

Hello & Congratulations – you have become a teenage girl, a time when your body is changing from that of a little girl to a woman. We know these changes can produce feelings of excitement, or fright or confusion. The more you know about what your body is doing, the easier all of its changing will be for you.

We have sent this kit and information in hopes of helping you through this exciting transition.

We wish you every good thing in your lifetime, all of those blessings from our God who created you as a unique, beloved young woman. As you work on your education, give some attention to guarding and maintaining your health.

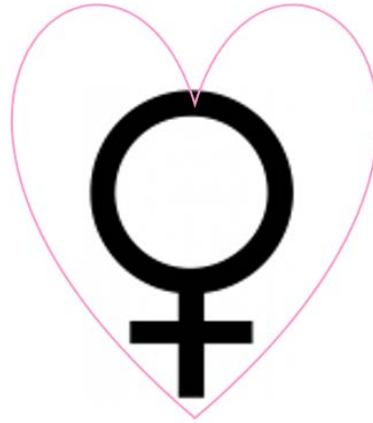
Be fully aware of some **dangers** that come with sexual activity. This can bring you to serious illness through diseases transmitted from male to female. Managing your health should you contract AIDS or any sexually transmitted disease will become very difficult and will distract you from all of your healthy goals. Just say **NO** to intimate contact and thereby you can enjoy holding on to good health! Around this world we share, there is a common understanding that “Health is Wealth!”

Use these A, B, C’s as a guide in this challenge:

Abstain – This means NOT sharing your body sexually until marriage.

Be Faithful – Share yourself with your mate only for your entire lifetime

Counseling – Ask to talk with someone you trust when you are pressured to share yourself before you are married.



Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails.

You are becoming a *woman...* now what?

A guide to handling the challenges that come along with it.





Included in your Pouch:

- 2 washable, reusable pads
- 1 pair of underwear
- 1 Ziploc bag

How to use your kit:

When you begin to menstruate, you will snap the pad into the pair of underwear to keep it in place to catch the blood.



(Position the pad so that the fuzzy side is down & next to the crotch of the underwear; the cotton side should be next to your body).

When you change the pad, it will be easier to wash out [and dry for re-using] if you will put a small amount of water in the Ziploc bag, put the soiled pad in it to keep it wet, zip it closed & keep in your pouch. Wash it as soon as you can and let it dry.

These 2 pads could last you for several years if you care for them in this way. ☺ If you have questions about this, seek an adult/older girl for advice.

What comes along with “becoming a woman”?

Becoming a woman means that you begin to menstruate. Menstruation is defined as “the process of discharging blood and other materials from the lining of the uterus at intervals of about one month.” As you begin to menstruate, you will learn how to manage the flow of blood for {up to} one week every month. These “periods” are a sign that your body is healthy and working as God intended. It is preparing to do the grown-up work of having a baby someday - so every month your body “practices” for this by building a “nest”, a place for a baby to grow inside your uterus. The “nest” is a lining of blood and fluids that build up on the uterine walls. Since there is no baby, the lining is discharged and you have the blood flow for {up to} one week. *As a young student, you are not ready for motherhood, so 'no baby' is a good thing!*

This small kit was handmade and provided for you by people at **Bookfriends International** who care about you and hope that the pads enclosed will make it easier for you to manage your period so that you can stay at school, be in classes consistently and continue to progress with your education!!

Though it is not always an easy time to be a girl, we hope that you are encouraged just by knowing this is the most natural thing for all girls, growing and maturing toward the possibility of being a mother someday...and being a mother CAN BE a most JOY-fulfilling status! For now, stay close to your education goals, and keep yourself from any sexual intimacy. Motherhood will be happily satisfying when you share *life, love* and the gift of *children* with your *lifetime* mate.

We also encourage you, a beautiful person with great hope for your future as a woman, to accept your varied feelings and learn to live with confidence as you work on your education! *You can become anything that you dream to be!*

DREAM!

WORK HARD TO REACH YOUR GOALS!

CHERISH YOURSELF & YOUR BODY – Guard it from anyone who

may want to access it for “his *use*”. Save that for your later life as an educated adult who can make your own decisions and choices

DO WELL IN SCHOOL – Use these books, which have just arrived at your school to get the best knowledge to live a healthy life.

STAY IN SCHOOL – Do NOT allow anyone to lure you away for any reason!