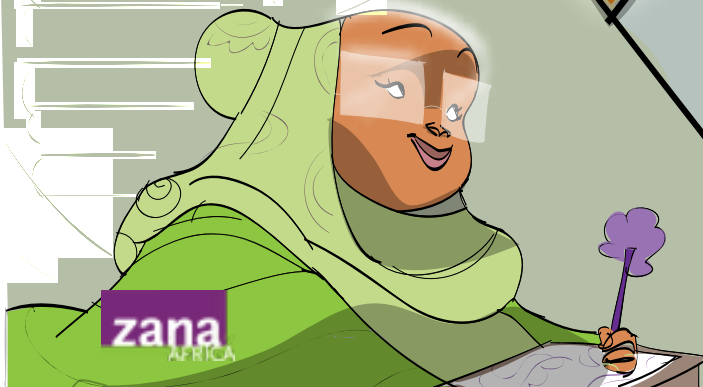


HOW ARE YOU MANAGING?

I'm DEEP IN MY
FEELINGS,
but I will not allow
what I'm feeling
to consume me...

I'm KEEPING BUSY,
learning to process
my emotions
and discovering
new things
about myself!

I really want to
talk my feelings out,
but it's hard to find
someone I can trust.
I DON'T LIKE FEELING
WEAK.





WELCOME TO THE NIA UNIVERSE!

You do not have to know someone who has coronavirus personally to believe that it is real.

Right now, coronavirus has no cure but some infected people are recovering. Global researchers are still working on a vaccine.

Remember to keep doing **'The Five'**

1. Wash our hands often with soap and running water for 20 seconds.
2. Stay at home as much as possible.
3. Wear a mask properly in public spaces.
4. Maintain social distance (1.5m – 2m).
5. Sanitize as often as possible.

Nurse Kisuli



Coach Songe



Eliza



TOMA



Kevol



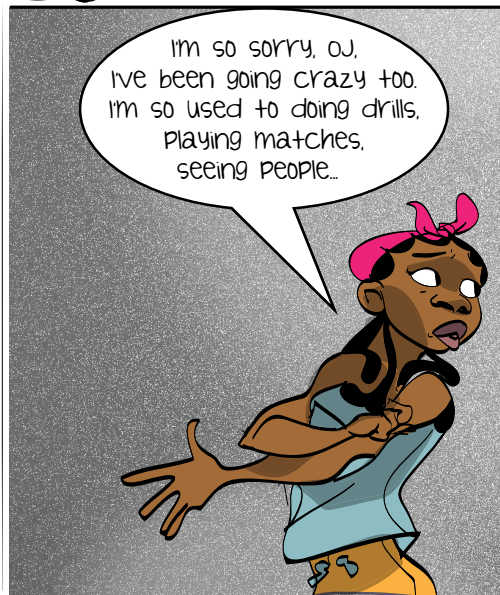
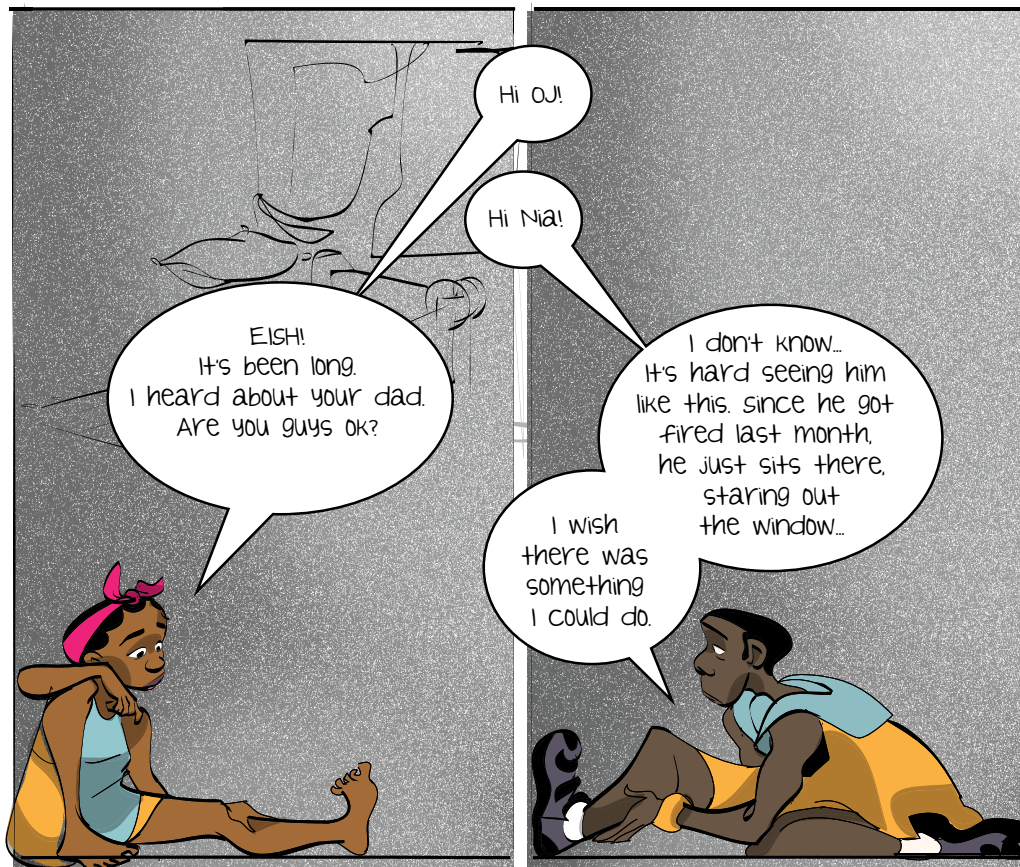
Zaniadi

