

Manual For Her Health



-BODY
-HYGIENE
-SAFETY

爱小丫 手册

PROMOTING SCHOOL
HEALTH EDUCATION FOR GIRLS

Preface

Adolescents are at their transitional age where they depart from carefree childhood and start their journey to become independent adults, during which they might experience changes in their bodies and mind. Girls, especially, will face many unexpected nuisances - small pimples on their faces, bulging breasts, strange bleeding, etc. Moreover, they also need to worry about academic performance and relationships with family members and friends, so they are likely to have many secrets unwilling to confide in and worries unable to resolve.

Health education devoted to adolescents is therefore of great significance for girls. Proper education can help girls understand and accept the physical and mental changes, and provide guidance on how to prevent or tackle any trouble those changes might bring. With that, girls can better protect themselves and avoid any harm inflicted on them.

To deliver quality health education to girls, we wrote this ***Manual for Her Health-Body-Hygiene-Safety***.

We hope this Manual can help adolescent girls cope with possible physical and psychological difficulties and promote healthy growth and lifelong development. The Chinese title of this manual, Ai Xiaoya Shou Ce (“Manual for taking care of Xiaoya”, Xiaoya is a common nickname given to girls by family members in China), stands for our hope that this manual can provide girls aged 10-19 with family-like care. This manual has six chapters for every health problem adolescent girls might experience. Each chapter contains a background setting for each problem, and a core character, Sister Ai Xiaoya, who will give detailed and considerate guidance from a female perspective.

Body Growth: Explain life formation and the physical and psychological changes of adolescent girls, and teach girls how to deal with emotional changes.

Personal Hygiene: Explain how to maintain personal hygiene and adopt a healthy lifestyle.

Safety and Self-protection: Explain which is normal physical contact and which is not; explain the definition of child sexual abuse; teach girls how to protect private parts; teach girls how to avoid being sexually abused and how to react if sexual abuse does occur.

Nutrition: Explain how to maintain a healthy diet and how to ensure food hygiene.

Disease Prevention: Explain how to prevent infectious diseases such as COVID-19, HIV/AIDS, and malaria.

Social-Emotional Learning: Help girls to better know themselves; explain how to manage emotions, face stress, and deal with conflict; teach girls to interact with family members and friends; teach girls to set and achieve goals, and collaborate with others.

Adolescence is a critical period for building a sound foundation for healthy adulthood afterward. We hope that the knowledge and guidance in this Manual can help girls have healthy and splendid adolescence.

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**-Body
-Hygiene
-Safety**

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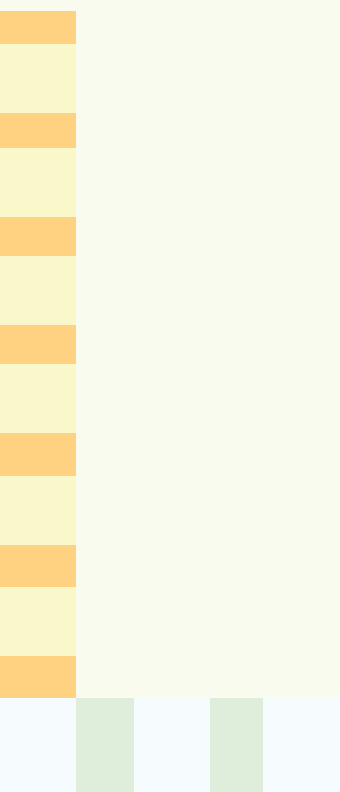
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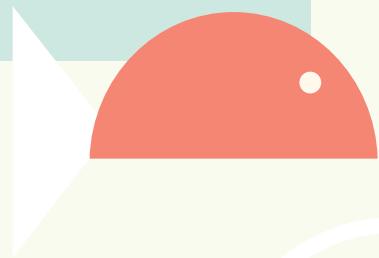


Part I.



Body Growth

- I. The formation and growth of life
- II . Many changes in our body during puberty
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- IV . The budding of love in adolescence



I. The formation and growth of life

Life is the most precious thing because everyone can only live once. You might ask, who gives us life, how does it come into being, or where does it grow up? Keep this question in your mind and read the following stories. See if you can

- Where does life come from?

- The growth of the new life

- The birth of a new life

- What are the differences between a girl and a boy?

- Two little girls are whispering...

