

Adolescent Girls

Nutrition and Health



Introduction to Flip Book on Adolescent Girls- Nutrition and Health

This flip book is to be used for the discussion on nutritional needs and healthcare of adolescent girls between 14-18 years of age.

Every photo/picture has some information & messages which need to be discussed. Every photo/picture has some messages in the preceding page.

Establish rapport with the adolescent girls, mother and family (depending on the mode of discussion).

Involve adolescent girls, mother, father and members of family (depending on the mode of discussion) and make them seated such that all are able to see the flip book clearly.

Hold the flip book such that all the listeners are able to see the picture clearly and are able to see the points, pictures and messages which are being discussed.

Speak clearly, loudly and slowly. Use simple and local language.

Show the picture and ask the group as to what are they able to see and understand. Use pencil/ pointer to indicate the photos/ pictures.

Explain every photo/ picture and take sufficient time to discuss the main points.

Appreciate the good practices and emphasize the danger & fatal practices/ points.

Reiterate the good practices and thank them for their support and participation.

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Creating Aspiration

Let's Meet MANISHA and NISHA

Ask what can they see in picture?

Messages:

- Manisha is of 16 years.
- She studies in class 10 and is a very good student.
- She plays kabaddi and kho- kho.
- She eats healthy food.
- She helps her parents by making papad at home and selling them.
- Her parents will marry her after age of 18 years.

- Nisha is of 16 years.
- She has completed class 7 and is a school dropout.
- She left her school after the start of her menstrual cycle.
- She is very weak and does not eat properly.
- She is not able to help her parents in any work.
- Her parents will marry her next year when she will be 17 years of age.

NISHA -16 years

MANISHA -16 years



Key Message: Be a girl with mind and become a woman with confidence

Knowing Adolescence

Stages in Human Development

Ask what can they see in picture?

Messages:

- Adolescent age starts from 10 years of age- 19 years of age for both boys and girls



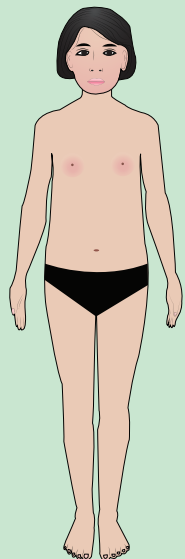
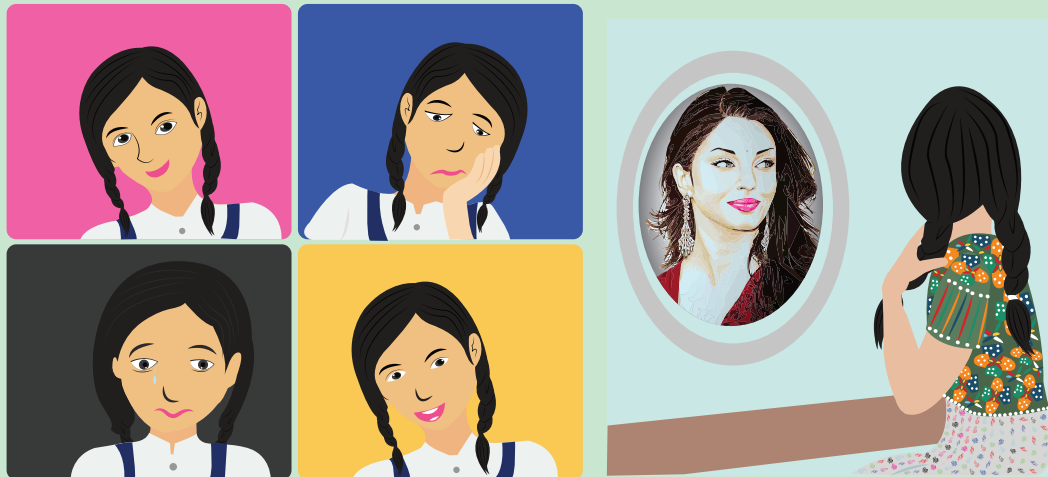
Key Message: As human beings, we all mature physically from childhood to adolescence and then into adulthood

Changes During Adolescence

Ask what can they see in picture?

Messages:

- Changes happen at various aspects:
 - ✓ Physical
 - ✓ Behavioral
 - ✓ Emotional
 - ✓ Social



Shrill voice
Underarm Hair
Breast Growth
Hip Growth
Vagina
Menstruation



Key Message: Changes during adolescent are natural and normal

Nutrition Growth and Development

Nutrition among Adolescent Girls

Ask what can they see in picture?

Messages:

- Adolescent nutrition is important for supporting the physical growth of the body and for preventing future health problems.
- Under-nutrition negatively affects adolescent girls by:
 - ✓ Affecting their ability to learn and work at maximum productivity
 - ✓ Arresting the healthy development of future children
 - ✓ Affecting sexual maturation and growth
 - ✓ Preventing the attainment of normal bone strength and the development of healthy teeth if a youth doesn't get enough calcium
- Balanced diet- it is a well-planned diet that aims at covering all the important macronutrients like protein, carbohydrates and fat along with micronutrients which include vitamins and minerals.
- Importance of balanced diet:
 - ✓ Help in maintaining a healthy weight
 - ✓ Reducing body fat
 - ✓ Providing body with energy
 - ✓ Promoting good sleep
 - ✓ Generally making you feel better

For being physically active and healthy,

Nutrient - dense low fat foods.



