



NATIONAL SYNDemic DISEASES
CONTROL COUNCIL



GROW

10-14 yrs

ZONE

Meet



12yrs

Liam



11yrs

Ava

1

Understanding
Our Body and Puberty



"Everything you need to know about
growing up and loving your body!"

What is Puberty?



Puberty is the time when your body starts to develop and change, marking the beginning of your journey into adulthood. These changes are completely normal and are as a result of the body producing special hormones in girls and boys. During this period, one experiences physical changes, emotional changes, stronger feelings, and shifts in mood.


Puberty in Girls

When Does Puberty Start?

There is no fixed age for when puberty begins. For girls, puberty usually starts between the **ages of 9 and 15**. Everyone's body is different. Some people experience changes earlier, others later. It's important to remember that growing at your own pace is perfectly normal and one should not feel embarrassed about the changes.



" Puberty is powered by hormones!



For girls, puberty usually starts between the ages of 9 and 15




Key Changes During Puberty

→ Reproductive Organs:

One major change during puberty is the development of sexual organs. Girls will notice changes in the vagina, including the production of a clear or milky fluid called discharge, which keeps the vagina clean and healthy.

→ **Breasts:**

Your breasts and nipples will begin to grow. It's normal for breasts to grow at different rates. One may be bigger than the other for a while and one may experience slight pain.



"Sometimes, I feel shy because my breasts are starting to show, and my dress/blouse don't feel the same anymore. My teacher told me it's a normal part of growing up, and everyone develops in their own time. I'm learning that my body is just doing what it's supposed to do and that makes me feel proud and more confident every day."

Other Changes in Girls

- **Hair growth** at the armpits and around the vagina.
- **Hips broaden**
- **Increased sweating and body odor.** It's important to bathe/ shower at least once a day and wear clean clothes and inner wear.
- **Appearance of pimples** on the face . However, this does not happen to everyone.
- **Emotional Changes:** Girls may experience intense emotions or mood swings due to hormonal changes. Learning to manage emotions in a healthy way is important.

Puberty in Boys

When Does Puberty Start?



Boys usually begin puberty a little later than girls, typically between the ages of 11 and 16. Just like with girls, some boys start developing earlier, while others take a bit more time and that's completely normal.

For boys, puberty usually starts between the ages of 11 and 16

Key Changes During Puberty

→ Reproductive Organs:

One of the most noticeable changes is the growth of the penis and testes. Boys start producing sperm, which means their bodies are getting ready for reproduction.



" Sometimes, I feel embarrassed waking up with a wet inner wear and an erected penis. I learnt in school that it's a normal part of growing up, and everyone develops in their own time. I'm learning that my body is just doing what it's supposed to do and that makes me feel proud and more confident every day."

→ Erections and Wet Dreams

It's usual to start getting more erections (when the penis temporarily hardens and elongates).

→ Voice Changes

During puberty, a boy's voice may "break" or become hoarse. This happens because the voice box (larynx) grows and the vocal cords lengthen. Over time, the voice deepens into an adult male voice. However, this might not happen to all boys and it's completely normal.

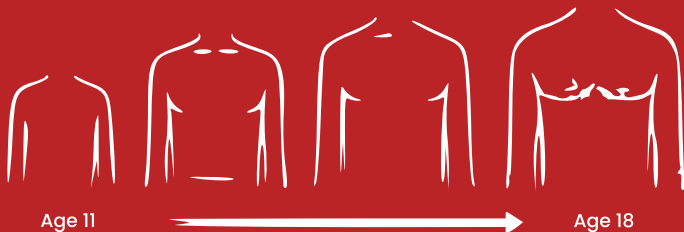
→ Body and Facial Hair

Hair will start growing at your armpits, around the genitals, on the chest, and on the face. Some boys may grow facial hair earlier than others. However, this might not happen to all boys and it's completely normal.

