



An initiative by
**ROTARY CLUB OF
SECUNDERABAD SUNRISE**

**ADOLESCENT GIRL
GUIDE**

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Do you know you are an adolescent girl

Adolescence :

- Period when young girl grows into a young lady
- Lots of physical, emotional & psychological changes occur during this phase.
- Accept menstruation as normal & natural process

Puberty

- Changes take place due to a hormone called Oestrogen
- Breast starts developing
- You grow taller
- You become rounder near hips
- Hair growth take place under arms and in genital area

Menstruation :

- Known as menses, chums or periods
It is a cyclical bleeding from vagina
- It lasts for 3 – 5 days
- You may or may not have pain in stomach, legs, back
- Cycle varies from 28 – 30 days

Personal Hygiene :

- Clean external genitals with soap & water
- Wash hands before and after using toilet
- Change undergarments daily
- Use cotton panties during periods
- Keep sanitary pads ready for emergency
- Change pads every 3 – 4 hours
- Cover used pads properly & dispose off in waste paper basket.

When to consult Doctor

- Excess, less or no bleeding
- Irregular periods
- If periods start before 10 years or later than 14 years
- Severe pain during periods
- Itching in vagina, white discharge or dirty smell

Diet

- Eat healthy and nutritious food
- Take a glass of milk
- Include fruits & vegetable in diet
- Take iron & calcium

Exercise :

- Carry on your normal activity
- Mild exercise like jogging, skipping are good

Pimples :

- Common due to oily skin and hormonal change

Mood

- Depression & irritability common



Other observations

- Social scene changing
- Career oriented girls, shift working
- Erratic food timings
- Disturbed biological clock

Effects

- Anemia
- Irregular periods
- Poor reproductive health
- Unwanted pregnancy

Advice :

- Sex education
- Sexually transmitted diseases
- Immunisation
 - TT
 - Hep B
 - R Vac
 - Cervarix

Have Good Environment

- At home
- School
- Religion – moral ethical
- Avoid Gender Bias

Social support

- Have a friend & confide in mother / teacher
- Have hobbies to keep busy
- Learn to say “No” when you are uncomfortable with someone’s gestures or touch

Parents / Teachers

- Be Frank / friendly
- Explain properly
- Listen attentively
- Allow them to decide