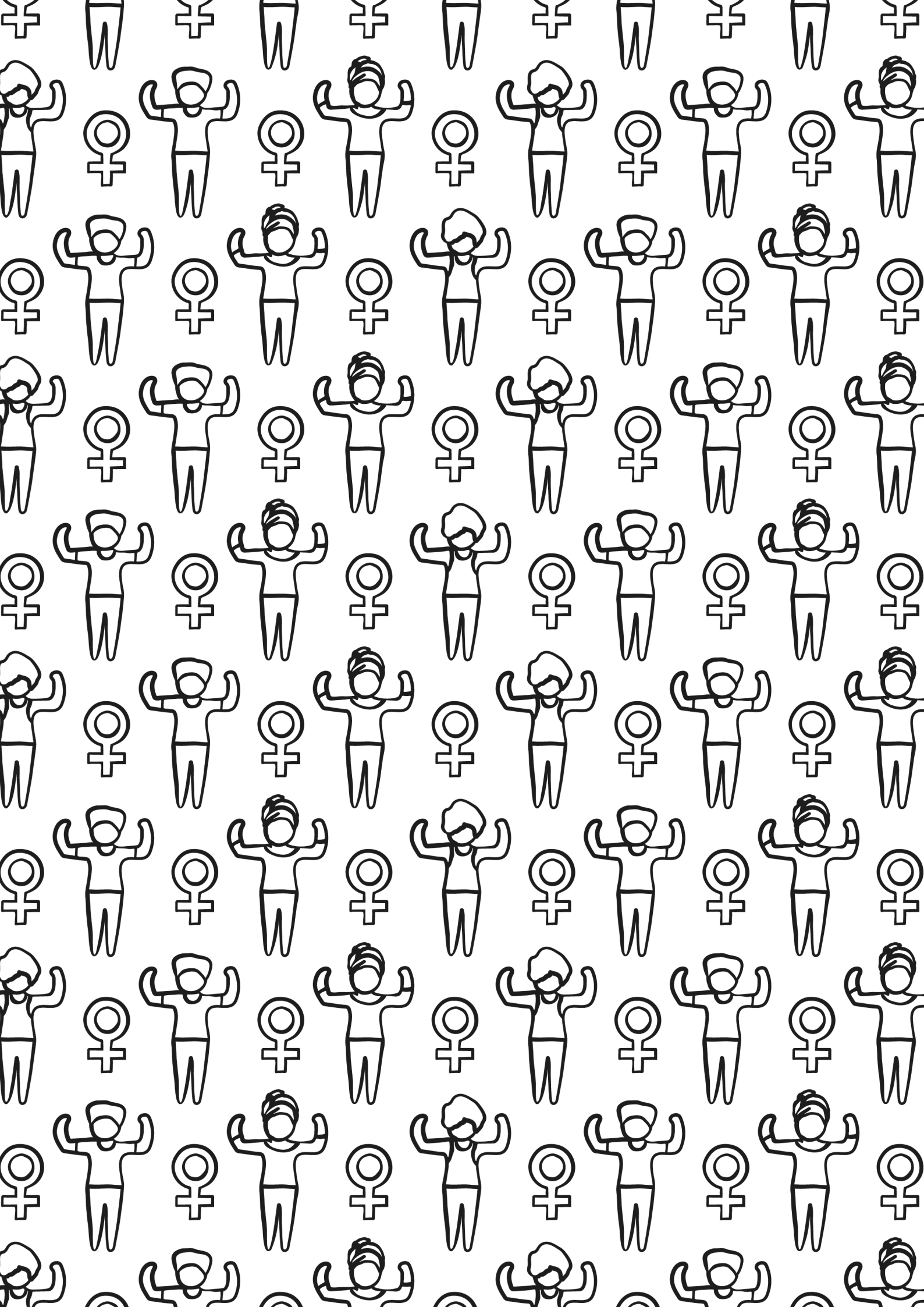


GOAL COMIC BOOK



futuremakers
by Standard Chartered



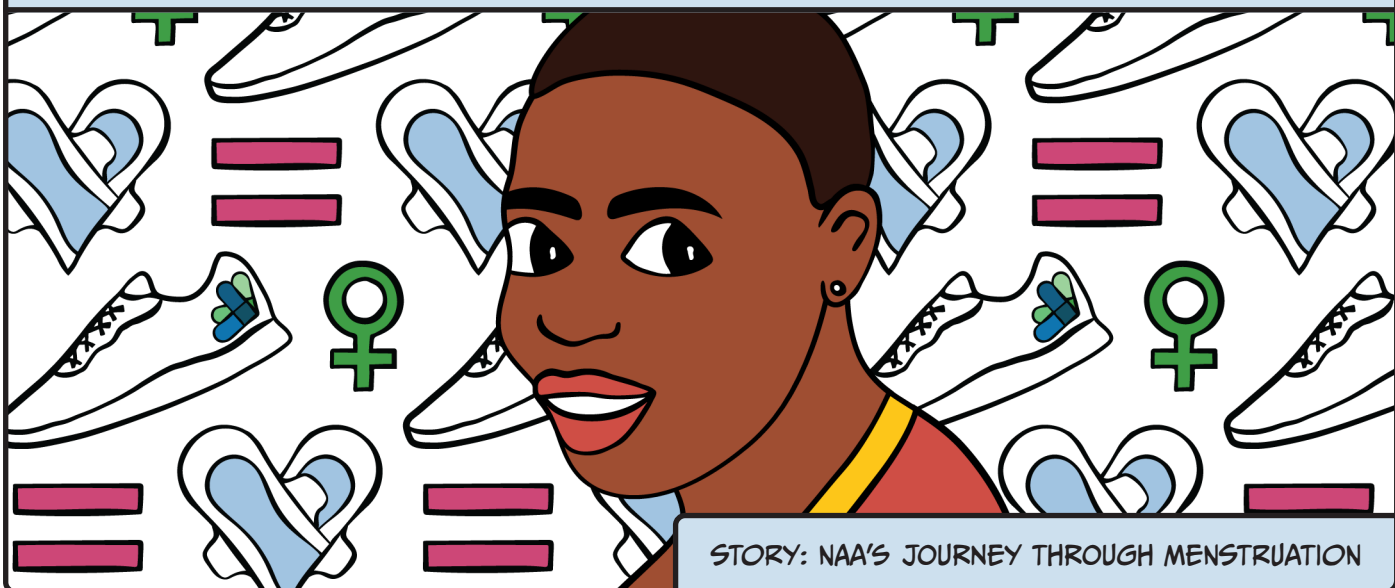




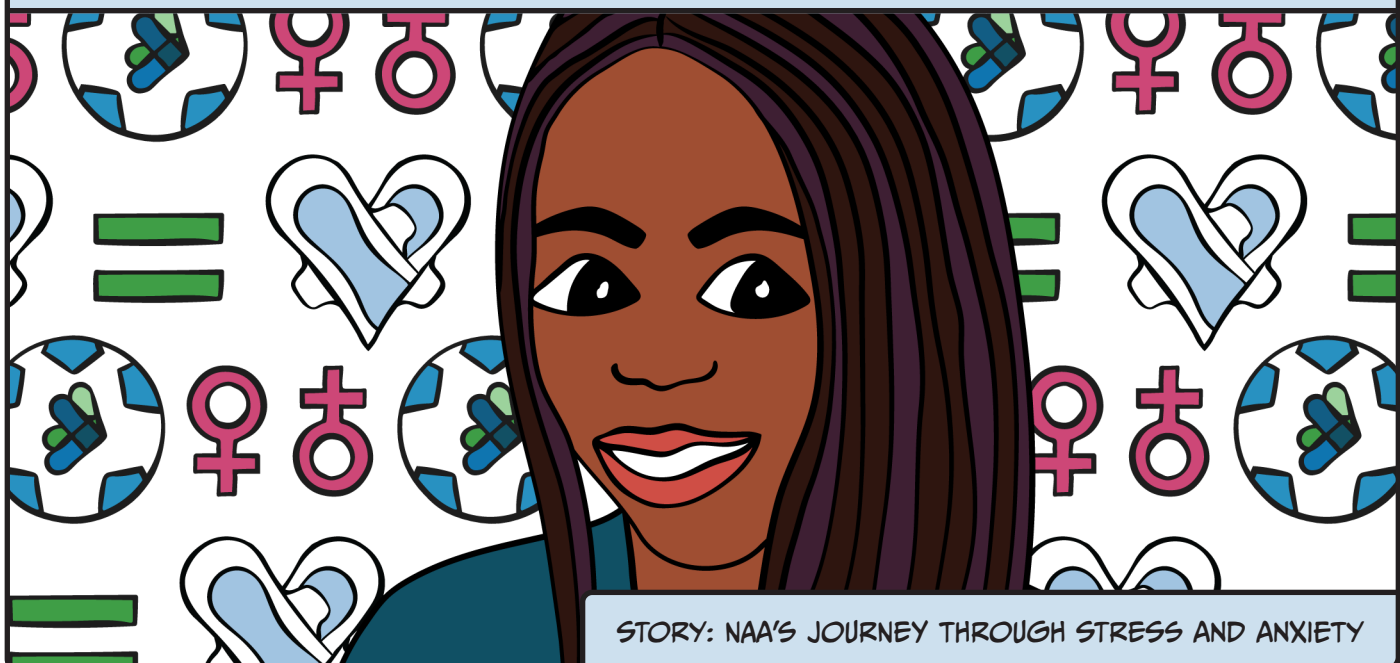
PLEASE NOTE THAT THESE STORIES DISCUSS SENSITIVE ISSUES SUCH AS ABUSE AND HARASSMENT. IF YOU ARE LIVING WITH ANY SIMILAR EXPERIENCES TO THE CHARACTERS IN THE STORIES, PLEASE CONTACT YOUR GOAL COACH WHO CAN ADVISE YOU ON HOW TO ACCESS SUPPORT.

ABOUT THE STORYTELLERS

I'M AVUGLAH BLESS, AND I LIVE IN THE VOLTA REGION OF GHANA. I STARTED TO COACH GOAL GIRLS IN 2019. I AM VERY HAPPY WITH THE PROGRESS THE GIRLS MAKE AND THE IMPACT THE PROGRAMME HAS ON THEIR LIVES. THIS MOTIVATES ME TO DO MORE. SOME OF THESE TOPICS ARE NOT TAUGHT IN SCHOOLS OR EVEN DISCUSSED AT HOME, SO THE GOAL PROGRAMME HAS IMPACTED SO MUCH OF THEIR LIVES AND MINE AS WELL. I HOPE TO BE TEACHING THE GOAL PROGRAMME FOR A LONG TIME TO CONTINUE IMPACTING OTHER GIRLS IN MY COMMUNITY.




MY NAME IS BERTHA ANKU. I BECAME A COACH AFTER I ATTENDED A GOAL PROGRAMME WORKSHOP IN 2017. I'M A SOCCER PLAYER FOR @NIMOBILADIES, A TEACHER AND A BLOGGER. I ALSO COACH YOUNGER GIRLS USING SPORTS AS A TOOL FOR EMPOWERMENT AND EQUALITY. I ENJOY COACHING SO I HAVE BEEN COACHING FOR 4 YEARS NOW AND STILL COUNTING!



NAA'S JOURNEY THROUGH STRESS AND ANXIETY



NAA IS WALKING BACK FROM PRACTICE ON FRIDAY EVENING WITH HER TEAM MATES MAWUSI, AISHA, LAMISI AND ARABA THE TEAM CAPTAIN. AS THEY GET TO NAA'S HOUSE, THEY SEE ACHIAA, WHO IS NAA'S FRIEND. SHE DOES NOT LIKE FOOTBALL SO SHE IS NOT A MEMBER OF THE TEAM. SHE IS RUNNING TOWARDS THE MAIN ROAD.



HEY ACHIAA, WHAT'S UP.
WHERE ARE YOU RUNNING TO?

HAVE YOU NOT HEARD?
THEY ANNOUNCED ON THE
RADIO THAT THERE WILL BE
A NATIONWIDE LOCKDOWN
AGAIN. THE VIRUS IS ON THE
RISE AGAIN AND I HAVE BEEN
SENT TO BUY SOME LAST
MINUTE SUPPLIES FROM THE
SUPERMARKET.



**WHAT?
NOT AGAIN!**

IT WAS SO
HARD TO STAY
ISOLATED THE
LAST TIME
THERE WAS A
LOCKDOWN.

I HEARD THAT THE VIRUS WAS ON
THE RISE AGAIN, BUT I NEVER
THOUGHT WE'D GO BACK TO BEING
IN LOCKDOWN AGAIN. IF THAT'S THE
CASE WE ALL NEED TO RUSH HOME.

NAA AND HER TEAMMATES TALK AMONG THEMSELVES ABOUT THE CORONAVIRUS AS THEY WALK HURRIEDLY HOME. WHEN THEY GOT TO THE JUNCTION TO HER HOUSE, NAA QUICKLY SAYS GOODBYE TO HER FRIENDS AND WALKS BRISKLY HOME WITH TEARS IN HER EYES.

SHE IS DEEP IN THOUGHT AND WORRIED AT THE SAME TIME. THE LAST TIME THERE WAS A LOCKDOWN HER MOM WAS ABUSED BY HER DAD WHO GETS OUT OF HAND WHEN HE DRINKS, WHICH WAS SOMETHING HE WAS DOING A LOT OF RECENTLY WHEN THE LAST LOCKDOWN CAME. HE LOST HIS JOB AND HAD BURIED HIS SORROWS IN ALCOHOL, BUT WHAT THAT MEANT WAS THAT HIS FAMILY WAS AT THE RECEIVING END OF HIS ANGER AND ABUSE.

NAA UPON ENTERING HER HOME NOTICES THAT THEY HAVE BOUGHT SOME SUPPLIES AND TOILETRIES. THE LAST TIME THERE WAS THE LOCKDOWN THEY HAD TO RELY ON SOME ITEMS THE GOVERNMENT GAVE OUT. IT WAS NOT ENOUGH BUT NOW SHE IS HOPING THEY HAVE ENOUGH TO TAKE THEM THROUGH THIS SECOND PHASE OF CORONAVIRUS LOCKDOWN. FROM WHAT SHE WAS SEEING, IT WAS DEFINITELY NOT ENOUGH AND THEY WOULD HAVE TO BUY SOME MORE.

GOOD EVENING MA, PA

MA, IS IT TRUE THAT WE WILL SOON GO INTO LOCKDOWN?

ISN'T IT OBVIOUS? WHY ARE YOU ASKING AGAIN?

YES, MY DAUGHTER, AND IT IS SOONER THAN WE THINK.

NAA'S MOM RESPONDS BUT HER FATHER DOESN'T. HE IS SULKING AGAIN. NAA CONCLUDES IN HER THOUGHT THAT HER DAD HAS TAKEN IN ALCOHOL AGAIN. IT MUST BE FROM THE NEW LOCKDOWN ANNOUNCEMENT.

OH, I HATE THE LOCKDOWN AND I HATE STAYING IN ISOLATION.

GO TO HELL! WHO CARES ABOUT WHAT YOU HATE OR NOT!

PAPA CONTINUES TO RANT AS MAAME AGBO TRIES TO CALM HIM DOWN. HER EFFORTS ARE IN VAIN AS HE IS INTOXICATED.