For maintaining health, productivity and prevention of diet-related disease and to support pregnancy / lactation.

Nutritionally adequate diet with extrafood for child bearing / rearing



For growth spurt, maturation and bone development.

Body building and protective foods.



For growth, development and to fight infections.

Energy-rich, body building and protective foods (milk, vegetables and fruits).



For growth and appropriate milestones.

Breastmilk, engery-rich foods(fats, Suger).



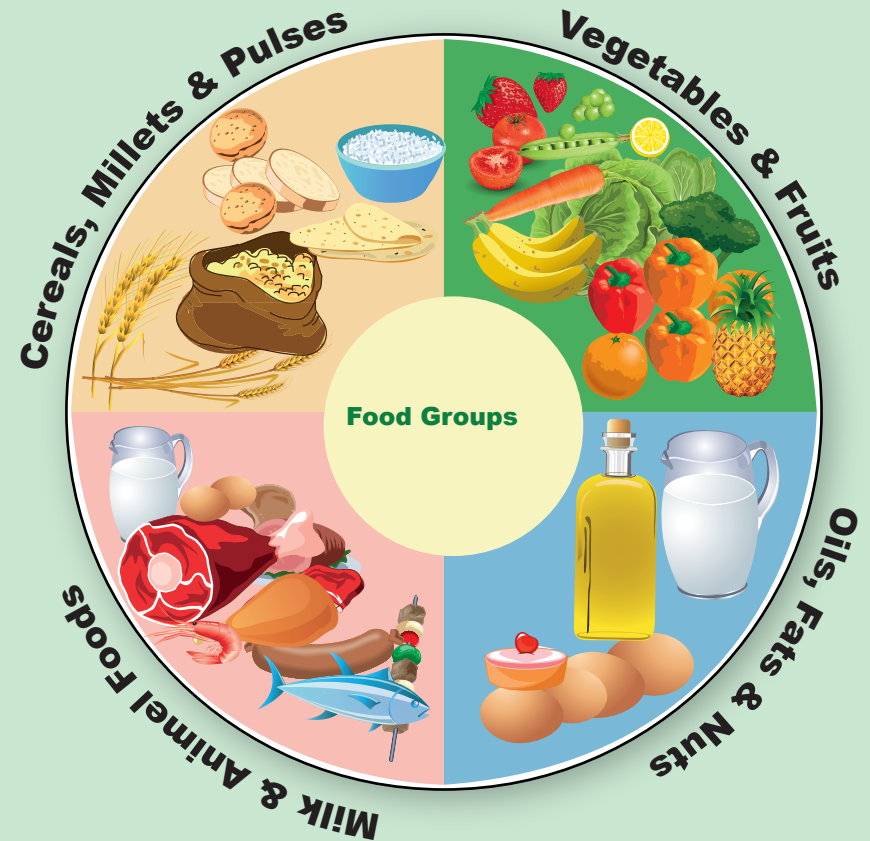
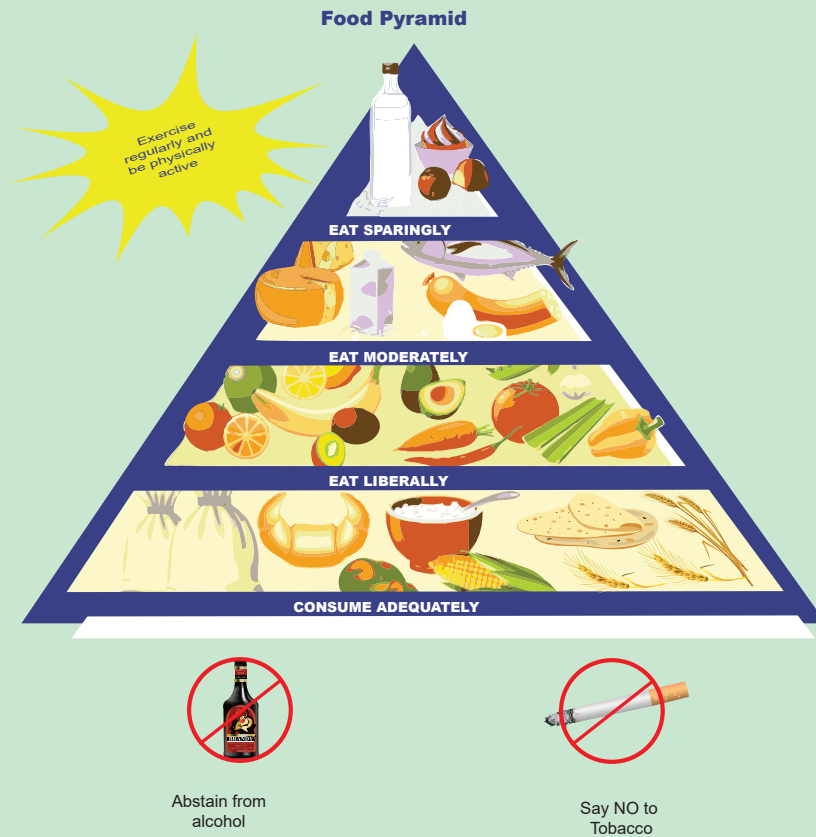
Key Message: Nutrition is key to normal development at all the stages in human life

Balanced Diet and Food Pyramid.

