



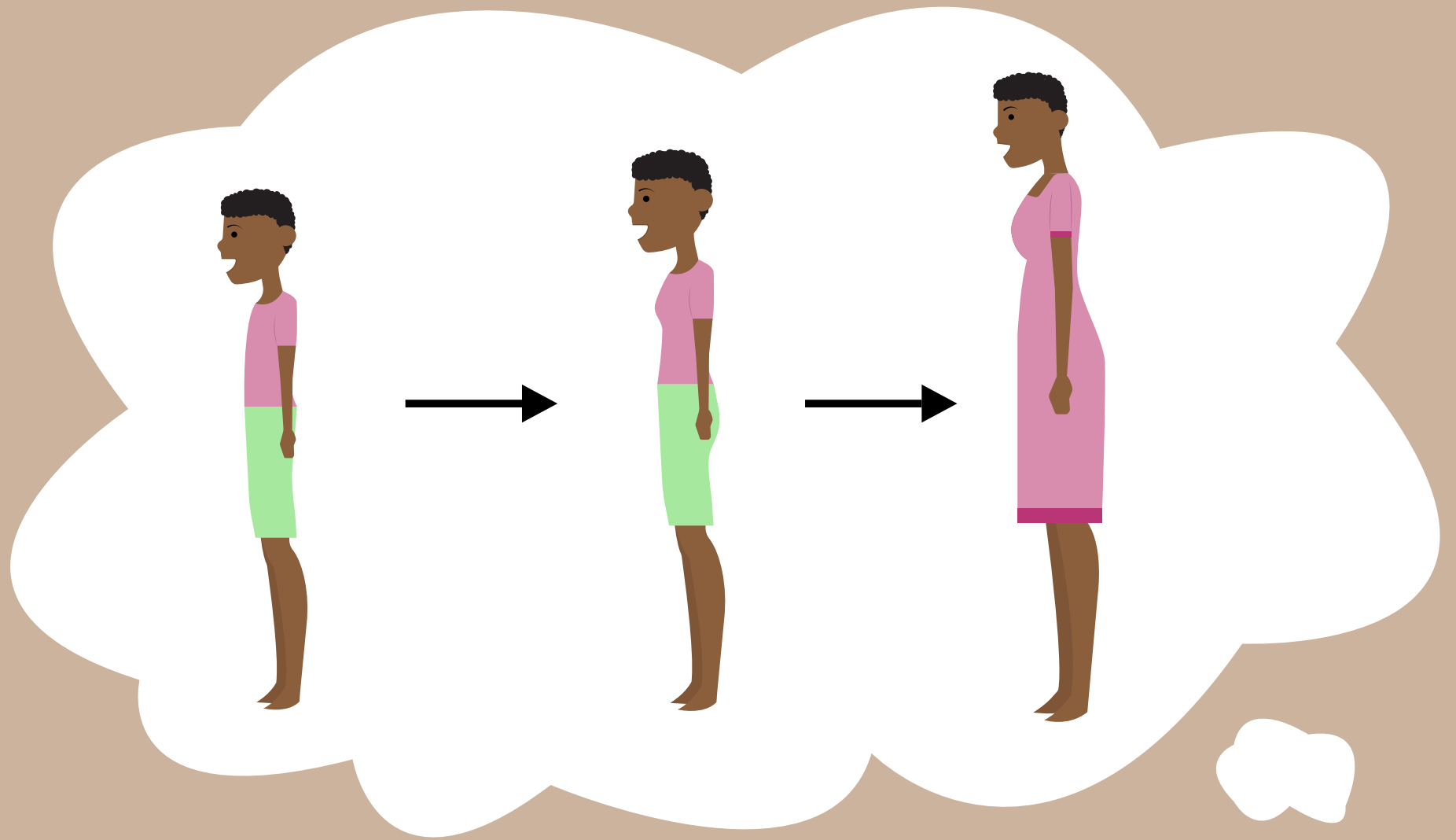
Hi Afiya!

Hi Senga!

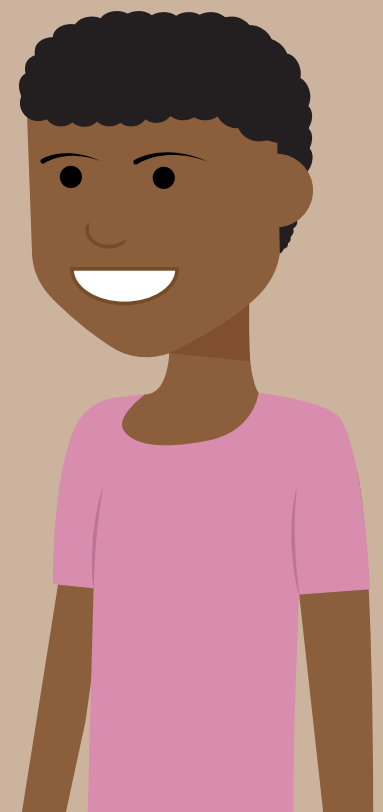


You got your period. It is
normal and healthy.





You will change from
a girl to a woman.



uterine lining
where period comes from

uterus
where baby grows

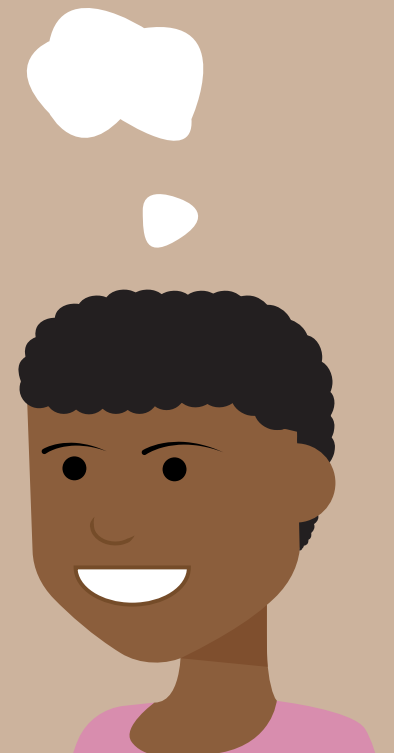
cervix
where cancer grows

vagina
leads to outside of body

This is how your
body works.



Although your body can get pregnant now, it is safer to wait until you are older.



I feel confident!
I understand my body.