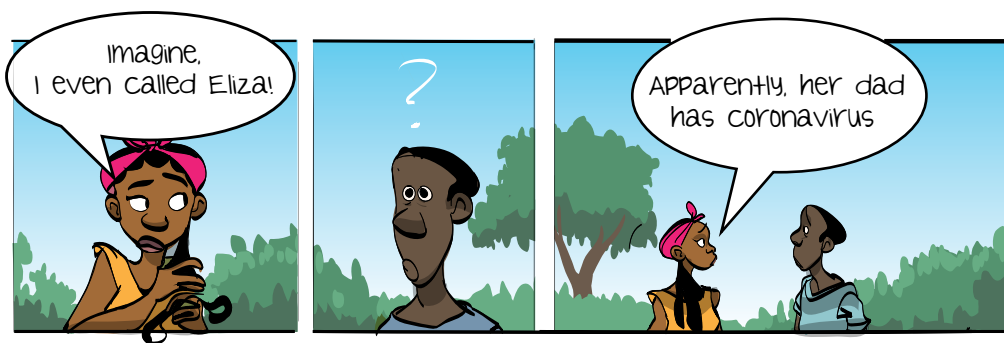


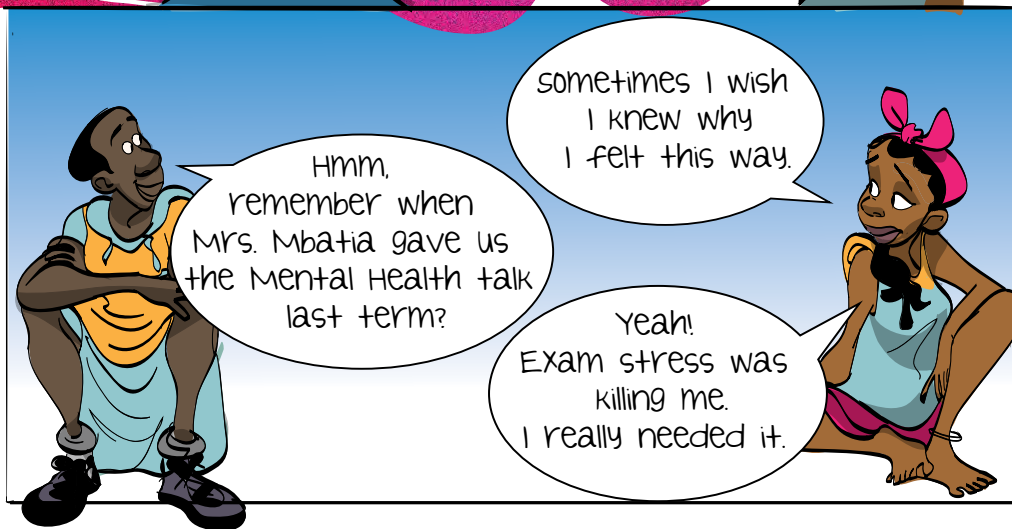
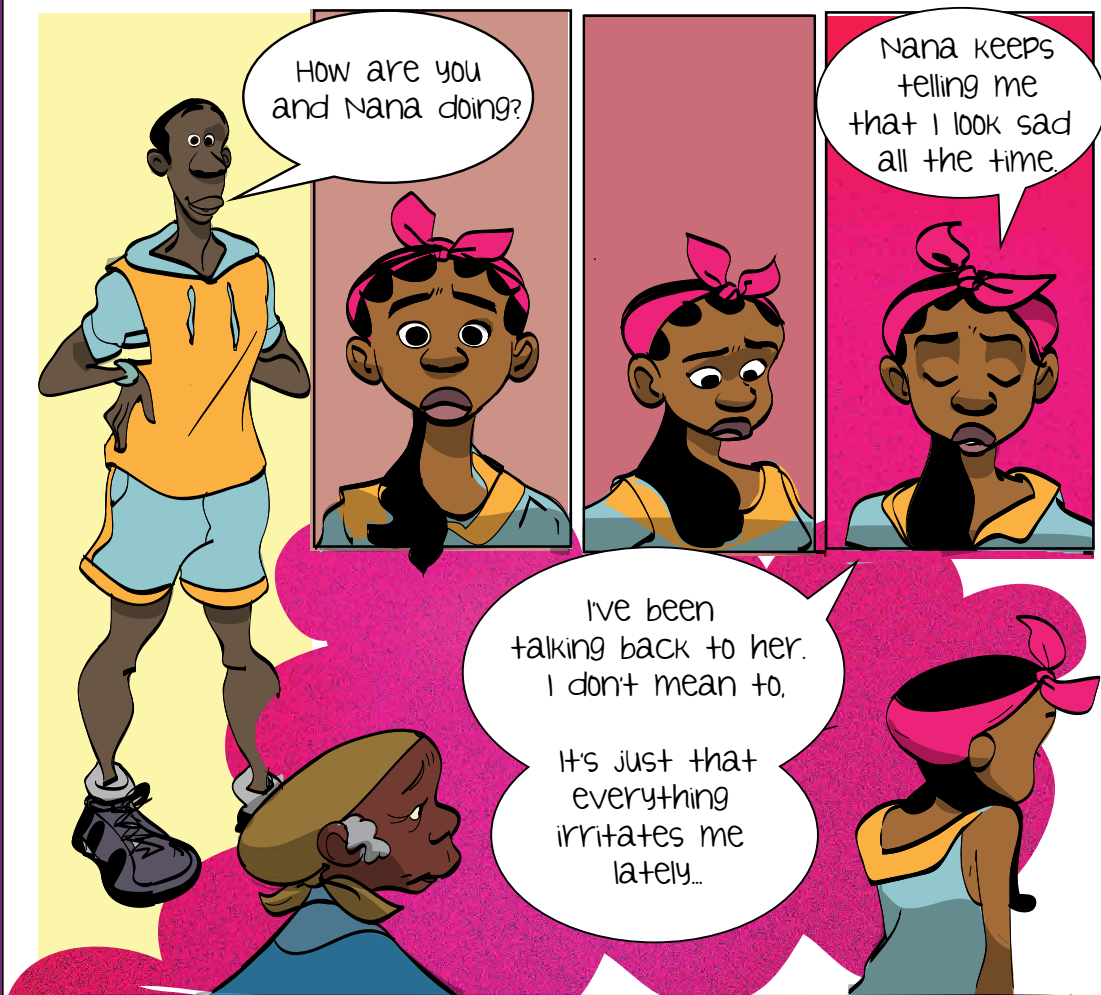
Nang