Ask what can they see in picture?

Messages:

- Food Pyramid- A food pyramid or diet pyramid is a triangular diagram representing the optimal number of servings to be eaten each day from each of the basic food groups.
- Food Groups- Foods are conventionally grouped as:
 - ✓ Cereals, millets and pulses
 - ✓ Vegetables and fruits
 - ✓ Milk and milk products, egg, meat and fish
 - ✓ Oils & fats and nuts & oilseeds



Key Message: Eat healthy, Stay Healthy

Anemia and its Management

Ask what can they see in picture?

Messages:

- Anemia is a medical condition in which the red blood cell count or hemoglobin is less than normal.
- For men, anemia is typically defined as hemoglobin level of less than 13.5 gram/100 ml and in women as hemoglobin of less than 12.0 gram/100 ml
- Symptoms of anemia:
 - ✓ Feel tired
 - ✓ Become easily fatigued
 - ✓ Appear pale
 - ✓ Have a feeling of a heart racing
 - ✓ Feel short of breath
 - ✓ Have worsening heart problems
- Causes of anemia:
 - ✓ Iron deficiency is a very common cause of anemia
 - ✓ Adolescent girls are likely to have low grade iron deficiency anemia because of the loss of blood each month through normal menstruation
 - ✓ Anemia can be detected with a simple blood test called a complete blood cell count
- The treatment of moderate anemia (10.0 gram/100ml- 11.9 gram/ 100 ml):
 - ✓ IFA (Iron folic Acid) Supplementation
 - ✓ Consumption of Iron rich food- green leafy vegetables



Key Message: Consume lots of green leafy vegetables for normal Hemoglobin level

Hygiene and Sanitation

Personal and Hand Hygiene

Ask what can they see in picture?

Messages:

- Hygiene refers to conditions and practices that help to maintain health and prevent the spread of diseases.
- Personal hygiene refers to maintaining the body's cleanliness.
- Personal hygiene habits include:
 - ✓ Take bath daily even during winters
 - ✓ Washing the hair with soap or shampoo at least once a week
 - ✓ Washing hands with soap after going to the toilet
 - ✓ Washing hands with soap before preparing and/or eating food
 - ✓ Changing into clean clothes
 - ✓ Dirty clothes should be washed with laundry soap before wearing them again
 - ✓ Hanging clothes in the sunrays to dry. The sun's rays will kill some disease-causing germs
 - ✓ Turning away from other people and covering the nose and mouth with a tissue or the hand when coughing or sneezing
 - ✓ Cleaning teeth daily – at least twice a day- helps keep gums and teeth healthy
 - ✓ Trim nail at least once a week



CLEAN YOUR HANDS USING SOAP



USE SOAP



PALM TO PALM



BETWEEN FINGERS



BACK TO HANDS



BASE OF THUMBS



BACK OF FINGERS



FINGERNAILS



WRISTS



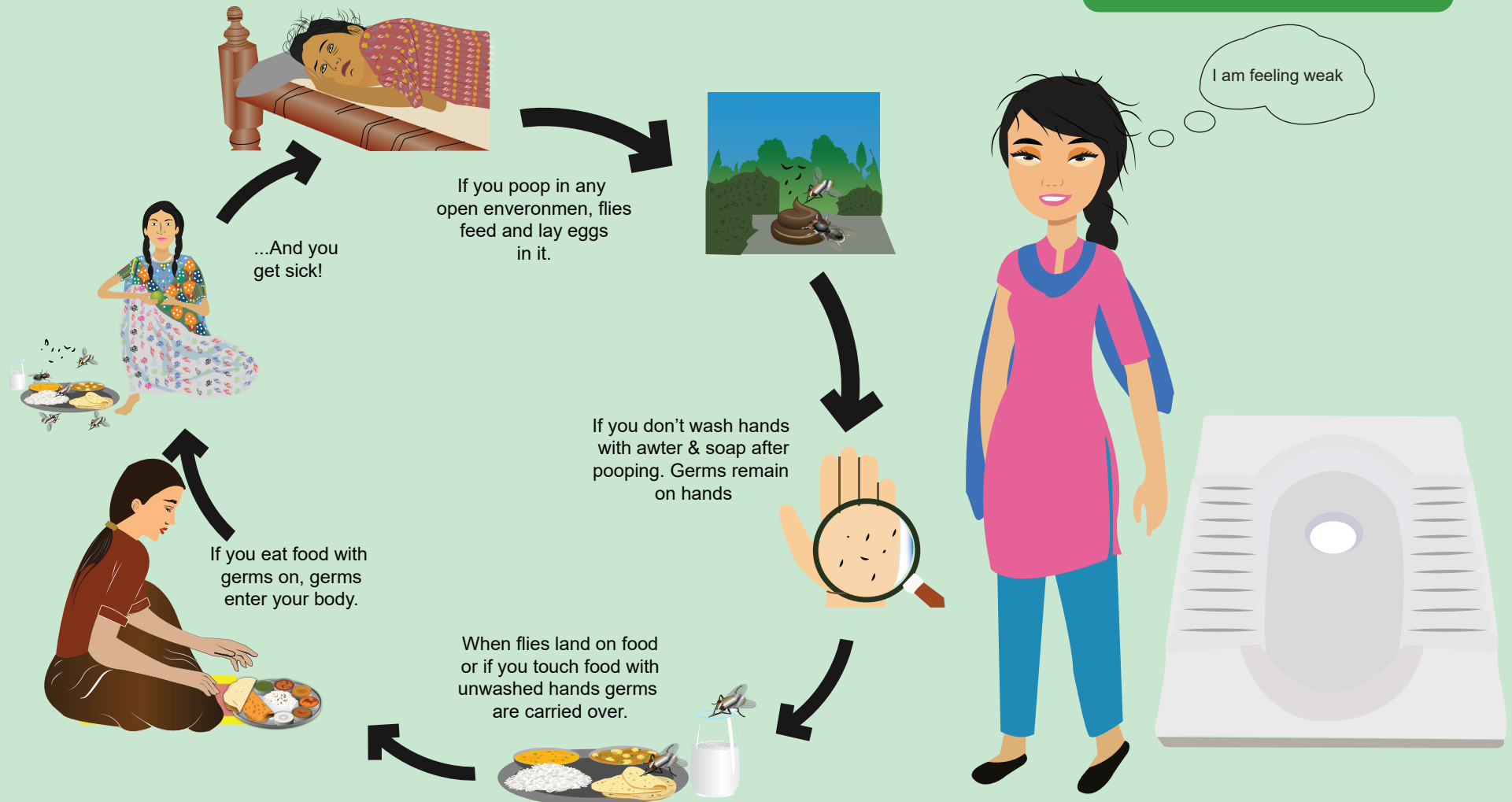
Key Message: Cleanliness is next to Godliness