01

Where does life come from?

When class was over, Lanlan took some of her friends to a big tree on the campus. With her mind preoccupied, she asked them, "do you know where you came from? I asked my mom, and she said she had found me lying by a big river so she brought me home." Her friend, Xiaoxiao said, "My mom told me I came from the garbage bin." "She dug me out of the vegetable patch." "Mom said she had a stomach ache one day and I dropped out from her belly," others said. Lanlan and her friends are confused,

how did we come to this world?

Sister Ai Xiaoya:

I asked my mom the same question when I was 6 years old, and she answered me like this: "you were made when mommy and daddy were in love, and then you grew slowly inside mommy's belly. After ten months of growth, mommy's belly could not hold you anymore, and you couldn't wait to come out to see the outside world, then mommy gave birth to you with the help of the doctor". I realized when I grow up that it was my mom and dad who gave me life, and I also realized that creating a new life will be a sacred and wonderfully long process.

So, how does a new life come into being?

The story of our life started from the day when our moms and dads got to know each other. They fell in love and began a sweet and romantic relationship. When they loved each other so much that they wanted to be together forever, they got married and told their family members and friends: "We are building a new family because of love. We will have a lovely child and stay together for the rest of our lives."

When they wanted to have a baby and got everything ready, they kissed and cuddled together showing how loving they are, to a point that the dad put his reproductive organ, the penis, inside the mother's reproductive organ, the vagina. The sperm in the dad's body then met the egg cells in the mom's body, and the sperm and egg formed a fertilized egg in one of the mom's Fallopian tubes.

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The growth of the new life

It is amazing how life is formed!
So, how does a tiny fertilized egg become a baby?
Where does this fertilized egg grow?



Sister Ai Xiaoya:

There is an organ in the mother's belly that takes care of the fertilized egg, called the uterus. Once the fertilized egg is formed, it begins a wonderful journey, swimming from the mother's Fallopian tube to the uterus, and finally settles down and slowly plants itself in the mother's uterus. The uterus, which has prepared everything for a little life to growing up, will become a warm little house for the fertilized egg. At this time, the mother is pregnant.

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3

The birth of a new life

Since we already know that we grow up in our mother's "uterus", we might want to know how a baby comes out of the mother's uterus. Do all people come out of the mother's uterus in the same way?

Let's ask Sister Ai Xiaoya about it.

Sister Ai Xiaoya:

The fertilized egg develops slowly in the mother's uterus. By 8 weeks, the fertilized egg takes on the primary shape of a human being, called a fetus; then, the fetus will keep growing in the mother's body. By 280 days or nearly 10 months, the fetus grows into a mature baby and is ready to be born. At this time, the mother's uterus will try very hard to squeeze the baby into the vagina. The baby will travel slowly through the vagina and finally come out. A baby born this way is called a natural birth or normal birth. Most babies are born this way, but some could not pass the mother's vagina for some reason, so the doctor must operate on the mother's belly. Doctors will make a cut in the mother's belly and take the baby out of the uterus. We call this type of birth a "cesarean". A baby born by cesarean section has nothing different compared with a baby born by a normal birth other than the way of birth.

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4

What are the differences between a girl and a boy?

Yezi and Shunshun are neighbors and good friends. They were born in the same year, went to school together, and played together. Yezi knows she is a girl and Shunshun is a boy. They wear different clothes, have different hairstyles, and go into the boys' and girls' toilets respectively, but Yezi is always trying to figure out what the differences are between boys and girls.

Sister Ai Xiaoya:

Every new life comes out of the mother's belly, and the first thing being identified is the sex—a girl or a boy. So, how do people know the difference?

Girls and boys are different because they have different reproductive organs. Some parts of reproductive organs could be seen from the outside of the body, called external reproductive organs, and some could not call internal reproductive organs. When a baby is just born, people can check external reproductive organs and immediately know the sex of the newborn.

A young woman's external genital organ is also called the vulva, including the clitoris, labia, and vaginal opening.

Young woman's internal reproductive organs, from the inside out, consist of the ovaries, Fallopian tubes, uterus, and vagina. The ovaries produce eggs, and the Fallopian tubes will carry the eggs to the uterus. The uterus is the place where the fertilized egg grows. The vagina connects the uterus and the outside. It is the passage for a women menstrual flow and the baby to be born.

What about the boy's reproductive organs?