→ Muscle Growth and Broadening Shoulders

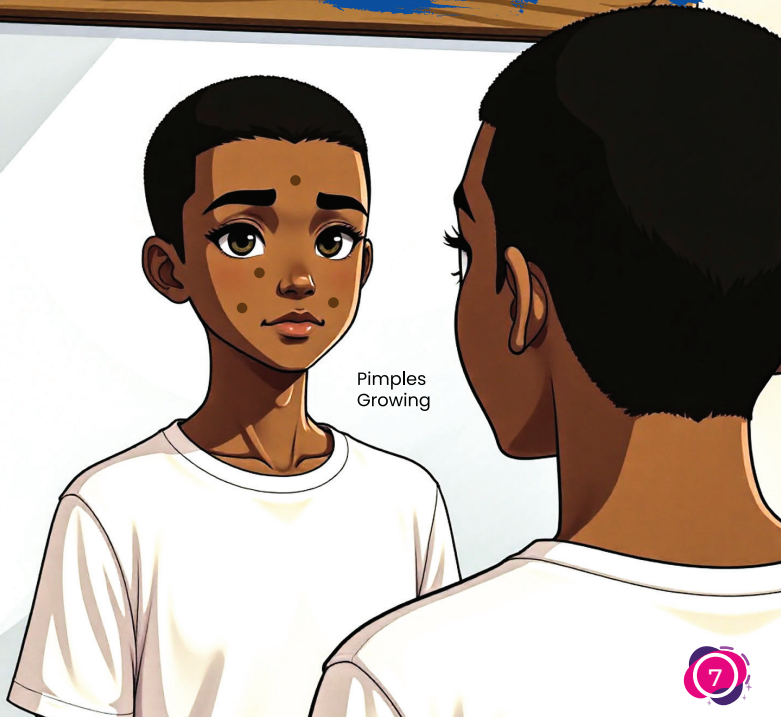
Boys will notice that their bodies become more muscular, and their shoulders broaden as they grow.

Physical changes that occur during puberty in boys



Other Changes in Boys:

- Skin Changes: Some of the boys develop pimples or acne.
- Increased sweating and body odor. It's important to bathe/ shower at least once a day, wear clean clothing and inner wear.
- Emotional Changes: Boys may experience intense emotions or mood swings due to hormonal changes. Learning to manage emotions in a healthy way is important.



Pimples
Growing

Positive Body Image and Acceptance

Body positivity means loving and appreciating your body – just the way it is. It's about knowing that:

- ✓ Everybody is different and that's okay!
- ✓ You don't need to look like someone else to be amazing.
- ✓ Your body is your home – treat it with kindness and care.
- ✓ Be kind to yourself.
- ✓ Don't believe everything you see online.
- ✓ Take care of your body – it takes care of you.
- ✓ Speak up with confidence.
- ✓ Be kind to others, too.

Everyone has insecurities. Don't make fun of how others look – instead, build each other up. A kind heart is the best kind of beauty.





2

Menstrual Health & Hygiene

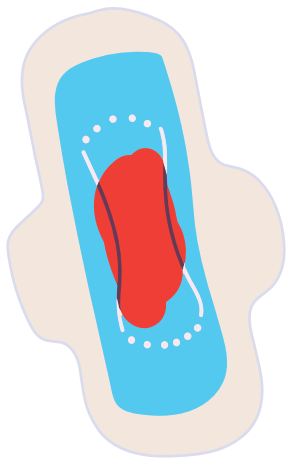
“Everything you need to know about menstruation cycles and staying clean”



What is Menstruation?

Menstruation (also called period) is when blood and tissue from the lining of the uterus leaves the body through the vagina. It happens about once a month and is a normal and healthy part of growing up for girls.

Periods show that your body is maturing and you can have a baby. Right now, it's just part of becoming a young woman.



When Does It Start?

Most girls get their first period between the ages of 9 and 15. Some may start earlier or later and that's okay! Everyone's body is different.



Thank you.

"Ava, you've started your period. This is normal, it means your body is growing. Use this pad for your period"



"Mum I have started having my periods"

"It's okay, Ava. It means your body is changing in a healthy way. I'll help you understand what's happening and how to take care of yourself."

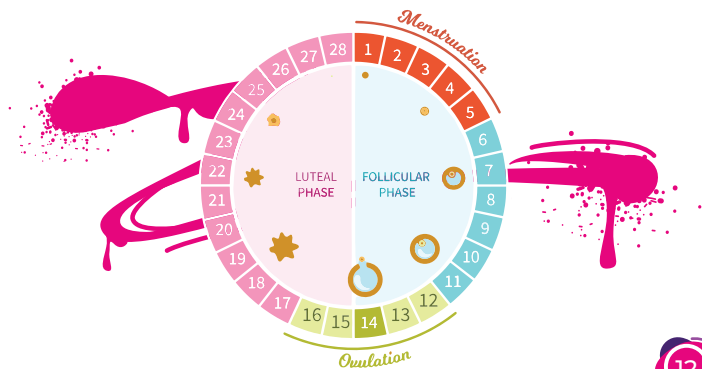
How Long Do Periods Last?