Micht







Last Term...

...Everyone knows that taking care of your body matters...

Everyone should take care of their mental health, just as much as their physical health.

...but it's easy to forget just how important your mind is.

What is mental health?

Mental health focuses on your psychological well-being and state of mind. It includes your **happiness, satisfaction in life** and **how you feel about yourself**.

What is mental illness?

Mental illness refers to a wide range of conditions/disorders that affect your mood, thinking and behaviour.

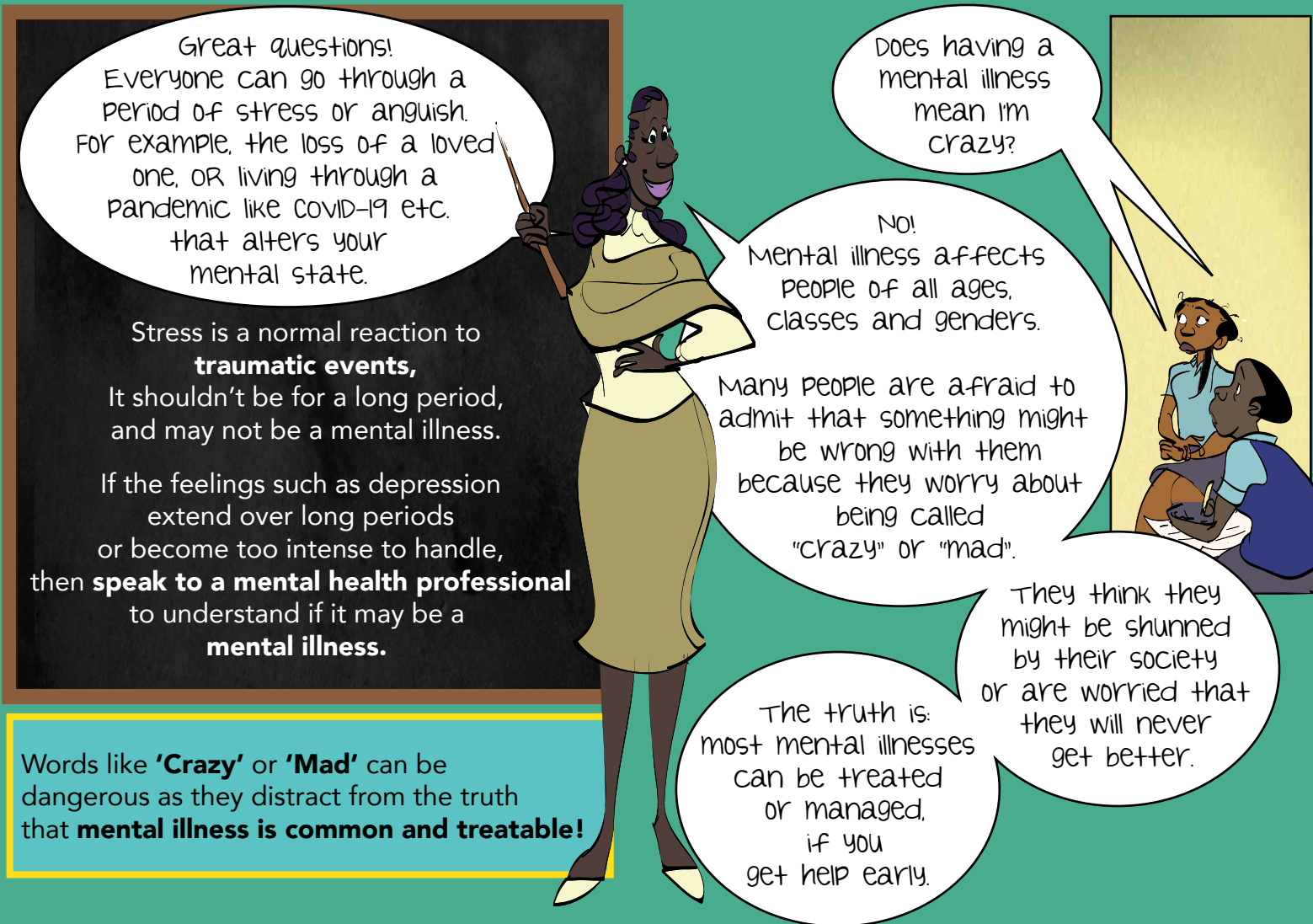
There are many different types of mental illness, just like there are many different types of physical illness.