The external genital organs of boys include the penis and scrotum.

The internal reproductive organs of boys include testicles and vas deferens inside the scrotum. Testicles produce sperm and the vas deferens will transport the sperm.

Now you know how to distinguish between boys and girls. When they grow up, a boy will become a man, and a father and a girl will become a woman, a great mother.

05

Two little girls are whispering...

Xiaoling and Xiaohong were jumping rope in the courtyard. As they were having fun, a boy ran out, standing next to a flowerpot and starting to pee. Seeing this, Xiaohong and Xiaoling stopped jumping rope. Xiaohong whispered into Xiaoling's ear, "Why can't we pee as he did?" "I don't know", Xiaoling answered, shaking her head.

Can Sister Ai Xiaoya answer this question?

Sister Ai Xiaoya:

Boys and girls pee in different ways because their urethral openings, the place where urine gets out, are in different places. The girl's urethral opening is in the girl's vulva, close to the inside part between her legs. If she pees standing up, the urine will spill on her pants, her legs, or over the floor, causing quite a mess. The boy's urethra is inside the boy's penis and extends outside of the body, so the boy can easily pee standing up and would not get his underwear wet. That is why boys and girls pee in different ways.

II . Many changes in our body during puberty

Puberty is an important period in one' s life. During this period, boys and girls might experience many changes to their bodies and minds. These changes are natural for adolescents, and a proper understanding of these changes is important for healthy development. Do you understand puberty? Are you prepared for the arrival of puberty? Let's learn about puberty and go through it happily.

- Have you entered puberty yet?

- Growth spurts

- First woman part to develop in puberty--breasts

- A sign of young women' s growth- menstruation

01

Have you entered puberty yet?

Xiaoying is 13 years old now, and her teacher said a 13-year-old girl should enter puberty.

What is puberty?

Has she entered puberty yet?

Where are signs that she has entered puberty?



Sister Ai Xiaoya:

Puberty is the stage of transition from childhood to adulthood. A person's reproductive system begins to mature in this period. The age for puberty is generally between 10 and 19 years old. In China, girls from 11 or 12 to 17 or 18 years of age are in puberty, but boys enter puberty 1-2 years later than girls do. In terms of age, Xiaoying is definitely entering puberty, which is the most precious period of her life; however, the exact age for entering puberty differs from person to person. It is normal to enter puberty 1 or 2 years early or 1 or 2 years later.

There are many signs of entering puberty. Girls will experience their first menstruation (first period). Boys will have their first seminal leakage. If a girl starts her first period, this means a girl has grown up and can have a baby. On the other side, if a 16-year-old girl does not have her first period, she should visit her doctor and ask for help.

During puberty, a boy or a girl is growing very fast and experiences many changes. These changes include:

(1) Quick body growth. Height and weight are increasing, and limbs grow faster than torsos. In boys, the sudden increase in shoulder width helps the boy to have a tall, muscular, and wide upper body physique. The girls will build up body fat and have wider pelvic width, forming a relatively short stature and widened lower part.

(2) Secondary sexual characteristics appear, and the difference between the two sexes becomes more obvious.

(3) The internal organs grow larger and stronger.

(4) Development of the reproductive system. The reproductive system will finally mature at this stage and be able to reproduce.

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2

Growth spurts

"Grandma, I am back!" As usual, Wenwen shouted excitedly as she entered the yard, but unlike before, there was a sense of shyness in her voice.

"You've grown so tall! Do not you a little adult already!" Grandma looked at Wenwen attentively as she greeted her granddaughter.

"It has been almost half a year since Wenwen's last visit. She is in her growth spurts and has already as tall as me," Wenwen's mother explained proudly.

"Children do grow fast!" Grandma said.

We might hear this conversation very often. Although Wenwen was happy that she had grown taller, she was also a bit confused: as her height had increased by 8 cm in a year, she sometimes felt something strange about her body. Is it normal?

Sister Ai Xiaoya:

A 13-years-old girl like Wenwen should start to enter her puberty development period. During this period, adolescents will find their height and weight increase very quickly. The average annual growth in height is 6 to 10 cm during puberty, compared with 3 to 5 cm before puberty. The same is true for weight, which increases by 5 to 8 kg annually during puberty compared with 2 to 4 kg before puberty. Normally, people need a certain height-to-weight ratio to keep their body shape balanced.