NAA RUNS OFF TO THE ROOM SHE SHARES WITH HER SIBLINGS. SHE SITS ON THE MATTRESS LYING ON THE FLOOR IN THE CORNER OF THE ROOM AND STARTS SOBBING, TEARS NOW RUNNING DOWN HER CHEEKS. SHE WISHED HER FATHER DID NOT EMOTIONALLY ABUSE HER. SHE EVEN FEARED FOR THE PHYSICAL ABUSE HER MOM WOULD GO THROUGH AGAIN THIS LOCKDOWN PERIOD. SHE WISHED HER FATHER DIDN'T DRINK ALCOHOL. SHE WISHED THERE WAS NO LOCKDOWN, AND ABOVE ALL SHE WISHED THERE WAS NO CORONAVIRUS.

A WEEK INTO THE LOCKDOWN AND NAA BEGINS TO SHOW EMOTIONAL AND PHYSICAL SIGNS OF STRESS AND ANXIETY.



SHE IS ALMOST ALWAYS IN HER ROOM WHEN SHE IS DONE WITH HER CHORES AS SHE TRIES TO AVOID HER DAD.



SHE HAS BEEN SNAPPY AT HER SIBLINGS, AND EVEN THOUGH SHE TRIES NOT TO, SHE CAN'T AVOID IT. THEY ALL SHARE A ROOM TOGETHER AND THEY ARE ALWAYS INVADING HER SPACE. THEY COMPLAIN ABOUT IT AND EVEN LIKEN HER TO HER DAD WHICH SHE HATES, BUT KNOWS IT'S TRUE.



SHE MISSES THE ESCAPE SHE GETS FROM TALKING TO HER FRIENDS ON THE FOOTBALL FIELD. EVEN SCHOOL IS SOMETHING SHE MISSES NOW.

THE ONLY TIME SHE GETS SOME JOY IS WHEN SHE GETS TO USE HER MOM'S PHONE.



HER SLEEP PATTERN HAD CHANGED AND SHE WAS NOW STRUGGLING TO SLEEP. SHE WOULD LEAVE THE ROOM AT NIGHT WHEN SHE CAN'T SLEEP TO GO WATCH TV IN THE LIVING ROOM, BUT EVEN WITH THAT SHE HAD DIFFICULTY CONCENTRATING ON THE TV PROGRAMME THAT WOULD BE SHOWING.

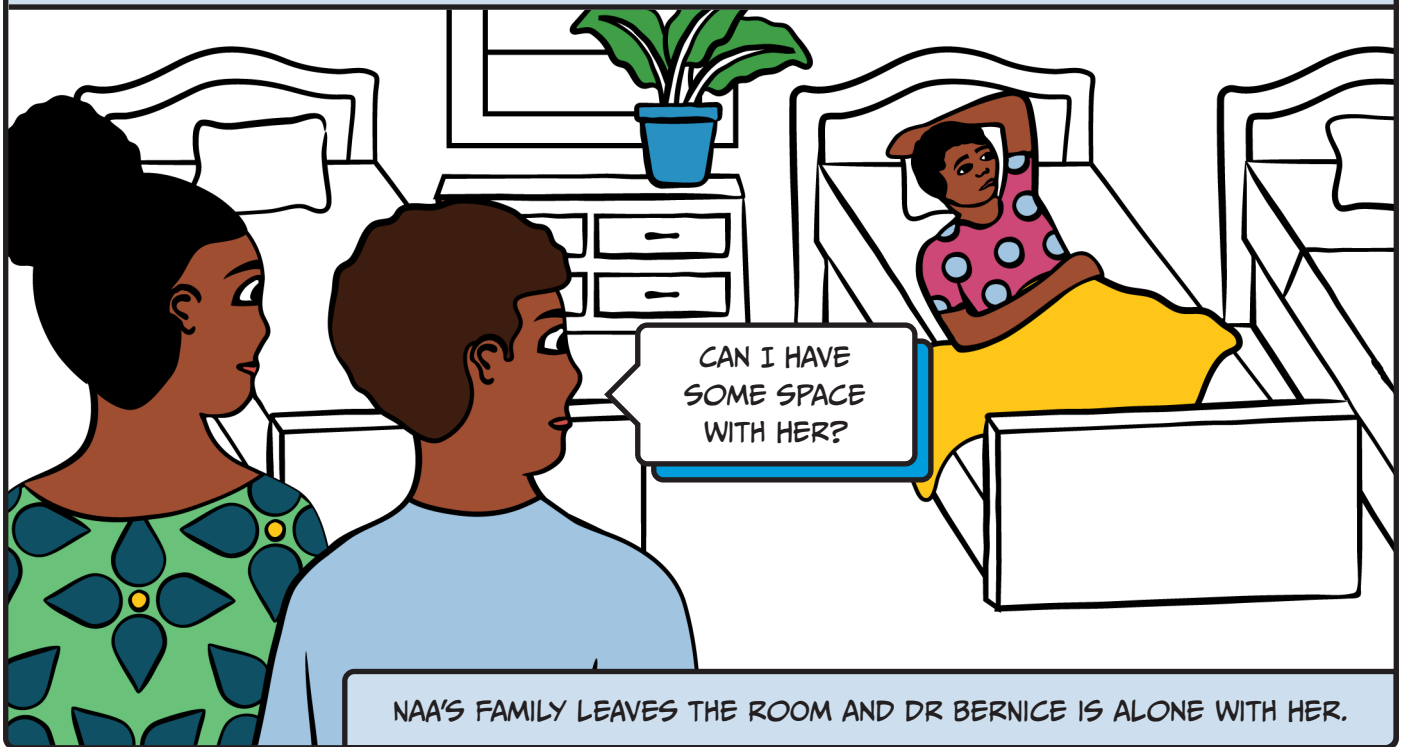
SHE WAS GETTING HEADACHES FROM STAYING INDOORS ALL THE TIME AND 2 DAYS INTO THE LOCKDOWN SHE EVEN THOUGHT SHE HAD CONTRACTED THE VIRUS HERSELF BECAUSE OF THE HEADACHES. LUCKILY FOR HER, SHE HAD NOT EXPERIENCED ANY OF THE OTHER SYMPTOMS OF THE CORONAVIRUS.

NAA'S FAMILY IS IN SHOCK AND WORRIED ABOUT HER PHYSICAL AND EMOTIONAL WELLBEING.

AS NAA'S FAMILY IS CONFUSED ABOUT WHAT IS WRONG WITH THEIR DAUGHTER, IT CAME TO HER PARENTS' ATTENTION TO SEEK HELP FROM ARABA'S MOTHER WHO IS A DOCTOR. NAA'S MOM CALLS HER ON THE PHONE.



TRUE TO HER WORD, DR BERNICE COMES TO NAA'S HOUSE AFTER WORK. SHE GOES TO NAA'S ROOM TO FIND HER LYING ON THE BED AND STARING INTO SPACE DEEP IN THOUGHT. SHE ASKS HER QUESTIONS BUT NAA DOESN'T RESPOND.



NAA, WHAT'S THE MATTER? FEEL FREE AND TALK TO ME. THIS IS A SAFE SPACE. I WON'T SHARE ANYTHING YOU DON'T WANT ME TO SHARE WITH YOUR PARENTS.



AFTER GATHERING SOME COMPOSURE

I'M NOT HAPPY BECAUSE OF THE LOCKDOWN. I CAN'T BEAR BEING ISOLATED FROM ACTIVITIES AND STAYING AT HOME ALL THE TIME. MY DAD OFTEN TAKES IN ALCOHOL AND CONSTANTLY ABUSES EVERYBODY IN THE HOUSE, EMOTIONALLY AND PHYSICALLY. THE LOCKDOWN HAS MADE IT EXTREMELY DIFFICULT FOR MY MIND TO ACCEPT EVERYTHING THAT IS GOING ON.

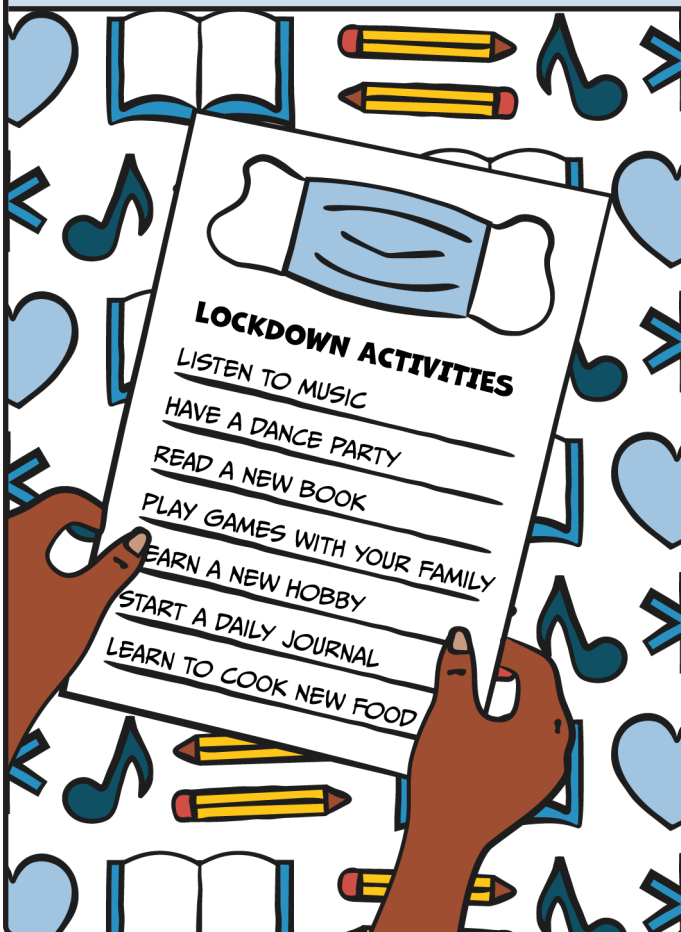


DR BERNICE ASSURES NAA THAT SHE IS GOING TO HELP HER AND SHE WILL BE WELL AGAIN AND THAT SOONER THAN LATER THE LOCKDOWN WILL BE OVER AND SHE AND EVERYBODY ELSE WILL BE BACK TO THEIR NORMAL LIVES AGAIN.

YOU WILL BE WELL AGAIN I CAN ASSURE YOU. WE WILL START BY INTRODUCING STRATEGIES TO ADDRESS ALL THESE ISSUES. FOR EXAMPLE LISTENING TO MUSIC BECAUSE THE LOCKDOWN HAS BROUGHT TOTAL SILENCE AND MUSIC IS ONE OF THE GOOD WAYS TO DEAL WITH IT. YOU WILL SEE THAT VERY SOON YOU WILL BE BACK TO NORMAL.

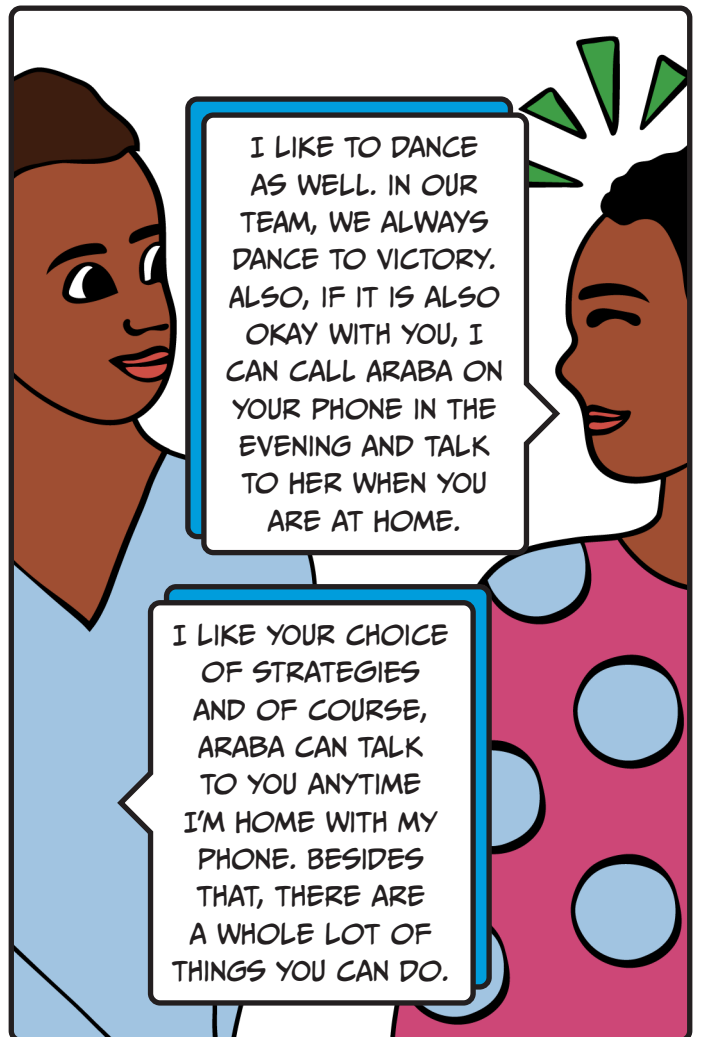


DR. BERNICE BRINGS OUT A LIST OF ACTIVITIES FOR NAA TO CHOOSE FROM



I LIKE TO DANCE AS WELL. IN OUR TEAM, WE ALWAYS DANCE TO VICTORY. ALSO, IF IT IS ALSO OKAY WITH YOU, I CAN CALL ARABA ON YOUR PHONE IN THE EVENING AND TALK TO HER WHEN YOU ARE AT HOME.

I LIKE YOUR CHOICE OF STRATEGIES AND OF COURSE, ARABA CAN TALK TO YOU ANYTIME I'M HOME WITH MY PHONE. BESIDES THAT, THERE ARE A WHOLE LOT OF THINGS YOU CAN DO.



THIS LIT UP NAA'S FACE AND SHE ENGAGES IN CONVERSATION WITH DR BERNICE ON WHAT SHE CAN DO TO OVERCOME THE DEPRESSION.

HERE, THERE IS THIS EXERCISE ROUTINE CALLED YOGA. HERE IS A BOOKLET THAT SHOWS YOU HOW IT'S DONE. IT IS SIMPLE AND SELF EXPLANATORY. ARABA KNOWS SOME FEW POSES. YOU CAN CALL HER ON THE PHONE IF YOU FACE SOME DIFFICULTIES AND SHE CAN ASSIST YOU.



