

## WHAT IS FIRST LOVE





## FOREWORD

Adolescence is marked by many physical, emotional, and social transitions, but perhaps the one that I find most profound and intriguing is that as a young person moves from childhood into adolescence, they experience a brand-new emotion—romantic love.

At some point, almost everyone feels that heartbreaking pull towards someone they find hopelessly alluring during adolescence. And the novelty of the emotion makes it simultaneously feel attractive, arousing, threatening, and terrifying. There are reasons that philosophers, writers, scientists, artists, adolescents themselves, and many others have spent hours trying to unlock and articulate the mysteries of love and more specifically, first love.



## FOREWORD

When we launched Adolescents 360 in Nigeria and delved into exploring what was on the minds and in the hearts of 15-19-year-old young women, it was no surprise that they were also on the quest to answer the age-old question “what is love?”. In Nigeria, there seemed to be a specific urgency for young women to answer this question. Through their narratives, young women described a world where love and security were sparse. They reported that they had few people in their lives who they trusted and lacked support from parents, friends, and teachers. They had few places in their world where they felt safe. In this context, finding love—and the accompanying feelings of trust, support, and safety—feels both particularly elusive and intriguing.

When given the opportunity to ask a trusted source the questions in their hearts, young women released a flood of questions about love, sex, relationships, and reproduction. The questions sounded very similar to those that I have heard young women ask in many different contexts. Some of their questions have clear, factual answers. And some ask the same questions that scholars have been pondering for eons. What is captured here in this book is a sample of those profound questions.

These questions inspired our team to create 9ja Girls, a new program for adolescent girls in Nigeria, which provides answers when possible, and when not, (perhaps more importantly) offers a safe space for girls to find a personal answer.

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ON LIFE

Can I achieve what  
I wanted to become  
in the nearest fu-  
ture at the age of  
22 years old.

Can a girl of 19 yrs  
have a boy friend.

Auntie funnyz why do you  
say that we should free  
with out anything  
is bothering us that we should  
tell you. because I don't sell  
free with any ~~body~~ especially  
my mom.

Hello !!

What the right  
age for a woman  
to get married.

Please!!!!



Why do girls think  
dat it is breast and ass  
dat implores boy 2 dem

Is Harlem sex  
before marry a  
Crime

Like you and your  
~~best~~ friend have a  
misunderstanding and you  
are at fault and your  
boyfriend is siding your  
friend because you are  
at fault and he is also  
advising you. is it good

~~Why~~ ~~is~~ I have seen  
like 15 years that do  
not have breast I want  
to ask why

like you now your friend  
has Breast more <sup>than</sup> ~~than~~ you  
and you'd not know what will  
the person do

OR

and everybody is calling  
you and you're sad  
~~what~~ what will you do

① ~~Reading~~ ~~the~~ romance novel

① When reading a romance  
novel does <sup>it</sup> arouse or can  
it arouse a person sexually?



My career makes me bothered

1.) Money

2.) Bad results

So How can I overcome it?

How can I reach my goals

♂ I Don't want  
to get pregn-  
ant early I  
want to be spec-  
al, ♀ Don't know







ON LOVE

What is Love

is a guy tell you that  
he will wait for you  
does he meant true love

- Is it good to have more than  
one boyfriend.

How will you know if  
a guy loves you or not and  
how will you know if the  
feeling is true.

What if you have a  
crush on a guy and  
the guy has a girlfriend  
and you are really in love  
with the guy, what will  
you do about it.



~~It~~ is is it compulsory  
to be a virgin

- What do you do when you  
have a boyfriend and  
you still find other boys  
that attract you?

He sed he loves me and  
he also love sex and i also  
love him but still a virgin.  
What should i do?

When you are in love with a  
guy, but he don't love you back,  
maybe he is just like a friend  
to you. It is proper to tell him?

If the urge for sex comes  
how can I control it.

If a gal loves a guy and  
the guy sed he also loves the  
gal and the guy is asking  
for sex but she not ready to  
have sex because she still  
a virgin. what should she do?  
and she doesn't want to  
breakup with the guy.

Is it possible for a girl to love  
more than one guy.

Am in love with a guy but  
he doesnt gives me attention  
what do i do?

I tried sex once and now i think  
am an addict what do i do  
to stop it.



What can you do if your  
boyfriend tells you he is  
dating another person and  
that he loves you more  
than the girl and he wants  
you still to be in a  
relationship with him??



What can a lady do if  
her boyfriend is always  
requesting for sex.

What if you are a virgin and your  
boyfriend said he want to have sex  
with you and you use Condom are u  
still a virgin

why did boy use to  
force <sup>Girls</sup> somebody  
to  
have  
sex

If he wants to have sex  
with <sup>a girl</sup> ~~me~~ and i don't agree  
with it he might force or  
rape me what should i  
do to him .

If you don't want  
to kiss him when he  
wants to kiss what does  
that mean.

Why do some guys  
ask a girl for sex  
in a relationship.

And if a girl refuse  
his demand. He would  
tell you that you don't  
love him and he would  
want to break-up  
with you.



What if you have a guy and  
the guy loves you too, then  
you cheat on him with an  
other guy and because of dat  
e broke up with you but you  
never did it intentional (chea-  
ted on him). Is it right for  
the guy to leave the girl. Is  
that really love.

①  
is it right for me to do what  
a boy (boyfriend) want me to do  
What if he gets angry and starts  
ignoring me should I wait for him or  
go on with my life.



Q If you have a boy-friend  
and his is asking you  
for SEX what will you do.