Examples of mental illness include:

Depression, Anxiety Disorders, Schizophrenia, Eating Disorders and Addictive Behaviours.

Many people have mental health concerns from time to time.

What does mental illness look like?



Great questions!
Everyone can go through a period of stress or anguish. For example, the loss of a loved one, OR living through a pandemic like COVID-19 etc. that alters your mental state.

Stress is a normal reaction to **traumatic events**,
It shouldn't be for a long period, and may not be a mental illness.

If the feelings such as depression extend over long periods or become too intense to handle, then **speaking to a mental health professional** to understand if it may be a **mental illness**.

Words like '**Crazy**' or '**Mad**' can be dangerous as they distract from the truth that **mental illness is common and treatable!**

Does having a mental illness mean I'm crazy?

No!
Mental illness affects people of all ages, classes and genders.

Many people are afraid to admit that something might be wrong with them because they worry about being called "crazy" or "mad".

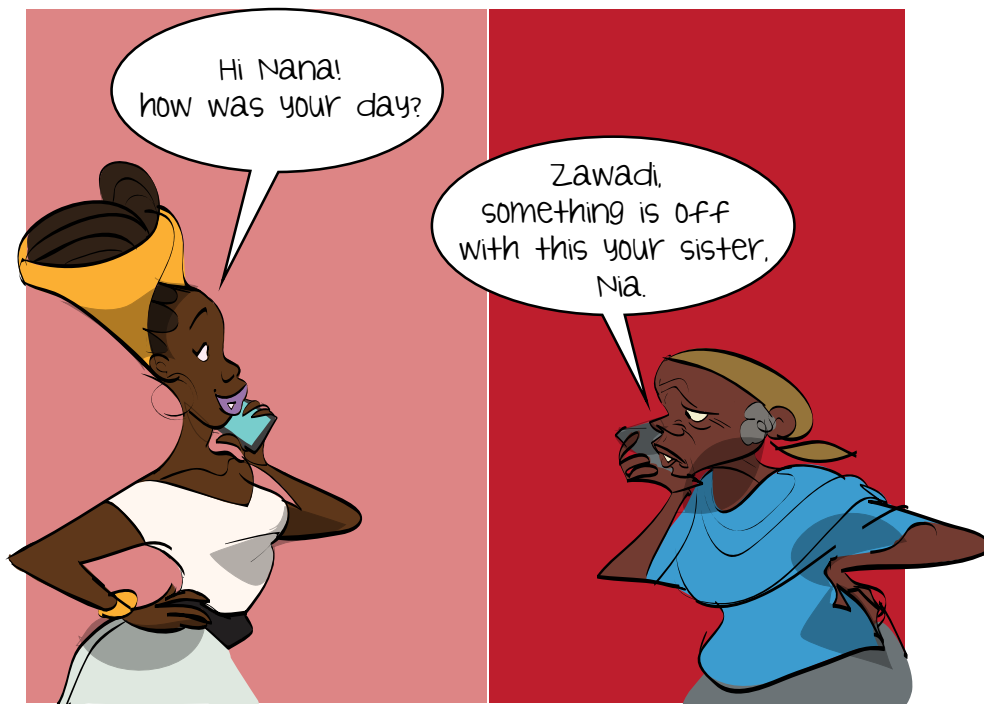
The truth is:
most mental illnesses can be treated or managed, if you get help early.

They think they might be shunned by their society or are worried that they will never get better.



Anyone can struggle with
mental illness!
It is very common
and **nothing to be ashamed of.**
You have to remember,
your mind is a part of
your body.
If your body gets sick,
you get **treatment.**
Same with your mind!