The average menstrual cycle is 28 days. However, it can range from 21 to 45 days.

At first, they may not be regular, meaning you may not get your period for some months after your first period even though you are not pregnant. Over time, your period will be regular.

How to Manage Your Period

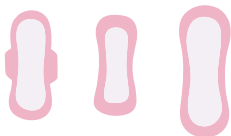
- **Use sanitary products** such as pads, clean clothing and menstrual panties.
- **Change your pad every 4–6 hours** to prevent leaks and infections. It's advisable to change the pad/ menstrual pantie sooner if it is soaked.
- **Wash your hands** before and after changing your pad.
- **Take care of your body** by showering daily and gently cleaning your private parts with water.
- **Dispose of used pads properly:** wrap them in tissue/ paper or the wrapper and throw them in a bin or pit latrine. Never flush them down the toilet.
- **Period Tracking:** It's helpful to track your period using an app, calendar or even beads. This will help you understand your cycle better and prepare ahead of time. It can also help if you ever need to see a doctor for irregularities.



How to wear a pad



1



Choose Your Pad

2



Wash Your Hands

3



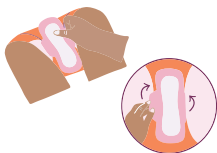
Get Ready

4



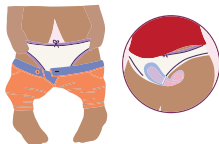
Open Pad

5



Stick Pad to Your Underwear

6



Almost Done

7



Wash Your Hands

Tips for Feeling Comfortable

- Carry extra pads and a change of underwear in your school bag in case your period starts while at school or away from home.
- Wear comfortable underwear and clothes during your period.
- Stay active! Light exercise like walking can help with period pain.
- Drink lots of water and eat healthy foods to feel your best.

Managing Pain and Discomfort

It's normal to feel cramps or slight discomfort during your period and midway your menstrual cycle. Here are some tips to feel better:

- Do light exercises like stretching or walking.
- Rest when needed and stay hydrated. If the pain
- is too strong or unusual, it's important to talk to a health professional.

If the pain is very bad or you feel very sick, tell a parent, teacher, guardian, or nurse.



What is Menstrual Hygiene?

Menstrual hygiene refers to the way girls and women manage their periods safely and with dignity. It includes using clean materials to absorb menstrual blood, maintaining body cleanliness, and managing menstruation in a way that protects health and prevents infection.

Why is Menstrual Hygiene Important?

- It helps prevent infections, including urinary tract infections (UTIs) and reproductive tract infections.
- It helps girls stay healthy, confident, and comfortable during their periods.
- Good menstrual hygiene allows girls to continue going to school, playing, and participating in daily activities without embarrassment or fear.

Additional Tips for Period Hygiene

- During your period, wash your private area/part (vulva) with water daily. Avoid using strong soaps, sprays, or scented products in your private part/area, as they can cause irritation.
- Always carry extra pads or tampons, especially if you're in school or away from home, so you're prepared for any changes in your cycle.





3

Personal Hygiene



➤ "Everything you need to know about keeping your body fresh."



Personal Hygiene

Is the practice of maintaining the cleanliness of our body and clothing to promote the overall health and wellbeing.

During adolescence, your body undergoes a lot of changes, and hygiene becomes even more important.



Personal Hygiene: What You Need to Know



Bathing and Showering

- **How often should you bathe?**
It's important to shower or bathe regularly, at least once a day, to remove dirt, sweat, and body oils.
- **Why shower?**
Regular showers keep your skin fresh and clean, help prevent body odor, and remove bacteria that could cause infections.
- **Quick Tip:** Use clean water and soap to cleanse your body. Pay special attention to areas such as armpits, feet, and private parts.

Skin Hygiene

Keeping Your Skin Clear and Healthy

- **What's happening with your skin during puberty?**
During adolescence, your skin may become oily due to hormonal changes. This can lead to pimples, and blackheads.
- **How to manage oily skin:**
Wash your face gently with soap or facial wash twice a day, once in the morning and once at night. Avoid harsh scrubbing or using too many products on your skin, as it can irritate your skin.
- **If you have acne/ pimples:**
It's common to experience acne/pimples, but it's important not to pop or them, as this can lead to scarring. If they become severe, consider consulting a dermatologist or go to hospital.

Skincare Tips

Moisturizing/oiling: If you have dry skin, use oil to keep it hydrated.

