



Becoming a Woman

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Becoming a Woman

1. Today we are going to talk about becoming a woman. Becoming a woman is a period of change that occurs when a girl becomes an adult.
2. At this time your body will change shape. Also your feelings about people may change and your reactions to people and events may be different. These changes are completely natural and happen to everyone.
3. Becoming a woman is a slow process, which happens at different times for different people. For most girls these changes will happen between the ages of 10 and 16.
4. These changes can happen earlier or later for some girls. This is normal. These changes are all part of becoming a woman. Now here are some questions for you.
5. What happens when you become a woman?
6. There are changes to the way you look and feel,
7. Or your eyes change colour?
8. Press a button now.

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9. Well done! Your body shape will change. Also your feelings about people may change and your reactions to people and events may be different.

10. When will you become a woman?

11. Between the ages of 20 and 30,

12. Or between the ages of 10 and 16?

13. Press a button now.

14. That's correct. Becoming a woman is a slow process and girls become women at different ages. It's a completely natural process and happens to everyone.

15. Some changes are the same for boys and girls. Both girls and boys become taller and begin to grow hair under their arms and around their genitals. Both girls and boys sweat more as they become adults and so need to wash more often.

16. You will change physically to look more like a woman. You will develop breasts and your hips will become larger.

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17. Boys also change physically to look more like men. Boys grow facial hair, their voices become deeper and their shoulders become broader.

18. Now try to answer these questions:

19. What change will happen as you become a woman?

20. Your voice will become deeper,

21. Or you will develop breasts?

22. Press a button now.

23. Well done! As you become a woman you will develop breasts and your hips will get larger.

24. As you become a woman where will you grow hair?

25. Around your genitals,

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26. Or on the end of your nose?

27. Press a button now.

28. Yes! As you become a woman you will grow hair around your genitals and under your arms.

29. As you become a woman you will start to notice regular bleeding from your vagina. You will have this bleeding each month until you are approximately 50 years old.

30. This bleeding is called menstruation and happens to all girls when their body becomes capable of having a baby.

31. The bleeding usually lasts between 3-6 days and is completely normal and healthy.

32. Menstruation is a very important and special process.

33. What will start to happen as you become a woman?

34. Your hair will start to fall out,

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35. Or you will notice regular bleeding from your vagina?

36. Press a button now.

37. Correct! As you become a woman you will notice regular bleeding from your vagina. This is called menstruation.

38. When will menstruation begin?

39. When you are bad,

40. Or when your body becomes capable of having a baby?

41. Press a button now.

42. Well done! Menstruation happens to all girls when their body becomes capable of having a baby.

43. How long will the bleeding last each month?

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44. Between 3-6 days,
45. Or between 1-2 weeks?
46. Press a button now.
47. Yes! The bleeding usually lasts between 3-6 days every month. Don't worry about this bleeding; it is completely normal and healthy.
48. Most girls experience pain in their lower belly or back during menstruation. Some girls may also suffer headaches, tiredness, or swollen and sensitive breasts during menstruation.
49. Moving around or holding something warm against the painful area may help to reduce the pain.
50. You should try to be aware of when you bleed each month. This will enable you to notice if you have unusually long bleeding or if you miss menstruating.
51. If you do notice something unusual, such as no bleeding or bleeding for much longer than normal, you should contact your local health centre. If you stop menstruating it can be a sign of pregnancy.

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52. Is it normal to experience pain during menstruation?
53. Yes,
54. Or no?
55. Press a button now.
56. Correct! Most girls experience pain in their lower belly or back during menstruation. Some girls may also suffer headaches, tiredness, or swollen and sensitive breasts during menstruation.
57. Why is it important for you to note when you bleed each month?
58. So you can tell your friends,
59. Or so that you notice if you have unusually long bleeding or no bleeding?
60. Press a button now.

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61. Yes! If you are aware of when you bleed each month you will notice when something unusual happens, such as no bleeding or bleeding for much longer than normal.

62. When should you go to the health centre?

63. When you bleed for 3-6 days each month,

64. Or when you have unusually long bleeding or no menstruation?

65. Press a button now.

66. Well done! You should go to your local health centre if you have unusually long bleeding or no menstruation. This can be a sign of pregnancy.

67. When you menstruate you can use pieces of cloth or sanitary towels to help you stay clean and stop blood from dripping onto your clothes. Use them at night too so that you do not bleed onto clothing, sheets or the bed. Ask an older friend or relative to show you how to do this.

68. Noting when you bleed each month will also allow you to prepare necessary sanitary items.

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69. You should try to change your cloths or sanitary towels at least 3 times a day, otherwise they will begin to smell bad. It will also be more comfortable for you if you change the cloths or sanitary towels regularly.
70. It is also important to wash at least once a day during menstruation, particularly your armpits and genitals.
71. When menstruating how can you stay clean and stop blood from dripping onto your clothes?
72. By using pieces of cloth,
73. Or by keeping your legs crossed?
74. Press a button now.
75. Correct! Pieces of cloth or sanitary towels will help you stay clean and stop blood from dripping onto your clothes.
76. How often should cloths or sanitary towels be changed?

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77. Once a week,
78. Or at least 3 times a day?
79. Press a button now.
80. Well done! If cloths or sanitary towels are not changed at least 3 times a day they begin to smell bad. It will also be more comfortable for you if you change the cloths or sanitary towels regularly.
81. As you become a woman you may experience powerful emotions or sudden changes in your mood.
82. This can cause some girls to become irritable or sad during menstruation. You may feel embarrassed about these emotions and may also find it difficult to concentrate in school.
83. If you feel embarrassed about the way your body is changing or about any emotions you are feeling, don't worry; such feelings are normal.
84. It is a good idea to talk to an older relative or friend. They have already experienced these changes themselves and should be able to help you.