Meanwhile...





Coronavirus is exhausting!
From the time you wake up...

on the radio,
on the TV,
it's always about
the pandemic.

Cases rising
daily,
some people are dying,
others have lost their
jobs or taken pay cuts,
and we can't even
see each other!



I can understand
how she feels.



I hadn't considered
the toll it might
have taken on her.

I haven't left
the house either!
I miss going to chamaa
and seeing MY friends!



It's important that we
all allow ourselves to
feel what we're feeling
and talk about it with someone
who cares about us.



Thank you Zawadi.
When you talk to Nia,
please assure her that
what she's feeling is
okay.

I'll keep supporting
and listening to her
here at home.
Keep safe!

Thanks,
Nana!
I will.



What is a
**SUPPORT
SYSTEM?**

Who can you **reach out**
to when
you need
help?

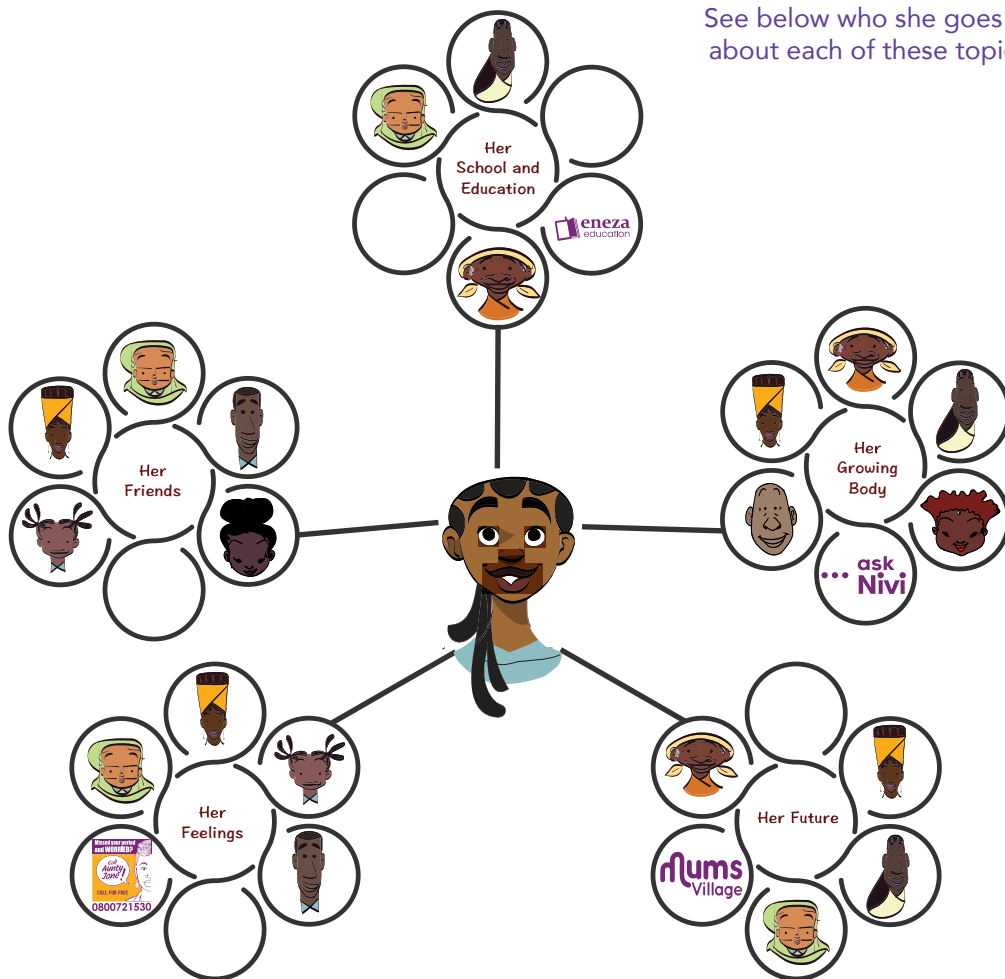
SUPPORT SYSTEM

It is important to know **who to go to** when you have questions about anything!

For example, you may want to know about your education, your friends, your feelings, your goals and dreams, or your growing body.

Nia goes to **specific people** in her life when she has questions!

See below who she goes to about each of these topics.



We have filled in some free, trusted resources that can also be part of your support system.