Open Defecation

Ask what can they see in picture?

Messages:

- Open defecation is the human practice of defecating outside (in the open environment) rather than into a toilet.
- People may choose fields, bushes, forests, ditches, streets, canals or other open space for defecation.
- Reasons for Open Defecation:
 - ✓ Lack of infrastructure: People often lack toilets in their houses, or in the areas where they live
 - ✓ Lack of toilets in other places: Lack of toilets in places away from people's houses, such as in schools or in the farms lead the people to defecate in the open
 - ✓ Use of toilets for other purposes: In some communities, toilets are found to be used for other purposes, such as storing household items, animals, farm products or used as kitchens
 - ✓ Lack of water near toilet
- Risks associated with Open Defecation:
 - ✓ Spread of diarrhea especially among children less than 5 years of age
 - ✓ Cholera
 - ✓ Malnourishment among children



Key Message: Say NO to Open Defecation

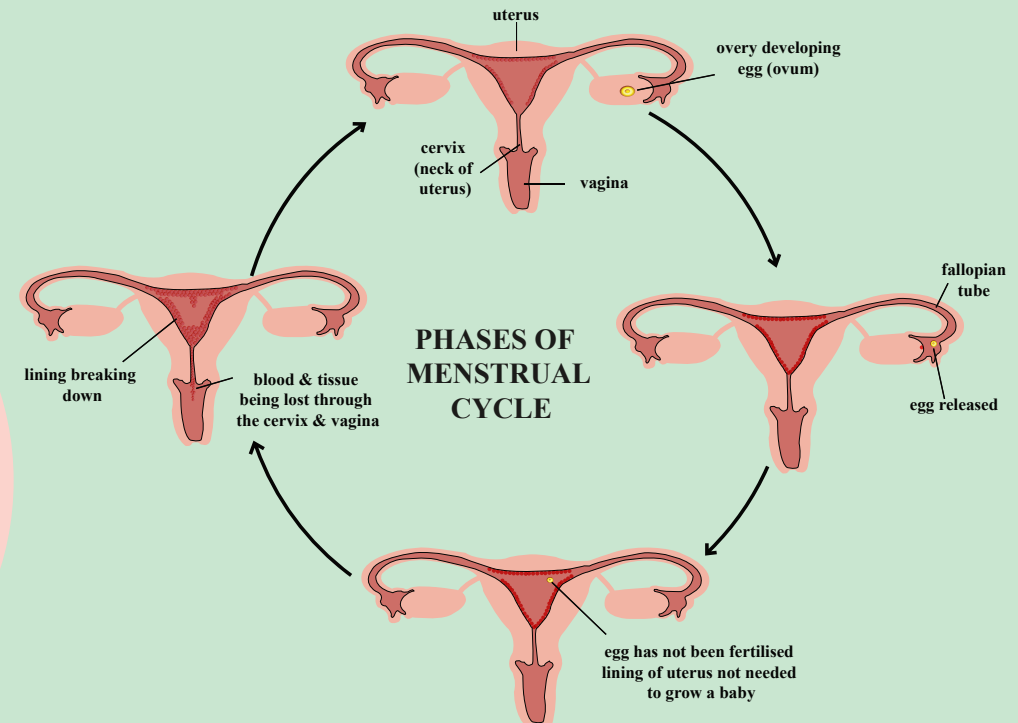
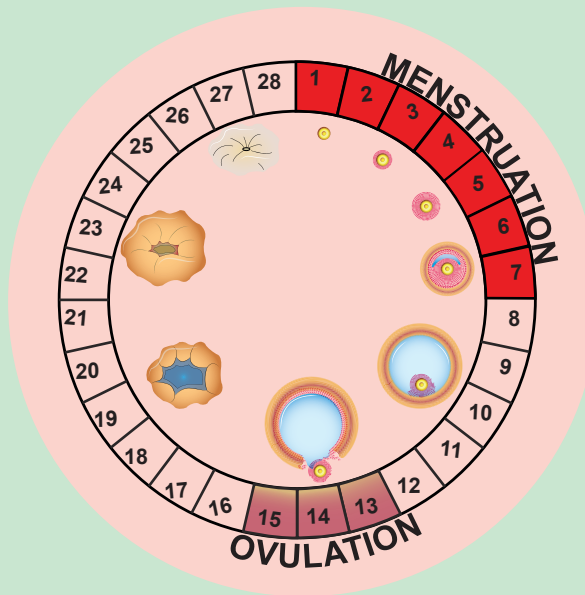
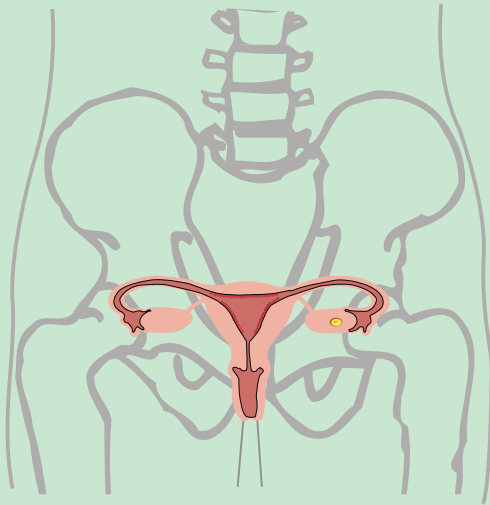
Menstrual Cycle

