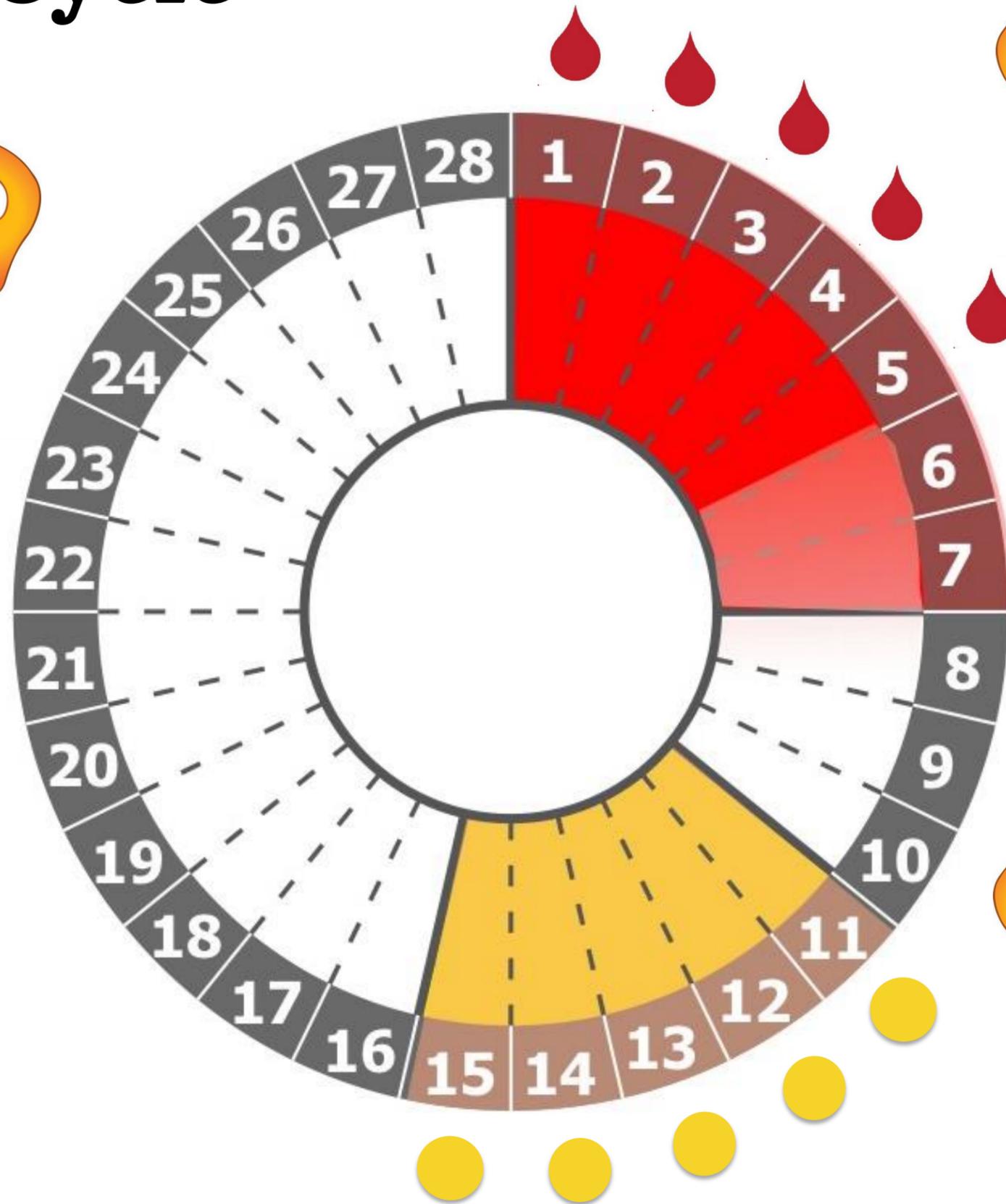
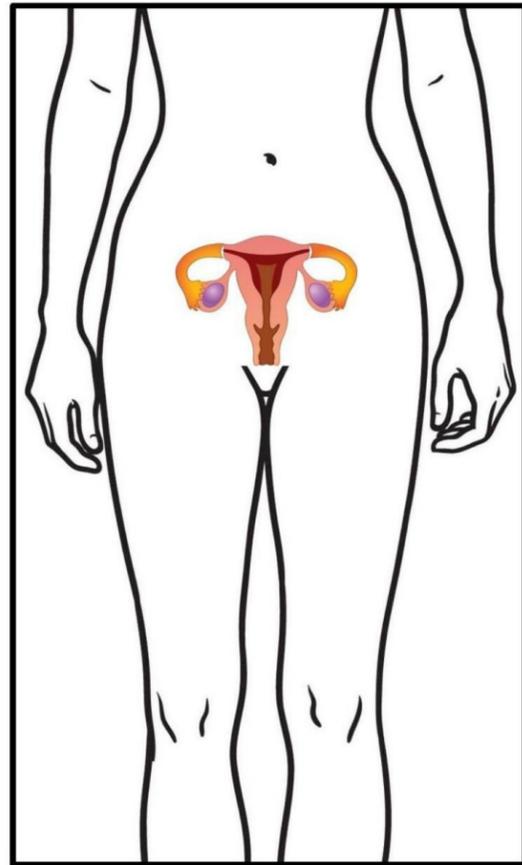
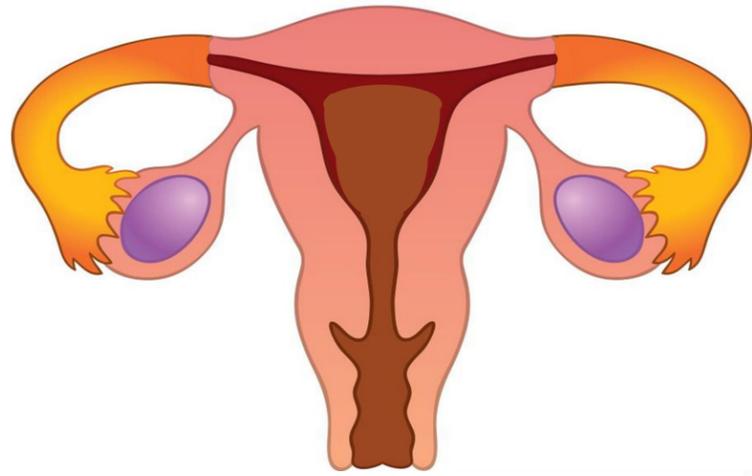
For some girls menstruation can be irregular for the first few years. This means that you might have only a little spotting of "blood" or menstruate one month and not the next month. You may even go a few months without menstruating. This is normal.

A menstrual cycle can be measured by counting the time from when one menstruation starts until the next one begins. So, if you count the days from the first day of your menstruation (bleeding) to the first day of your next menstruation (bleeding), you will know the number of days in that menstrual cycle. Some women have a cycle that is the same number of days each month. Other women's cycles might be different from month to month.

You can mark the days you bleed on a calendar to know when to expect your menstruation. We'll explain that more.

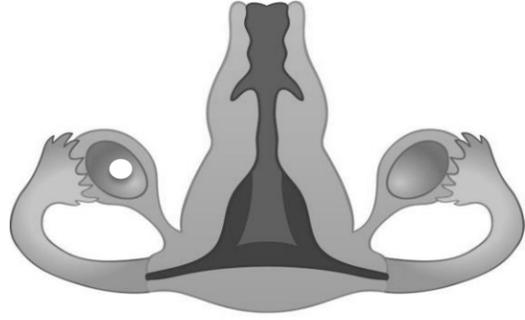
There are only 4-5 days of the month when you can get pregnant but we don't always know when those days are. Some people can figure out when they are most likely to get pregnant, but not everyone can. You can become pregnant anytime during your cycle, though for some it is less likely outside of ovulation. Because it is really hard to know **when** you can get pregnant, it is very important to be careful **every time** you have intercourse if you are not trying to have a baby. Your clinic can tell you more.