See page 24 for more information

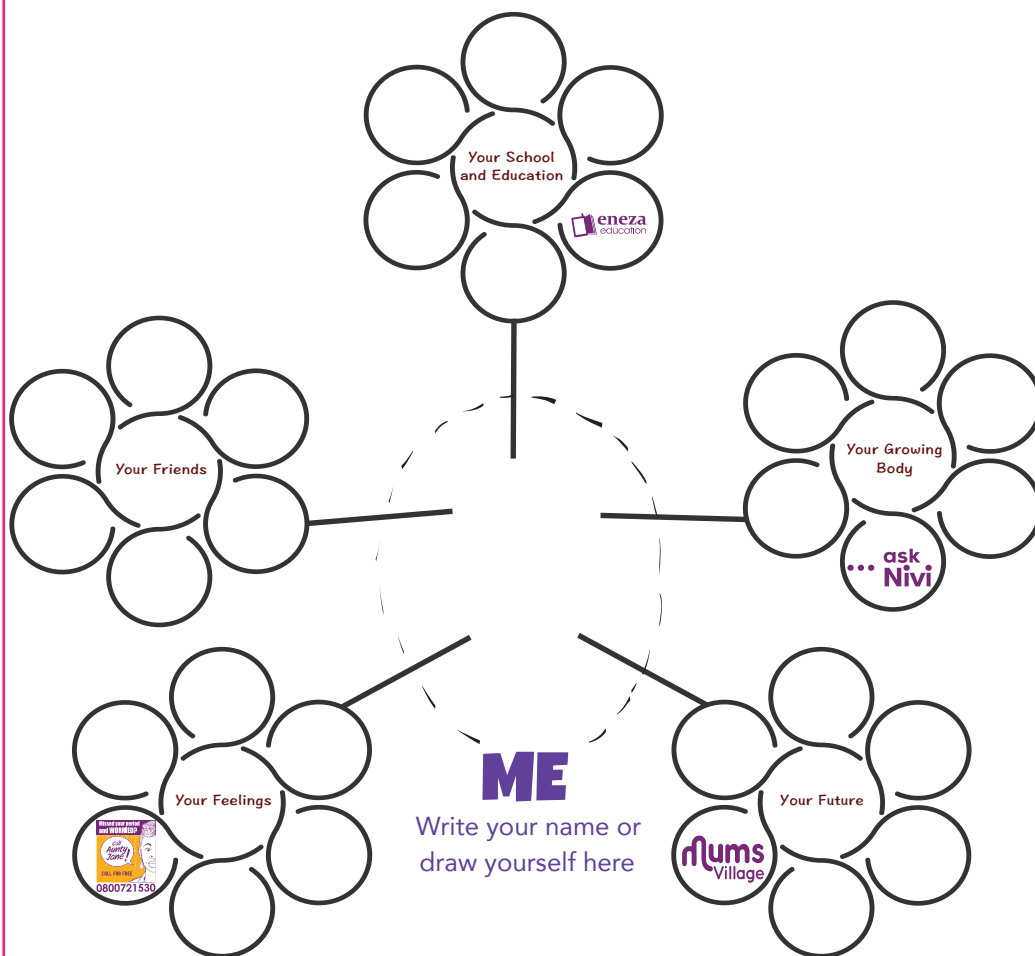
INSTRUCTIONS

Now add the people in your own support system.

Ask yourself:

- 1) What exactly do I want to know?
- 2) Do I know the answer?
- 3) If not, who can I ask that will give me the best information?

For each type of question, there may be a different person you prefer to go to, such as a friend, sibling, parent, neighbour, teacher, faith leader or other members of **your community**.



MAFEELS!

As you're going through puberty, meeting and interacting with people and living through different situations like a pandemic, your body manifests different emotions and feelings.

ANGER



A strong feeling of being upset or annoyed, often because of something you think/feel is hurtful or unfair

e.g. "I feel angry because someone stole my pencil"

JOY



A strong feeling of pleasure or contentment

e.g. "I am happy that I won the competition!"

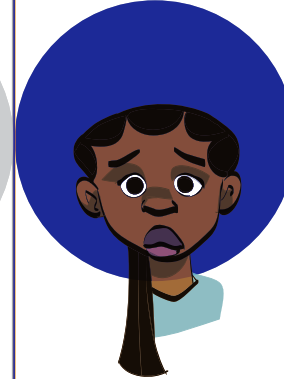
BOREDOM



Feeling weary because one is unoccupied or lacks interest in one's current activity.

e.g. "I am bored waiting for the day to start."

SADNESS



Feeling sorrow or unhappiness.

e.g. "I am sad when I see my friend cry"

ANXIETY



A feeling of worry, nervousness, or unease typically about an imminent event or an uncertain outcome.

e.g. "I feel anxious about my marks; I hope they are good!"

EXCITEMENT



Feeling very enthusiastic and eager for something that will soon happen

e.g. "I am excited to go back to school"

FEAR



Feeling worried that something undesirable will happen.

e.g. "I am afraid of the dark"

EMBARRASSMENT



Feeling foolish in front of others because of something that you said or did, or was said or done to you

e.g. "I am embarrassed that I fell in front of the whole school"

RECAP

1

No emotion is wrong! Emotions take on many forms - we name them to help us understand them

2

It is very likely that you are feeling more than one emotion at any point in time. That's okay!

3

During your teenage years, it is very common to feel very strong emotions, and for your emotions to change often. This is normal!

4

If you are overwhelmed with emotion, take your time to try & name them all. Just take a deep breath and allow yourself to feel them.

PUBERTY!

Inspired by True stories



NO PADS!

There are some things we missed out on during puberty, such as how to take care of ourselves as girls. We used pieces of cloth or blankets to help when we were having our periods. It was really embarrassing to me.

Nana

Listen up!