Ask what can they see in picture?

Messages:

- Menstruation is a woman's monthly bleeding; it lasts about 3 to 5 days (average) and contains blood and tissue that exits her body through the cervix and vagina – the first day of menstruation is the first day of your period.
- Most periods vary somewhat, the flow may be light, moderate or heavy and can vary in length from about 2 to 7 days; with age, the cycle usually shortens and becomes more regular.
- The average age for a girl to get her first period is 12, but the range of age is about 8 to 15 years old.
- Women usually have periods until about ages 45 to 55.
- When periods (menstruations) come regularly, this is called the menstrual cycle.
- Having regular menstrual cycles is a sign that important parts of your body are working normally.
- Having Healthy and nutritious diet/ food and IFA regularly is important to maintain good menstrual health.

MENSTRUATION CYCLE



Key Message: Consult a doctor immediately if you are not having periods for more than 90 days.

Nutrition during Menstruation – Myths and Misconception

Ask what can they see in picture?

Messages:

- Balanced diet is very important during periods.
- For the healthy growth take more and more amount of nutritious food.
- Take all kinds and colours of food such as white (rice and bread), yellow (Pulsels/ Dal), green (vegetables), red (fish/ meat/ egg) and liquid in good amount (milk/ juice/ water).
- Only iodized salt should be used for consumption.
- NO food is prohibited from consumption during periods.
- Lack of proper food during menstruation will lead to anemia.
- An anemic girl will develop into an anemic adult and will have unhealthy life throughout.
- An anemic mother is exposed to the risk of death during delivery.
- Taking healthy food and regular intake of IFA tablet would lead normal mental and physical development.



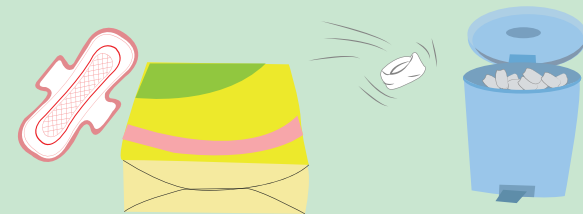
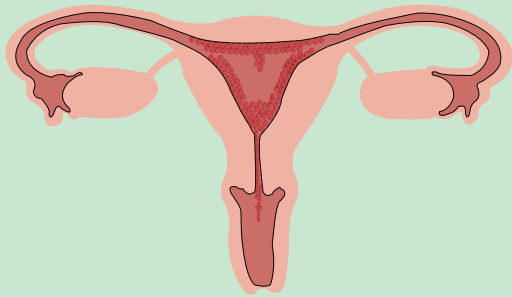
Key Message: Healthy menstrual cycle is very important for anemia management

Menstrual Hygiene

Ask what can they see in picture?

Messages:

- Hygiene is very important during periods.
- What are the options:
 - Sanitary Napkin
 - Or
 - Cloth
- Advantages of using Sanitary Napkin:
 - ✓ Can be used and disposed in much easier way
 - ✓ Has absorbent material which gives a dry feeling
 - ✓ Decreases chance of infection
 - ✓ Helps in mobility and ease of daily routine work
- How often to change sanitary napkin?:
 - ✓ Change at least once a day
 - ✓ Changing every 6-8 hours is recommended
 - ✓ During heavy periods, may need to change every 3-4 hours
 - ✓ Do not keep till completely soaked



Key Message: Use of sanitary napkin during menstruation is important to avoid any infection

Menstrual Hygiene

Ask what can they see in picture?