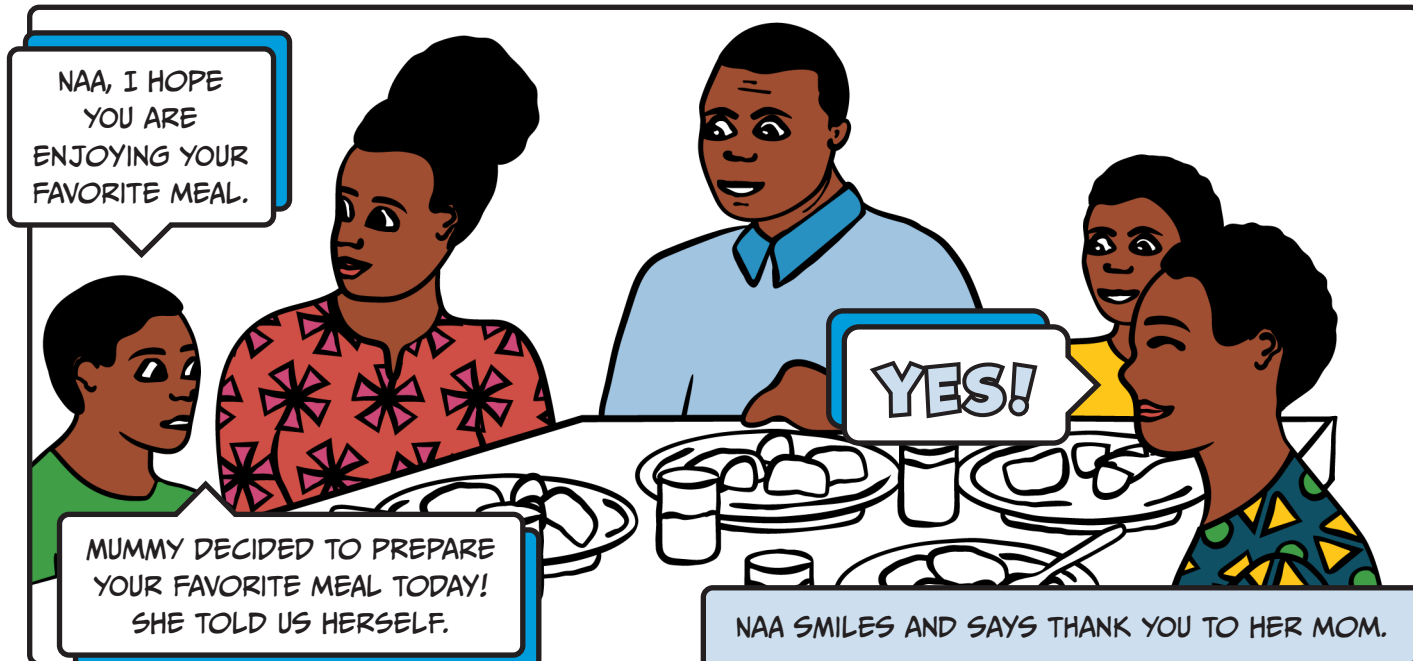
NAA SMILES AS SHE FLIPS THROUGH THE BOOK. SHE IS ALREADY EXCITED TO TRY THEM OUT.

THANK YOU DR BERNICE. I WILL TRY EVERYTHING POSSIBLE TO MAKE THIS PERIOD AT HOME BETTER FOR ME AND MY FAMILY.

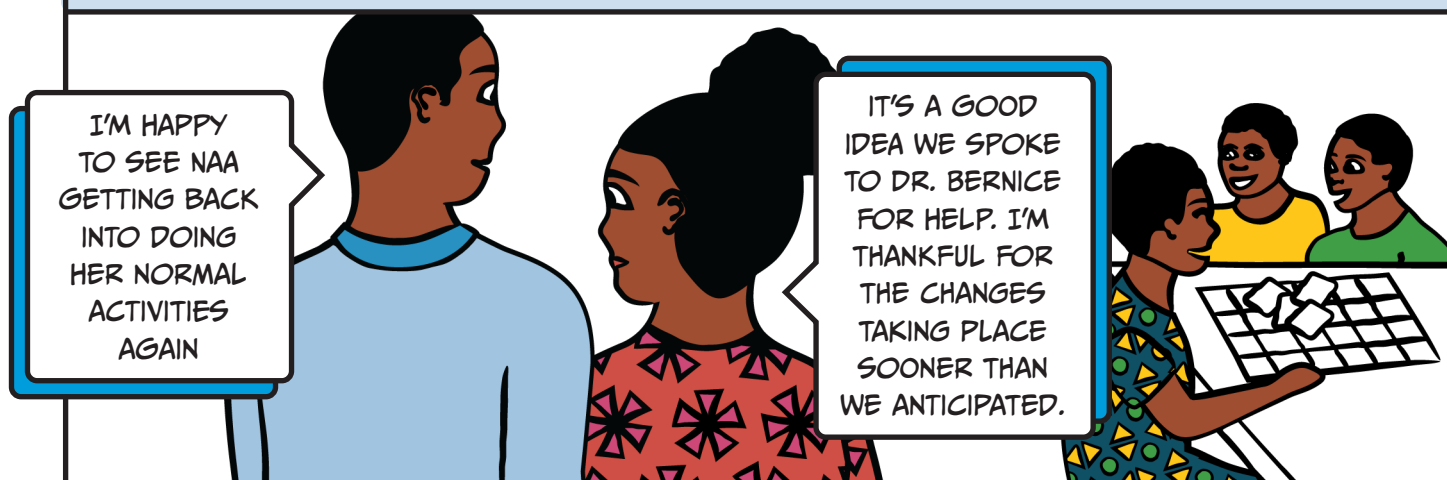
NOW THAT'S MY GIRL.

NAA'S FAMILY IS EAGER TO HELP HER IMPLEMENT THE STRATEGIES DR. BERNICE SUGGESTED. THE FOLLOWING MORNING, SHE STOOD CLOSE BY THE BIGGEST WINDOW IN THE HOUSE NEAR THE LIVING ROOM AREA TO WATCH THE SCENERY OF CARS PASSING BY AND FEW PEOPLE CROSSING THE STREETS. LATER, SHE HAD BREAKFAST WITH HER FAMILY FOR THE FIRST TIME SINCE THE LOCKDOWN.

CLOSE TO LUNCH TIME, SHE GRABBED AN OLD BUT INTERESTING STORY BOOK SHE GOT FROM HER COACH ALMOST A MONTH BEFORE LOCKDOWN AND STARTED FLIPPING THROUGH TO THE PAGE SHE ENDED ON THE PREVIOUS TIME. HER SIBLINGS ALSO LOVE THE IDEA OF READING SO THEY EQUALLY GOT A STORY BOOK THEIR FATHER BOUGHT FOR THEM AND STARTED TO READ PARAGRAPH BY PARAGRAPH EACH PERSON HAVING A TURN. THEIR AFTERNOON WAS FUN TOGETHER. IN THE EVENING, NAA HAD SUPPER WITH HIS SIBLINGS BUT THIS TIME ON THEIR USUAL SMALL WOODEN TABLE.



NAA'S PARENTS OBSERVE HER AND HER SIBLINGS FROM A DISTANCE SMILING AND LOOKING AT EACH OTHER'S FACE.



LATER IN THE EVENING, AFTER NAA HAD FINISHED A PHONE CHAT WITH ARABA, SHE QUICKLY CHANGED INTO HER PRACTICE JERSEY READY TO DO BODY STRETCHING AND PHYSICAL EXERCISES BEHIND THEIR BROWN BUILDING.

A FORTNIGHT QUICKLY PASSES AND THE LOCKDOWN IS LIFTED. SCHOOLS ARE NOT IN SESSION THOUGH AND THERE CAN BE NO FORMAL PUBLIC GATHERINGS. HOWEVER NAA IS THANKFUL SHE CAN AT LEAST LEAVE THE HOUSE TO OTHER HOUSES IN HER NEIGHBORHOOD. THEIR COACH DECIDED TO HOLD A GET TOGETHER FOR THE TEAM WHERE THEY HAVE ICE CREAM AND ENJOY SOME INDOOR GAMES.

NAA IS EXCITED TO MEET ALL HER FRIENDS. THEY DO ELBOW PUMPS AS THEY CAN'T HUG. NAA IS SAD SHE CAN'T HUG THEM BUT ABOVE ALL SHE IS HAPPY THAT SHE GETS TO SEE HER FRIENDS AGAIN. THEY PLAY GAMES AND SHARE STORIES. NAA WAS NOT THE ONLY ONE WHO EXPERIENCED DEPRESSION WHILE AT HOME.

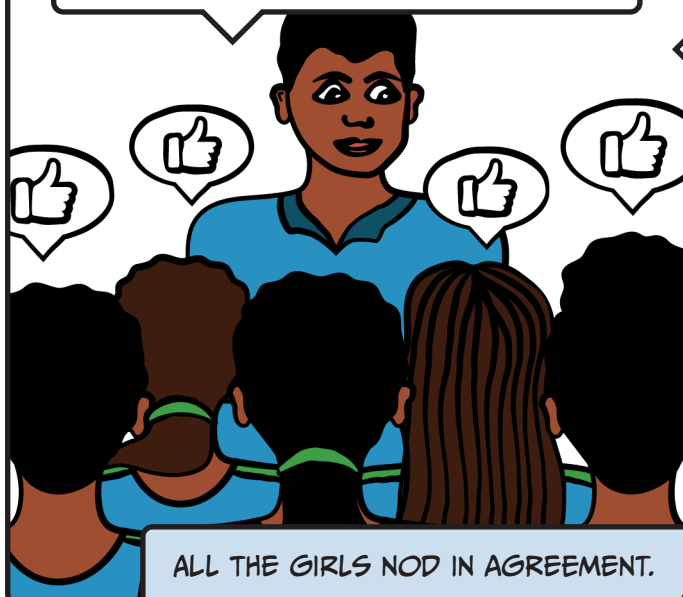
AISHA RECOUNTS HER STORY

IT WAS BORING STAYING AT HOME. I WATCHED TV ALL THE TIME AND GOT TIRED. HOWEVER, MY SISTER RETURNED HOME FROM THE UNIVERSITY SO WE SPENT A LOT OF TIME TOGETHER. SHE WAS MY ROCK THIS LOCKDOWN PERIOD.



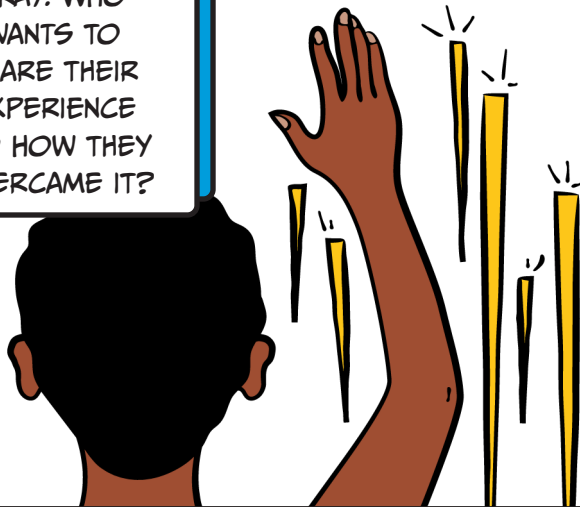
ALL THE GIRLS TOAST AISHA. SHE IS ALWAYS COMPLAINING ABOUT HER SISTER AND THEIR FIGHTS SO IT IS REFRESHING TO HEAR THAT SHE ENJOYED HER SISTER'S COMPANY.

THAT'S QUITE INTERESTING AISHA. IS THERE ANYONE ELSE WHO FELT JUST LIKE AISHA DID?



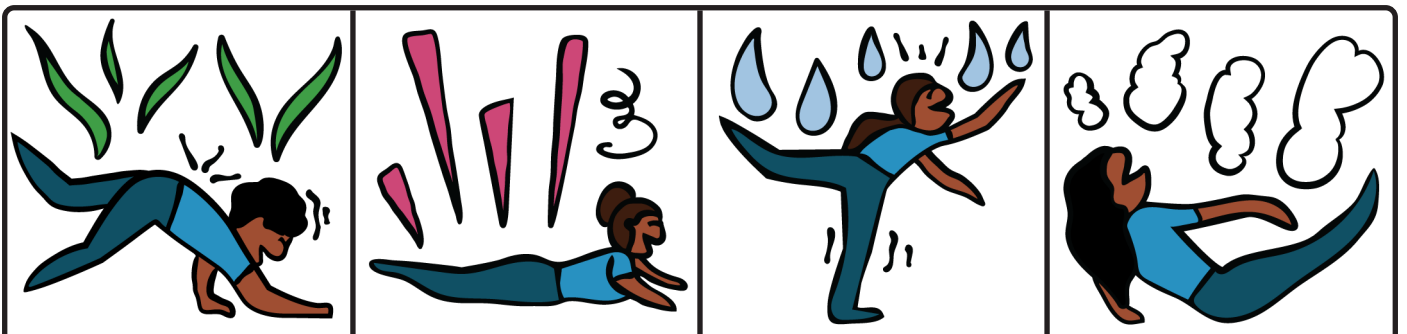
ALL THE GIRLS NOD IN AGREEMENT.

OKAY. WHO WANTS TO SHARE THEIR EXPERIENCE AND HOW THEY OVERCAME IT?



NAA'S HAND SHOOTS UP FASTEST, SPILLING SOME JUICE ON HER SHOES. COACH CALLS HER TO COME FORWARD AND SHARE HER EXPERIENCE.

I ALSO FELT THE SAME WAY AS AISHA. I WAS DEPRESSED AND WASN'T LEAVING MY ROOM. I WOULD BE RESTLESS AND WOULD NOT BE ABLE TO SLEEP. IT WAS SERIOUS, TILL ARABA'S MOM CAME IN WITH SOME WORDS OF WISDOM FOR ME. SHE INTRODUCED ME TO SOME COPING MECHANISMS. THE ONE I LIKED THE MOST IS YOGA. IT IS NOT WELL KNOWN TO PEOPLE IN OUR PART OF THE WORLD, BUT I'M READY TO TEACH YOU GUYS. IT IS FUN AND YOU WILL ENJOY IT. IT CAN BE USED ON DAYS WHEN IT RAINS AND WE CAN'T HAVE TRAINING. YOU CAN WORK OUT INDOORS TO KEEP FIT AND IT MAKES YOU CALM AND TAKES AWAY ALL ANXIETY. LET ME SHOW YOU ONE SIMPLE POSE.



NAA ASKS THEM TO GET UP AND SHOWS THEM A SIMPLE YOGA POSE. ALL THE GIRLS LAUGH AND GIGGLE AS THEY TRY TO COPY WHAT NAA IS DOING. THEY LAUGH AT THEMSELVES AS THEY TRY TO GET IT RIGHT.

THERE'S MORE THAT I WILL SHOW YOU LATER. WE CAN LEARN IT AS PART OF OUR WARMING UP OR WARMING DOWN EXERCISES BEFORE AND AFTER TRAINING EACH DAY. AND EVEN WHEN THERE IS ANOTHER LOCKDOWN WE CAN USE THIS AND NOT BE DEPRESSED.



THE GIRLS ALL CLAP AS NAA RETURNS TO HER SEAT. SHE BEAMS WITH SMILES FROM EAR TO EAR.

MY MONTHLY MOOD TRACKER

BEING AWARE OF HOW YOU FEEL IS AN IMPORTANT STEP TO UNDERSTANDING HOW TO DEAL WITH STRESS AND ANXIETY. TRACK AND RECORD YOUR DAILY MOOD. CHOOSE A DIFFERENT COLOR FOR EACH OF THE MOODS BELOW. COLOR IN THE FLOWER EACH DAY DEPENDING ON WHICH MOOD(S) YOU FEEL.



HAPPY



EXCITED



CALM



SAD



ANXIOUS



STRESSED



ANGRY



SCARED



1



2



3



4



5



6



7



8



9



10



11



12



13



14



15



16



17



18



19



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21



22



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24



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26



27



28



29



30



31

MY MONTHLY MOOD TRACKER

BEING AWARE OF HOW YOU FEEL IS AN IMPORTANT STEP TO UNDERSTANDING HOW TO DEAL WITH STRESS AND ANXIETY. TRACK AND RECORD YOUR DAILY MOOD. CHOOSE A DIFFERENT COLOR FOR EACH OF THE MOODS BELOW. COLOR IN THE FLOWER EACH DAY DEPENDING ON WHICH MOOD(S) YOU FEEL.



