



THE POWER OF BEING a GIRL

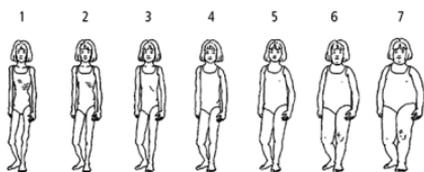
An important part of becoming a strong girl is learning to understand and love yourself for who you are. Confident girls are much more likely to reach their dreams than girls who are scared or weak. Even though people may sometimes say or do things that make girls feel bad about themselves, girls are able to do so many great things in their lives. You will learn how to find your inner strength and to overcome challenges to build a bright future.

Following certain below mentioned tips you will learn to become confident and strong girl.

You will be a friend, mentor, role model and one who will usher change in your community. You will fight against injustice and inequality and lead people around you towards knowledge and progress! This is a big responsibility.

If you see that someone is giving dowry, getting married before the age of 18, facing violence or not getting education, you will raise your voice. You will also spread knowledge about gender equality, healthy living, careers and education.

GROWING UP!



Have you ever wondered what you will be like when you grow up? In your teenage years, you begin to transform from a child into a grownup, complete with your own thoughts, feelings and ideas! This is the time when you begin to think yourself-how you look, who your friends are, your likes and dislikes. This is also the time when you start thinking about what others think of you. Growing up is exciting because you are discovering new things about yourself and forming new relationships with people around you! During puberty your body will grow faster than any other time in your life, except

when you were a baby. This is a time when you are growing rapidly and learning a lot of new things. Some of you might grow as much as four inches in one year. While your body adjusts to all these changes, your mind is changing too. During puberty, you might feel confused or have strong emotions that you've never experienced before. You might get upset easily or feel very anxious for no reason. It is very important to take good care of your body and mind to grow into healthy and happy adults. In this chapter you will learn about a healthy body and mind learn of ways to keep yourselves strong!

MY IDENTITY:

We are all different. We are born in different families, look different, have different likes and dislikes, and speak different languages. This defines our identity. The way we dress, talk, or behave is a very important part of how we express ourselves. These things make us unique. It is important that we don't judge people for how they look or behave and treat them like we would want to be treated. Remember everyone is different.

TAKE EDUCATION SERIOUSLY:

Education gives us knowledge and helps us think about our choices, make good decisions and build a career. After school, there are many parts you can take to continue your education.

We can choose our option according to our interests and our future goals. We can also choose vocational training, which prepares us for a job by teaching us the skills we need. It is a known fact that girls who get an education are more likely to avoid early marriage and live a healthier and happy life.

KNOWING YOURSELF:

Knowing our strengths and weaknesses is very important if you want to achieve your goals! Once you learn your goals then you will learn to spread and share knowledge, support others, advocate for your rights, take responsibility, negotiate for your future, solve problems and make decisions.

NATURE OR CULTURE

Nature: What is natural and cannot be changed – giving birth to babies, having breasts, our bodies.

Culture: What society tell us we can or cannot do; this can be changed – girls staying out late at night, going out to work, flying a plane, travelling alone.



What is gender?

Gender tells us about social changes and cultural categories of MAN and WOMAN. While men and women have some natural, biological differences, most other differences are imposed by culture.



Masculine :

What culture says a man should behave and look like; this includes clothes, hairstyle, behavior and personality, like strong and brave.

Feminine:

What culture says a woman should behave and look like; this includes clothes, hairstyle, behavior and personality, like being gentle, kind etc.

Transgender: Some people born with a girl's body might think of themselves as boys, and vice versa. They wish that they had the body and private parts of the opposite sex. Hijras, chakkas are transgender people. According to the Indian Law, transgenders is the third legal gender in the country.

