



Participant Workbook



This workbook belongs to:

9ja Girls Agreements



9ja Girls Agreements

Always there for you.
When it comes to your sexual and reproductive health, we are here for you.

No judgment.
Tell us what's on your mind and in your heart, and we will listen and respond without bias or judgment.

Just between us.
This is a safe space—you can trust us to keep anything you share here private and confidential.

Real Talk.
We will always tell it like it is and be honest with you, if you do the same with us.

It's all about you, with you and for you.
We will always strive to put you, your choices, and what matters most to you, at the center of everything we do.

Feel free.
If you are a 15-19 year old girl, you are welcome—no matter your background, education, religion or tribe.

A wa nibe fun yin nigbagbogbo
Nigbati a ba nsoro ibalopo ati ibisi ilera, a wa nibi fun yin /a o je aladuroti fun yin.

Kosi idanilejo
E so fun wa ohun ti o jeyo lokan ati okan aya yin, a o si fetisile, a o si fesi laisi ireje aniani tabi idanilejo.

Oro Asiri larin awa ati eyin
Ibiyi je ibi abo fun yin—e le gbokanle wa pe ohun kohun ti e ba bawa so nibiyi, je ohun ti eniken ko le mosi, tabi gbosi. O je nkan asiri larin awa ati eyin.

Otito oro
Nigba gbogbo la o ma so otito, a o si ma se ododo peluyin, ti e ba se bakanna pelu wa.

Owa nipayin, pelu yin ati funyin
A o ma tiraka lati ri wipe a fi eyin, ohun ti o wun yin, tabi ti e fe, ati ohun gbogbo ti o se koko siyin julo, si ogangan ohun gbogbo ti a ba nse.

Eturaka / Efi okan bale
Ti e ba je odomobinrin odun marundinlogun si mokañlelogun, akiyin wipe eku abo—konifise pelu ipile, iwe kika, esin tabi eya.