HAPPY



EXCITED



CALM



SAD



ANXIOUS



STRESSED



ANGRY



SCARED



1



2



3



4



5



6



7



8



9



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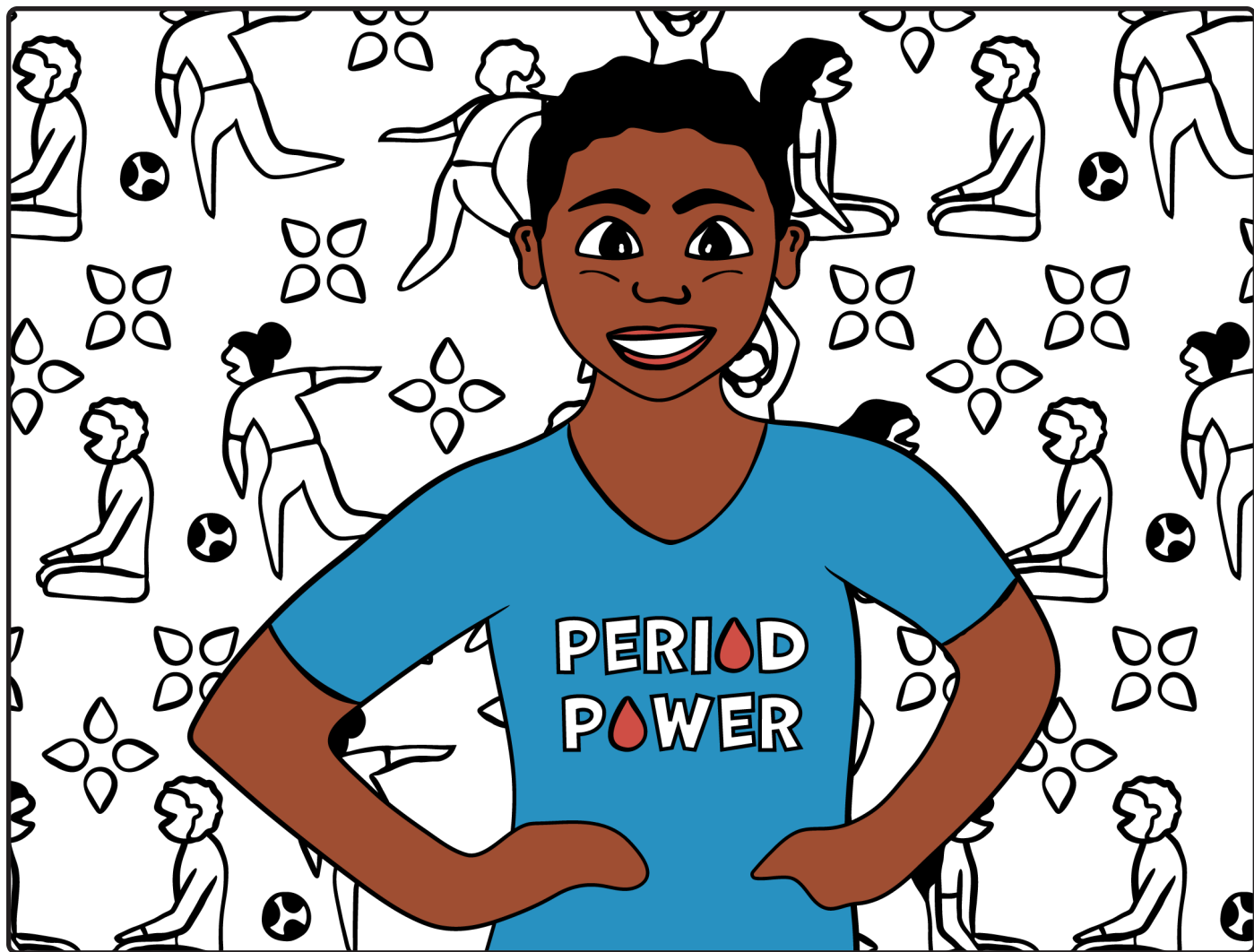


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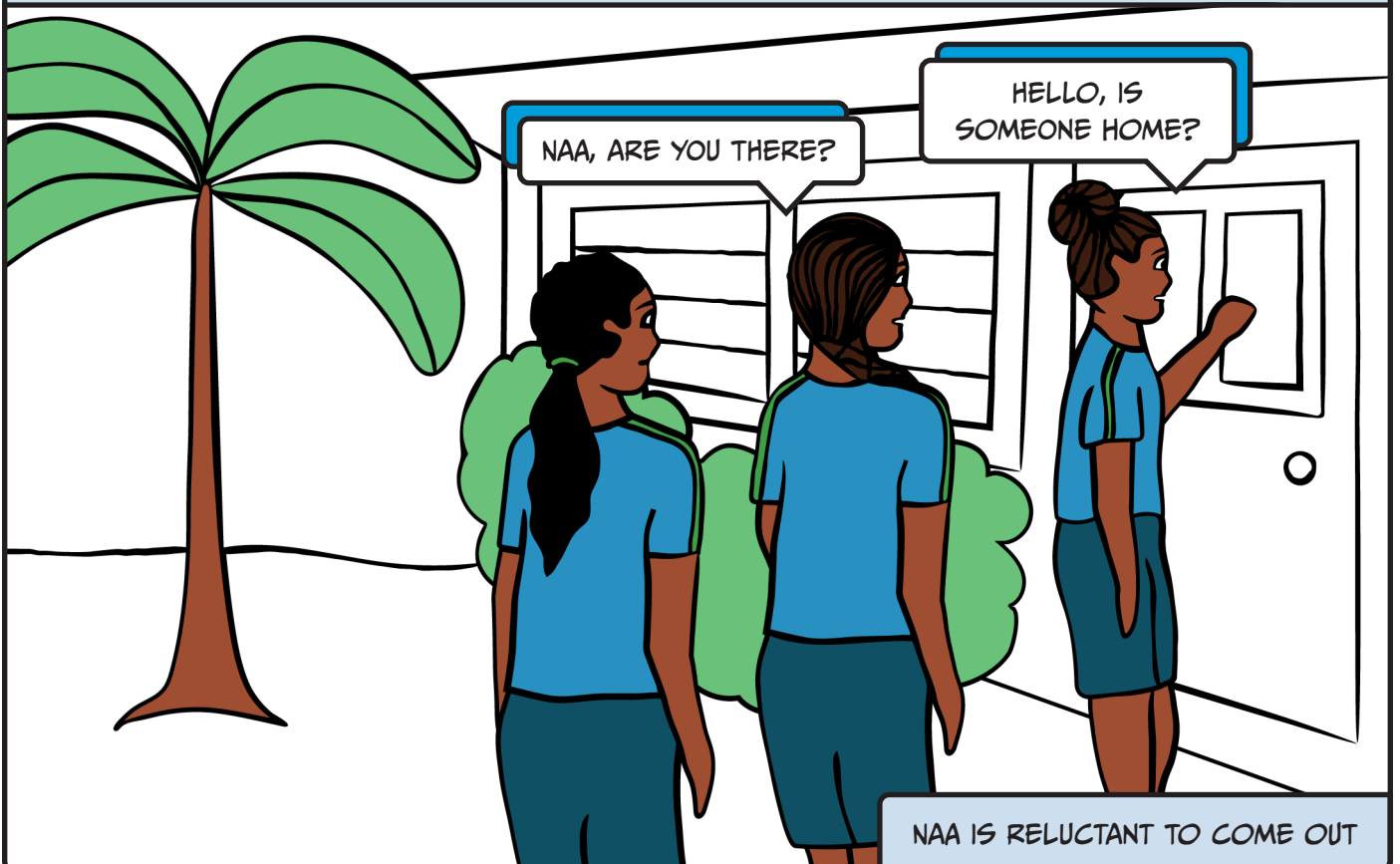
NAA'S JOURNEY THROUGH MENSTRUATION



NAA GOT HER PERIOD THIS MORNING. SHE IS AT HOME ALONE WHILE HER PARENTS ARE OUT FOR WORK. IT CAUGHT HER UNAWARES BECAUSE SHE DOESN'T KNOW HOW TO CALCULATE HER MENSTRUAL CYCLE. SHE ALSO DIDN'T MAKE ANY PROVISIONS FOR COTTON WOOL, WHICH SHE USES AS A SANITARY PAD.

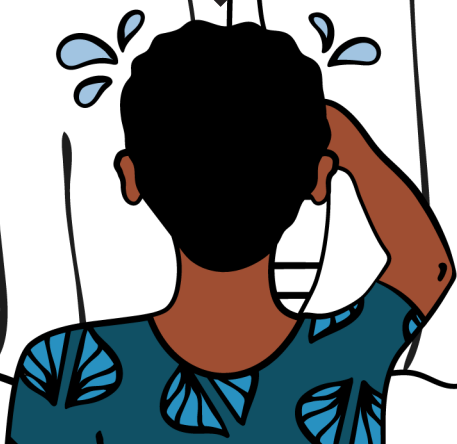


NAA'S THREE FRIENDS, MAWUSI, AISHA AND LAMISI, COME TO HER AT HOME. SHE IS IN THE SAME TEAM WITH THEM AND HER HOUSE IS ON THE WAY TO THE FOOTBALL FIELD. THEY PASS BY EVERYDAY ON THEIR WAY TO THE FOOTBALL FIELD TO INVITE HER. THEY CALL OUT TO HER FROM OUTSIDE HER HOUSE. NAA DOESN'T COME OUT AND OPENS THE CURTAINS TO TALK TO THEM THROUGH THE WINDOW. THEY ASK HER TO COME OUT SO THEY CAN GO TRAIN.

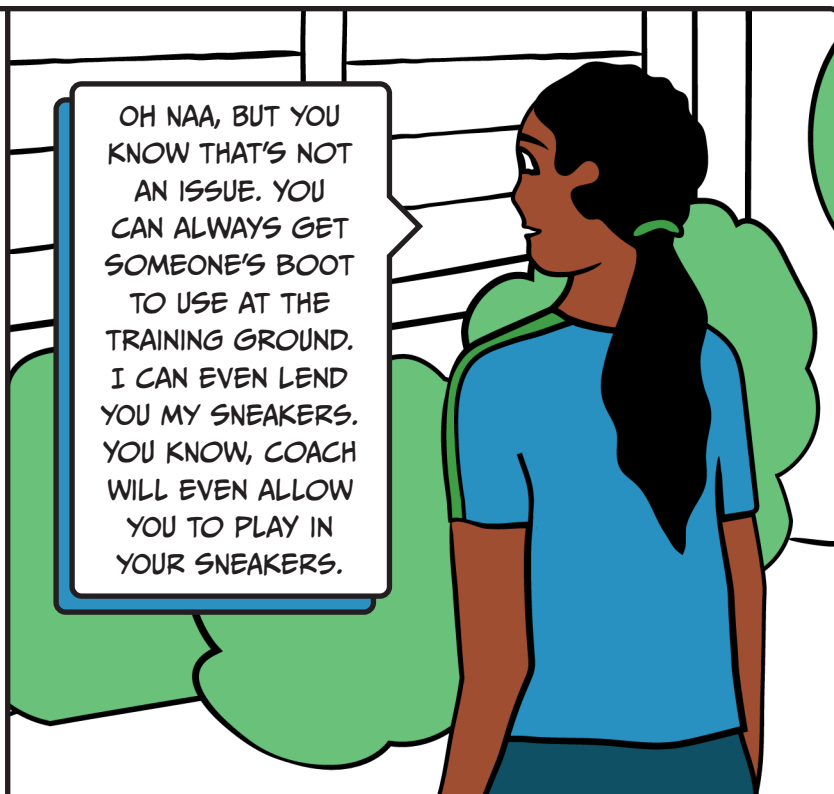


NAA PEEPS THROUGH THE WINDOWS AS SHE LOOKS AT HER FRIENDS WHO ARE TRYING TO CALL HER. SHE IS IN DEEP THOUGHT KNOWING THAT IT'S TIME FOR TRAINING AND SHE NEEDS TO BE OUT WITH THEM BUT SHE JUST HAD HER PERIOD THIS MORNING AND SHE HAS NO COTTON WOOL. SHE DEFINITELY CAN'T LEAVE HOME. SHE CALLS OUT TO THEM FROM THE WINDOW.

HEY GUYS, YOU WILL HAVE TO GO AHEAD OF ME. MY BOOTS GOT RIPPED THE LAST TIME WE PLAYED THE GAME AND I GAVE IT TO MY DAD TO FIX IT. HE WAS SUPPOSED TO BE HOME BY NOW WITH IT BUT HE'S NOT YET BACK. YOU GUYS WILL HAVE TO GO AHEAD WITHOUT ME.



OH NAA, BUT YOU KNOW THAT'S NOT AN ISSUE. YOU CAN ALWAYS GET SOMEONE'S BOOT TO USE AT THE TRAINING GROUND. I CAN EVEN LEND YOU MY SNEAKERS. YOU KNOW, COACH WILL EVEN ALLOW YOU TO PLAY IN YOUR SNEAKERS.



NAA REPLIES, KNOWING THAT HER LIE IS UNRAVELING

THAT'S TRUE, BUT GUYS I CAN'T LEAVE THE HOUSE. MY DAD PROMISED ME HE WILL BE HOME SOON. IF I LEAVE AND TAKE THE KEY WITH ME THERE WILL BE NO ONE TO OPEN THE DOOR FOR HIM WHEN HE COMES. TAKE THE LEAD. I'M SURE HE'S JUST STUCK IN TRAFFIC. WHEN HE COMES I WILL QUICKLY RUSH TO THE TRAINING GROUNDS. PLEASE TELL COACH THAT I WILL BE RUNNING LATE.




MAWUSI, AISHA AND LAMISI REALIZING THAT THEIR FRIEND IS NOT GOING TO COME WITH THEM DECIDE TO LEAVE.



OKAY, WE ARE TAKING THE LEAD THEN. SEE YOU SOON.

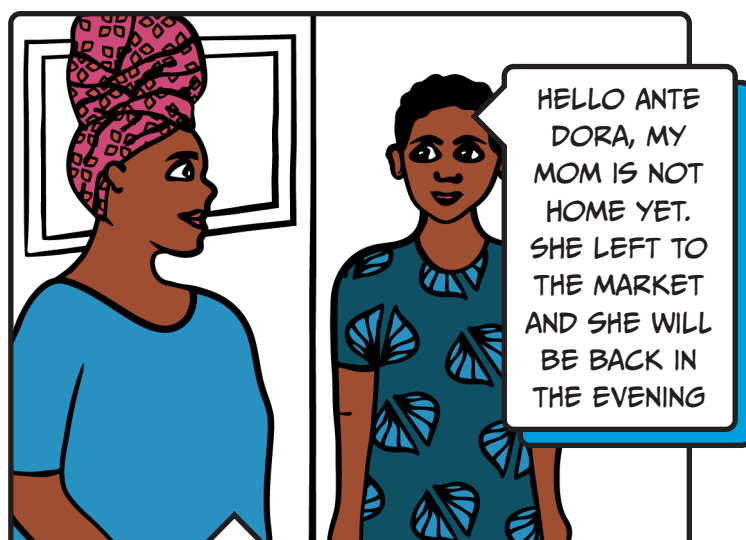


THEY LEAVE ON THEIR WAY WHILE NAA CLOSES THE WINDOW AND SITS IN THE ROOM SADLY. COACH HAD TOLD THEM THEY WOULD LEARN A NEW SKILL TODAY, AND SHE KNEW MISSING IT WOULD BE BAD FOR HER PROGRESS, BUT THERE WAS NOTHING SHE COULD DO. SHE STARTS CRYING.