Feeling and Emotions:



Adolescence is also the time when we might start having special feelings for people. Every relationship has different types of feelings:

- Closeness: Closeness develops with the people with whom you share your thoughts and feelings.
- Commitment: Commitment is a promise you make to stay with a person and support them through situations in life, whether they are easy or hard.
- Attraction; Attraction means liking the looks of a person. Attraction can cause some reactions like blushing, feeling shy, getting nervous around the person you are attracted to, having sweaty palms and increased heartbeat.

Who can be in a romantic relationship?

A woman may have romantic feelings for a man or a woman. Similarly a man might want to be in a romantic relationship with a man or a woman. Men and women who love people of the same gender are

called homosexuals. All of us are different and we all have the choice of deciding who the special person we love should be. We should respect these feelings and not judge people for what they feel.

When should you not get into a romantic relationship?

You should not get into a romantic relationship or continue to stay in it if your partner is violent. Violence in any relationship is not acceptable. You should not hit anybody and they should not hit you.

Healthy Life Happy Life:

It is very important to take good care of your body and mind to grow into healthy and happy adults. To keep body strong and healthy, it is important to eat nutritious food and get enough exercise.

PHYSICAL CHANGES OF OUR BODY:

GIRLS:

Hips widen, menstruation begins, breasts grow, oily hair, vaginal get discharge stretch marks. Get taller and heavier, start sweating, get acne, mood swings, underarm and genital/pubes hair grows, genitals grow larger, voice deepens.



EMOTIONAL CHANGES:

Uncontrolled emotions, become more critical of parents and others, start caring about body and looks, become free to do things and make choices for you, closer friendships, need for personal space, pressure from classmates and friends. Our body is not the only thing that can be unhealthy. Sometimes our minds can be unhealthy too. This is a serious problem. The following are the danger signs you should learn to recognize.

YOU HAVE TO REACT IF YOU EXPERIENCE ONE OR MORE OF THE FOLLOWING FACTORS:

Extreme sadness.

- Continuously feeling very sad for 2-3 months,
- Crying suddenly without any reason.
- Thinking only negative thoughts, Feeling that nothing good will happen in the future.

Extreme lack of motivation,

- Feeling for many months that there is no point in doing everyday takes,
- Not bathing or combing hair for a long time.
- Not getting out of bed for many days.
- Not being able to handle normal day to day problem.

Extreme fear or worry for no reason

- Being extremely afraid of bad things happening

- Fear or anxiety stops you from doing everyday activities
- Being extreme nervous for no reason

Sudden change in behavior that continues for long a time

- Start behaving very differently
- Suddenly stops interacting with family and friends
- Sleeping for 16-17 hours a day or not sleeping at all for many days or weeks.

Trying to hurt one self

- Not wanting to live anymore
- Making plans or trying to kill oneself
- Hurting yourself by cutting or burning

Seeing or hearing things that are not real



- Imagining people and things that don't exist
- Talking to invisible people and hearing noises
- Suspecting without reason that other people are trying harm/kill them.

WHAT CAN YOU DO TO HELP YOURSELF?

- Think about what you are feeling. Giving a name to your feeling can help you deal with them.
- If someone asks, be honest and tell it. If you are uncomfortable talking to them, write a note to someone, explaining how you feel.
- Sometimes strong feelings make you want to cry and it can feel nice to cry it out especially if you have a safe private place. If you want, ask a friend to sit with you.
- Doing things with other people can help you feel better. Try to spend time with your friends and family.
- Try and spend some time in the open in the sun. Exercising is also a good way to feel better.

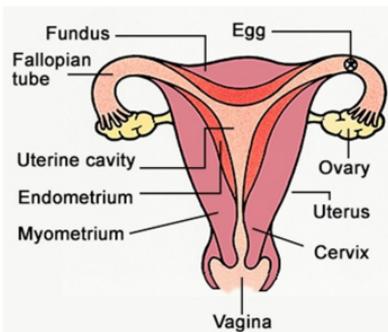
Helping others!

- Ask how they are feeling, and listen to them talk. Let them know that you care about them.