There are many factors to decide how tall and how heavy a person will be. There are congenital genetic factors, which are passed on from parents and cannot be changed. There are also other factors, such as nutrition, sleep schedule, physical exercise, environment, season and climate, society and family, and psychology.

Each person will also have psychological and emotional development alongside their physical growth. These developments might cause strange feelings in the body, which is normal.

03

First woman part to develop in puberty- -breasts

Xiaohong is 10 years old, and she notices that her breasts are growing larger. Feeling weird about this change, she begins to worry others would think she is odd, so she always walks with her head down.

Is this a normal change in the body?

Sister Ai Xiaoya:

This change means you have entered the puberty development period and the secondary sexual characteristics of women have appeared. The second sexual characteristic appears only when a person enters puberty. For boys, they will start to have pubic hair, armpit hair, a long beard, and Adam's apple. Their voice becomes so much deeper and gets a bit rough. Their shoulders become wider. For girls, their breasts will slowly grow larger. They will grow pubic hair and armpit hair. Subcutaneous fat, that is, fat storage under the skin, increases. Their voice becomes higher and sharper. Their shoulders will be narrower than the boys but have a wide pelvis and full hips. Soon, a girl will be an adult just like her mother.

So, you do not need to feel weird about these changes. Embrace and accept them. These are signs of your healthy development. Just as puberty might come earlier or later, the time for developing secondary sexual characteristics varies in different people. Some will develop quite quickly, and some will develop a bit slowly. These are individual differences. For example, some will have thick pubic hair, but some do not. When pubic and axillary hair is particularly sparse or absent, we call it hypotrichosis, which happens in about 2.5% of the population. Most girls with hypotrichosis will have normal endocrine levels, menstrual cycle, sexual characteristics development, sexual function, and fertility as other girls, so hypotrichosis is physically normal and will not affect their health or marriage, and girls do not have to worry about it. Girls with scanty pubic hair or no pubic hair are commonly healthy unless their secondary sexual characteristics appear abnormal, or menstruation cannot come on time. In this case, it is recommended that they should go to see their doctors.

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4

A sign of young women's growth-menstruation

"Grandma, come and see what's wrong with me, please! There's blood on my underwear!" Xiaoqing shouted in the toilet.

"It's okay, don't be afraid, you're having your period. I'll go buy you pads for that. Call your mother and tell her about it."

Xiaoqing's mother is out of town now, and Xiaoqing really wants to call her mother and ask what is going on.

Sister Ai Xiaoya:

Do not worry, Xiaoqing, you are having your first menstrual period. It is a good sign that you are no longer a little girl and going to grow up.

From now on, Xiaoqing will have a period every month, and it's called menstruation. To understand why young women have menstruation, we need to know how eggs are produced. When a young woman reaches puberty, her ovaries begin to produce eggs, usually once a month. At the same time, the inner surface of the uterus, called endometrium, thickens and becomes full of blood. If the egg meets and joins with a sperm, it will become a fertilized egg. The fertilized egg will settle in the uterus and grow into a fetus. If the egg does not meet a sperm, it will break down and the endometrium will shed. The blood from the endometrium mixes with the broken endometrium and flows out of the uterus through the vagina, forming the menstrual blood.

Every young woman will have her first period, though the time might vary from person to person. If a young woman does not have her first period at age 18, we call this primary amenorrhea. If she has had a normal period but has not had one for more than 6 menstrual cycles, we call this secondary amenorrhea. In either case, it is recommended that the young woman should see a doctor. There are also occasions where the second menstrual period will be several months apart from the first one, or the periods are irregular for a year or two after the first period. Neither case can be considered amenorrhea. This is because for girls who just have their first period, their reproductive system is not yet mature and their immature ovaries are unable to produce eggs regularly, so it is normal for them to have irregular menstruation.

When a girl begins her period, she can nurture new life. If she has sex with a man, she may become pregnant.

III . The story of puberty

Teenagers at twelve or thirteen years old are like buds about to blossom, flying birds having nothing to worry about, and songs about only sweet stories. Puberty is not all about physical change. Teenagers, their internal worlds become more colorful and they start to have rich emotions and be more sensitive... All these changes bring both excitement and misgiving. Their childish faces might have laughs expressing the joy of growth, but will also have frowned eyebrows showing confusion. Read the following stories, and you will find that their stories at puberty are our stories. You will understand what happens in adolescence.