9ja Girls Mantra

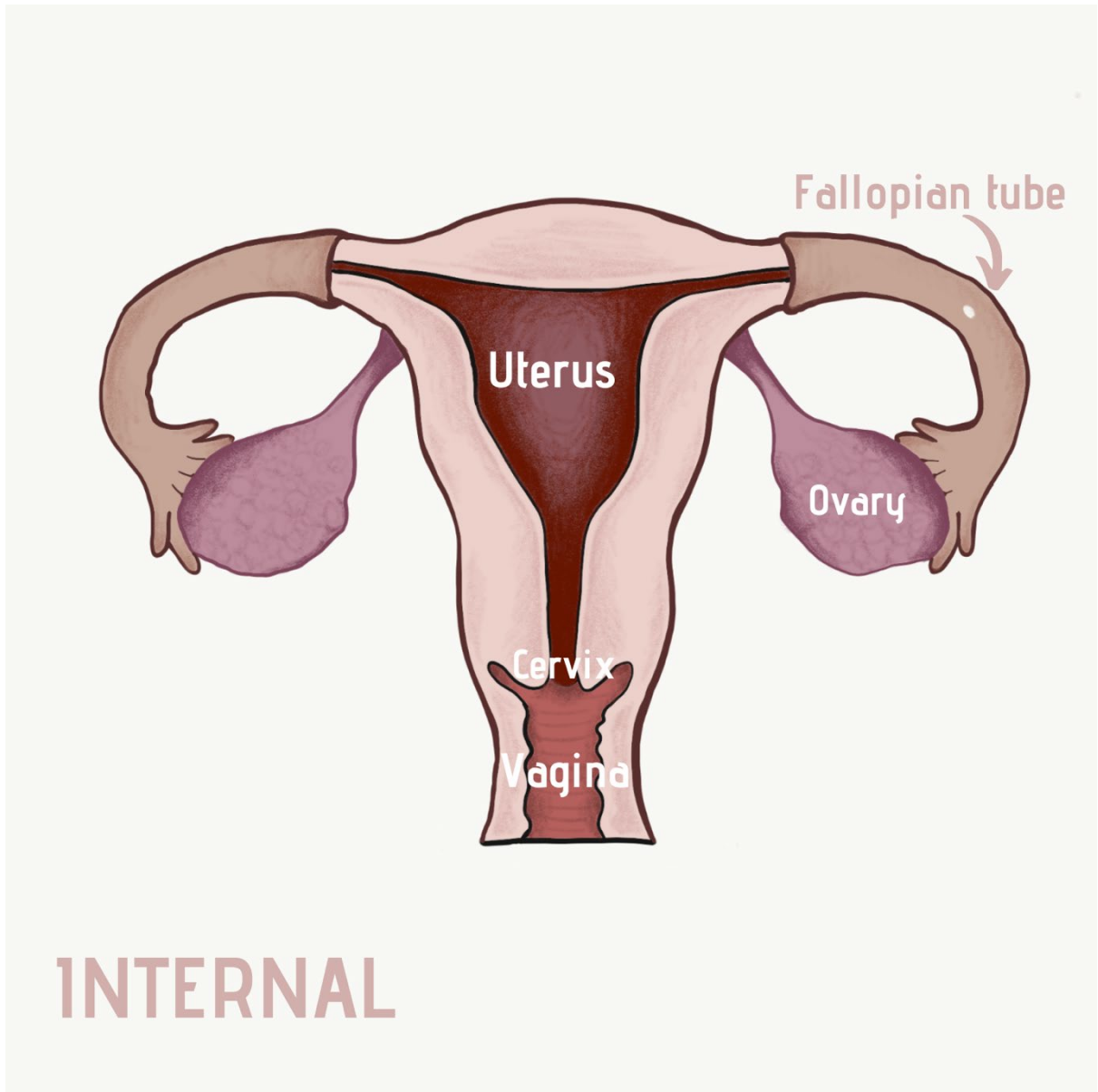
**My
life
is mine
to make.**

**My heart
may break,
but I won't
fake.**

**My body
is mine,
no one
can take.**

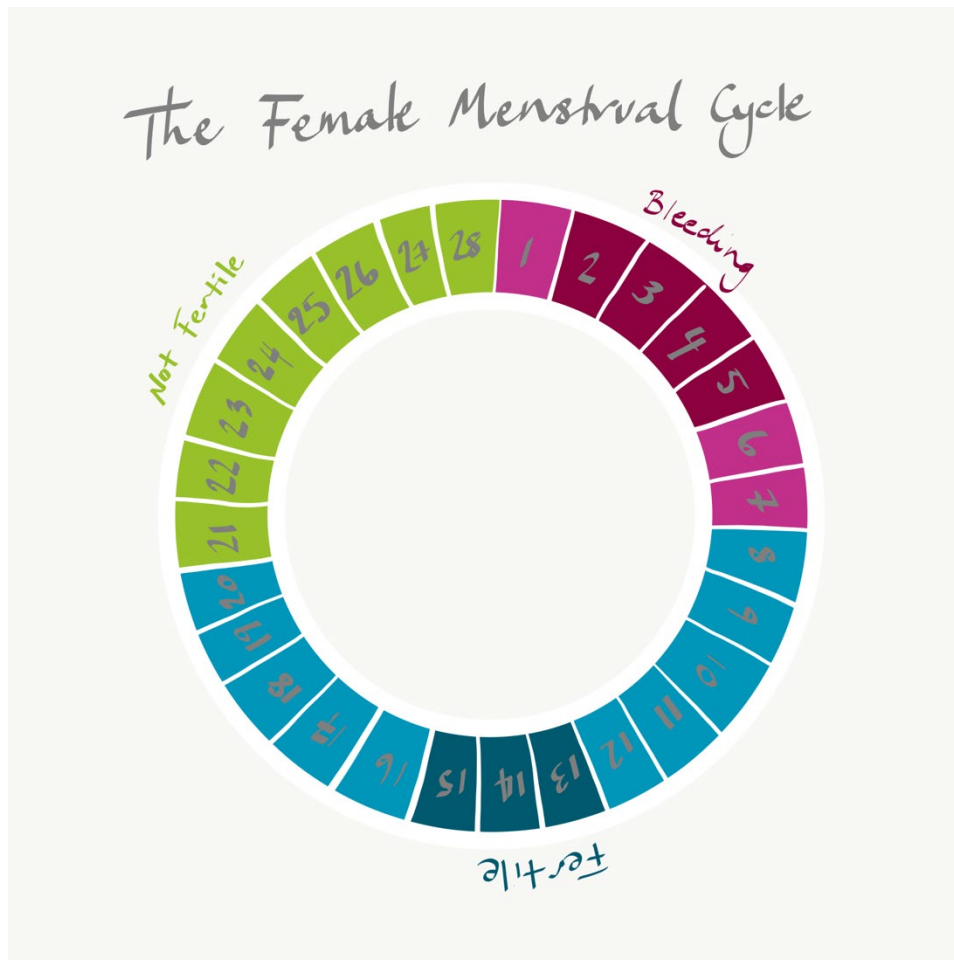
**I'm a
9ja Girl.
I'm awake.**

Female Anatomy



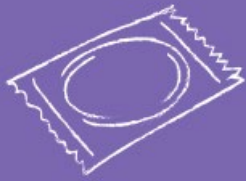
Notes:

Menstrual Cycle



Notes:

Preventing Pregnancy



Condoms

No matter what other method you choose, you should use a condom every time you have sex. The other methods do a great job protecting you against pregnancy, but you also need a condom to protect yourself against HIV and STIs.



Pills

A pill that you take every single day at the same time. It is 92% effective in preventing pregnancy. You can stop taking the pill anytime if you'd like to get pregnant.



Injectable

A shot or injection that a provider gives you every 1, 2, or 3 months. It is 97% effective in preventing unplanned pregnancy. You can stop using it anytime if you'd like to get pregnant.



IUCD (18+)

A small t-shaped device inserted by a doctor into the uterus. It can last for up to 10 years and is 99% effective in preventing pregnancy. Whenever you want to get pregnant, you simply have the doctor take it out.



Implant

One or two small plastic tube(s) that a provider inserts under the skin of your arm. It can last for up to five years and is 99% effective in preventing pregnancy. Whenever you want to get pregnant, you simply have the doctor take it out.

My Life Map

**ME
TODAY**

My Age: _____

① Three steps to achieve my goals

② Barriers that might stand in my way

③ Possible solutions to barriers

MY GOAL!

**QVA
GIRLS**

Decision Making

1. *Describe – the situation or issue on ground*
2. *Identify – the possible choices that could be made*
3. *Think – about possible outcomes or consequences of the decision (Positive and Negative)*
4. *Choose - the option that seems most appropriate based on knowledge, values, morals, religious upbringing, and present and future goals*
5. *Review - the decision and how you feel about it, making sure that you have carefully considered all the alternatives and feel comfortable with the choice that made*

Notes:

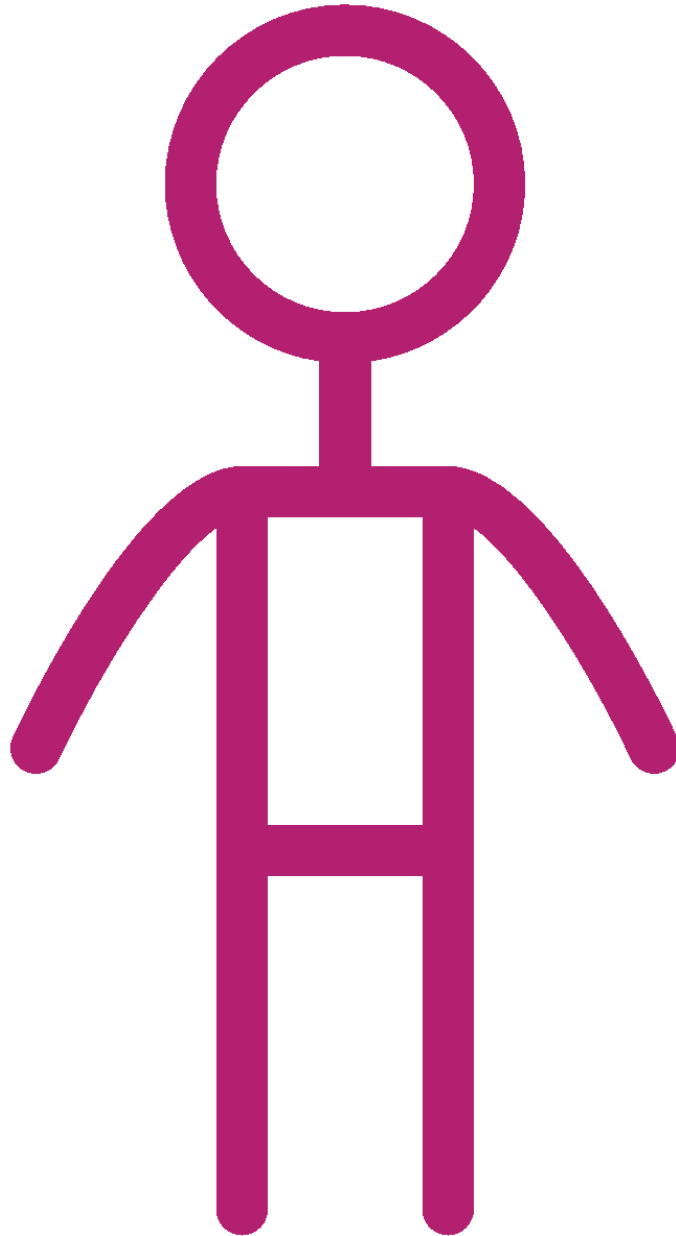
My Strengths and Talents!

All my Strengths and Talents

My top 3!



The Roles We Play



My Life Map

**ME
TODAY**

My Age: _____

① Three steps to
achieve my goals

② Barriers that might
stand in my way

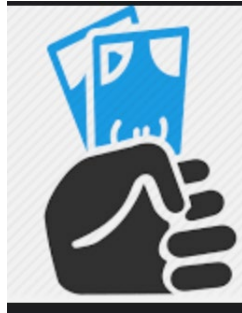
③ Possible solutions
to barriers

MY GOAL!

*JUST
GIRLS*

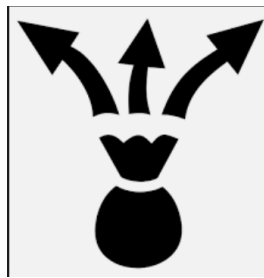
Budgeting

Income (the money I have or earn)



minus

Costs (the money I need or spend)



How much can I save each month?

How many months will it take me to save for my goal?

Savings Groups

Notes:

Business Ideas:

The 4 Ps:



For Job Seekers

THE ONE-PAGE CURRICULUM VITAE

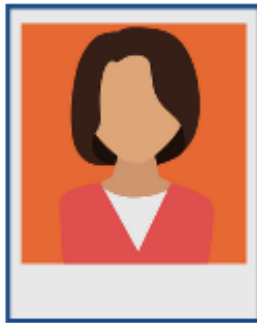
Curriculum Vitae (CV) = a brief description of a person's education, qualifications & previous work to accompany a job application

NAME: _____

CONTACT DETAILS:







SKILLS SUMMARY _____

EDUCATION

DATE: _____ /COURSE _____

WORK EXPERIENCE

DATE: _____ /WORK _____

REFEREES Names & Contact Details

Notes