- Don't exclude them from what you are doing. Make them feel like they are a part of the group.
- Treat them with respect and speak up if they are being teased
- Ask your friend if it is okay to share what they are saying with an adult, who may be supportive. Then tell an adult.

LEARN ABOUT YOUR BODY

FEMALE REPRODUCTIVE ORGAN:



Uterus: This organ is where the baby grows.

Ovaries: This organ makes the eggs.

Fallopian tubes: There the two tubes that connect the ovaries on the right and the left to the uterus.

Cervix: The lower part of the uterus that connects the uterus with the vagina.

Vagina: The opening to the uterus. Menstrual blood and babies come out of the vagina.

Vulva: The name for all of the different parts of the reproductive system that you can see on the outside.

Clitoris: It is a small sensitive organ above the vagina.

Labia minora: They are the two inner lips that protect the vaginal lining.

Labia majora: This is the outer lip of the vulva that protects the labia minora.

Urethra: It is an opening that urine passes out of our bodies through. Both male and females have this. For males it is in the penis.

MALE REPRODUCTIVE ORGANS:

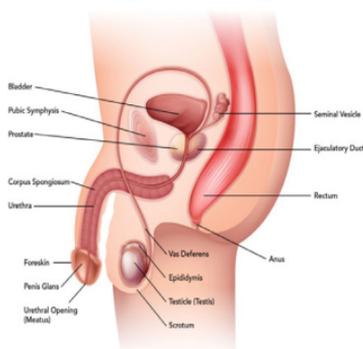
Penis: Organ from which urine comes out of for men and boys. This organ has the Urethra. Semen also comes out of this organ. Semen has sperm in it.

Scrotum: Organ that has two testicles inside of it.

Testicles: These two organs make sperm.

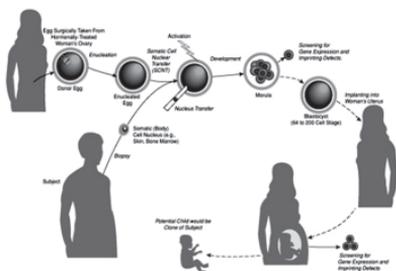
A baby is formed in the women's uterus when a sperm from the man meets an egg from the woman's ovary. The egg meets the sperm in the fallopian tube and gets fertilized. After

Male Reproductive System



this, it travels to the uterus and gets attached to the uterus lining. Here, it grows for nine months before it is born as a baby.

CONCEPTION: The beginning of the pregnancy when the sperm meets the egg. A sperm can reach the egg when a woman and man have sex. During sex, the male and female reproductive organs come in contact with each other and semen is released.



POINTS TO REMEMBER:

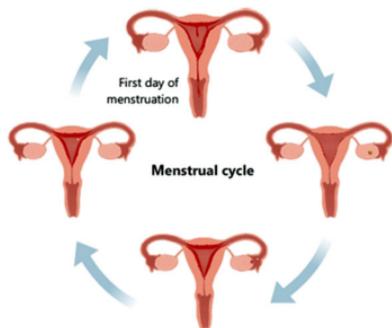
- If a woman, who has had sex, doesn't get her period, she could be pregnant.
- Every girl who has had her first period can become pregnant.
- A girl can get pregnant even if she is not married.
- If a girl feels she could be pregnant, she should visit a doctor immediately and seek a trusted person's support to get help.
- Abstinence (not having sex) is the only 100% effective way to not get pregnant and have a baby. Other (not-so-effective) ways of preventing a pregnancy are using condoms or birth pills. These are called types of contraception.
- You have the right to say no sex.
- Sexually transmitted infections (STIs) spread from one person to another while having sex with an infected person can lead to STIs.
- Abortion is the ending of a pregnancy before the baby is grown enough to live outside the mother. This is illegal in India unless it's a medical emergency. Abortion must only be done by doctors. It cannot be done by:
 - Eating papaya
 - Jumping
 - Inserting stick inside the vagina

- Eating some plants.