Messages:

- Hygiene Practices to be followed during menstruation:
 - ✓ Change napkins regularly
 - ✓ Remember to take change of napkins whenever going out
 - ✓ Wash genital area after each use of toilet, also after urination
 - ✓ Take bath regularly even during menses
- Disposal of Sanitary Napkin:
 - ✓ Wrap it in a paper and throw it in a dustbin
 - ✓ NEVER flush it in toilet, it may choke the toilet



Key Message: Hygiene and nutrition are very important during menstruation

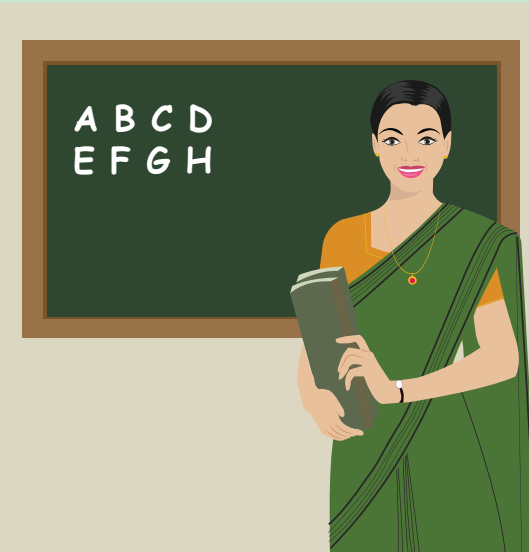
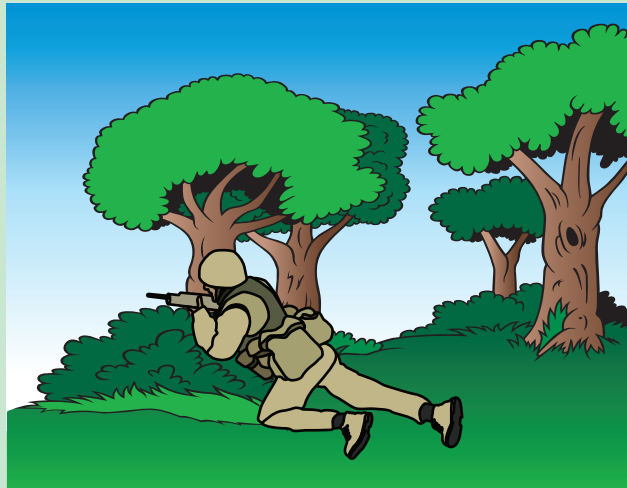
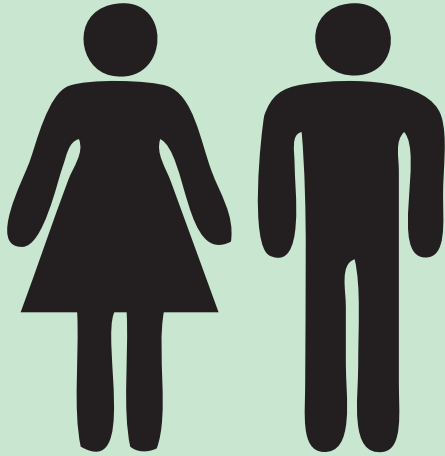
Understanding Sex and Gender, Gender Roles and Equality

Sex vs Gender, Gender Roles

Ask what can they see in picture?

Messages:

- sex is a biological concept based on biological characteristics, whereas gender deals with personal, societal and cultural perceptions of sexuality.
- Gender roles in society means how we're expected to act, speak, dress, groom, and conduct ourselves based upon our assigned sex.
- For example:
 - Girls and women are generally expected to dress in typically feminine ways and be polite, accommodating, and nurturing
 - Men are generally expected to be strong, aggressive, and bold