Oral Hygiene

Brushing Your Teeth

- **How often should you brush?** Brushing your teeth twice a day, in the morning and before bed is essential. It helps remove food particles, plaque, and bacteria, preventing bad breath and tooth decay.
- **What you need:** A toothbrush, toothpaste, and dental floss. Don't forget to change your toothbrush every 3 months or when the bristles wear out.
- **Why is oral hygiene important?** Poor oral hygiene can lead to gum disease, cavities, and other dental problems, which can cause pain, bad breath, and even tooth loss. Regular brushing also boosts your confidence and improves your smile.

Additional Tips for Healthy Teeth

- Drink water after eating sugary snacks or drinks to rinse your mouth.
- Avoid or limit sugary foods and drinks, as they can increase the risk of tooth decay.
- Brush your teeth after eating sugary foods and drinks.



**Avoid Sugary
Foods & Drinks**

Body Odor and Sweat

Managing Body Odor

→ Why do you sweat?

During puberty, your body produces more sweat due to active sweat glands, especially under the arms and around your private areas. Sweat itself doesn't smell, but when it mixes with bacteria on your skin, it can cause body odor.

→ How to manage sweat:

Shower regularly and wear clean clothes to reduce body odor.

Tips for Sweaty Feet and Hands

- Keep your feet clean and dry, and wear breathable shoes. Wear a clean pair of socks daily.
- If you have sweaty hands, wash them regularly and wipe your hands with clean tissue or dry clean cloth regularly.

Hair Hygiene

Keeping Your Hair Clean

Why is hair hygiene important?

Your hair may become greasy or oily during puberty due to increased oil production in the scalp. Regular hair washing can help manage this and keep your hair fresh.



Hand Hygiene

Why Hand Hygiene Matters

Good hand hygiene can prevent the spread of germs, viruses, and bacteria that cause illnesses like flu, cold, and stomach infections.

- **When to wash your hands:** Wash your hands before eating, after using the toilet, and after touching things that may carry germs (like your phone or money).
- **How to wash:** Use soap and clean water to wash your hands for at least 20 seconds, scrubbing all parts of your hands, including the palms, back of your hands, and under your nails.



" Use soap and clean water to wash your hands for at least 20 seconds."

Quiz



1. What is the name of the process where your body starts to grow and change into an adult?

Answer: _____

2. At what age does puberty usually start for girls?

Answer: _____

3. What should you do if you start sweating more and have body odor during puberty?

Answer: _____

4. How often should you change your sanitary pad?

Answer: _____

5. What is the name of the monthly bleeding that shows a girl's body is growing?

Answer: _____

6. What is one way to keep your skin healthy if you start getting pimples?

Answer: _____

7. How many times should you brush your teeth every day?

Answer: _____

8. Why is it important to wash your hands often?

Answer: _____

Choose the Correct Answers (Pick from these options):

- (Shower daily and wear clean clothes)
- (Because the body is getting ready for reproduction)
- (Wash your face gently twice a day)
- (Between 9 and 15 years) (Puberty) (Menstruation) (Discharge)
- (Once a week) (Brush twice a day) (To prevent germs and illness)





Human Immunodeficiency Virus HIV?

➤ "Everything you need to know about
HIV and how to stay safe."



What is HIV?

HIV stands for Human Immuno-deficiency virus. This virus attacks the body and reduces its ability to fight infections.

What is AIDS?

AIDS stands For Acquired Immune Deficiency Syndrome. AIDS occurs when HIV severely damages the immune system, making it difficult for the body to fight off infections and illnesses.

It is the most advanced stage of HIV infection.

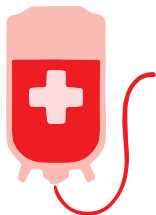
How is HIV transmitted?

HIV is transmitted through the following ways;

- Mother transmitting HIV to her child during pregnancy, childbirth, & breast-feeding.
- Sharing contaminated sharp objects such as needles, & razor blades.
- Sexual activity.



Mother to her baby



Contact with infected blood



Sharing needles



Sexual Activity

How can you prevent HIV transmission or infection?

Abstinence

Abstinence is choosing to refrain from sexual activity.

Why Abstain?

- To avoid emotional stress and pressure that comes from premature sexual activity.
- To build your self-esteem and decision-making confidence
- It encourages you to focus on academic performance and hobbies without distractions.
- To avoid pregnancy or sexually transmitted infections.