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85. Is it normal for girls to become irritable or sad during menstruation?
86. Yes,
87. Or no?
88. Press a button now.
89. You're right! It is completely normal for you to be irritable or maybe sad during menstruation. These feelings are all part of becoming a woman.
90. What should you do if you feel unsure or confused about your feelings or changes in your body?
91. Worry in silence,
92. Or talk to an older relative or friend?
93. Press a button now.

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94. Yes! If you are embarrassed, confused or worried about your feelings or changes in your body, talk to an older relative or friend. They have already experienced these changes themselves and should be able to help you.

95. The physical changes that happen to boys and girls as they become adults make them more attractive to each other. You might want to touch and kiss others during this time.

96. However, if someone is touching you and you do not want to be touched, make it clear that you are not happy by saying things like "Stop!" or "No!" or "Don't!" It is wrong for someone to touch you if you do not want to be touched.

97. Remember if you are unsure or confused about your feelings talk to an older friend or relative.

98. If a boy or a man you like wants to touch you, but you don't feel ready for him to touch you. What should you do?

99. Allow him to touch you,

100. Or say "no"?

101. Press a button now.

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102. That's right! It is wrong for someone to touch you if you don't want to be touched.

103. What should you do if you are unsure or confused about your feelings?

104. Shout at friends and family,

105. Or talk to an older friend or relative?

106. Press a button now.

107. Well done! If you are unsure or confused about your feelings talk to an older friend or relative.

108. Sexual excitement can progress from simple kissing and touching to sexual intercourse (sex). This is when a boy's penis is put into a girl's vagina.

109. If fluid from a boy's penis enters your vagina you can become pregnant. This can happen the very first time you have sex.

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110. You do not have to have sex because a boy or man says he wants to have sex with you, or because your friends are having sex. The important thing for you is to make sure that it is the right time for you. It is important to respect each other.
111. You should say “no” if you do not want to have sex!
112. What happens during sex?
113. A girl and a boy kiss and hug a lot,
114. Or a man’s penis is put into a woman’s vagina?
115. Press a button now.
116. Correct! Sex is when a man’s penis is put into a woman’s vagina.
117. If fluid from a boy’s penis touches the entrance to or enters your vagina, can you become pregnant?
118. Yes,

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119. Or no?
120. Press a button now.
121. Well done! If fluid from a boy's penis touches the entrance to or enters your vagina you can become pregnant. This can happen the first time you have sex.
122. Should you have sex with a boy because he wants you to?
123. Yes,
124. Or no?
125. Press a button now.
126. Correct! You should only consider having sex when it is right for you. You should say "no" if you do not want to have sex!

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127. It is often easy to agree to have sex when you are with someone, but after having sex you may feel disappointment, guilt or shame.

128. This can be especially true in communities where sex before marriage is strictly forbidden.

129. You may feel emotionally mature and ready to have sex, but you should think very carefully before deciding to have sex.

130. Not having sex is also the best way of avoiding HIV and other sexually transmitted diseases.

131. What is the best way of avoiding HIV and other sexually transmitted diseases?

132. by not having sex,

133. or by only having sex with someone you know?

134. Press a button now.

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135. Correct! Not having sex is the best way of avoiding HIV and other sexually transmitted diseases.
136. HIV and other sexually transmitted diseases are very dangerous and can be passed from one person to another during sex.
137. There are ways of preventing pregnancy and protecting against sexually transmitted diseases.
138. A condom is a rubber sheath that a man places over his erect penis.
139. A condom can prevent pregnancy AND protect both partners from sexually transmitted diseases.
140. Can sexually transmitted diseases be passed from one person to another during sex?
141. Yes,
142. Or no?
143. Press a button now.

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144. Yes! Sexually transmitted diseases can also be passed from one person to another during sex. A condom can prevent pregnancy AND protect both partners from sexually transmitted diseases.

145. You can decide what to do with your body. You should not agree to any sexual activity with another person unless you feel happy and ready to do so.

146. If anyone touches you when you don't want them to touch you, tell them to stop.

147. If anyone tries to force you to do something sexual which you do not want to do, you should tell someone you trust.

148. Someone you trust could be a friend, social worker, nurse or family member.

149. What should you do if someone touches you sexually and makes you feel bad?

150. Do what the person tells you,

151. Or say "No" and then tell someone you trust?

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152. Press a button now.
153. Correct! Say "No" and then tell someone you trust. No-one should touch you sexually if you don't want them to.
154. Becoming a woman can be strange and confusing. Every girl is different.
155. Changes to your body will occur at different times but will happen to every girl.
156. Remember: monthly bleeding is completely natural and indicates when your body is capable of having a baby.
157. If you are worried about any of these changes as you become a woman, talk to an older friend, relative or someone you trust.
158. That was the wrong answer. Let's go back and listen again.
159. Sorry! Wrong answer.

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160. Hello. The title of this lesson is “Becoming a woman”. To begin, press the arrow pointing to the right. After you have finished this lesson the arrow pointing down will take you to the quiz. To listen again press the middle button.

161. You have now finished the lesson. Well done! Now press the arrow pointing down to play the quiz and try to win a gold star!

162. Correct!

163. “Becoming a woman”