Such methods are either ineffective or can cause serious harm to the woman.

Menstrual cycle

The time between the first day of one period and the first day of the next day period. It is usually 28 days but it can be anywhere between 21 and 35 days.



Days 1-5: Your period (bleeding) being and usually lasts three to five days, but it can be as short as two days and as long as seven days. This the time when girls should carry pads with them and take care of their bodies.

Days 6-10: The walls of the uterus begin to thicken with nutrient blood to get ready for an egg to be released.

Days 11-15: An egg is released from the Ovary and it slowly travels down to the fallopian tube towards the uterus. The uterine lining continues to thicken. At this time, if a sperm meets the egg, it will form a baby and the girl will get pregnant.

Days 16-28: The uterus lining continues to thicken. The egg is in the uterus. If a body is not formed, the egg dies and the lining breaks down. Another period begins.

Tips to stay clean during your period:

- Take a bath every day.
- Wear clean clothes. Cotton underwear will help keep to you cool and dry.
- Change your sanitary napkin or pad, often.
- Wash your private parts after using the toilet.
- Keep the area between your legs dry so you do not get an infection or rash.
- Sometimes you may be able to smell blood when you are on your period. If you change your napkin and wash your private parts often, this will reduce.

- If you use cloth napkins do not share them with others even after washing them. This can spread bacteria.
- When you wash blood stained underwear or cloth pads, use cool water instead of hot water to help the stains go away.
- Every time you use a cloth napkin, you should wash it with soap and dry it in the sun to make sure it gets clean.

See a Doctor if :

- You have pain in your abdomen and you can't do your everyday activities because of the pain.
- You have painful itching, burning, redness or swelling of the skin in or around your vagina.
- You see very thick white paste or green or yellow liquid coming from your vagina. These will often come with a bad smell.
- You miss your period for more than two months.
- Your period lasts for more than seven days.

SAFETY

It is very important to know about violence if we want to keep ourselves safe.

What is violence?

Words or actions that are meant to hurt us.

Types of violence:

Physical violence – Any touch that is unwanted and hurts the body

Verbal or emotional violence - any words that hurt our emotions and make us feel that we are not important.

Sexual violence - Sexual touching or actions that are unwanted and make you feel uncomfortable

- a. If someone tries to touch your breasts, vagina or have you touch their private parts or shows you theirs, it is not safe, even if you know them.

- b. If someone forces you to hug, kiss or do anything sexual with them and you do not want to, touch is not safe.
- c. If someone looks at you, touches you or says something that makes you feel uncomfortable, it is not safe. If you get a bad feeling in your stomach or feel sick, it is probably not safe. If sometimes asks you to keep a touch secret, it is probably not safe.
- d. If someone tries to move your clothes, force you to take off your clothes or strip in front of you.
- e. If someone shows you photos or videos of naked children or grownups.
- f. If someone makes you pose for pictures naked or partially naked.
- g. If someone is sharing dirty jokes with you.

AVOIDING VIOLENCE

HOME - if you feel uncomfortable around a family member or a neighbor, avoid being alone with them. Find a person in your community or home you can always talk to.

STREET – walk with others at night and stay in well-lit areas.

Avoid areas that you know might not be safe.

Always have a phone number of somebody who can help you on an emergency.

Be aware of the space around you. Know that if somebody starts following you, they may want to hurt you. Find a person in your community or school you can always talk to.

SCHOOL- if you feel uncomfortable around a teacher or other school staff avoid being alone with them.

If other students bully you, avoid being around them or replying them back.

Find a person in your community or school you can always talk to.

BUS/TRAIN-always have a phone number of somebody who can help you in an emergency.

Sit near the driver or in the ladies' section.

Immediately raise your voice and call the conductor if someone tries to come close to touch you.

Find person in community or school you can always talk to.