ABSTINENCE

Is Key

Facts about HIV

- You cannot get HIV from shaking hands, sharing utensils and playing together.
- You cannot get HIV from a mosquito bite and other insect bites.
- A person living with HIV can live a normal fulfilling life with proper care and treatment.
- There are no HIV Carriers, people are either HIV positive or HIV negative.

What if I am living with HIV?



1. You Are Not Alone

There are many children and teenagers around the world who are also living with HIV. You are not alone and there are people who understand what you're going through and willing to support you.

2. HIV Doesn't Define You

HIV is only one part of your life, it does not change who you are. You are smart, strong, kind, and full of potential. Your future is bright.

3. Take Your Medicine Every Day

Your medicine helps your body stay strong and healthy. Taking it every day keeps the virus under control so you can live a long, healthy, and happy life, just like many other people living with HIV.

4. Who Can I Talk To?

If you ever feel confused, sad, or scared, talk to someone you trust. This could be your doctor, a parent, a family member, a teacher, or a counselor. You don't have to deal with everything alone.

5. You Deserve Love and Respect

HIV doesn't change your worth. You are valuable, lovable, and important. The right people in your life will care about you for who you are.

6. Be Careful Who You Tell

You don't have to tell everyone about your HIV status. It's okay to keep it private and share it only with people you trust. You have the right to feel safe and supported.

7. Dream Big

You can still do amazing things, go to school, play sports, join school clubs, become anything you want. HIV should not stop your future



Tips

- Always go for your health check up as your doctor advises.
- Eat well, stay active, and take care of your body.
- Never let anyone make you feel less because of your HIV status, you are important, and you matter.

What is TB?

TB stands for **Tuberculosis**.

It is an illness caused by a bacteria that mostly affects the **lungs**.

TB spreads from one person to another **through the air**, when someone with TB coughs or sneezes.

Signs and symptoms of TB

- Persistent cough
- Coughing blood.
- Chest pain , especially when breathing or coughing.
- Fever.
- Night sweats.
- Fatigue.
- Loss of appetite and unexplained weight loss.

THE
TRUTH
ABOUT
TB

TB is
curable

Cough Hygiene and Etiquette ?

Practicing good hygiene helps keep you and others safe from diseases like TB and the flu.

Here's how:

- **Always cover your mouth and nose** with a tissue, handkerchief or your **elbow** when you cough sneeze.
- **Throw used tissues in the bin** right away.

- **Wash your hands** with soap and water often especially after coughing or sneezing.
- If you're not feeling well (e.g. coughing a lot, have fever, night sweats, or losing weight), tell a **parent, guardian, or teacher** so you get treatment.



or



Always cover your mouth and nose



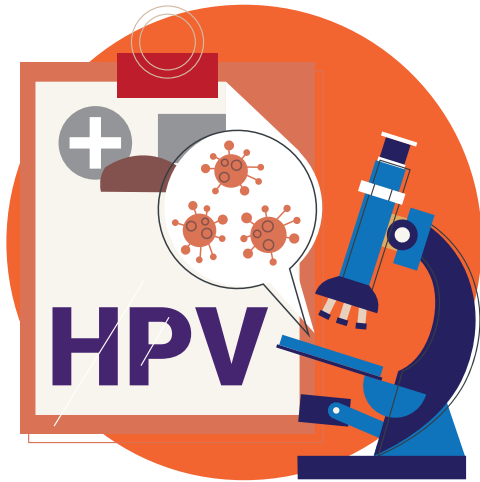
Throw used tissues in the bin



Wash your hands with soap and water

Stay Healthy!

- Seek medical attention if you are coughing persistently.
- Keep windows open for fresh air when possible.
- Eat healthy foods, sleep well, and keep your body clean.
- Be kind to others even if they are sick. **TB is not a reason to treat anyone differently.**



5

Human Papillomavirus HPV



➔ "Everything you need to know about HPV and protecting yourself."



What is HPV?

HPV stands for **Human Papillomavirus**.

It is a very common virus that causes cancers of the reproductive organs. It can infect both **girls and boys**.

How Do You Protect Yourself?

The **HPV vaccine** helps protect you from the dangerous types of HPV

That's why it's offered **before you're exposed to the virus**, usually around **ages 9–14**.

Key Facts About the HPV Vaccine

- It works best **before** a person becomes sexually active.
- It is safe and effective, and helps protect you for many years against certain cancers of the reproductive organs.

The HPV vaccine is offered free for girls in many public and private hospitals. Boys can also get the vaccine in private hospitals, but at a fee.