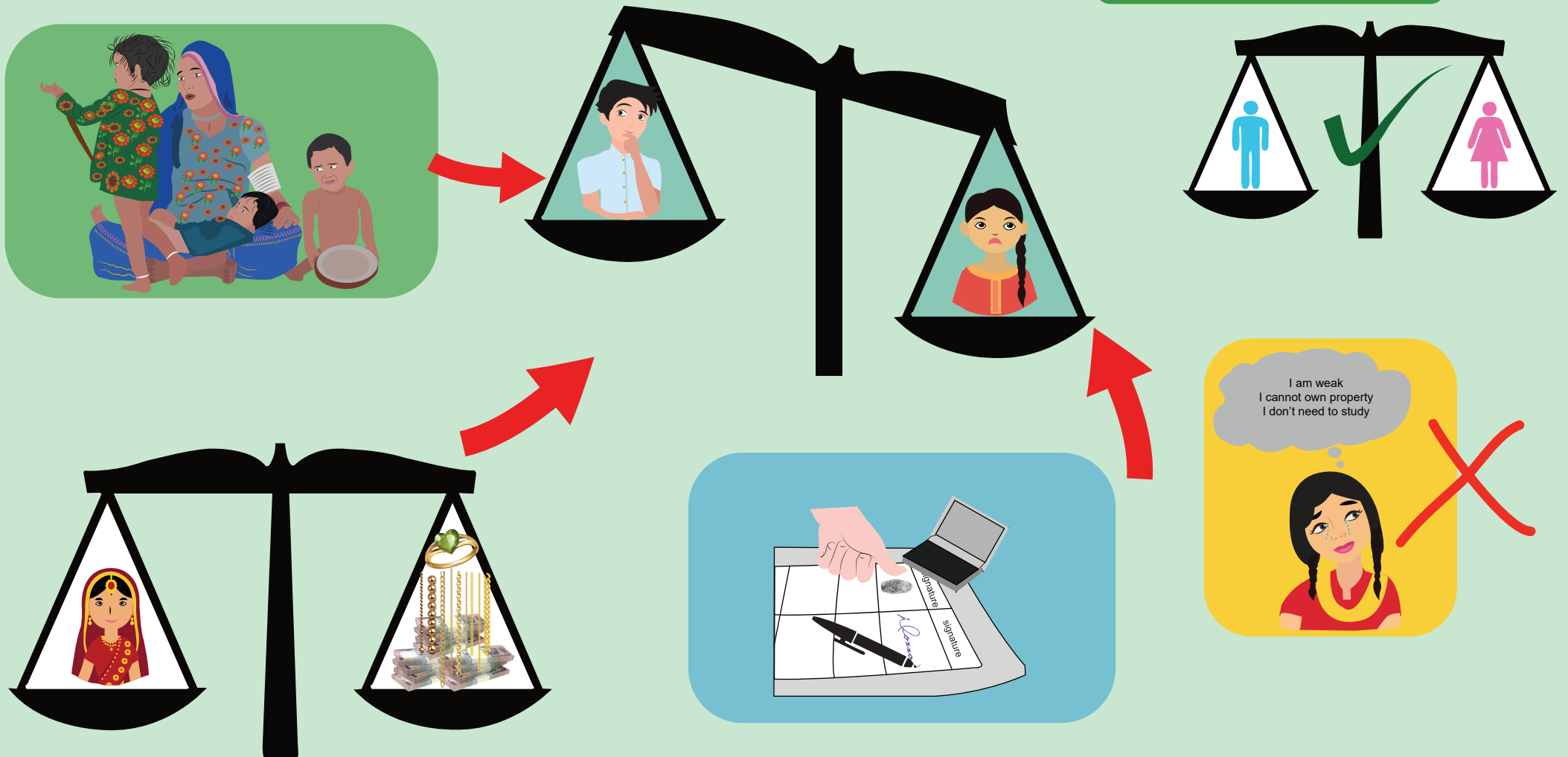
Key Message: Gender Roles are cultural and personal

Gender Inequality

Ask what can they see in picture?

Messages:

- The state of equal ease of access to resources and opportunities regardless of gender, including economic participation and decision-making; and the state of valuing different behaviors, aspirations and needs equally, regardless of gender.
- Causes:
 - ✓ Poverty
 - ✓ Illiteracy
 - ✓ Lack of employment
 - ✓ Social Customs (Patriarchal society)
 - Women seen as property- Dowry system
 - Son Preference
 - ✓ Lack of Awareness among women