MAAME AGBO. MAAME AGBO!!!

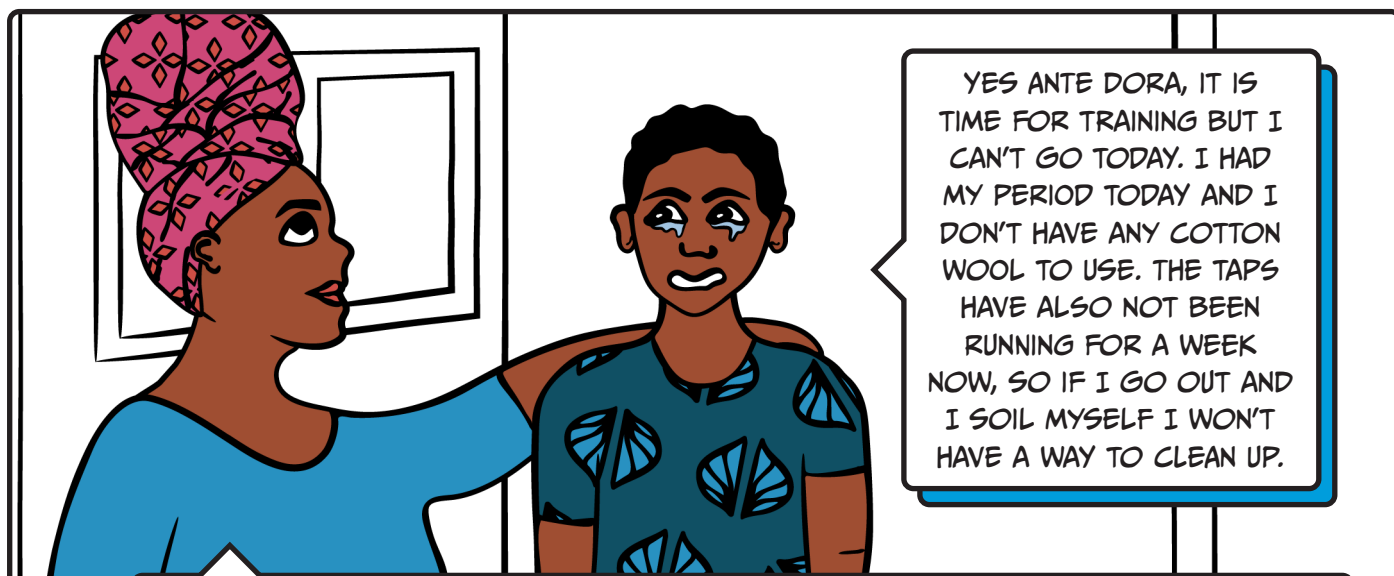
NAA PEEPS OUT OF THE WINDOW TO SEE THEIR NEIGHBOR CALLING OUT FOR HER MOTHER. SHE KNOWS THAT PRETENDING NOT TO BE HOME WILL NOT WORK ON ANTE DORA, BECAUSE THERE ARE CLOTHES ON THE DRYING LINE. THERE'S NO WAY THERE WOULD BE CLOTHES OUTSIDE WITHOUT SOMEONE BEING IN THE HOUSE. NAA OPENS THE DOOR TO COME OUT TO TALK TO HER, TRYING TO HIDE THE TEARS



HELLO ANTE DORA, MY MOM IS NOT HOME YET. SHE LEFT TO THE MARKET AND SHE WILL BE BACK IN THE EVENING

OKAY, I HEAR. TELL YOUR MOM I CAME TO LOOK FOR HER WHEN SHE RETURNS.

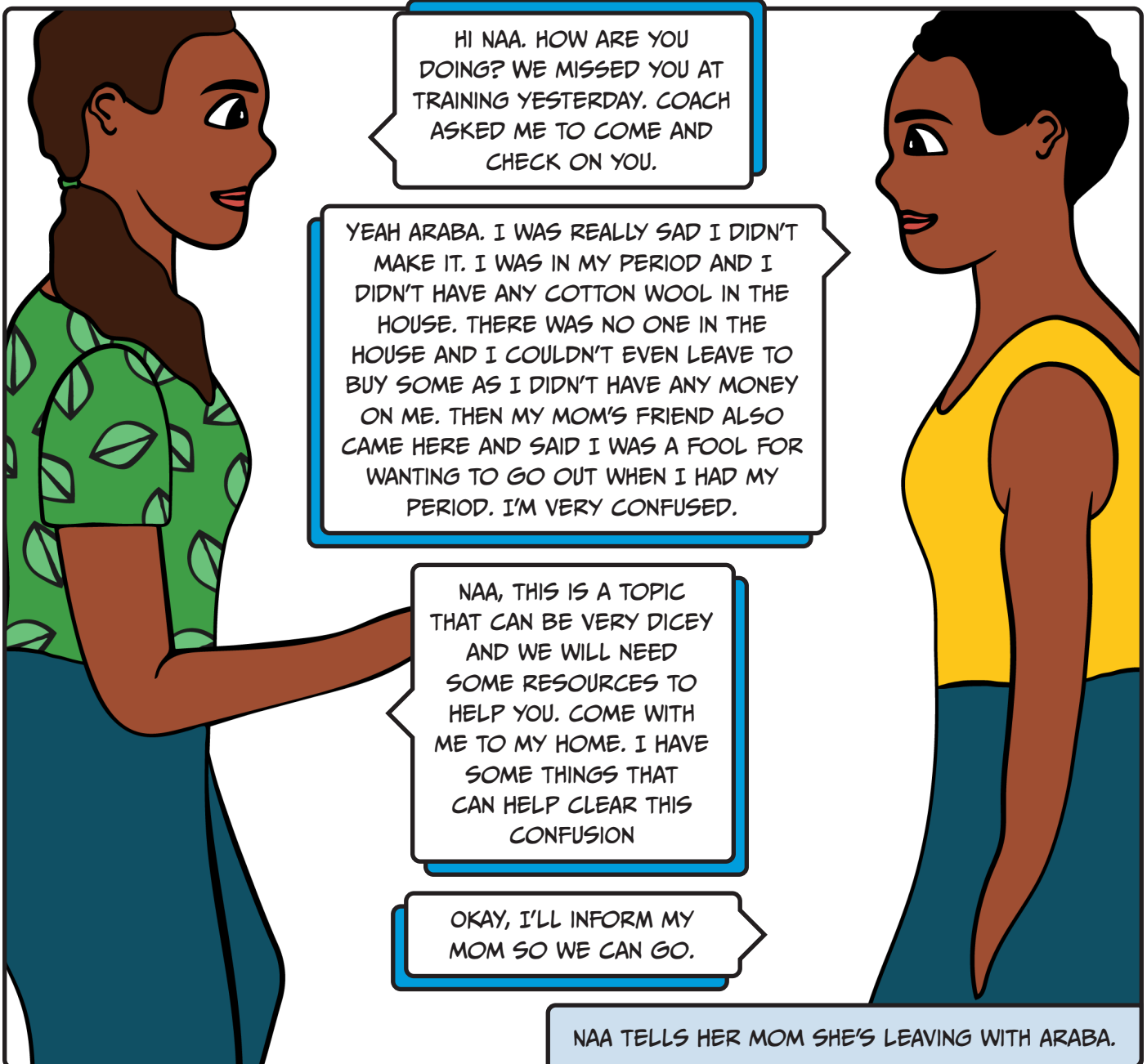
AH, BUT WHAT ARE YOU DOING AT HOME NOW. AREN'T YOU SUPPOSED TO BE AT YOUR FOOTBALL TRAINING? AND HAVE YOU BEEN CRYING? ARE YOU OKAY?



YES ANTE DORA, IT IS TIME FOR TRAINING BUT I CAN'T GO TODAY. I HAD MY PERIOD TODAY AND I DON'T HAVE ANY COTTON WOOL TO USE. THE TAPS HAVE ALSO NOT BEEN RUNNING FOR A WEEK NOW, SO IF I GO OUT AND I SOIL MYSELF I WON'T HAVE A WAY TO CLEAN UP.

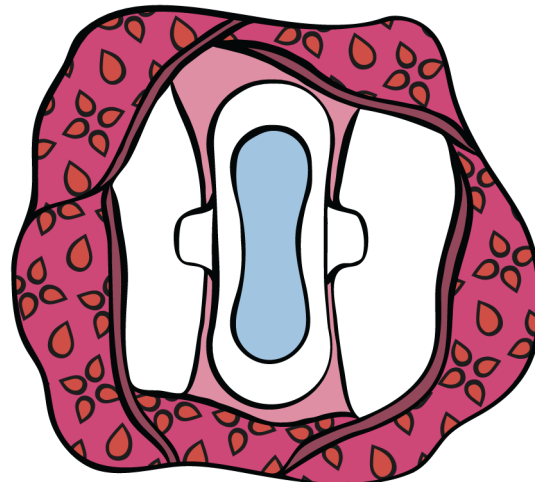
CHILDREN OF TODAY. WELL, YOU ARE RIGHT NOT TO GO OUT. WHEN I WAS YOUNG, IF YOU HAD YOUR PERIOD YOU COULDN'T EVEN GO ANYWHERE. YOU HAD TO STAY AWAY FROM THE HOME AND FROM THE KITCHEN ESPECIALLY. YOU JUST HAVE TO STAY AT HOME BECAUSE YOU HAVE YOUR PERIOD AND YOU ARE CRYING. GO INSIDE AND WIPE YOUR TEARS BEFORE YOUR MOM COMES TO MEET YOU CRYING OVER SOMETHING AS TRIVIAL AS THIS. THESE SPOILT GIRLS OF TODAY. IF YOUR MOTHER COMES TELL HER I WILL COME AND SEE HER IN THE EVENING.

THE FOLLOWING DAY, THE COACH SENDS THE CAPTAIN OF THE TEAM TO TALK TO NAA IN HER HOME,. THEY MISSED HER AT TRAINING THE PREVIOUS DAY AND THE COACH WANTS TO KNOW WHY?



WELCOME TO MY HOME. IN MY SCHOOL WE HAVE A WEEKLY SESSION CALLED THE GOAL PROGRAMME WHERE TRAINED YOUNG ADULTS COME TO TEACH US IMPORTANT STUFF ON PERSONAL HYGIENE AND OTHER IMPORTANT LIFE SKILLS.

ARABA BRINGS OUT SOME PADS AND TAKES OUT A PANTY TO USE AS AN EXAMPLE. SHE DEMONSTRATES HOW THE PAD IS FIT ON THE PANTY, AND THEN GIVES ONE TO NAA TO GO TO THE WASHROOM TO FIX IN HER OWN PANTY SO SHE CAN USE. ARABA CONTINUES WHEN NAA RETURNS.



SUN MON TUE WED THU FRI SAT

		1	2	3	4	5
	7	8	9	10	11	12
13	14	15	16	17	18	19

YOU DON'T HAVE TO BE BY YOURSELF BECAUSE YOU ARE HAVING YOUR PERIOD. WITH THE SANITARY PAD YOU CAN GO OUT ANYTIME AND BE SAFE AND COMFORTABLE. DON'T LISTEN TO THE WORDS OF YOUR MOTHER'S FRIEND. THOSE WERE THE DAYS OF PAST. THOSE TIMES THEY WERE CONSIDERED UNCLEAN FOR HAVING THEIR PERIODS. THEY STAYED OUT OF THE WAY OF PEOPLE BECAUSE THEY DIDN'T HAVE THE RESOURCES WE HAVE NOW. THAT'S WHY WE HAVE THE SANITARY PAD WHICH MAKES YOU COMFORTABLE AS YOU MOVE FROM PLACE TO PLACE. YOU DON'T HAVE TO HIDE BECAUSE YOU ARE HAVING YOUR PERIOD. IT'S NOT A BAD THING. IT'S A SIGN THAT YOU ARE DEVELOPING AS A GIRL AND YOU HAVE TO BE PROUD OF IT.



**CHANGE YOUR
SANITARY PAD
AT LEAST
2X A DAY**

YOU SHOULD ALWAYS CHANGE YOUR SANITARY PAD AT LEAST TWICE A DAY. USE A SANITARY PAD. EVEN IF YOU DON'T HAVE MONEY YOU CAN CUT DOWN ON USING YOUR POCKET MONEY FOR SCHOOL FOR SWEETS AND YOU CAN SAVE TOWARDS BUYING A PACK OF SANITARY PADS EVERY MONTH.



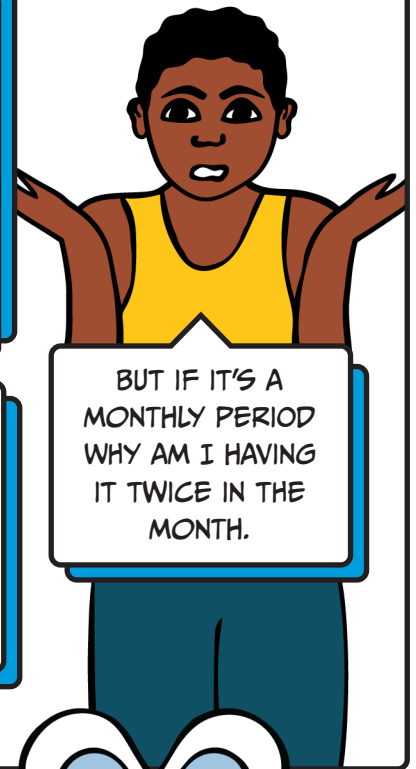
THANK YOU, THAT'S VERY HELPFUL. BUT HOW DO I KNOW WHEN I HAVE TO START SAVING? WHAT IF WHEN I BUY IT'S NOT ENOUGH AT THE TIME I HAVE MY PERIOD



**YOU HAVE
28 DAYS
BETWEEN
EACH CYCLE**

DO YOU KNOW YOU CAN PREDICT WHEN YOU WILL HAVE YOUR PERIOD? THERE'S A WAY TO CALCULATE WHEN YOU WILL HAVE IT AND PREPARE IN ADVANCE FOR IT. YOU HAVE **28 DAYS** BETWEEN EACH MENSTRUAL CYCLE.

YOU CAN CALCULATE THE 28 DAYS FROM THE TIME YOU HAD YOUR FIRST PERIOD. SO YOU HAD YOUR PERIOD YESTERDAY ON THE 1ST. YOU START CALCULATING 28 DAYS FROM THE 1ST, WHICH WILL END ON THE 29TH, WHICH WILL BE THE NEXT TIME YOU WILL START YOUR CYCLE AGAIN.



BUT IF IT'S A MONTHLY PERIOD WHY AM I HAVING IT TWICE IN THE MONTH.

