WHAT IS FIRST LOVE

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.

Dr. Ahna Suleiman University of California, Berkeley Center on the Developing Adolescent

ON LIFE

Can 1 achive what I wanted to became in the nearest fu ture attale age of 22 years old. Can a giri OF 1948 have a boy Friend.

Aunty fermyz why de you say that we should free with on the on the instead is boder ingus that we shall Tellyon, because I don't sell freewith any boly expectally my mom?

ttello!! 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



Like you and your misuderstanding and you are at post and your boy-friend is siding your Friend because you are at fort and he is also aduising you'rs it good

Like is years that do not have breast I hlant TO asis why

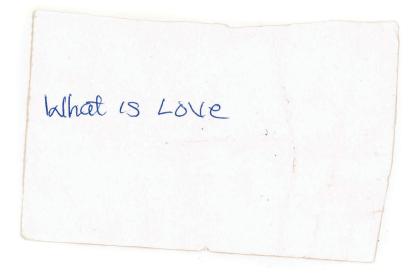
like Your now your friend has breast more that you and youdid not now pohot will the Person do OR and everybody is Caller's you and you are sad tohat what will you do

D'ulhen reading a romance nouel does, arous e or can "IL arouse a person sexually?

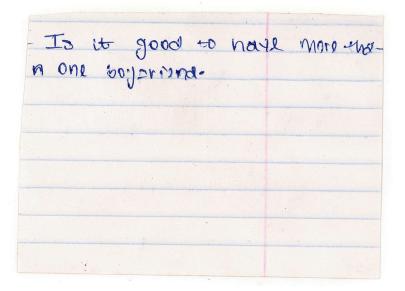
My career makes me bothered 2) Bad results so How can't over come it) How can't reach my goals

" Dont want to you preyn-ant caref " want to be speen al " Dont Know

ON LOVE



is a guy tell. you that he can sait for you does he meant true love



how with you know if a gue love you or not and how with you know if the felling is true.

kelhat if you have a Crush on a guy and the guy has a git friend and you are really onlove with the guy, what will you do about it.

this is it composiony to be a urgin

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

He ded he loves me and he also love sex and 1 9/50 love him but still a Virgin. What Should 1 do?

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

If the Urge for Sex comes how can I control it.

If a gal loves a gul and the guy sed he also loves The Tal and the gul is asking For sex but ghe not ready to have sex because goe still a Virgino 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. An in rove with a guy but ne cloesne fives me attention what do 1 don Itried ser once and now whink am an addict what do i do

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??

klhat can a lady do if her bayfriend is alloays requesting for sex.

What if you are a virgin and your boyfriend said he count to have sex with you and you use Condom are a Still a virgin

why did boy use force somebood to 40 have Ser

If he wants to have sex with the and i doint agree with it he might force or rape the what showed i do to him

17 you don't what to kiss him when the Want to kiss when toos That mean.

Why do some gujs ask a girl for see 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 rup with you -

klhat if you have a guy and the guy Loves you too, then you chosed on him with an other guy and because of dat e broke up with you but you never did intentional Chiated on him). 19 it right for the guy to beaute the girl. is that really have

is it right for me to do what a boy C boy friend what want me to do Qualit if he gets angry and starts Ignoring me should I wait for him or go on with my life.

Fif you have a boy-priend and his is asking you for SEX what will you do. of when is it right for a girle to have SEX (when who she (ove's) & When you start felling pain Under your abdomen, www.

They is a guy who distanging me and plan to marry me and later told me is not Intrested in the relationship any more. (what I should do).

1 IF you wants to Del a relationship How would you stop 6? 2 and also IF your bayfried is threating to kill you when you Say that you are more ladrested, what will you 101

Bits good to halle sex D with a guy even when u dont wint to but Just to place the guy cos you love him. @ if your bayfriend boots you coshe wants to make laled with dit Pove

How will you no If a man really fore yoy.

If you are entering tour class and there are 3 boy there and one boy hold tour wind and save Weeve going to s

(1)Why is that some people they will rape them but they will not get pregnancy and some will get pregnancy D why is that a girl having a menstration from may 27 to june 3, conot is the reason

At anytime, U are with your Boyfriend and he is demanding sex forom you. How can I stop him CI dont want to)

Is My bayfriend ask me to Have Sex with himbut i regets rejects and Say NO, but then he gets angry and Say i clon't Love him, and i clo not care about him, and won't talk to me Lihat Should i do?

What IF my boy frend has another girlfriend What Can 1 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 ganted after sex For Rig after promiseing Marriage But outper marriage they leave the girl alone.

IF O boy wants 2 have sen dey don't use zondom, but the girls do. and if they do 21 boys get angry why?