Menstrual Cycle



Your Body Gets Ready to Release

an Egg



About days 8-10:

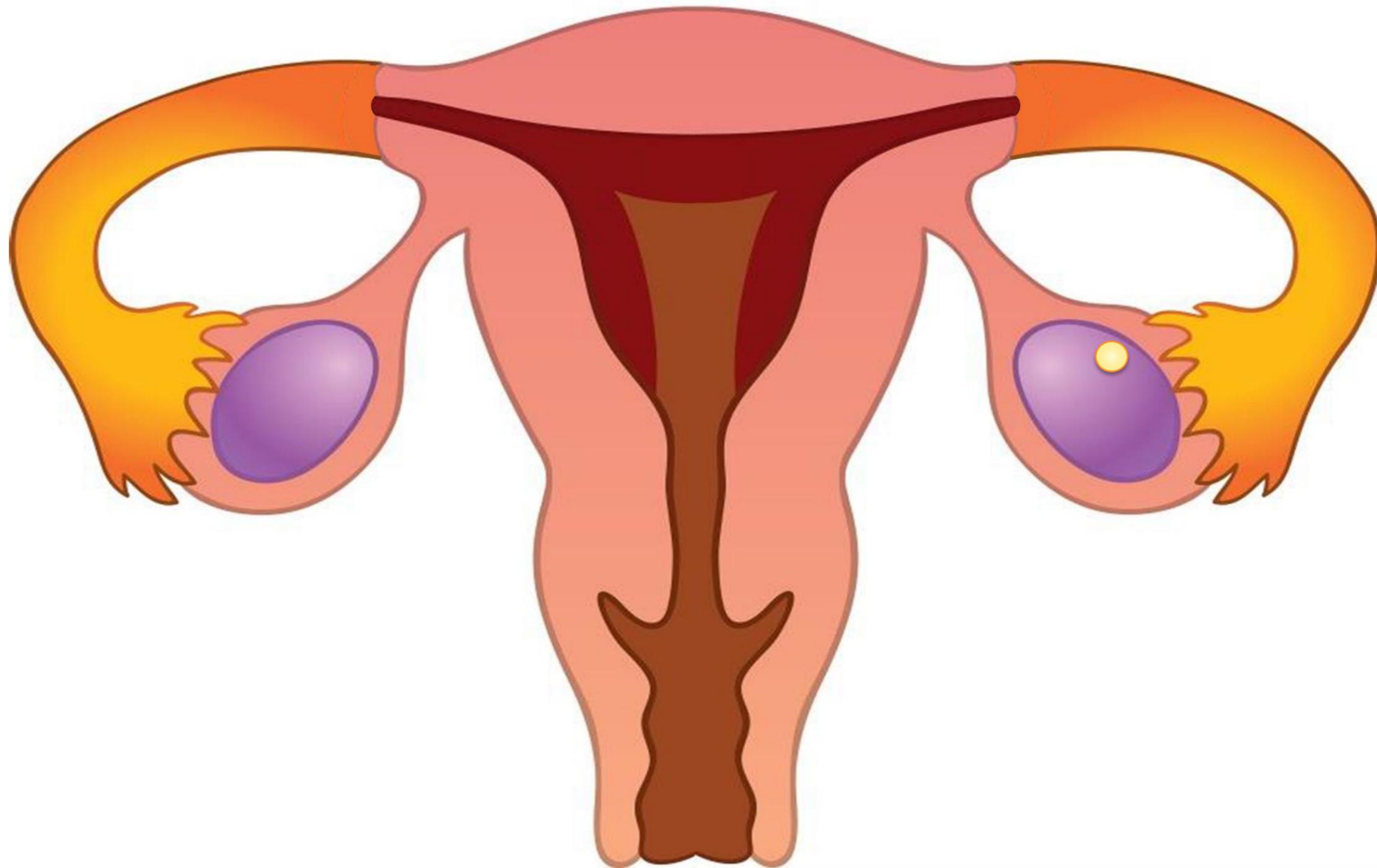
You are born with all the eggs you will ever need. Hundreds of thousands of them! This means that you have plenty of time to have a baby - you don't have to get pregnant as soon as you start menstruating. Your eggs will be there when you're ready. In fact, waiting can make having a baby much safer, because your body will be more ready (hips have time to widen, etc.) In the meantime, you can study, learn, grow and make plans for the future.

- Girl's and women's bodies tell the ovaries to get an egg ready.

- You have enough eggs to last until menopause. You start menopause when you don't have any more eggs, usually between the age of 45-55.

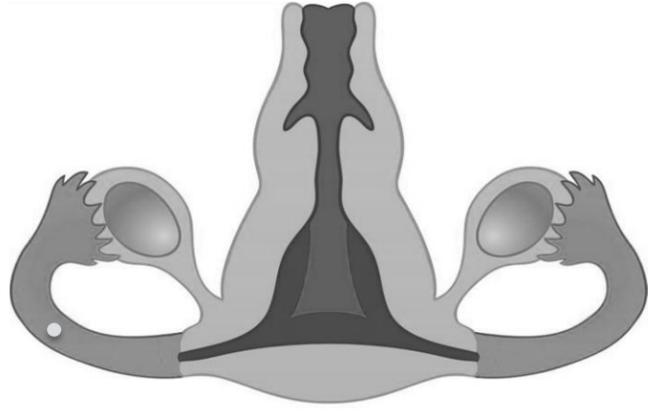
- In this part of your monthly cycle the walls of the uterus start to build a soft lining where a baby can grow. Your body is "practicing" so that when you're older your body will be ready to have a baby.

Your Body Gets Ready to Release an Egg



Egg Release/Ovulation

About Days 11-15:



- The walls of the uterus continue growing thicker.

- Ovulation occurs when an egg is released from an ovary.

- The egg travels through a fallopian tube to the uterus.

- If you've had intercourse (penetration) and a sperm joins the egg, then they start growing a baby. Most of the time, a sperm doesn't join an egg.

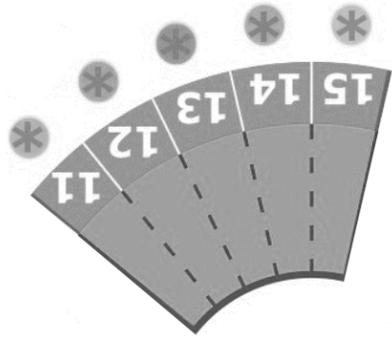
- Girls-women are **most likely to become pregnant** for about 5 days near the time they ovulate. It is really, really hard to know when you ovulate. Some women can figure out when they ovulate, but some can't. Because it is hard to know when you ovulate, it is important to use precautions when you have intercourse if you don't want to get pregnant. (Have a local clinic explain local resources and campaigns)

- The healthy time to become a mother is **after** age 18, not when you begin to menstruate.