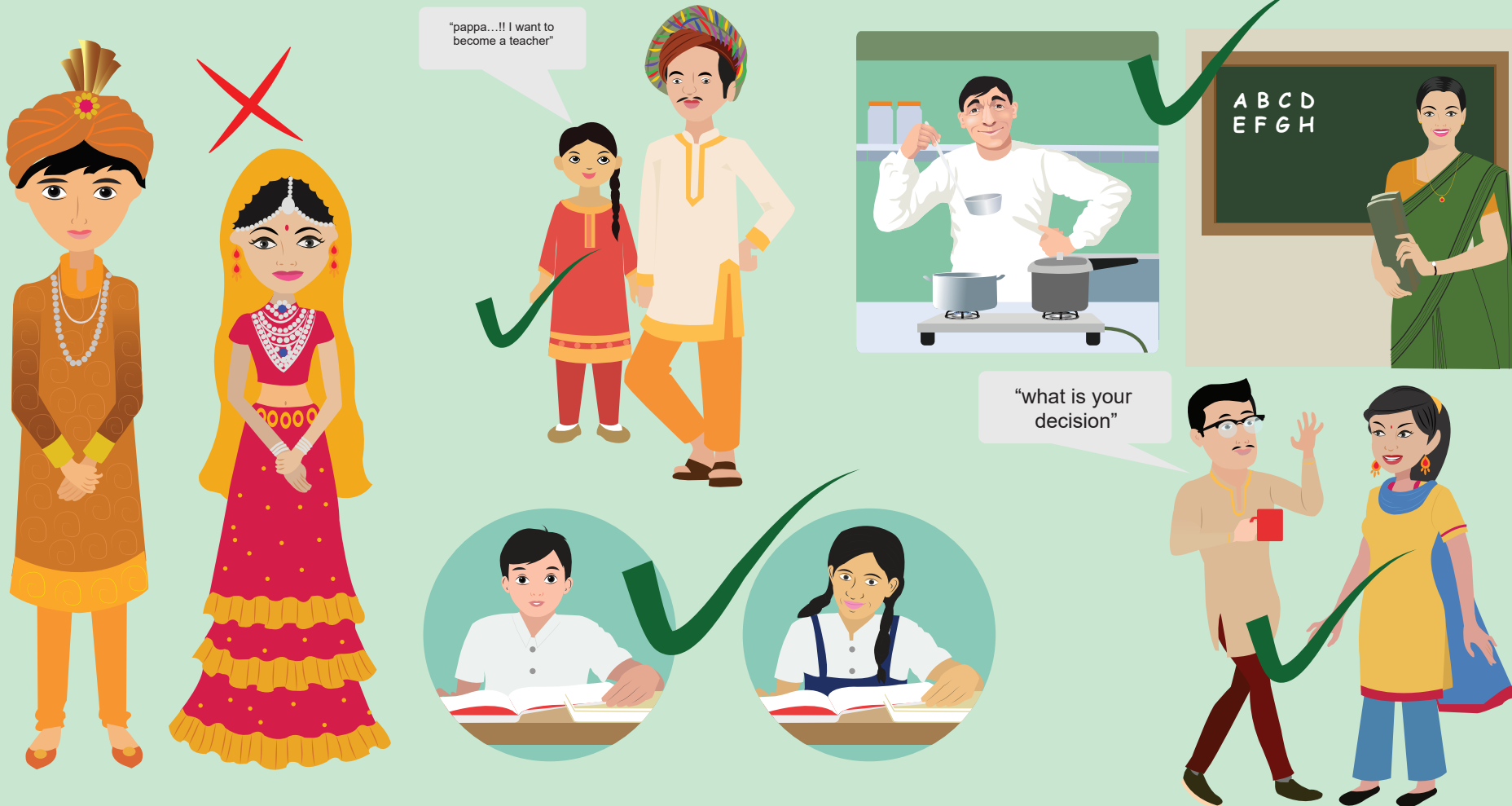
Key Message: Equality: The state of everyone having equal rights irrespective of gender/ race/disability/ethnicity/ or social class.

Achieving Gender Equality

Ask what can they see in picture?

Messages:

- Educate boys and girls- both
- Fight Gender Stereotypes
- Promote Gender Equality at Home-Empower mothers
- Talk to women and girls- involve in decision making
- Stop child marriage and sexual harassment
- Raise aspirations of girls and their parents
- Give proper value to 'women's work'
- Work together- Engage with Men and Boys, not only women and girls



Key Message: Gender Equality is key to sustainable development of any society

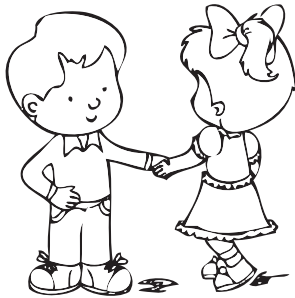
Good Touch and Bad Touch

Ask what can they see in picture?

Messages:

- A good touch makes you feel warm, comfortable, and safe inside.
- A bad touch does not feel good. It may make you feel uneasy or bothered inside.
- No one should touch our private body parts except to keep us clean or healthy.
- Even people that we know, love, and trust should not be touching us in ways that make us feel ashamed or uncomfortable.
- Who can you tell if someone touches you in a way that makes you uncomfortable:
 - ✓ Parents
 - ✓ Grandparents
 - ✓ Teacher
 - ✓ Counselor
 - ✓ Pastor
 - ✓ Other trusted adults
- If the person you tell does not know how to help you or does not do anything to help you, what can you do?
 - ✓ Keep telling someone until they help you. Tell other trusted adults
- NEVER agree to keep bad touches a secret.

GOOD TOUCH



The first touch is called a Good Touch. A Good Touch is when someone touches you in a way that is nice and friendly and safe. Hugs or a handshake is a Good Touch.

BAD TOUCH



If someone gives you a Bad Touch, put on your mad face and say, "Stop that, back off!" or, "I don't like that!" or, "Don't touch me that way!"

Say :

NO in a loud voice

If you feel uncomfortable about what someone is doing

GO to a safe place with other people



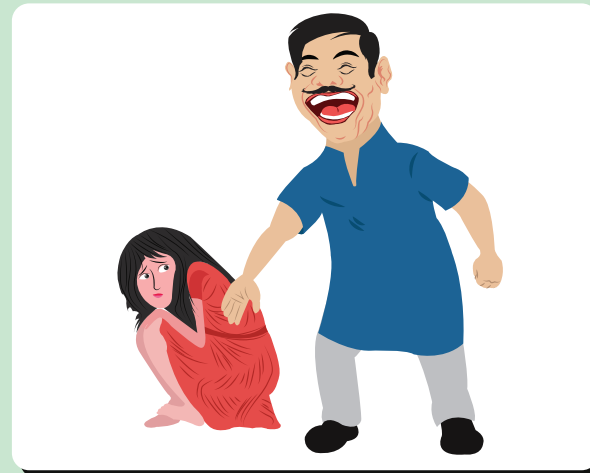
and

TELL an adult you trust



Don't touch me !

Never be afraid to shout and say, don't touch me.



Key Message: Some Parts of body are not meant for touched by others.



Design and print by: tibnology@gmail.com