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

to press a giri breast to press a giri breast to a giri or boy date somone in a far distance somone in a far distance then a boy and a giri really love themselves thow an they keep the relationship

What if in a Case Libere you love a guy but you are not sure if he loues 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 use get a contact use can can to rescue her

12 VITE are in love with a Person a alger love for that Person can you die for the Person an because op our

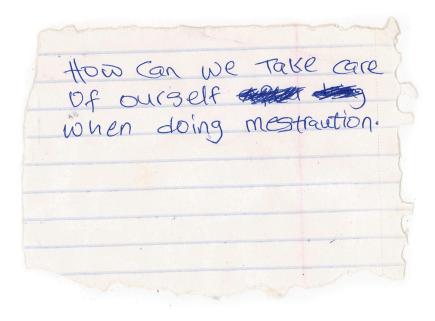
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ON HEALTH

l'fool 30 complicated whenever " menstrating i feel drawn to works and i feel pain too

Mar please if you and 15 fifteen years did and you have not start menstrations and Puberty and is the

Inthat if you comprain to four mother about your menstrual pain and she shoulds at you what would you do.



Ef 9 gal unitate blood Is it bad? and she does not a then puriod that

18 your Cycle 13 a few days late what should you 20

When you are menstrua ting can you have a boy Friend or mon Friend

if Someone is menstructured and have sex with a man will she get Pregnant

tress Somebelly IF you letss the person that you love Canyou be prograncy 1. 2. what did the 1stss means.

my firend say That If I have have Sex witte a boy of them & That 19:0000000 pregnancy that 1 Should us Salt and water 15 It tuer 4

ma is co good for is to have go Siex Without Using condoms.

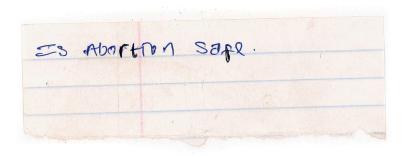
IF a gorl had oral sex and the guy releases inside her mouth and she swallows it can she get pregnant?

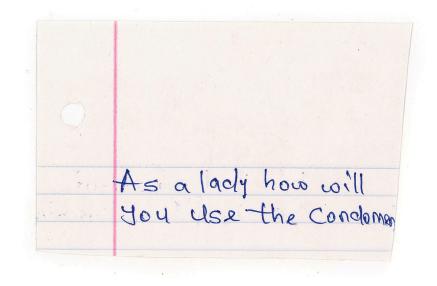
Pls ma, My boyfriend had sex with me, but he used a condom which I even inserted on his penis myself but I don't know how 1 got pregnant. Pl- magnant.

in the body of Jour and set

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

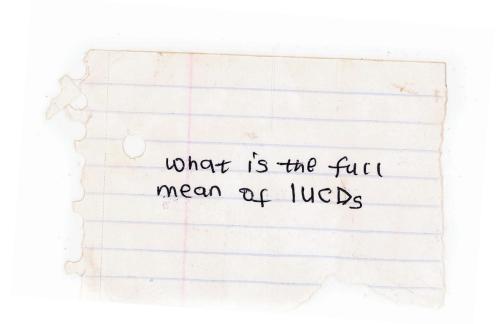
Can we do femby Planny at 00 Our age?





How Can we prevent our self from STI

ellen without the emergency Pills, PIS ma after three days without some using the Pius what are the other method can some 1 use.



what does it Look like using condoms when having Sex?

15 Condoms 100% Sure IF a Juy is always asking for sear and a repuse and he laceps disburing you what will you do

through where?

but i don't More But Condoms are not 100% secured

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

Wheat one the sidelifety of Iuco and Jackelle,

is she aborting of using it for safety.

(am isyears obj if i Should Vist a hopitials to take up any prevent pregnancy method will they let take or will they say no I am too young thank you.

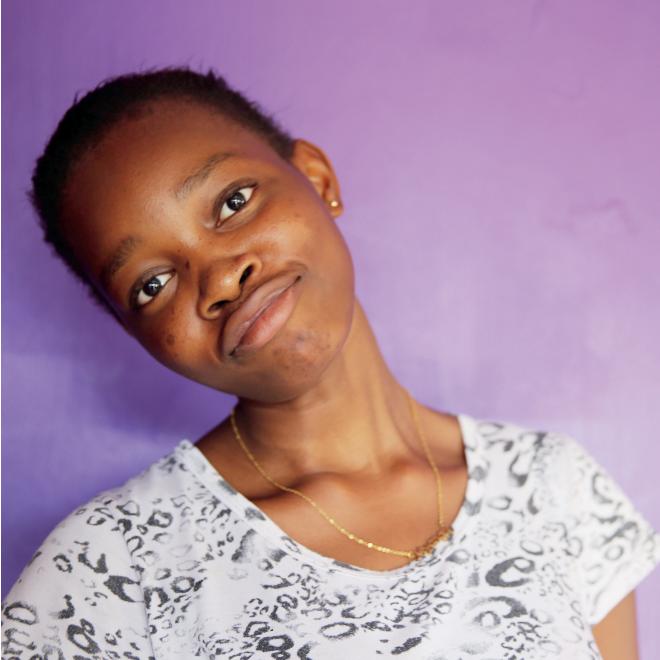
* (f use stop the method for having une anded pregnancy with * thanks for the sairing us & 2180 making is the leader

























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.