• My little secret

• What is wrong with Xiaoxue

• Xiaowen's reward

• No need to feel inferior for not looking pretty, Xiaohua

• Daughter, mother wants to tell you that...

01

My little secret

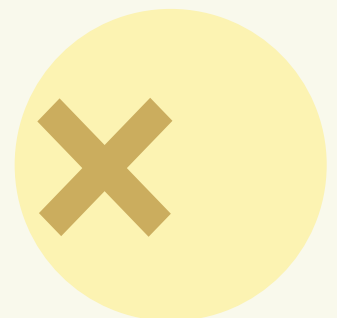
Xiaoyu is in her 12 years old. For no reason, she begins to have some secrets she does not want to talk about, not even with her friends. Some of her classmates say that she is getting complicated and hard to communicate with.

Xiaoyu feels wronged: “I do not do anything shameful, but sometimes I just do not want to talk about my feeling. Could it be that I have any psychological problems?”

Sister Ai Xiaoya:

Xiaoyu does not have any psychological problems. When we enter puberty, our internal worlds become more colorful and diversified. We are eager to get other people's understanding and attention. We begin to consolidate the sense of self, unwilling to show our innermost feelings easily, which leads to common psychology: “tendency of hiding emotions” .

This tendency is a psychological development stage in the process of adolescent growth. As adolescents enter puberty, they tend to close their inner world from the outside—they began to have their secrets or have something on their minds that they are not willing to easily share with others, not even their parents. Adolescents will lock their drawers now but they did not do that when they were younger. This indicates that they have more so-called "privacy" that they do not want others to know. These psychological changes that one tends to keep secret from others are normal. But if this psychology affects someone's normal interaction and communication with others, and makes one feel terrible, it is high time they sought help from doctors.



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2

What is wrong with Xiaoxue

Xiaoxue' s mother found her 14-year-old daughter became more disobedient. Xiaoxue was having fewer conversations with her mother and, even though she did, she contradicted and made a fight with her parents. Xiaoxue's mother is wondering what happened to Xiaoxue, who used to be well-behaved all the time.

As an adolescent, Xiaoxue feels she has grown up, and she can no longer put up with the way her mom and dad used to discipline and educate her. She wants to confront her parent and talks back. In fact, every time she contradicts her parents, Xiaoxue feels awful. She knows her parents were worn out as they went home, but she just could not control her rebellious mind. Xiaoxue also wants to know exactly what to do.

Sister Ai Xiaoya:

Xiaoxue and her parents lacked mutual understanding and communication, so they had more conflicts than before. As she enters puberty, Xiaoxue' s self-awareness is consolidating and developing. She strongly desires to make her own decisions, but her parents' ways of condescending parenting kept annoying her. Xiaoxue is rightful to call herself “psychologically independent” , but in real life, she still relies on her parents. In fact, because Xiaoxue is still a young adult, she will have many struggles in life and study and she is unable to make sound analyses and decisions without her parents' help; therefore, at this stage, Xiaoxue is also very conflicted in her mind. On the one hand, she hopes to get help from her parents. On the other hand, her rebellious mind makes her contradict her parents, assert her own decisions, sometimes hard to control her tantrum, and even want to run away from home. It is no wonder some people call this period the "raging period" : boys and girls seem to have a greater risk of making mistakes at puberty.

Therefore, I want to give Xiaoxue and her parents some suggestions. Xiaoxue and her parents should realize that it was Xiaoxue' s psychological swings during puberty that caused all their conflicts. Neither of them was wrong but they need to adjust their mentality and change their attitude. Having more communication and interaction will benefit their relationships. Xiaoxue should realize that her parents love her the most and are the most trustworthy people in the world, and they have a wealth of life experience and are the people she can rely on. I believe that effective communication is the key to solving their problems.

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3

Xiaowen's reward

Xiaowen gladly received a reward from her mother: a new cell phone. This was a reward for her "little achievement" a few days ago, and she is still proud of it...