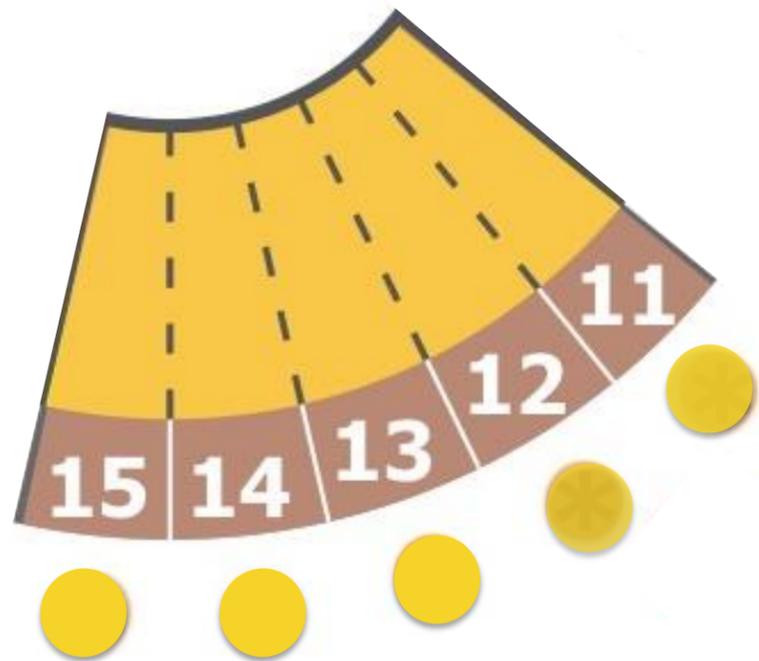
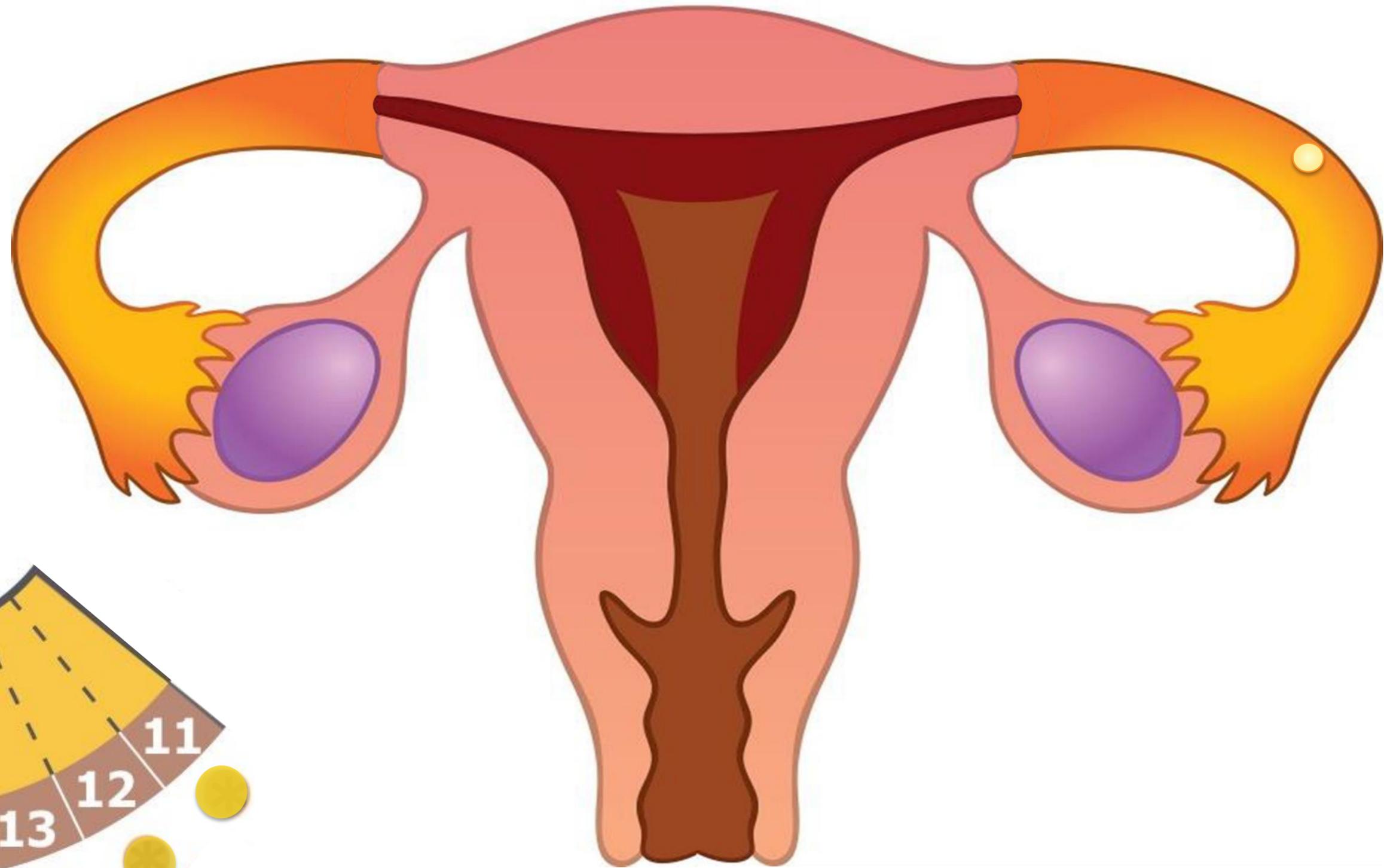
- Girls under the age of 18 and their babies are much more likely to have health problems. A young girl's body needs time to develop so she can have safer deliveries and healthier babies.

- Two problems that can occur if you have a baby when your body is not mature is fistula. A fistula is a tear in the vaginal canal or rectum. This is odorous and painful. A prolapse is when the uterus tissue sags into the vaginal canal. Some special clinics can try to fix this. If it happens seek help.

Interesting Fact: A woman's body does not decide whether the baby is a boy or a girl. The sex of a baby is decided by which sperm joins the egg.



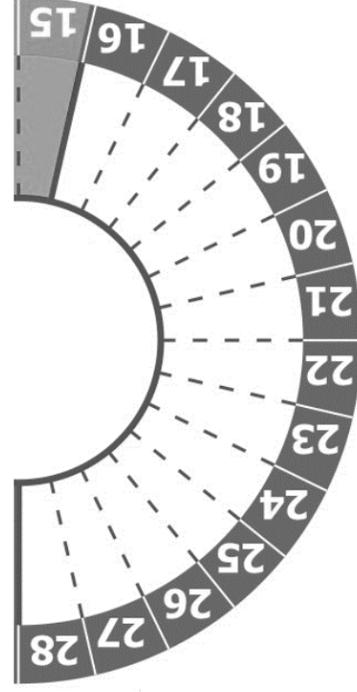
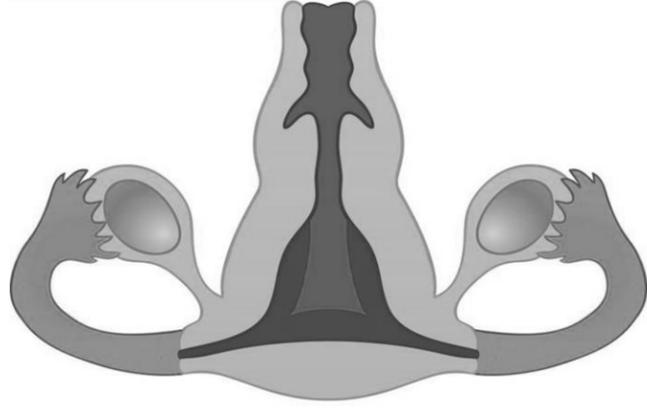
Egg Release/Ovulation