Q When is it right for a girl  
to have SEX (with who she  
love's)

Q When you start feeling pain  
under your abdomen. what

There is a guy who  
discovered me and plan  
to marry me and later  
told me is not interest-  
ed in the relationship  
any more.

(what I should do).

- 1 If you wants to stop a relationship, How would you stop it?
- 2 and also if your boyfriend is threatening to kill you when you say that you are <sup>no</sup> more interested, what will you do?

① ~~its~~ good to have sex  
with a guy even when  
u don't want to but  
just to please the guy  
cos you love him.

② if your boyfriend beats  
you cos he wants to  
make love with you  
and called it love

How will you no  
if a man really  
love you.

If you are entering  
your class and there  
are 3 boy there  
and one boy hold  
your hand and say  
we're going to rape



①  
Why is that some people  
they will rape them but  
they will not get pregnancy  
and some will get pregnancy  
②

Why is that a girl having  
a menstruation from May 27  
to June 3,

What is the reason

At anytime, U are with  
your Boyfriend and he is  
demanding sex from you.  
How can I stop him (I don't  
want to)



If my boyfriend ask me to have sex with him, but i ~~regets~~ rejects and say No, but then he gets angry and say i don't love him, and i do not care about him, and won't talk to me, What should i do?

~~What if my boy-  
friend has a girl-  
friend~~

What if my boy-  
friend has another  
girlfriend What  
can I do

if you saw him with  
other girls and you feel  
bad about it should you  
like hit the girl or what -

Why does guy  
take a girl for  
wanted after sex  
for P.g after promising  
marriage But after  
marriage they leave  
the girl alone.

if a boy wants 2  
have sex dey don't  
use condom, but the  
girls do. and if they  
do d boys get angry  
why?

Is it right for a young girl  
to date a married man.



\* is it good for a guy  
to press a girl breast  
\* can a girl or boy date  
someone in a far distance  
\* when a boy and a girl  
really love themselves  
how can they keep the  
relationship

What if in a case  
where you love a guy  
but you are not sure if he  
loves you because you are  
not friends and you don't  
talk to each other, how can  
you find out if he loves  
you or not.



if a girl is in danger and  
you want to rescue her  
can we get a contact we  
can call to rescue her

if you are in love with a  
Person a deep love for that  
Person can you die for  
the Person all because of love

What do I do when I love  
a boy





I feel so complicated  
whenever I'm menstruating  
I feel drawn to boys  
and I feel pain too

~~ma~~ please if you are  
15 fifteen years old  
and you have not start  
menstrations and  
puberty ~~and~~ is it  
bad

What if you complain to  
your mother about your  
menstrual pain and she  
shouts at you

what would you  
do.



How can we take care  
of ourself ~~and~~ ~~by~~  
when doing masturbation.

If a gal urinate blood

is it bad? and she

does not c her period that  
month

If your cycle is  
a few days late  
what should you  
do

When you are menstruating can you have a boy friend or man friend

if someone is menstruating  
and have sex with a  
man will she get Pregnant-

~~1. Kiss somebody~~

1. If you kiss the person that you love Can you be pregnancy

2. What did the kiss means.



my friend say That if I ~~late~~  
have Sex with a boy ~~if I have~~ &  
That ~~if I have~~ ~~not~~ pregnancy that I  
Should us Salt and water is it  
true

ma is so good for us to have  
Sex Without using condoms.



If a girl had oral sex and  
the guy releases inside her  
mouth and she swallows it  
can she get pregnant?

Pls ma, My boyfriend had  
sex with me, but he used  
a condom which I even  
inserted on his penis myself  
but I don't know how  
I got pregnant.  
pls ma

+ I learnt that the sperm stays  
in the body for 7 days, if  
so what if you had sex  
the day before your Ovula-  
tion period or 3 days before  
or ovulation, will you get  
in.

What if a boy have sex  
with a girl and she get  
Pregnant and go to the doctor  
and abort it what will happen  
to the girl

Can we do family  
Planning at ~~so~~  
our age?

Is Abortion Safe.

As a lady how will  
you use the Condomen

How Can we prevent our  
self from STI



Ellen without the  
emergency pills, Pls me  
after three days without  
some using the pills  
what are the other method  
can some I use.

what is the full  
mean of IUCDs

what does it look like  
using condoms when  
having sex?

IS Condoms 100% Sure  
If a guy is always asking  
for sex and u refuse and  
he keeps disturbing you  
what will you do

~~the~~ the ludo<sup>is</sup> passed in

through where?

but I don't know  
but Condoms are  
not 100% secured

Sorry ma, Some people  
Said that sperm is gud  
t d body. It is true or  
False.



What are the side effects  
of IUCD and IUDs



if a girl uses this methods  
is she aborting or using it  
for safety.

I am 15 years old. If I should  
visit a hospital to take up any  
prevent pregnancy method  
will they let take or will  
they say no I am too young  
thank you.

\* If we stop the method for  
having unwanted pregnancy will  
it affect us.

\* thanks for teaching us &  
also making us the leader  
of tomorrow











































## ABOUT 9JA GIRLS

9ja Girls seeks to revolutionize the way adolescent girls access sexual & reproductive health services in Nigeria.

9ja Girls is an integrated system—co-designed with girls—that puts girls' needs at the center and leverages cross-sectoral partnerships to ensure sustainability and scale.

9ja Girls is founded on the principle that adolescent girls need safe spaces where they can gain vocational skills; learn about love and healthy relationships; and access sexual and reproductive healthcare services. These skills for life, love & health help girls achieve their goals and succeed in life.

Our goal is to make contraception relevant and accessible for girls.

To learn more, visit [www.9jaGirls.com](http://www.9jaGirls.com).



TRIGGERISE