One day at noon, Xiaowen met her cousin on the way to visit her classmate. Her cousin just returned hometown from his job in the city, and he saw Xiaowen and warmly chatted with her. Since they have not seen each other for four years, her cousin has changed a lot. Xiaowen is now a second-year junior high school student, and her cousin dropped out of school a long time ago. This time, he came back hometown and told Xiaowen a lot of interesting things Xiaowen did not know. After chatting for a while, the cousin said that he has gotten tired but missed the scenery of his hometown, so he proposed to go to the hill nearby. Xiaowen was having a good time chatting with her cousin, but when the cousin invited her to go to the hill, she was shocked and froze. A flash of ideas told her "do not go", and made Xiaowen calm down. She refused her cousin's invitation, and the cousin was disappointed.

After returning home, Xiaowen told her mother about that. Mom was pleased and said "You did the right thing! My daughter has grown up and knows how to protect herself. You always want a cell phone, don't you? Come, let's go and buy one right away!"

Sister Ai Xiaoya:

You are doing great, Xiaowen! You have made the right decision. You now have a stronger sense of independence, and you are able to think, judge, and make choices in the face of problems that arise. Congratulations, you have grown up.

04

No need to feel inferior for not looking pretty, Xiaohua

When she enters puberty, Xiaohua is getting more concerned about her appearance. She always looks in the mirror when she has nothing else to do. Seeing herself in the mirror, she feels a little disappointed: she does not look pretty at all! Her face is always gloomy and she always is alone.....

Sister Ai Xiaoya, can you help Xiaotong?

Sister Ai Xiaoya:

Everyone wants to look beautiful, but no one can decide how they look. Everyone's appearance is a gift given by their parents, and it is therefore unique. Beauty in appearance is only one of the many aspects of a person's beauty, and what is more important is the beauty of the heart. People with average looks can apply beauty products and make-up to improve their looking, but they should pay more attention to inner beauty. With noble morals and sentiments, one has already beautiful regardless of appearance. "It is not beauty that endears it's love that makes us see beauty". Therefore, young women do not have to worry so much about their appearances.

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5

Daughter, mother wants to tell you that...

Sister Ai Xiaoya

This is a letter from a mother to her daughter, who left home after a quarrel. I think all mothers can relate to her letter. Girls, please read this letter and think about it.

Dear child, mother wants to talk to you from my heart.

I remember when you were just born, looking at your little red face, mom felt so happy. Since then, your every cry, every smile, every movement, and every tiny change has been a treasure in my heart.

I can't forget the time I picked you up at the gate of kindergarten every day. When you saw me, you laughed or shouted from afar and jumped over At that moment, I felt I was the happiest person in the world.

Out of a sudden, you became a stranger to me. You are no longer willing to talk to me, and my words are falling on deaf ears.....

I know what you were thinking. You have grown up and want to be independent, which I can understand; but I want you to know that it is not easy to consider and solve problems independently.

Believe me, mom will always love you! Sometimes, I was busy working and can't take care of you, and sometimes I was irritable and tended to be nagging, but all the things I did were for your benefit. I'm anxious to do something for your betterment, but I just don't know how to communicate with you and give you the help you need.

We are a family, and you are my beloved child. I would like to be your best friend and accompany you through your growth.

IV . The budding of love in adolescence

With the physical development in puberty, boys and girls have the psychological need to come close to each other. After knowing each other and playing together for some time, boys and girls might develop a feeling of love and adoration. This kind of feeling is normal and natural, but we also need to understand and treat this feeling correctly. Read the following stories, it may help you understand puberty love.

- My eyes cannot move away from you
- I just don' t want to be together with you
- I received a "love letter", what should I do?
- Is it love, or something else?
- Does a young woman get pregnant by holding hands with a boy?
- My best friend is pregnant, how can I help her?
- What does pregnancy bring to girls?
- To young girls

0

1

My eyes cannot move away from you

Lanlan does not know what was wrong with her lately. In class, she could not help but turn around and peeped at Liangliang, a boy sitting in the last row. After class, she always went to his chair and asked him questions about the lecture. She had a growing interest in his every move. Sometimes, she would also make some small situations to get his attention, making other students start to gossip. Lanlan knew it was not appropriate but just cannot control herself. Feeling distressed, she wanted to ask Sister Ai Xiaoya if it is normal to have such thoughts and behavior.