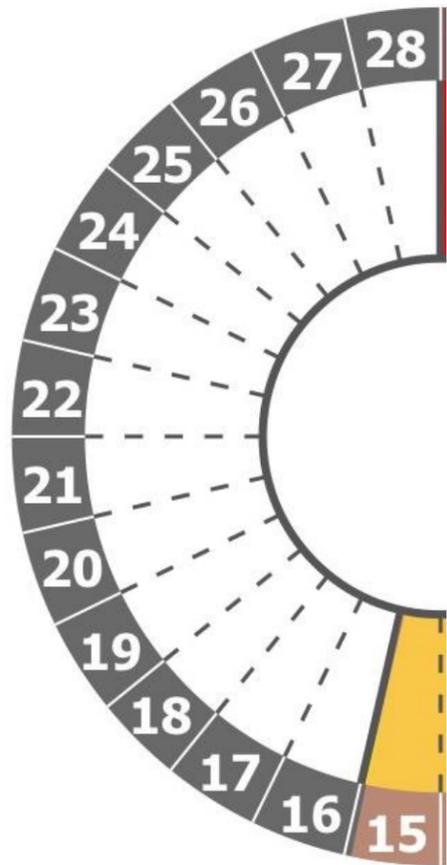
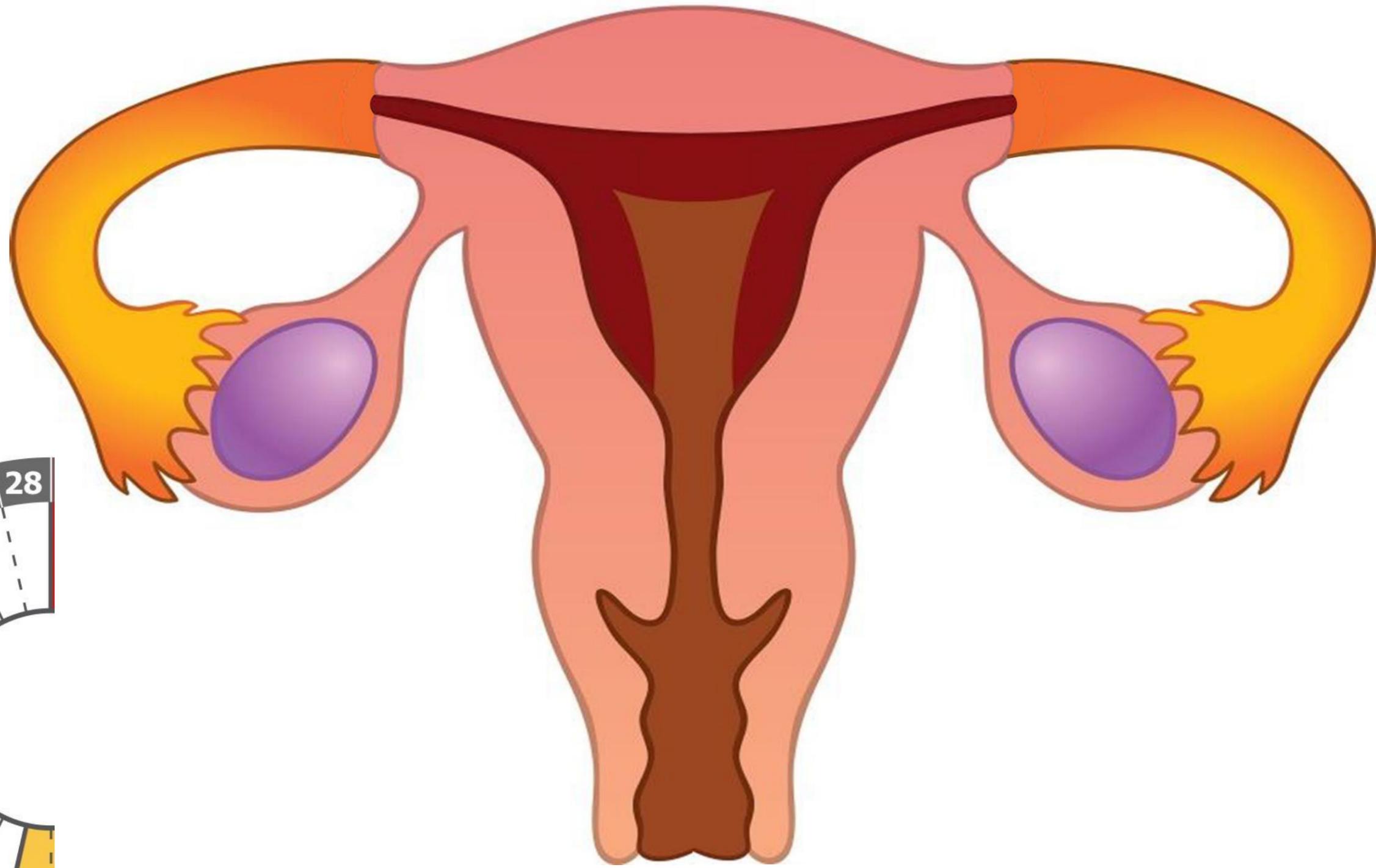
After Ovulation Until Menstruation

About Days 16-28:

- An egg is completing the journey to the uterus.
- If the egg is joined by a sperm, the lining of the uterus becomes thick and soft to accept a baby.
- If the egg is not joined by a sperm it breaks down.
- Right before menstruation, the lining of the uterus begins to get thin so it is easier for it to leave your body.



After Ovulation until Menstruation



Menstruation

About Days 1-7 (Menstrual Bleeding):

The time when girls or women bleed is called menstruation.

What do people you know call it?

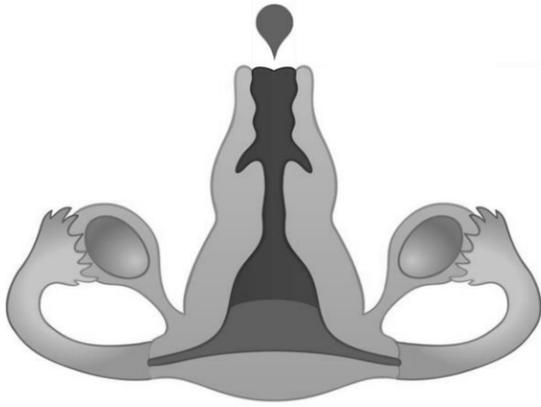
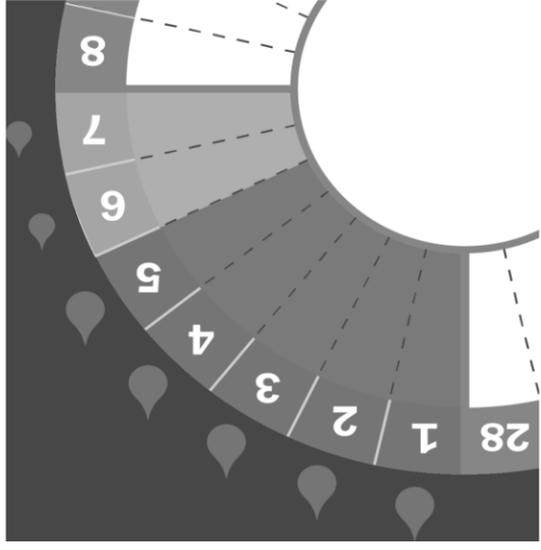
● Menstruation is a natural part of being a healthy girl-woman.