Who Should Get It?

- **Girls and boys aged 9 to 14 years** should get the HPV vaccine.
- You **do not need to be sick** to get the vaccine.

Don't be afraid to ask questions or talk to a **parent, teacher,** or your doctor or nurse if you want to learn more.



Adolescent Pregnancy & Adolescent Fatherhood

"Stay focused on your education, your dreams and your health."



What is Adolescent Pregnancy?

Adolescent pregnancy is when a girl becomes pregnant before the age of 18.

Getting pregnant at a young age can change your life in big ways, including:

- Stopping school or delaying education.
- Taking on adult responsibilities while still young.
- Facing health risks for both mother and baby.
- Feeling stressed, worried, or afraid.
- Rejection and unfair treatment from friends and community.
- Increased risk of violence and early marriage.

What is Adolescent Fatherhood?

Adolescent fatherhood is when a boy becomes a dad before the age of 18 years. Even though boys don't carry the baby, being a father means being responsible for the baby's and mother's life, health, and support.

Adolescent fathers may:

- Struggle with school.
- Feel confused or scared.
- Have pressure from family or society.
- Be expected to provide support for the baby and the baby's mother.

Why It's Important to Delay Pregnancy until you are an adult.

- At ages 10–14, your body and mind are still growing. It's important to **stay focused on your education, your dreams, and your health.**

Health Risks for Adolescent Mothers

Increased risk of pregnancy-related complications:

Adolescent mothers face a higher risk of conditions like;

- High blood pressure.
- Stress and depression during and after pregnancy.
- Mother and/or Child death during pregnancy and childbirth.
- Contracting Sexually Transmitted Infections, which can also be transmitted to the baby.

How Can You Prevent Adolescent Pregnancy?

- Do not engage in sexual activity (abstain) until you are an adult, when your body is fully developed. This includes kissing, inappropriate touching of your body parts, touching private parts and sex. It is the safest choice to avoid pregnancy, HIV and STIs.
- Know your rights and report sexual abuse, no one has the right to touch you inappropriately, or on your private parts, or pressure you to have sex with them. If someone does this, report them to an adult who you trust.





7

Understanding Sexual and Gender Based Violence (SGBV): Speak Up and Get Help

“Everything you need to know about SGBV and how to seek help.”



What is GBV?

Gender-Based Violence (SGBV) is when someone is abused or treated unfairly because of their gender - being a boy or a girl. This can include:

- Inappropriate touch, including of your private parts.
- Sexual activity.
- Being called hurtful names, bullied, threatened or made to feel unsafe, scared or ashamed.

Stay Alert

Not everyone has good intentions. Be careful around people who:

- Touch you in ways that make you feel uncomfortable.
- Ask you to keep "secrets" about your body or their behavior.
- Give you gifts or money and expect something in return.
- Try to be alone with you in private places without a good reason.
- Show you things like adult videos or pictures.
- Force you to stay quiet or threaten you if you speak up.
- Make sexual jokes or comments about your body.
- Pressure you to date, hug, kiss, or have sex.
- Don't respect your boundaries even when you say "No".
- Try to control or manipulate you with fear, guilt, or shame.

STAY ALERT



You Should Speak Up!

Reporting means telling someone you trust what happened. If someone has touched your private parts, hurt you, or made you feel unsafe, it's important to inform:

- Parent or guardian
- Teacher
- School counselor
- Nurse or doctor
- Trusted adult
- A trusted person in church, mosque, or temple

Speaking up helps stop the violence and keeps you safe.

Why Is It Important to Tell Someone?

- To **protect yourself** and stop the person from doing it again.
- To get the **care and support** you need, like counseling or medical help.
- To **stand up for your rights**, your body belongs to you and no one should abuse you.
- To ensure that the person who abused you is punished by the law.

Remember

- If someone abuses and hurts you, it is **NEVER** your fault.
- It doesn't matter what you wear, where you were, or who you were with, the person who hurts you is the one who is wrong.
- You have the right to feel safe and respected.
- Telling someone you trust or calling for help will **NOT** get you in trouble. You will **NOT** be blamed or shamed.

SAY NO TO DRUGS



8

DRUG AND SUBSTANCE ABUSE

"Everything you need to know about saying no to drugs."





"NO"

Liam refuses to smoke



"NO"

Eva refuses to drink alcohol

Alcohol, Drug & Substance Abuse:

Alcohol and drug abuse means using harmful substances (like alcohol, cigarettes, vape, glue, miraa, bhang or illegal drugs).