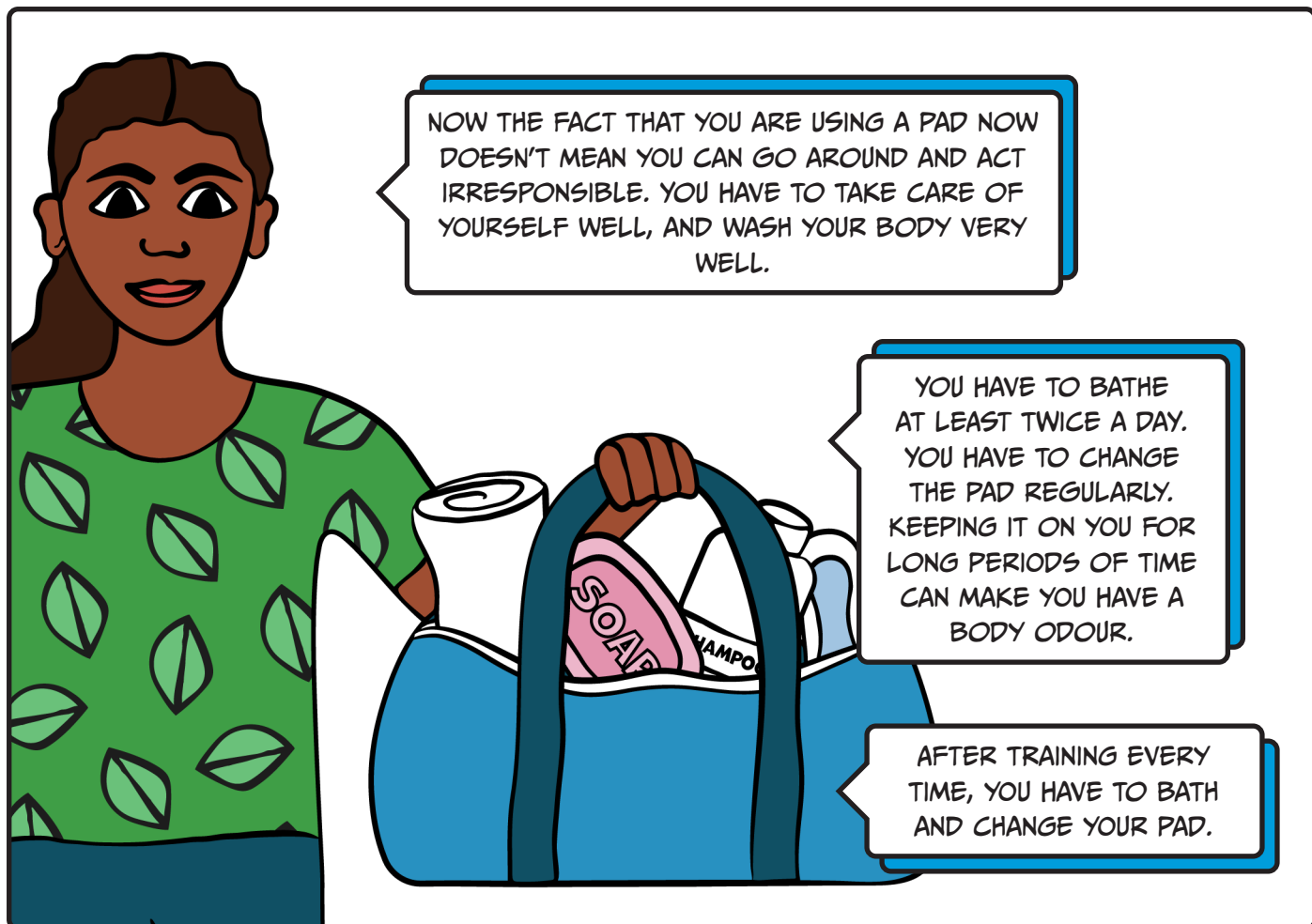
THAT'S A REALLY GOOD QUESTION. THE MENSTRUAL CYCLE ALWAYS LASTS 28 DAYS. THAT IS WHY WE COUNT FOR 28 DAYS. IF YOU FOLLOW A MONTHLY CALENDAR, YOU WILL END UP BEING CAUGHT UNAWARE.

IF A SANITARY PAD COSTS 10 CEDIS (\$2) YOU CAN DIVIDE THAT INTO 4 WEEKS, AND SAVE 2.5 CEDIS (\$0.50) EVERY WEEK TILL THE 4TH WEEK WHEN YOU WILL HAVE ENOUGH TO BUY A NEW SET OF PAD FOR YOUR PERIOD.



_____	÷	_____
COST OF SANITARY PAD		NO. OF WEEKS TO SAVE

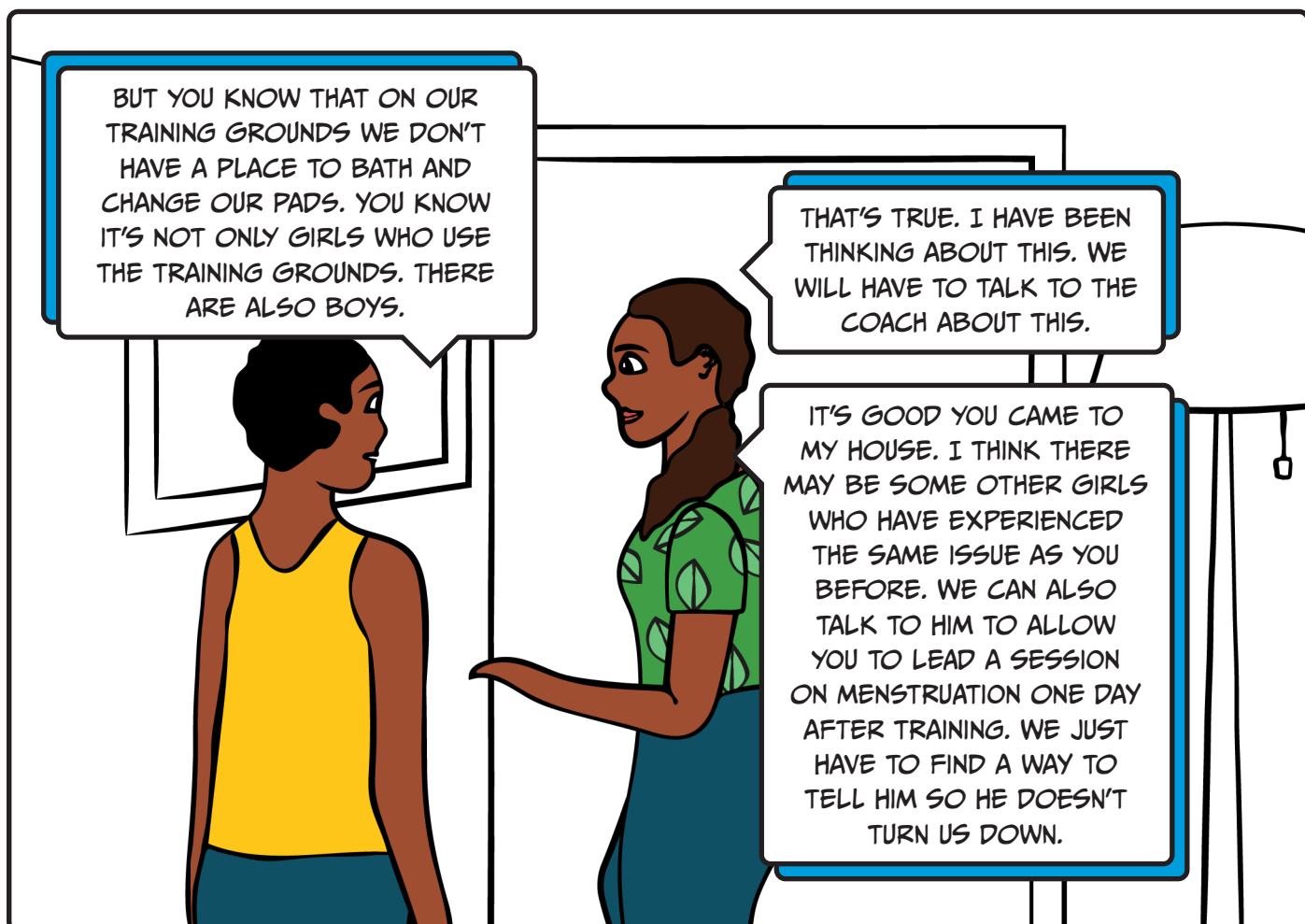
AMOUNT TO SAVE EACH WEEK



NOW THE FACT THAT YOU ARE USING A PAD NOW DOESN'T MEAN YOU CAN GO AROUND AND ACT IRRESPONSIBLE. YOU HAVE TO TAKE CARE OF YOURSELF WELL, AND WASH YOUR BODY VERY WELL.

YOU HAVE TO BATHE AT LEAST TWICE A DAY. YOU HAVE TO CHANGE THE PAD REGULARLY. KEEPING IT ON YOU FOR LONG PERIODS OF TIME CAN MAKE YOU HAVE A BODY ODOUR.

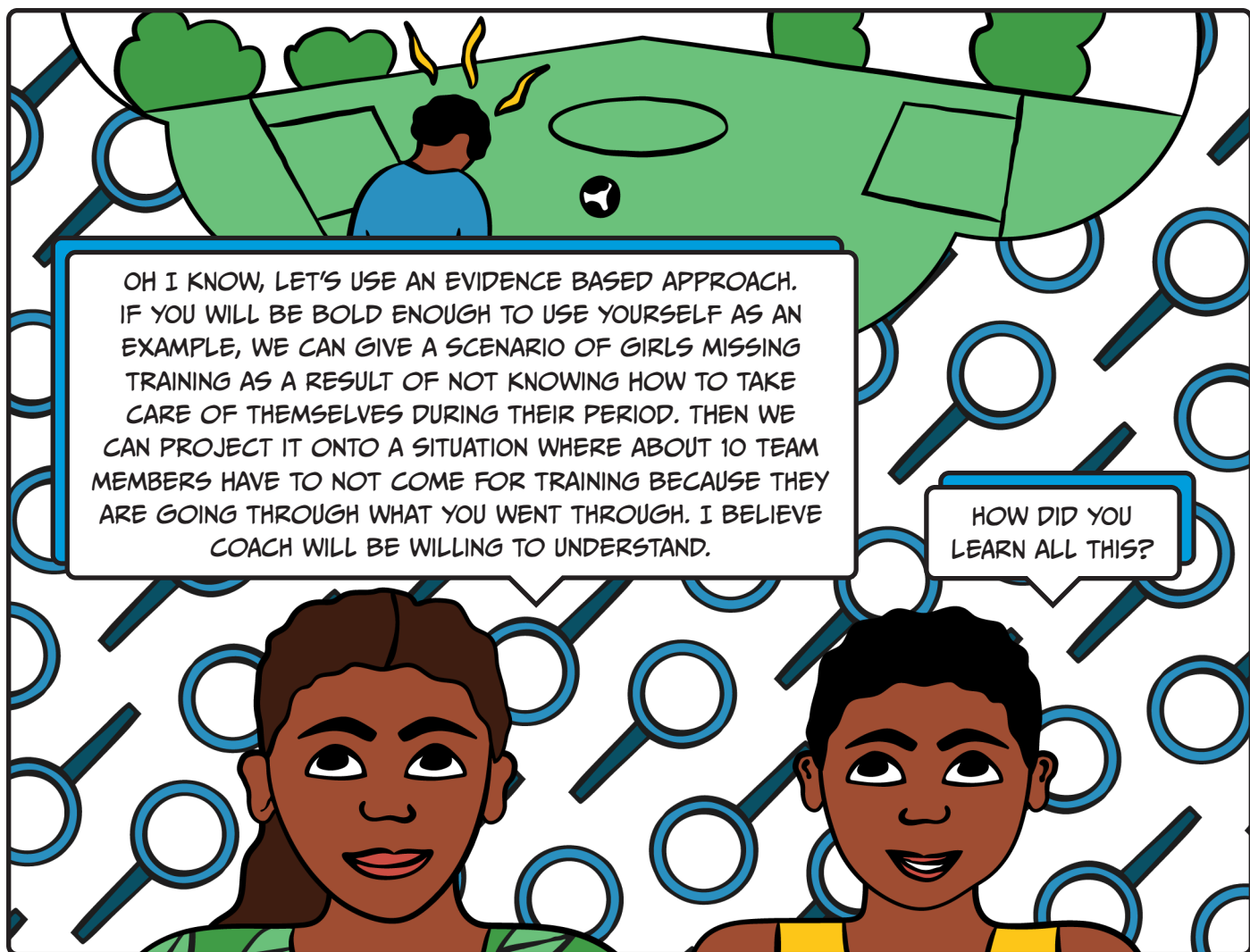
AFTER TRAINING EVERY TIME, YOU HAVE TO BATH AND CHANGE YOUR PAD.



BUT YOU KNOW THAT ON OUR TRAINING GROUNDS WE DON'T HAVE A PLACE TO BATH AND CHANGE OUR PADS. YOU KNOW IT'S NOT ONLY GIRLS WHO USE THE TRAINING GROUNDS. THERE ARE ALSO BOYS.

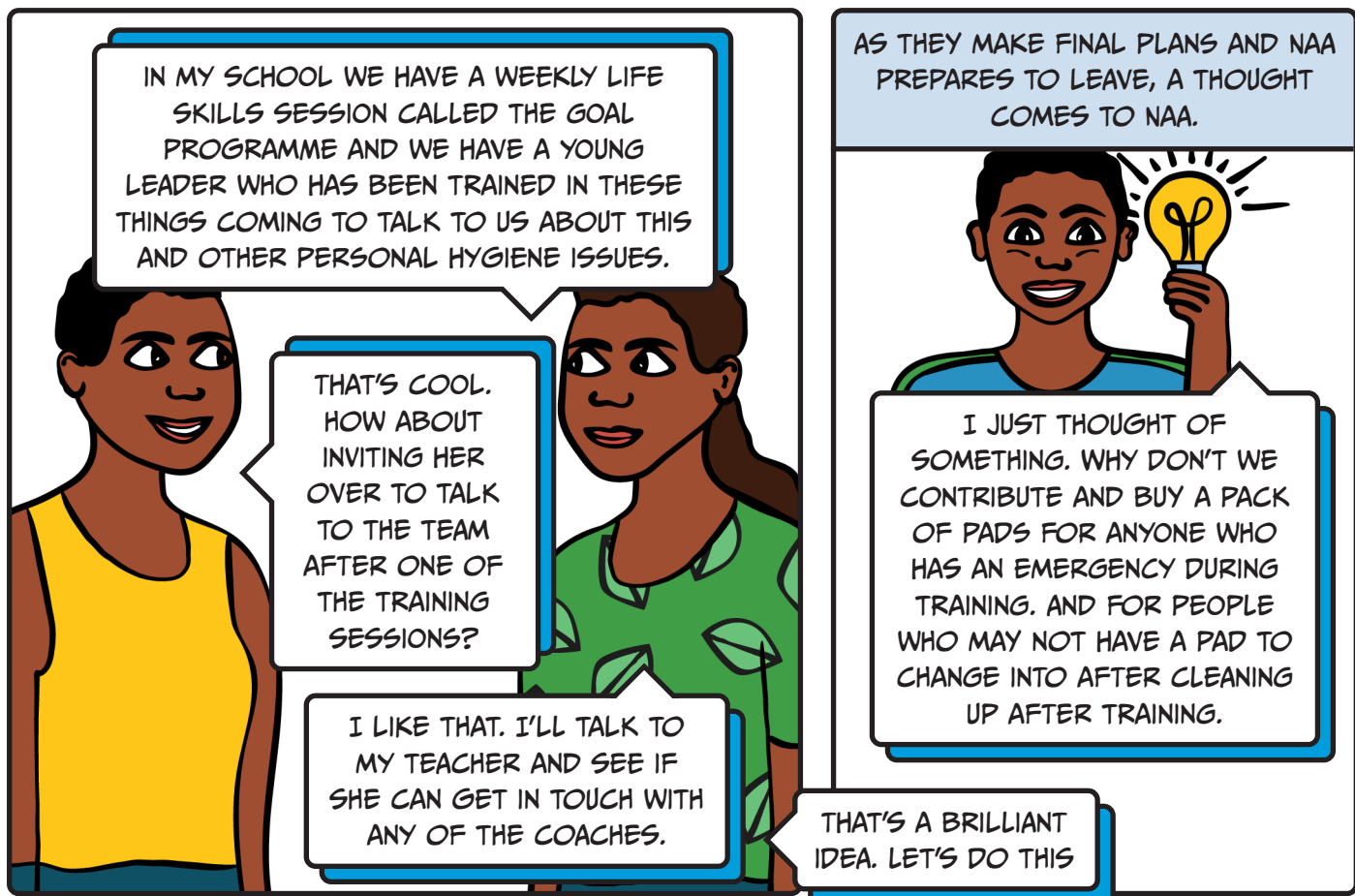
THAT'S TRUE. I HAVE BEEN THINKING ABOUT THIS. WE WILL HAVE TO TALK TO THE COACH ABOUT THIS.