● As the uterus releases the menstrual lining, sometimes this can cause some girls or

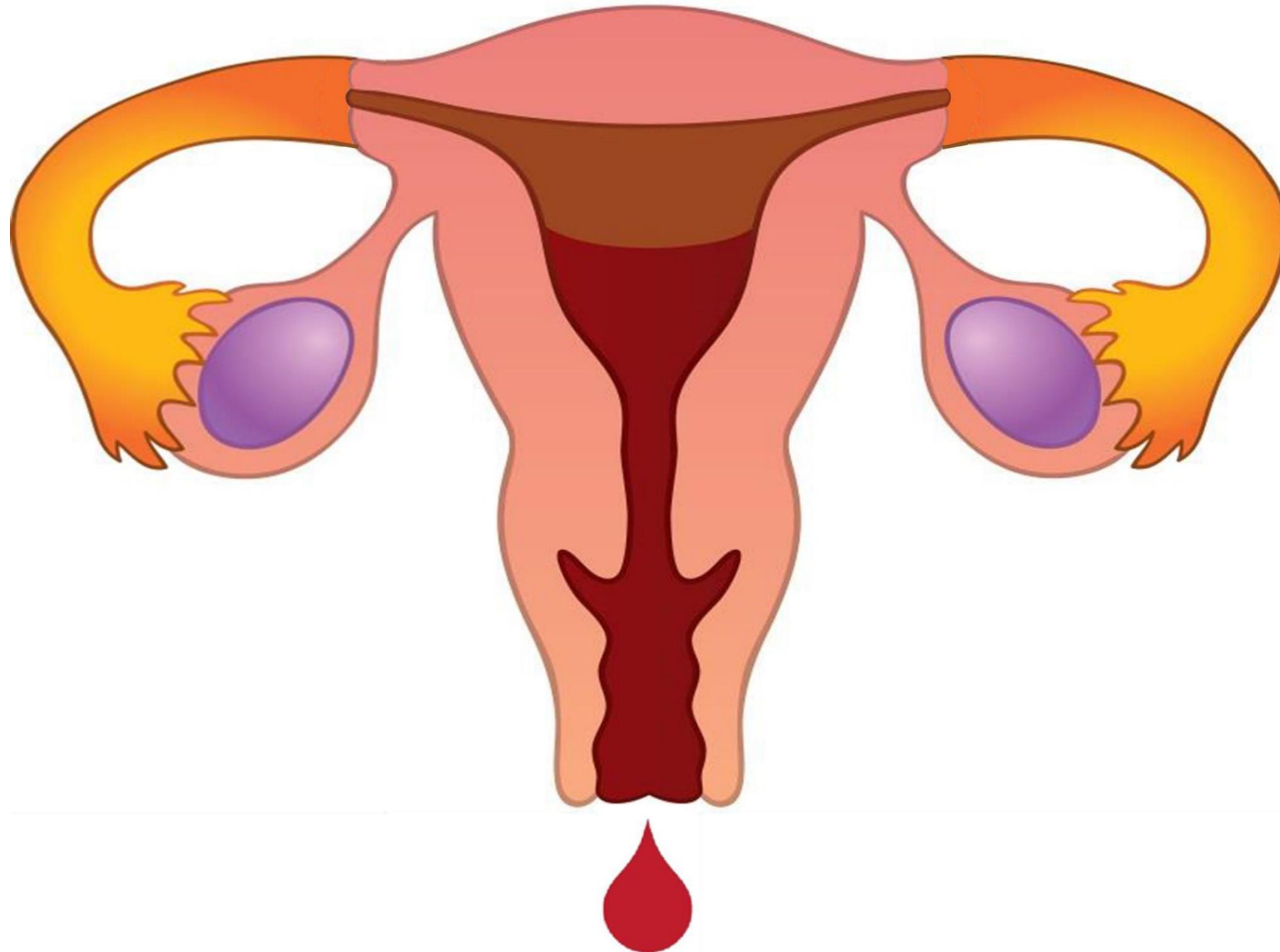
women to have pain in their lower belly (abdomen) and lower back. If you have unusually severe cramps for more than 2 - 3 days, visit the clinic.

● Remember: The healthy time to become a mother is **after** age 18, not when you begin to menstruate. Girls under the age of 18 and their babies are much more likely to have health problems. A young girl's body needs time to develop so she can have safer deliveries and healthier babies.

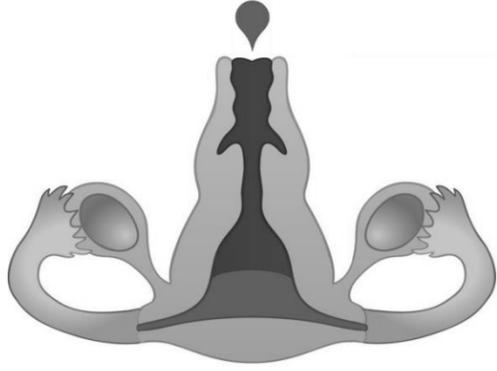
Tip: Some girls and women have pain called "cramps" when their body is releasing the blood and fluid out of their body. You can help your body ease the cramps by moving your body around and by putting something warm on your lower belly or lower back.



Menstruation



Menstrual Cycle



Every woman's menstrual cycle is different. This chart shows an average 28 day cycle with 3 - 7 days of menstruating (bleeding), but you may menstruate 1 day or as many as 10 days. This is normal.

Let's Review:

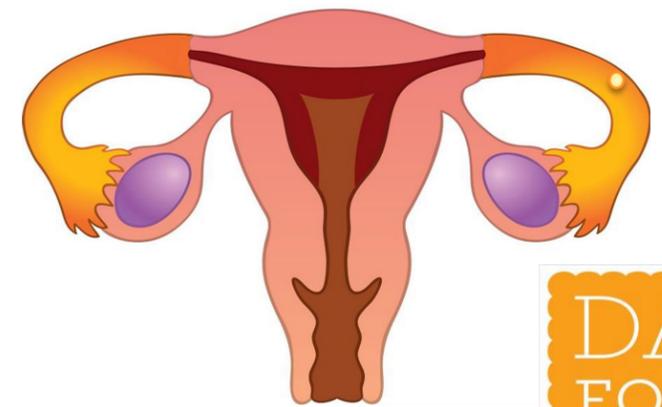
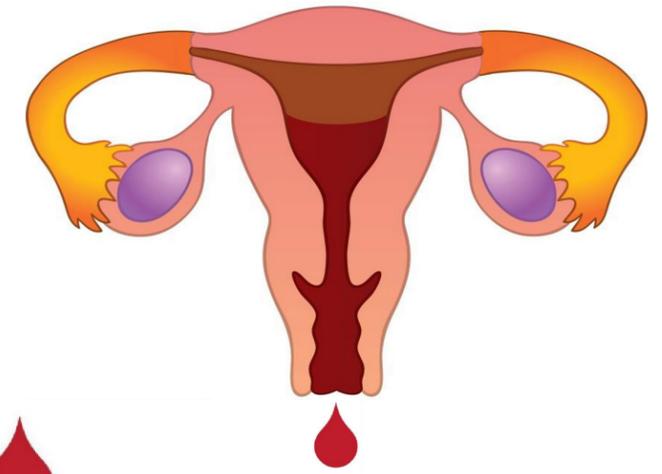
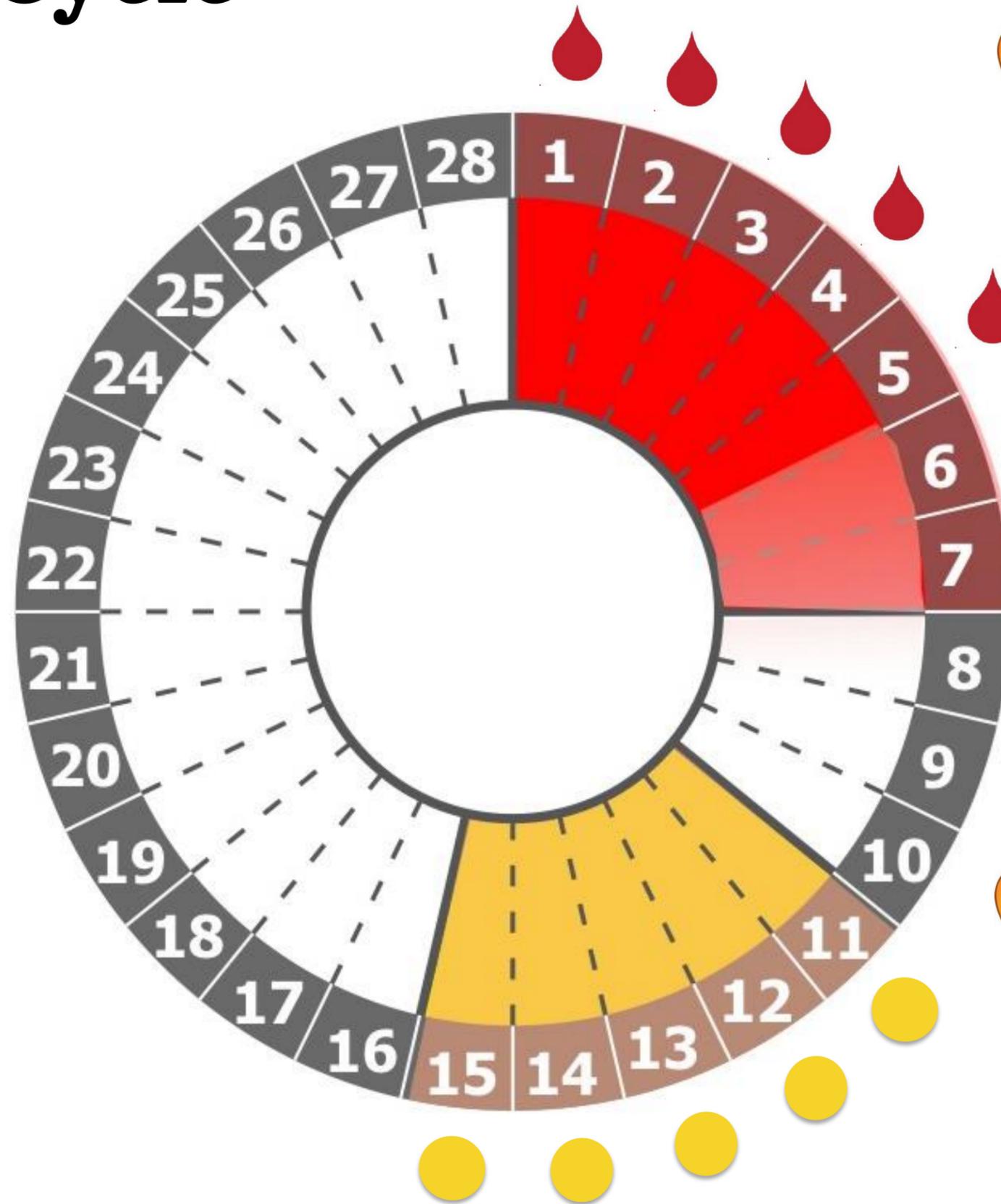
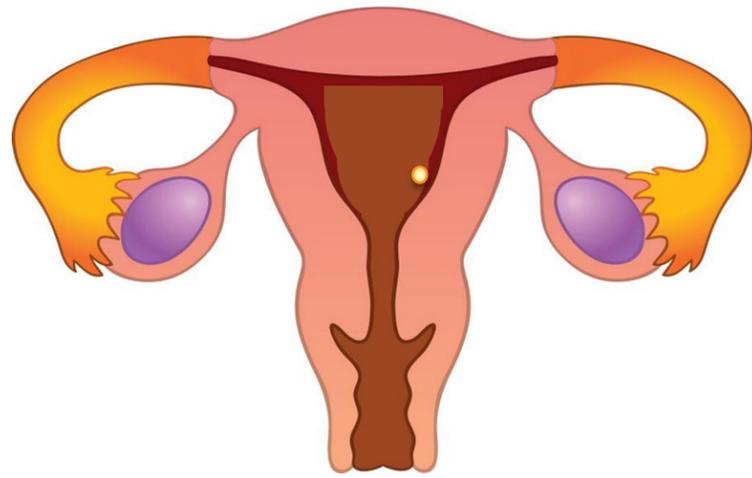
- **When are girls-women are most likely to become pregnant?** (For about 5 days around the time they ovulate.)

- **Can we know when we ovulate?** (Some women can but it is really, really hard to know when you ovulate. It takes a lot of understanding about your own cycle. Because our bodies are all different, some women will not be able to know when they are most likely to become pregnant.)
- **Because you don't know when you ovulate, what should you do?** (Use precautions when you have intercourse if you don't want to get pregnant and don't want STDs.)
- **When you start menstruating does that mean it is time to get pregnant?** (You are born with all the eggs you will ever need. Hundreds of thousands of them! This means that you have plenty of time to have a baby. Your eggs will be there when you're ready.)

- **When is a healthy time to become a mother?** (After age 18, not when you begin menstruating.)

- **Why is it healthier to wait until after you turn 18?** (Because after age 18 the girl's body is finished growing inside and her baby will be more likely to stay healthy.)

Menstrual Cycle



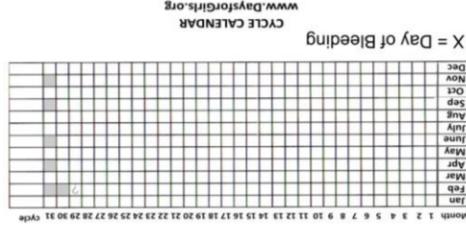
Menstrual Cycle Calendar

We include a calendar with your DfG kit so that you can keep track of when you menstruate.

This bottom part shows how the calendar and menstrual cycles work. Your cycle doesn't usually start on the same day each month. At the bottom of the page the example shows that this woman's menstrual cycle started on the 8th day of March and then again on the 4th day of April. You can see here that in March she menstruated for 6 days and in April she menstruated for 4 days.

Here is how to use your calendar:

- Put an **X** for the days you menstruate (bleed). Do not press too hard or you will rip your paper.
- Can you show me this month on this calendar?
- If you started your menstruation today, what would you do?
- If you were still menstruating tomorrow, what would you do?
- If you continue to mark your calendar, you will start to see when to expect your menstruation.



For the first year or so after menstruation starts, menstruation can be irregular. This means that you might menstruate one month and not the next month. You may even go a few months without menstruating. This is normal.

If you have very regular menstruation, then you may even be able to determine when you are ovulating.

It's a good to go to the clinic:

- If you are over 16 years old and you haven't started your menstruation or if you bleed more than 15 days in a row.
- If you bleed a lot more than you normal or have unusually strong pain.
- If you notice unusual colored discharge or a bad odor. (These may be signs of infection)
- If you stop menstruating, you may be pregnant. If you're between 45 and 55 years old, you could be starting perimenopause.

Days for Girls Menstrual Kit Components

Days for Girls Pods

- A colorful, waterproof Shield to keep your clothes clean and dry.
- The Shield holds liners in place.
- Two (2) absorbent tri-fold liners.
- One (1) moisture-proof bag to store and wash dirty items.
- A full year Calendar to track when you bleed.

Days for Girls Starter Kit

- Everything in a pod **PLUS:**
- Two (2) more absorbent liners for a total of four (4).

Days for Girls Deluxe Kit

- Everything in the Starter Kit **PLUS:**
- One (1) more Shield for a total of two (2).
- Four (4) more absorbent liners for a total of eight (8).
- One (1) more moisture-proof bag for a total of two (2), one to store clean items and the other to wash dirty items.
- One (1) sturdy cloth bag for travel and storage.

Menstrual Cup

Menstrual Cups last up to 10 years and you can wear it for 8-12 hours. That costs less and it is convenient.



Washing Instructions for Days for Girls Kits

- To stay healthy and not be sore or infected it is very important to correctly clean and dry your menstrual items.
- Remember to wash gently - If YOU take good care of your Days for Girls Kit, it will last 2-4 years.

1. When you are ready to change your liner, take the soiled one out of the shield, and put it in the plastic bag. Then put a clean liner in the shield. As soon as you can, wash your used items. Wash dirty items at least once a day.