What Can Lead Someone to Abuse Drugs?

- **Peer Pressure** - Feeling pushed by friends to try alcohol or drugs just to “fit in” or be accepted.
- **Boredom or Curiosity** - Wanting to try something “new” or “cool” without thinking about the dangers.
- **Low Self-Esteem** - Not feeling good about yourself and thinking drugs or alcohol will help you feel better.
- **Family Problems** - Stress at home, sexual and gender based violence, neglect, or seeing adults use alcohol or drugs.
- **Not Having Supportive Adults** - Not having someone to talk to or trust when life feels hard or confusing.
- **Poor Performance or Stress at School** - Struggling with schoolwork, results or pressure from teachers or classmates.

How Can You Stay Safe and away from drugs and substance abuse?

- Say “**NO**” confidently and **report** someone who offers you alcohol or drugs.
- **Choose friends** who respect your choices and don’t pressure you to use drugs and alcohol.
- **Talk to a trusted adult** when you feel upset, confused, or curious about risky things.
- **Join clubs, sports, or fun activities** that build your confidence and keep you busy.
- **Learn the facts** - having accurate information about alcohol, drugs and substances helps you make smart decisions.



9

FRIENDSHIP

“Everything you need to know about making and keeping good friends.”



What is Friendship? :



A friend is someone who:

- Respects you
- Encourages you
- Makes you feel safe and accepted
- Shares similar interests with you

Good friends listen and support each other in good and bad times. Good friends will not encourage you to do anything that will put you in trouble.

What is Bullying?

Bullying is when someone:

- Hurts you on purpose (with words or actions)
- Teases or embarrasses you
- Spreads lies or rumors about you
- Excludes you from groups
- Physically harms you

What Are Healthy Boundaries?

Boundaries are rules you set to feel safe and respected. They determine what is okay and what is not okay.

When setting a boundary, always say it clearly and remain firm even when people pressure you to change it.

Examples of boundaries you can set are:

- "No, I'm not comfortable with what you are asking me to do."
- "Please stop teasing me."
- "I don't want to be touched."
- "I don't want to be with you."

Coping with Life: School, Friends & Emotions

Growing up comes with changes, in your body, your feelings, and your friendships.

Sometimes you may feel:

- Stressed about exams
- Left out or lonely
- No one likes you
- You have no friends
- Unsure of who to trust



Tips to Cope:



- **Talk to someone** you trust (parent, teacher, counselor).
- **Stay active** – join clubs, sports, draw, dance, knit or engage in your hobby.
- **Rest and eat well** – a healthy body helps your mind feel better.
- **Be kind to yourself and others** – mistakes happen. Keep learning and growing.

Self-Esteem & Peer Pressure

What is Self-Esteem?

Self-esteem means feeling good about yourself. Having self-esteem means that you feel proud of what you do, believe in yourself and feel liked and accepted.

When someone has low self-esteem, they are hard on themselves and think they're not good enough.

What if My Self-Esteem Is Low?

Here are some tips to feel better about yourself and raise your self-esteem:

- **Be with people who treat you well.** Some people act in ways that make you feel sad. Others lift you up by what they say and do. Learn to tell the difference. Choose friends you can be yourself with and who help you feel okay about who you are. Be that type of friend for others.
- **Say helpful things to yourself.**
- **Accept what is not perfect.**
- **Set goals and work toward them.**
- **Do things that you are good at and build on your skills and talents.**
- **Help others.** Giving is one the best ways to build self-esteem.

Self Love



Peer Pressure

"ARE YOU SCARED?"

"DO IT IF YOU'RE
OUR FRIEND"

"BE ONE
OF US"