IT'S GOOD YOU CAME TO MY HOUSE. I THINK THERE MAY BE SOME OTHER GIRLS WHO HAVE EXPERIENCED THE SAME ISSUE AS YOU BEFORE. WE CAN ALSO TALK TO HIM TO ALLOW YOU TO LEAD A SESSION ON MENSTRUATION ONE DAY AFTER TRAINING. WE JUST HAVE TO FIND A WAY TO TELL HIM SO HE DOESN'T TURN US DOWN.



OH I KNOW, LET'S USE AN EVIDENCE BASED APPROACH. IF YOU WILL BE BOLD ENOUGH TO USE YOURSELF AS AN EXAMPLE, WE CAN GIVE A SCENARIO OF GIRLS MISSING TRAINING AS A RESULT OF NOT KNOWING HOW TO TAKE CARE OF THEMSELVES DURING THEIR PERIOD. THEN WE CAN PROJECT IT ONTO A SITUATION WHERE ABOUT 10 TEAM MEMBERS HAVE TO NOT COME FOR TRAINING BECAUSE THEY ARE GOING THROUGH WHAT YOU WENT THROUGH. I BELIEVE COACH WILL BE WILLING TO UNDERSTAND.

HOW DID YOU LEARN ALL THIS?



IN MY SCHOOL WE HAVE A WEEKLY LIFE SKILLS SESSION CALLED THE GOAL PROGRAMME AND WE HAVE A YOUNG LEADER WHO HAS BEEN TRAINED IN THESE THINGS COMING TO TALK TO US ABOUT THIS AND OTHER PERSONAL HYGIENE ISSUES.

THAT'S COOL. HOW ABOUT INVITING HER OVER TO TALK TO THE TEAM AFTER ONE OF THE TRAINING SESSIONS?

I LIKE THAT. I'LL TALK TO MY TEACHER AND SEE IF SHE CAN GET IN TOUCH WITH ANY OF THE COACHES.

AS THEY MAKE FINAL PLANS AND NAA PREPARES TO LEAVE, A THOUGHT COMES TO NAA.



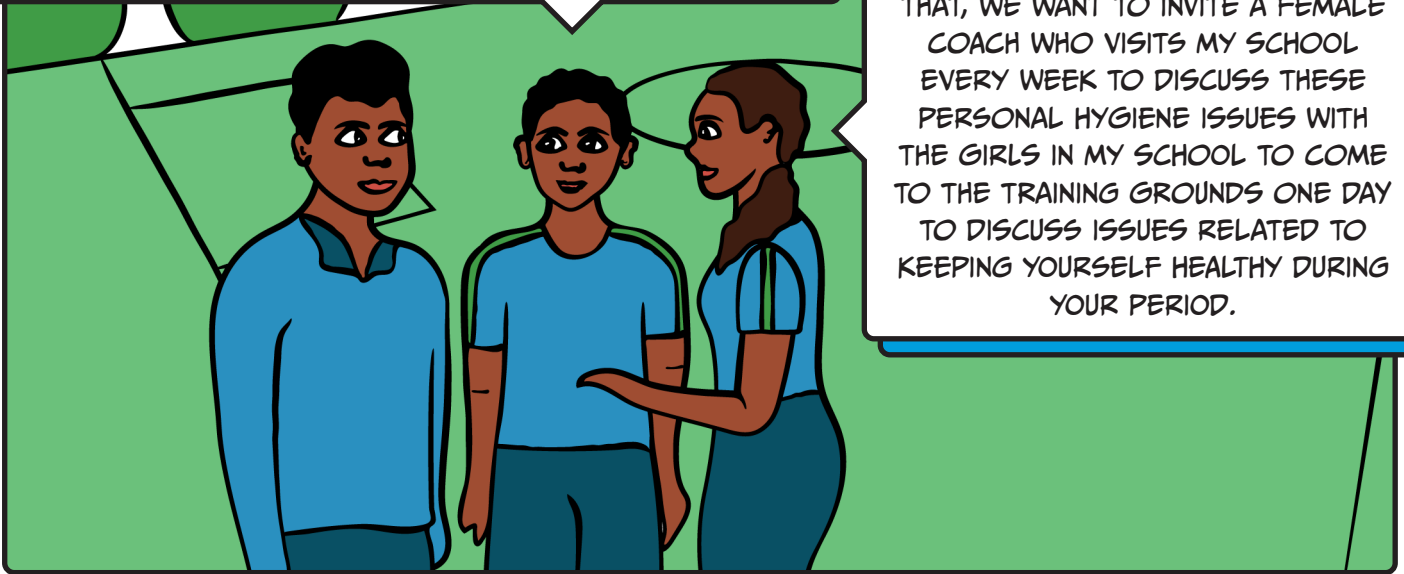
I JUST THOUGHT OF SOMETHING. WHY DON'T WE CONTRIBUTE AND BUY A PACK OF PADS FOR ANYONE WHO HAS AN EMERGENCY DURING TRAINING. AND FOR PEOPLE WHO MAY NOT HAVE A PAD TO CHANGE INTO AFTER CLEANING UP AFTER TRAINING.

THAT'S A BRILLIANT IDEA. LET'S DO THIS

NAA AND ARABA MEET WITH THEIR COACH TO DISCUSS THIS.

COACH, I WANT TO CONFESS ABOUT MY ABSENCE FROM TRAINING ON FRIDAY. IT WASN'T BECAUSE MY BOOTS WERE SPOILT. I HAD MY PERIOD AND I DIDN'T KNOW HOW TO TAKE CARE OF MYSELF AND SO I LIED AND DIDN'T SHOW UP FOR TRAINING. I HOWEVER HAD A CHAT WITH ARABA AND WE DISCUSSED WHAT WE COULD DO TO HELP MYSELF AND OTHER GIRLS WHO MAY BE IN THE SAME POSITION AS ME.

YES COACH. HAVING YOUR PERIOD IS NOT A REASON WHY ANYONE SHOULD MISS TRAINING. HAVING A WASH FACILITY AT THE TRAINING GROUNDS WILL BE HELPFUL FOR GIRLS TO MAINTAIN THEIR HYGIENE DURING THEIR MENSTRUAL PERIOD. BEYOND THAT, WE WANT TO INVITE A FEMALE COACH WHO VISITS MY SCHOOL EVERY WEEK TO DISCUSS THESE PERSONAL HYGIENE ISSUES WITH THE GIRLS IN MY SCHOOL TO COME TO THE TRAINING GROUNDS ONE DAY TO DISCUSS ISSUES RELATED TO KEEPING YOURSELF HEALTHY DURING YOUR PERIOD.

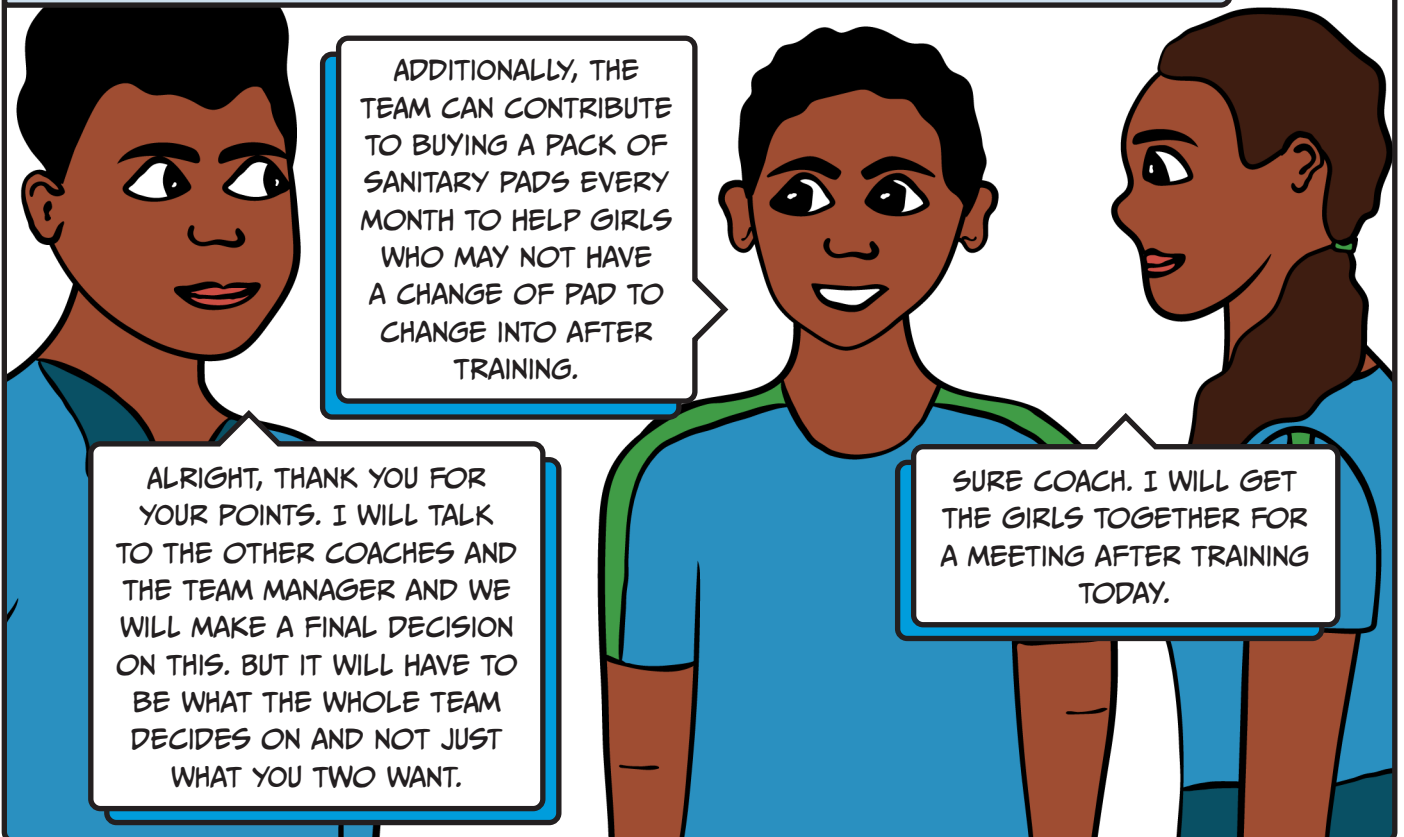


COACH LISTENS SILENTLY AS THE GIRLS CONTINUE TO MAKE THEIR REQUESTS KNOWN.

ADDITIONALLY, THE TEAM CAN CONTRIBUTE TO BUYING A PACK OF SANITARY PADS EVERY MONTH TO HELP GIRLS WHO MAY NOT HAVE A CHANGE OF PAD TO CHANGE INTO AFTER TRAINING.

ALRIGHT, THANK YOU FOR YOUR POINTS. I WILL TALK TO THE OTHER COACHES AND THE TEAM MANAGER AND WE WILL MAKE A FINAL DECISION ON THIS. BUT IT WILL HAVE TO BE WHAT THE WHOLE TEAM DECIDES ON AND NOT JUST WHAT YOU TWO WANT.

SURE COACH. I WILL GET THE GIRLS TOGETHER FOR A MEETING AFTER TRAINING TODAY.



THE TEAM MEETS WITH NAA AAND ARABA TO DISCUSS THE DETAILS OF THEIR EARLIER MEETING WITH THE COACH. COACH IS THERE TOO.

A COUPLE OF YOUR TEAMMATES MET ME EARLIER TO DISCUSS SOME ISSUES THAT MAY BE PERSONAL TO YOU. I HAVE CALLED YOU ALL HERE TO FIND OUT HOW TRUE IT IS. REMEMBER THIS IS A SAFE SPACE AND WHATEVER YOU SAY WILL BE KEPT SECRET BY YOUR OTHER TEAM MATES. BEFORE WE START, HOW MANY OF YOU HAVE HAD TO MISS TRAINING BECAUSE OF YOUR MENSTRUAL CYCLE?

ALMOST ALL THE GIRLS HAVE THEIR HANDS UP.

WOW!

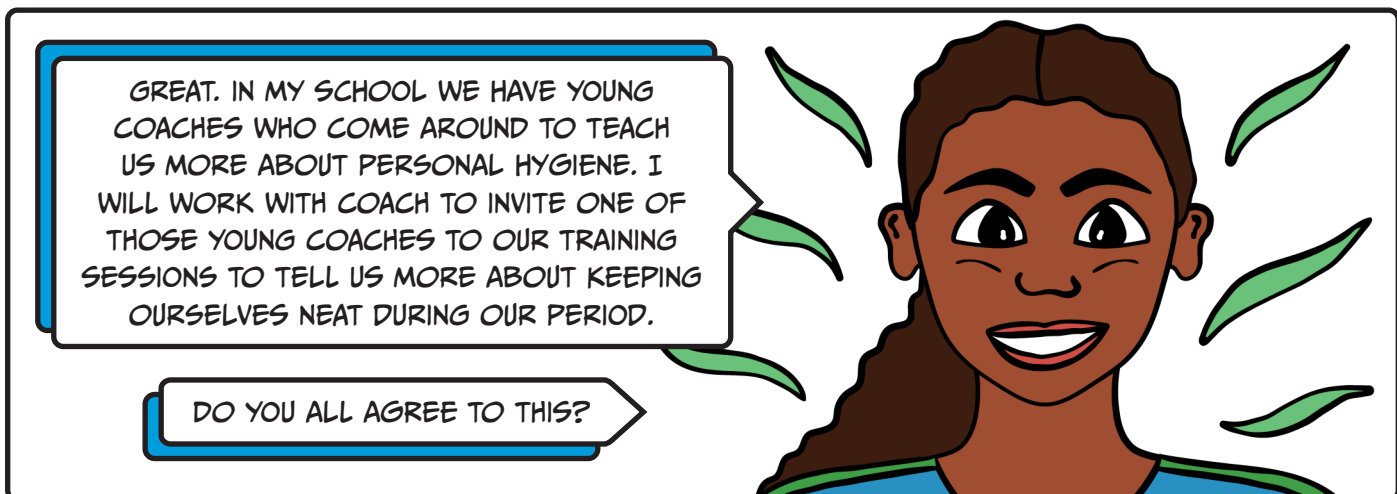
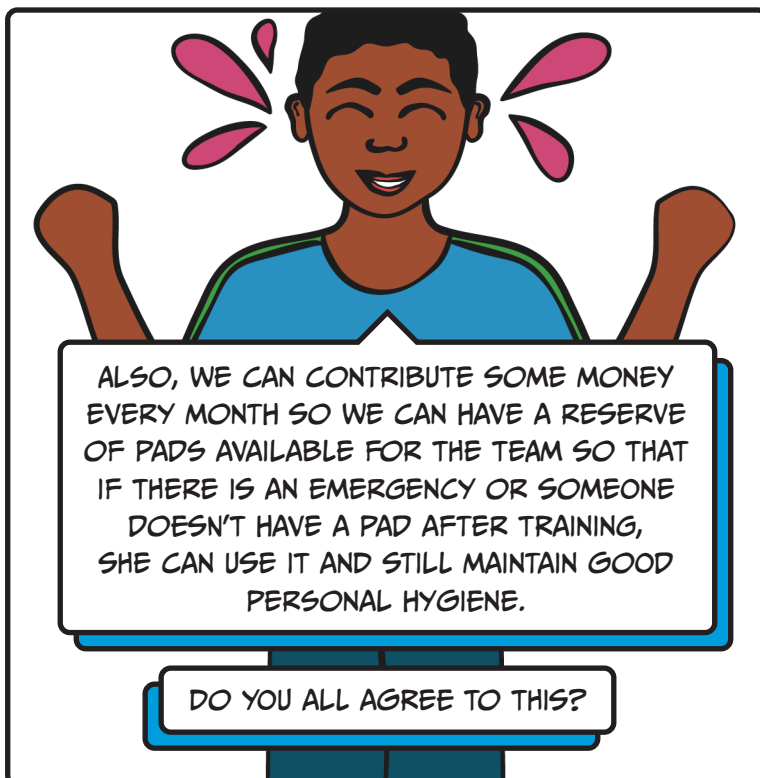
I'LL LEAVE THE FLOOR TO YOUR TEAM MATES THEN.