3. Add a little bit of water in the plastic bag with the dirty items and let them sit in the water for a few minutes.

4. Pour out the most “colorful” water in the latrine.

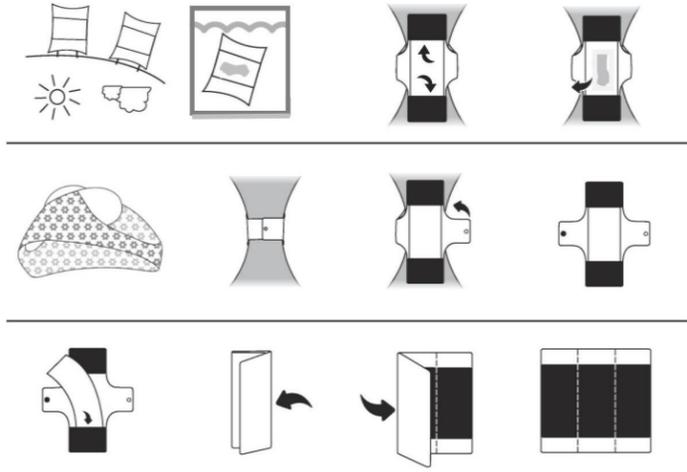
5. Wash bloody items gently with soap and then rinse the soap out with water. Keep rinsing until the rinse water is clear (not dirty).

6. Note: Items may be stained after washing. This does not mean they are dirty. They are clean when you’ve washed them with soap and the rinse water is clear.

7. Hang the wet items in the sun until they are totally dry because that helps kill germs that cause infection. We’ll talk more about germs soon.

8. The liners can (but are not required to) be ironed to help them dry faster. Do not iron the shield. It can melt the plastic moisture barrier inside.

10. Store items when they are clean and totally dry.





USE SOAP! ←

- Cleaning with soap and water helps us to stay healthy.
 - Germs cause infection and illness. They are so small that you can only see them with special magnifying microscopes. Germs are part of life.
 - Germs are so tiny that we can not see them with our eyes but they get passed around easily when we touch things. (You can use GLITTER or paint to symbolize germs, shaking hands to show how they spread from person to person.)
 - Germs can cause infection and make us sick. Germs cause diarrhea, and many other health problems.
 - There is a simple way to stay more healthy – it starts with soap. (SHOW SOAP)
 - Staying more healthy is as easy as washing your hands well with soap and water.
 - There are 4 parts to our hands that need to be cleaned – front, back, between the fingers, and finger nails. (Show how to do: Best Friends > Model Hands > Weaving > Nice Nails)
 - You should wash your hands for the time it takes to sing “Happy Birthday Clean Hands.”
 - Have someone volunteer to lead them through all the steps of hand washing while singing.
- When is it really important to wash your hands?**

BEFORE & AFTER:
 Helping a person who is ill

AFTER:
 Touching an animal
 Using the Latrine
 Cleaning a baby's bottom

BEFORE:
 Preparing food
 Eating
 Feeding children

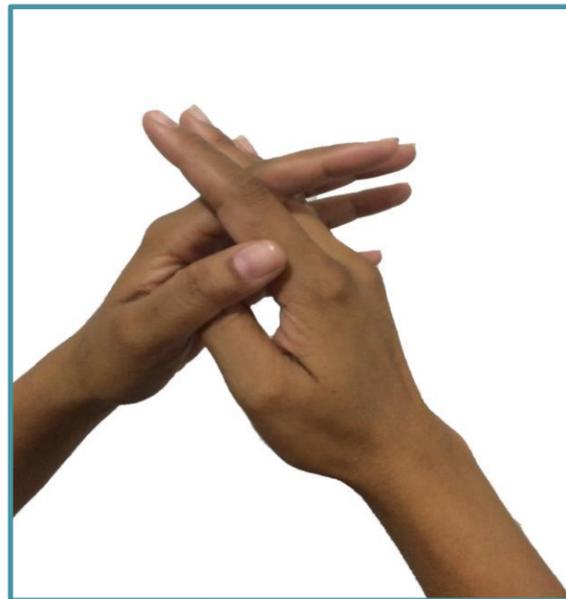
Remember – Washing hands saves lives!

Washing Hands Saves Lives

**WET HANDS > TURN OFF WATER > RUB WITH SOAP >
SING "HAPPY BIRTHDAY CLEAN HANDS" > TURN ON WATER > RINSE**



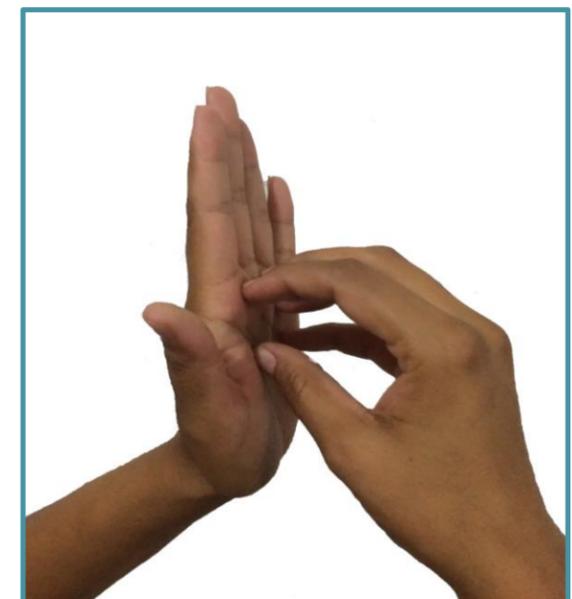
Best Friends



Weaving



Model Hands



Nice Nails

USE SOAP!