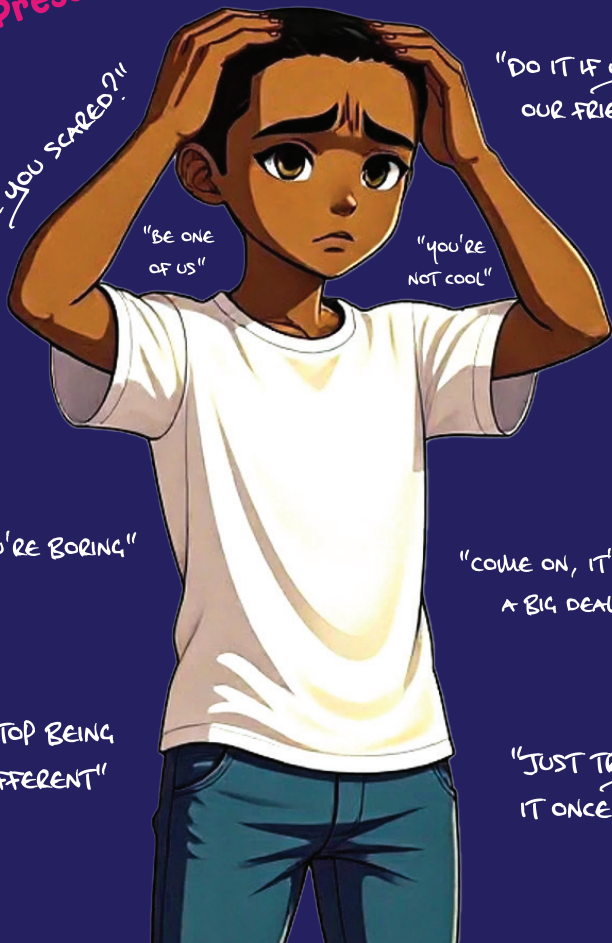
"YOU'RE
NOT COOL"

"YOU'RE BORING"

"COME ON, IT'S NOT
A BIG DEAL"

"STOP BEING
DIFFERENT"

"JUST TRY
IT ONCE"



What is Peer Pressure?

Peer pressure is when people your age influence you to do something, whether it's good or bad.

It can involve friends, classmates, or others encouraging behaviors or actions. Peer pressure can sometimes lead to positive choices, like studying harder or trying new hobbies.

However, it can also push someone into doing things they're not comfortable with like:

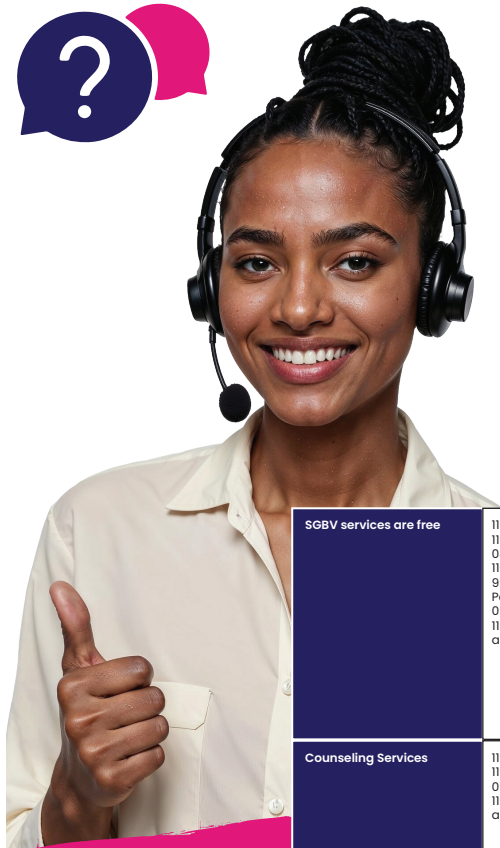
- Breaking rules
- Skipping school
- Using alcohol, cigarettes or other drugs
- Bullying others

How to Handle Peer Pressure:

- Saying "**NO**" with confidence.
- Walk away from bad situations.
- Hang out with people who support your goals and values.
- Remind yourself: **Real friends don't pressure you** – they respect you.
- **Talk to Trusted Adults:** Share your feelings with parents, teachers, counsellors, or other trusted individuals.







WHERE TO SEEK HELP

SGBV services are free

1195-Domestic and Sexual Violence
1190-LVCT Health
0800720501-FIDA
116-Child Abuse
999/ 911/ 112/ 0800722203-Kenya
Police
0900620800-Nisikize
1199/ 999-Kenya Redcross Society
and Ambulance Services

Counseling Services

1190-LVCT Health
1195-Healthcare Assistance Kenya
0900620800-Nisikize
1199/ 999-Kenya Redcross Society
and Ambulance Services

Drugs and Substance Abuse

1192 - NACADA toll free number
0700395395 - NMS Kenya Red Cross
Society
0700460546- MSF Ambulance
Visit the nearest health facility to be
linked with a mental health specialist

**Get In
Touch**



Thank **You**



**NATIONAL SYNDemic DISEASES
CONTROL COUNCIL**



For more information visit;

www.nsdcc.go.ke

National Syndemic Disease Control Council

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