I was one of those late bloomers... so my voice never fully broke. I hit 19 and 20, my voice remained basically the same. I think at some point I just realized this is who I am, this is my voice; own it! And when I accepted myself, I found that there was a lot of freedom and joy and strength in knowing who you are and accepting your uniqueness.

coach songe



MY FIRST PERIOD!

So last term, I had messed my dress.
When I reached the blackboard, the teacher
grabbed me hurriedly and she said,
"you need to use the toilet,"
and then gave me a pad!

I just couldn't fathom going back and
facing my classmates.
Looking back now, I see how ridiculous
it was at the time, but it was still a big
deal to me!

Toma



BEARD GANG!



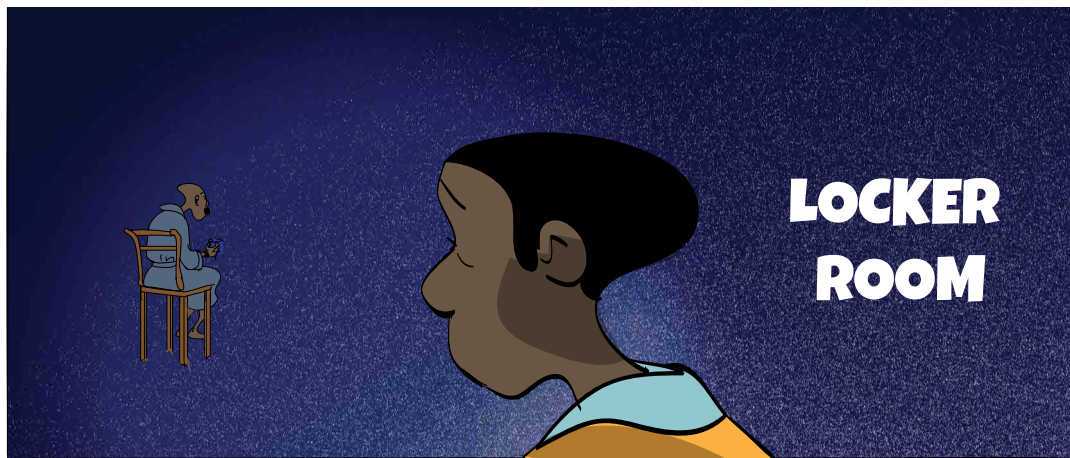
I remember when girls started
looking at me differently.
We used to play
'Hide and Seek',
then they started asking to play
'Spin the Bottle!'

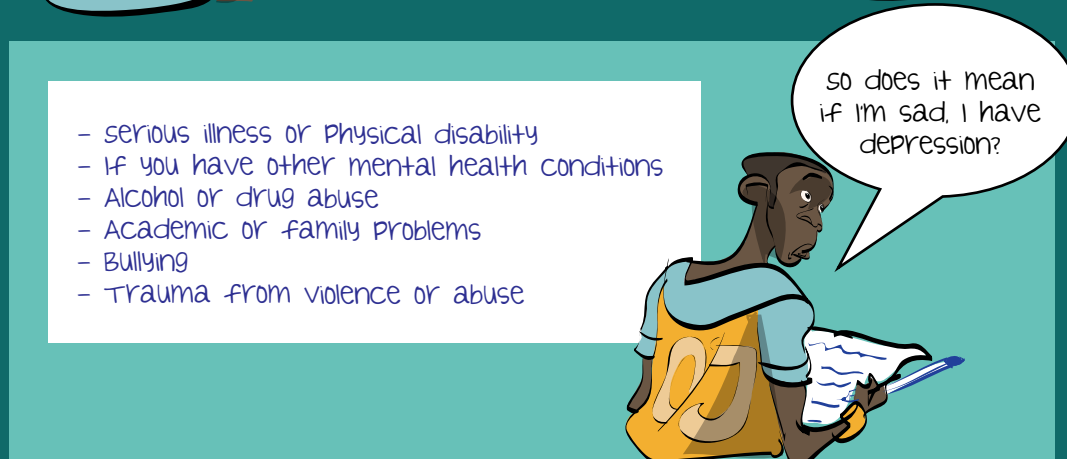
First, I was confused,
But then I kind of began to enjoy it!
It must be because I grew
my moustache early.

My friends used to call me
"Baba", but I knew
they were just jealous!

Michi





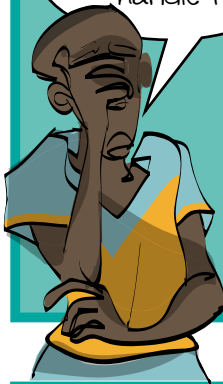


When someone is depressed, they may:

- Get feelings of hopelessness and helplessness, and it may seem like no one cares or understands so constantly feel irritable, sad or angry.
- Feel that nothing is fun anymore and see no point in trying.
- Feel bad about themselves, worthless, guilty or wrong in some way.
- Sleep too much or not enough.
- Have frequent, unexplained headaches and other physical problems.
- Think about death and suicide.



so how should one handle it?