HOW TO BUILD A TIPPY TAP

SUPPLIES

- 2M (6.5 feet) forked sticks x 2
- 1M (6.5 feet) straight sticks x 2

Tools to dig

Water container

Gravel

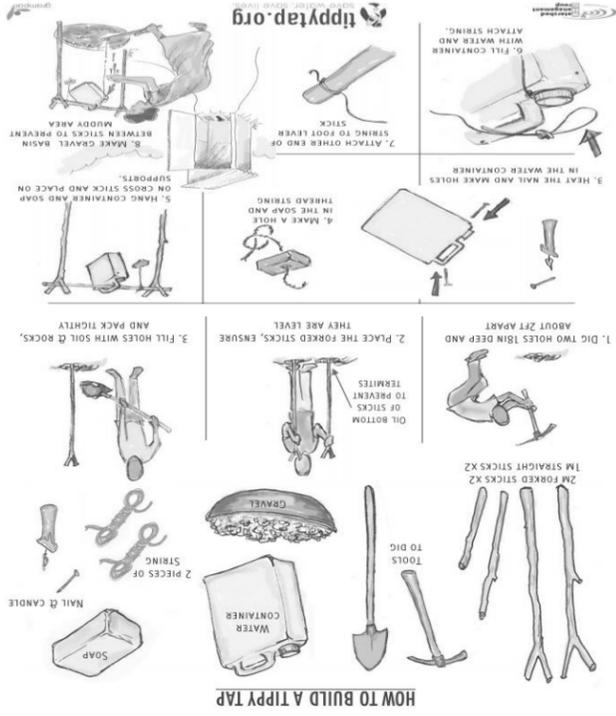
Soap

2 pieces of string

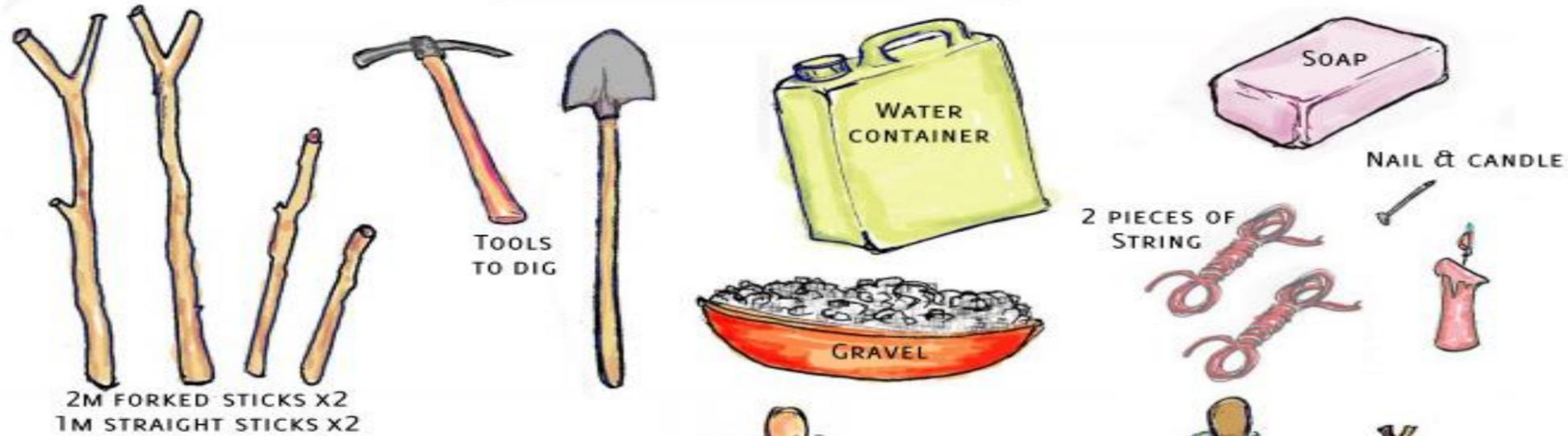
Nail and candle

STEPS

1. Dig two (2) holes 18 inches (1/2 meter) deep, 1 foot (1/3 meter) wide, and about 2 feet (2/3 meter) apart.
2. Place the forked sticks in the holes with the straight end in the ground. Make sure the bottom of the forks are level with each other.
3. Fill the holes with soil & rocks and pack tightly to hold the sticks in place.
4. Heat the nail and make two (2) holes in the water container (see the picture).
5. Use the nail to make a hole in the middle of the soap, thread the first string through the hole, and tie a knot in the string around the soap.
6. Hang the container and the string with the soap from the first straight stick. Then put that stick on the two (2) forked sticks.
7. Fill the container with water and attach the second string to the water container around the cap.
8. Now connect the other end of this string to the second straight stick (this is the foot lever).
9. Dig a hole under the container, pour gravel into it so that spilled water drains away.
10. Wash hands anytime.
11. Assign someone to refill the water in the container often.
12. Repeat for healthy handwashing anywhere, anytime.



HOW TO BUILD A TIPPY TAP



1. DIG TWO HOLES 18IN DEEP AND ABOUT 2FT APART

2. PLACE THE FORKED STICKS, ENSURE THEY ARE LEVEL

OIL BOTTOM OF STICKS TO PREVENT TERMITES

3. FILL HOLES WITH SOIL & ROCKS, AND PACK TIGHTLY

4. HEAT THE NAIL AND MAKE HOLES IN THE WATER CONTAINER

5. MAKE A HOLE IN THE SOAP AND THREAD STRING

6. HANG CONTAINER AND SOAP ON CROSS STICK AND PLACE ON SUPPORTS.

7. FILL CONTAINER WITH WATER AND ATTACH STRING.

8. ATTACH OTHER END OF STRING TO FOOT LEVER STICK

9. MAKE GRAVEL BASIN BETWEEN STICKS TO PREVENT MUDDY AREA

Self Defense – It's about staying SAFE

YOU can do things that help you stay safe and make your attacker stop or wait a minute. This can give you a chance to get away, or alert someone to help you.

- **First SURVIVE.** You have a strong mind and a strong heart – no matter what someone does to you, you can survive. Can you survive a knife attack? Yes. A gun attack? Yes. Did a man get run over by a TRAIN and survive? Yes. If you find yourself in a situation where you are under attack it is important to know **you can survive.** INSIDE and OUT. We're talking about **surviving on the inside** most of all. **You** get to **decide** to survive inside no matter what. That choice is up to you.
- Remember **SAFE** begins with **YOU.**

- **SURVIVE – Because you matter... inside and out. You are STRONG**
- **Always be AWARE** of what is around you. To protect you and those with you – be **TALL & Strong.**
- **FEELINGS** matter, if you have a bad feeling about a person or place, **trust that feeling!**
- **EXIT** with a friend or friends.

• Where are you strong in addition to your mind and heart?

- Elbow (How many? 2), Heel of palm (How many? 2)
- Heel (How many? 2)
- Knee (How many? 2), Back of head

- Where is an attacker weak? Stomach, Nose, Throat, Eyes, Groin (between the legs), Instep (top of your foot)
- **STUN & RUN**

• **NO MEANS NO!** It's okay to say **NO.** Say **NO** with your body, voice **AND** face. Be a **LOUD STORM!**

• It is good to know how to fight and it is also good to know that sometimes there is nothing you can do to protect yourself.

• Surviving is most important!

- If you can stop someone who wants to hurt you or if you can't, **the person trying to hurt you is the problem, NOT anything** you did or said.

- **Is rape VIOLENCE or sex? Why do people use it to crush people.** Your job is to survive inside and out.

• **“Uncle” Article Discussion:** (Make sure your face doesn't show shock or surprise at anything that is said.)
Have a volunteer help read the article.

Ask: What do you think of this article?

Does this ever happen to girls here? It happens all over the world. Let them lead discussion, being sensitive and supportive. Remember, many in the room may be experiencing this. Recognize that just starting a conversation is helpful. This may be the first time they have heard someone talking about this openly.

SELF DEFENSE -- Stay SAFE

SURVIVE - Because YOU matter.

ALWAYS be **AWARE** of what is around you. Walk strong.

FEELINGS matter. Trust yours.

EXIT with friends.

WHERE ARE YOU STRONG?

Where is an attacker weak?

STUN & RUN - BE A LOUD STORM



**No Means
NO!**

Safe Begins with YOU

TRAFFICKING - Modern Day Slavery

There are people in the world who consider women, girls and sometimes boys and men to be property. Some people steal women and girls and use them for smuggling, sex or drug trafficking, enslaving them in horrible ways. They work by using force, telling lies and tricking people.

They trick people by:

- Offering money or other rewards.
- Offering to give you a ride or food.
- Promising a job in another place.
- Promising a modeling career.
- Promising education.
- Promising a translation job.
- Promising to pay parents to take children to a "better life".
- Threatening family members.

Who is vulnerable to being trafficked: **ANYONE**

Who are the traffickers: **ANYONE**

PLEASE be sure you will be safe before accepting any offers.

Save your life and the lives of others. Be aware.



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Before You Begin:

- What approval should you acquire before conducting this training?
- Who should you talk to in the community? What permissions might you need?
- Who can help you understand this community? Who will be skilled to join in translating accurately?
- Who are the existing health care providers?
- Are the health care providers teaching about reproductive health? If yes, what are they teaching?

Important: Use this flipchart to study so that you will be confident presenting the information. Please do **not** read from the chart while teaching. Rather, take the opportunity to connect with those you are teaching, using the flipchart to point to as you present what you have studied. The goal is for everyone to enjoy the experience, have a conversation, and leave feeling inspired and amazed at how wonderful our bodies truly are. For more Ambassador of Women's Health Training visit www.DaysforGirls.org

Days for Girls

Ambassador of Women's Health Flip Chart

"Thank you for gathering there today. My name is _____. I am happy to be with you. Let's discuss women's health together. We will talk about:

(Order of priorities with your training time)

- 1) How to use and care for Days for Girls (DFG) kits.
- 2) What is Menstruation?
- 3) Hygiene and Sanitation Strength.
- 4) How do baby's happen?
- 5) Reducing Violence - Self Defense. (Be sure to bring article)
- 6) Ongoing/Requested Dialogues raised by community (Maternal Health, Human Rights, etc.)
- 7) Monitoring and Evaluation Questions