RESPONDING TO VIOLENCE:

- **No**-tell whoever is trying to touch you “**no**” or to “**stop**” confidently while looking them in the eye.
- Run-try to get away from the **situation** as **quickly as possible** and go somewhere **safe**.
- Tell-tell someone that you **trust** that you know will **listen** to you and **believe** you. If you are in a **public** place or **bus/train** ask someone for help.

RIGHTS:

In every country, every citizen has rights to fulfill their needs and keep them safe

Rights are shared rules in our society that protect people.

A legal right is a right that exists in the laws of a country. In India women and girls have legal rights at home, at school and in communities. These rights are protected by laws.

RIGHTS IN SCHOOL

The right of children to free and compulsory education act, 2009

- Every child age 6-14 has the right to free education in a neighborhood school until they complete their elementary education.
- No child can be made to pay any kind of fee that will prevent them from completing their elementary education.
- Children with disabilities also have this right.
- Children from migrant families have the right to enroll the school where they are living. A migrant family is a family that travels from their home to another place, usually for work.
- No child shall be subjected to physical punishment or mental harassment in school.
- Children should not be discriminated in school. They should be treated equally to one other.

RIGHTS IN COMMUNITY

- Sexually harassment-unwanted hugging, kissing, groping, touching someone's private parts, using vulgar language, vulgar gestures or showing private parts is against the law.



- Punishment of rape-forced sex between unmarried people without the person saying yes is against the law.
- ENSURE EDUCATION OF THE GIRL CHILD

Prime Minister Shri Narendra Modi stated daughters are "paraya dhan" or that they would go away after marriage and are also not fed on par with the sons.

"People say in old age sons come in handy. Had that been true, so many old age homes would not have opened. Sons have cars and bungalows and yet, many times, parents remain in old age homes. On the other hand, there are innumerable daughters who work hard to keep their parents happy. If girls get the chance, they perform better than boys."

The Prime Minister said "it is our responsibility to wake up the society and to realize our responsibility. It is due to family and societal pressure that girls are killed in the womb. He also pointed out how, in some places, girl child was drowned at times in milk. This used to happen after their birth and after they had seen the face of their mother. But we are worse, we kill girls in the womb."

Mr. Modi also asked doctors if female foeticide was the only way to earn money and will such money do them any good. "You have been taught to save the lives of people, not to kill innocent girls."

He recalled how when some years ago a boy, Prince, fell into a tube well in a village in Kurukshetra district of Haryana, people tracked his rescue for days and women prayed for him across the country. "But why don't we show same concern for numerous girls who are killed in the womb?" he asked

He said " beta-beti ek samman" (equal treatment of boys and girls) should be our motto. "Have we ever imagined that if present gender imbalance continued, then what would be the repercussion? For every 1,000 boys, 1,000 girls should be born.

If daughters are not born, where will you get your daughters-in-law from?



We want educated daughters-in-law, but think so many times before educating our daughters. Educating our daughters is also our responsibility," the Prime Minister said.

Mr. Modi said Panipat is also the birthplace of famous Urdu

poet Altaf Husain Hali who had spoken about women empowerment in the 19th century thus:

***Ai maon, behnon beityon duniya ki zeenat tumsay hai
Mulkon ki basti ho tumhin , qaumom ki izaat tumsay hai***

O Sisters, mothers, daughters

You are the ornaments of the world

You are the life of nations The dignity of civilizations.

A postage stamp was also released to commemorate the launch of the **Beti Bachao-Beti Padhao** scheme.

Banners and posters for saving the girl child had been put up all around the venue and on roads leading to it. One of them read: " Tyag aur samarpan sikhati hai beti, naye naye rishtay banati hai beti"

(DAUGHTERS TEACH SACRIFICE AND COMMITMENT, DAUGHTERS HELP FORGE NEW RELATIONS).

DAF FOLIO IN PRINCIPLE SUPPORT THE CAMPAIGN OF HONOURABLE PRIME MINISTER OF INDIA IN HIS CAMPAIGN TO SAVE AND EDUCATE GIRLS.

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