Accept and share your feelings with someone you trust.
Try not to isolate yourself, it makes depression worse.
Get involved in activities you enjoy or used to enjoy
Keep your body healthy. Exercise, eat well, avoid alcohol and drugs.



seek advice from a mental health professional: in some cases of depression, you may be prescribed medication to assist in your recovery.
(NB: see some helpful resources on page 24!)



Thanks, for listening, coach songe!

Of course! Anytime!



LIFE CHANGING TEENS

Your body has a lot of changes happening during puberty. From your brain to your skin, from your emotions to how you see the world, all these changes are perfectly natural.

All you need to do is learn how to manage it.

YOUR MIND

Your brain is also growing, and so is your capacity to learn!
Treat your mind right and you can use it to make great choices.

You can make impulse choices based on your emotions, even choices you regret. Using your mind will help you choose your actions better. Ask, 'Even if I feel a certain way, **what is the healthiest thing to do?**' For example, 'Even though I am angry at my friend, should I shout at her?'

TIP: Resting your brain is an important part of its development. It is natural to want to sleep late but you should aim to sleep between 7-11 hours a night.

YOUR SPIRIT

Both boys and girls go through many emotional changes in their teens. You can be happy one minute, sad the next! What should you do then?

Compose yourself When upset, take a few minutes to calm down before acting.

Be kind No one is perfect. We all act out sometimes. If you accept that, then you can go to the next step.

Learn from it: If you make a mistake, admit it. Then can ask yourself, 'What can I do to correct my mistake'.

Forgive yourself: It does not mean you forget, it means letting go of your anger so you can live a healthy life. You can still keep the lesson of the mistake and move on, becoming your best self.

YOUR BODY

As you grow older, you sweat more as a natural part of growth; you are using more energy every day to grow.

To manage sweat, **bath at least once a day** and ensure you pay special attention to your armpits and genitals.

TIP: If you do not have deodorant, you can use items like baking powder or lemon to help with sweat. Just rub baking powder or lemon juice into your armpits (NOT your genitals).

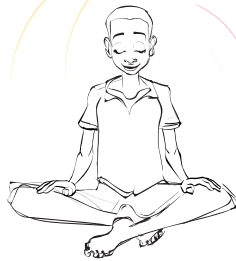
YOUR WORLD

During your teens, people pressure you to behave and act a certain way. So, how do you decide what to do? Ask yourself why someone wants you to behave or act in a certain way.

Is it because it will help you reach your goals, for example a teacher insisting you do homework because they see your potential?

Or for other reasons, for example saying you must date because he likes you, whether or not you like him? You should only do things that help you reach your goals or are beneficial to you!

TIP: Aim to surround yourself with people who only want the best for you!



HOW TO UNLEASH YOUR CREATIVITY

In times of stress such as during covid or exams, it is important to rest and de-stress. Try any (or all) of these methods to release tension in healthy, creative ways!

THE ARTIST ABSTRACT ART

You are a visual person who loves beautiful things. Drawing freely will build your creativity and release stress.



HOW?

- Take a piece of paper and pencil (or pen, colours, anything).
- Place the pen/pencil on the paper.
- Start drawing! Do not worry about what comes out. Just feel your emotions and let your pencil do the work.
- Colour it. You can cross over it or colour it until it is unrecognizable. Take out all your anger, worry or stress onto that paper!

TIP: If you want to keep your drawing private, colour over it with a pencil or pen.

THE DANCER - MOVING MAGIC

Movement and exercise are the best ways to calm you down. Moving your body is fantastic way of releasing tension.

HOW?

- Find a safe space where you feel free to move.
- Either play music or imagine some music in your head.
- Start moving! Don't worry about doing it well or dancing nicely. You can jump, you can twist, do anything that feels good.
- If you can, sing along the music out loud!

TIP: If you want, you can do this activity as a game with your friends.



THE WRITER WILD WORDS

You think best when you write things down. Free-writing is a great way to understand your own emotions.

HOW?

- Take a piece of paper and pencil (or pen, colours, anything).
- Place the pen/pencil on the paper.
- Write down the first word that comes to you. Do so in the language you are most comfortable in.
- Keep going. Just let the words flow until you're done!



TIP: Once done, you can keep the paper safe or throw it away! It's your words, so you decide!

Remember the 5!

1. **Stay at home**, as much as possible
2. When you go outside, **wear a mask** correctly
3. **Wash your hands**, often with running water and soap for at least 20 seconds
4. When you go outside, maintain a **social distance** of 1.5 – 2 meters
5. Use a sanitizer, often and **sanitize** around the house



Coronavirus can live longer on:



Cash



Door / gate handles



Keys and Locks



Boda boda and tuktuk surfaces

If you feel unwell,
have a **cold** or a **cough** or **fever**,
please **call 719** or **text *719#**
to reach The **FREE**
National Ministry of Health hotline

TRY OUR **FREE** RESOURCES!

**Missed your period
and WORRIED?**

*Call
Aunty
Jane!*

CALL FOR FREE
0800721530

Got
questions
about
Contraceptives?

... ask
Nivi

SMS '**FACTS**' to **22684**

Private - Confidential
Free

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group on WhatsApp,
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