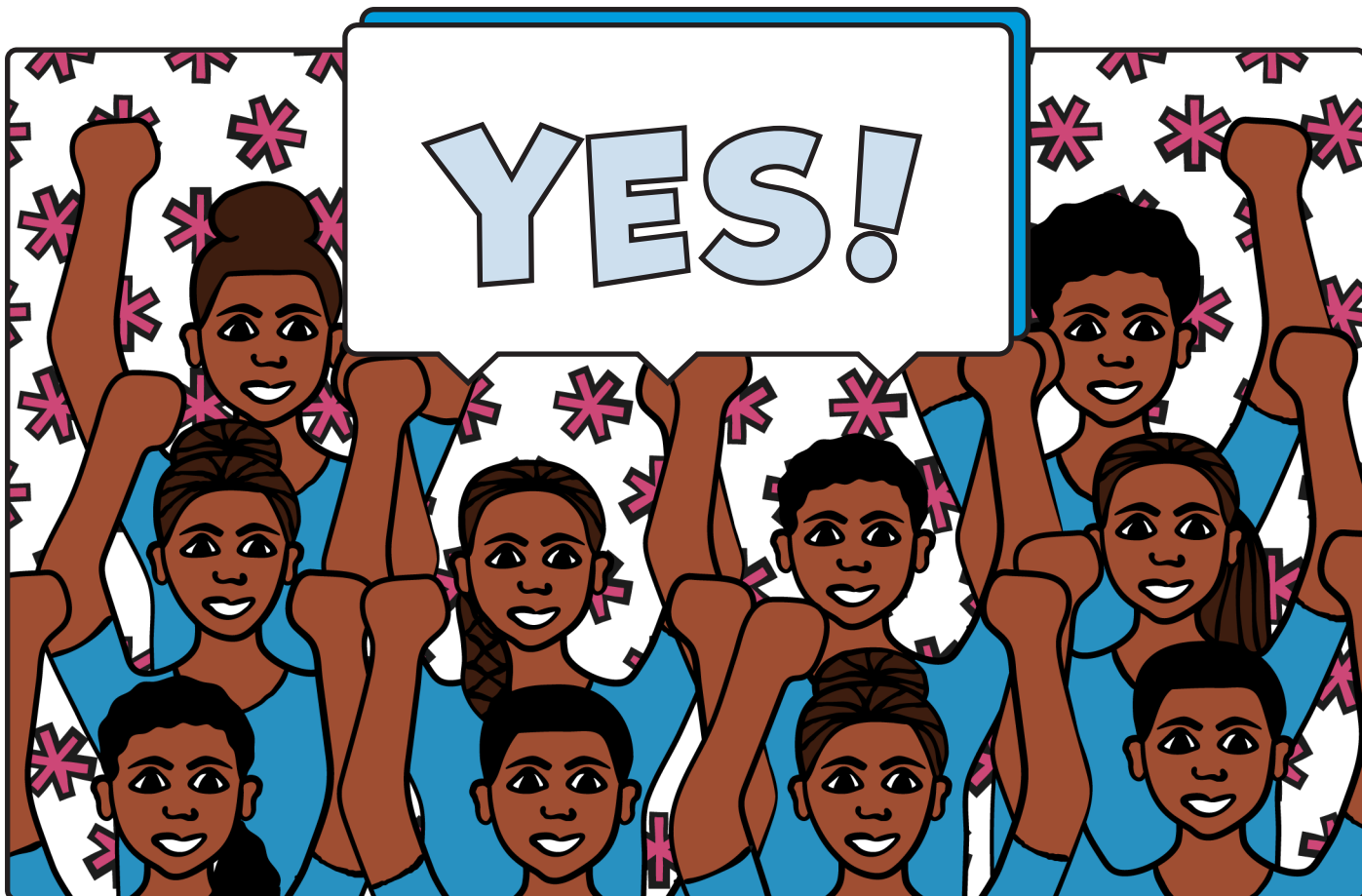
NAA AND ARABA STEP FORWARD.

HELLO GIRLS, AS YOU ALL MAY KNOW THE MENSTRUAL CYCLE IS SOMETHING THAT AFFECTS ALL YOUNG GIRLS GROWING UP. IT'S NOT A BAD THING BUT SOME ELDERS IN OUR SOCIETY MAKE IT SEEM LIKE A TABOO WHICH MAKES IT DIFFICULT FOR US TO RELATE TO IT AND TAKE GOOD CARE OF OURSELVES. WE WANT TO MAKE THIS THING A THING OF THE PAST.

IF WE WILL ALL AGREE, COACH AND THE TEAM MANAGEMENT WILL MAKE PROVISIONS FOR A WASH AREA FOR US TO TAKE CARE OF OURSELVES AFTER TRAINING, ESPECIALLY WHEN WE ARE HAVING OUR MENSTRUAL CYCLE. THAT WAY WE CAN MAINTAIN GOOD PERSONAL HYGIENE WHILE WE STILL PLAY AND HAVE FUN.

SOME OF THE GIRLS BEGIN NODDING IN AGREEMENT





IT'S SETTLED THEN. WE
WILL MAKE ALL THE
ARRANGEMENTS TO
MAKE THIS POSSIBLE
TO PROVIDE YOU WITH
THE BEST HYGIENIC
CONDITIONS AT ALL
TIMES.

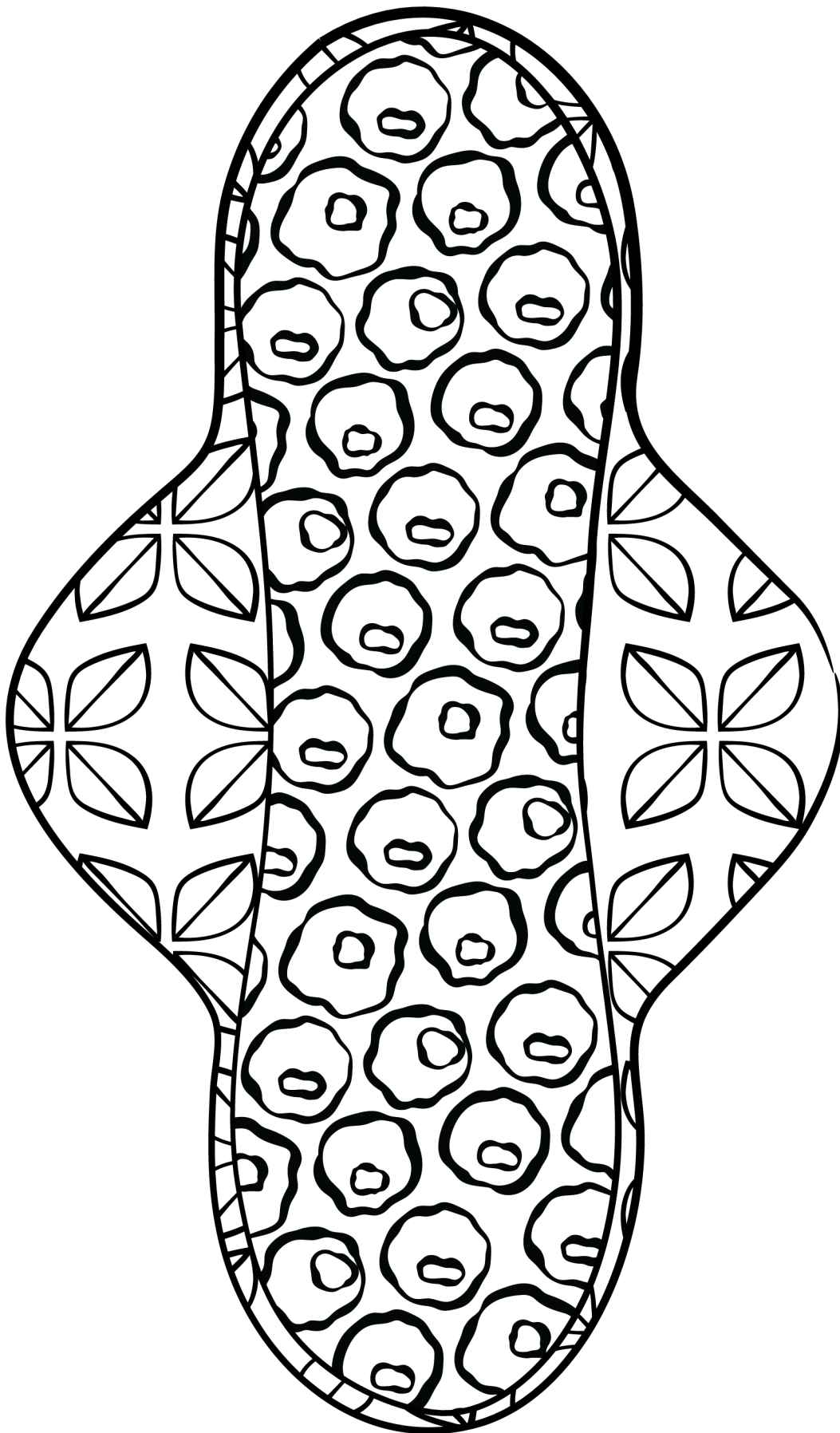
NAA AND ARABA DO AN ELBOW PUMP, AND ALL THE GIRLS IN THE TEAM SHARE HIGH FIVES IN THE AIR.

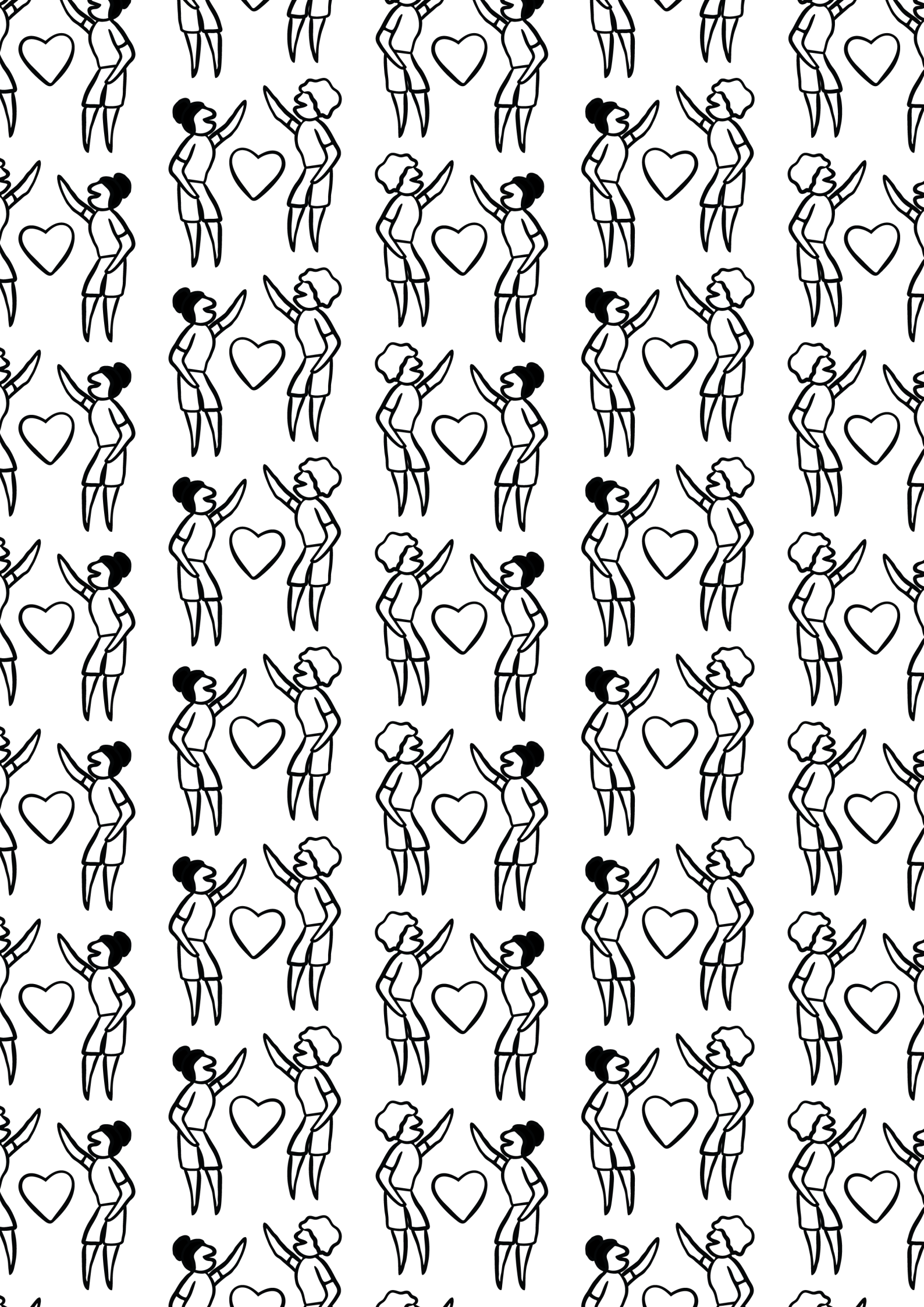
MY ANNUAL PERIOD TRACKER

KEEPING TRACK OF YOUR PERIOD WILL HELP YOU UNDERSTAND YOUR BODY BETTER AND PREPARE FOR MONTHLY PERIODS. COLOR IN THE SPACES BELOW EACH MONTH FROM THE START TO FINISH OF YOUR PERIOD AND TRACK THE DURATION.

[illegible]

SANITARY NAPKIN TEMPLATE







THE GOAL PROGRAMME USES SPORT AND LIFE-SKILLS TRAINING TO EQUIP ADOLESCENT GIRLS TO BE LEADERS IN THEIR COMMUNITIES. GOAL IS PART OF FUTUREMAKERS BY STANDARD CHARTERED, A GLOBAL INITIATIVE AIMED AT EMPOWERING THE NEXT GENERATION TO LEARN, EARN AND GROW.



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