Sister Ai Xiaoya:

It is normal for Lanlan to have these thoughts. As teenagers enter puberty, their experience of physical growth pushes them to learn about the sexuality of men and women. After knowing the difference between men and women, they become more curious, hoping to come closer to the opposite sex. This change indicates that young adults have already had sex awareness and sexual psychology, which is normal. However, I need to tell Lanlan that there are many ways to express affection. You can ask him for advice on the problems encountered in studying, help him solve some practical difficulties, or do a very good job in a certain area to attract his attention and recognition. You can also simply tell him that you want to have his company on your way home after school. Be mindful, you must consider his feelings. Do not express your feeling in a way that will make each other feel awkward or impose your thinking on others. I also recommend you learn the knowledge about adolescent development and understand how boys and girls develop physically and psychologically during puberty. This knowledge will help you handle the relationship with your classmates, especially the ones you are attached to, and have a happy and healthy life.

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2

I just don't want to be together with you

The girl Xiaoyu and the boy Xiaoliang are neighbors and go to the same school. They used to go to school and go home together, but lately, Xiaoyu always went to school without Xiaoliang. "Xiaoyu, did I do anything wrong?" Xiaoliang asked. Xiaoyu said, "I just don't want to be together with you." "Why?" Xiao Liang was baffled.

Sister Ai Xiaoya:

Xiaoliang did nothing wrong, and we should not blame Xiaoyu for this. Because they are entering a new development phase of sexual psychology. In this phase, teenagers will unconsciously stay away from childhood partners of the opposite sex. You do not need to worry, after a while, your friendship with Xiaoyu will be back to normal.

0

3

I received a "love letter", what should I do?

Xiaoya received a letter from a male student in her class. He said he liked her and was in love with her. He praised her as good-looking, kind-hearted, and intelligent, and wanted to make friends with her. Xiaoya did not know what to do

Sister Ai Xiaoya:

Adolescents are at the age to develop affection for and become attracted to the opposite sex. It is not strange for a boy to write a note to express his feeling, but is this "love"? Not really.

The boy must be sincere when he said he liked you, but this affection has no solid ground to develop. Even if this affection lasts for a while, it will fade away. Does this boy's liking for you count as "love"? I do not think so! "Love" is built on mutual understanding and acceptance. People "in love" need to take responsibility for each other. As a young adult, he cannot shoulder the heavy responsibility that true love represents.

You do not have to answer anything. Just pretend that nothing has happened. Of course, you should avoid being alone with him. About the love letter, you can keep this letter or destroy it, but remember this is a secret between you two, and there is no need to show it to anyone else. In doing so, you protect both yourself and him. Think about my suggestion, okay?

0

4

Is it love, or something else?

Sister Ai Xiaoya:

Hello! I'm a 15-years-old girl. I have been fond of Xiaohai in my class for more than a year, and now I find myself can't stay away from him. I do not want to study anymore but just want to be with him. When we are together, I feel so happy and blessed. This is true love, isn't it?

Best,
Xiaoling

Sister Ai Xiaoya:

After entering puberty, teenagers develop affection and a liking for the opposite sex. This feeling will further develop and finally, boys and girls will fall in love with each other. This experience of first love is beautiful, unforgettable, and worth cherishing. I am not sure yet whether your current emotion is true love or not.

I think you are having romantic emotions and a sense of infatuation. Romance is a feeling, and infatuation is a strong obsession for or a strong interest in the opposite sex. Another term for infatuation is "immature love". True love is so much more than that a feeling. True love is about responsibilities and obligations. If you say "I love you" to someone, you have to fulfill this promise as all true lovers do.

However, as an adolescent, your body, mind, and ability to handle interpersonal relationships are not mature yet. The responsibilities and obligations are too heavy for you two. True lovers are willing to make sacrifices and compromises, is it true that you can do that for him?

I am not denying your feeling for him, but I hope you can be sensible and think twice before you say "love you forever" to a boy. True love requires learning and waiting, and believe me, learning and waiting will always pay off.

0

5

Does a young woman get pregnant by holding hands with a boy?

Sister Ai Xiaoya:

Hello!

I have a question; will a young woman get pregnant by holding hands with a boy?

Best,

A curious student

Sister Ai Xiaoya:

Hello! I am happy to answer your question. Holding hands together will not let a young woman get pregnant. You might wonder, then, what kind of behavior will make a young woman pregnant. After entering puberty, the first menstruation of girls and the first ejaculation of boys are signs of their ability to create new life. When a boy has sexual intercourse with a girl, which means the boy's penis enters the girl's vagina, the girl will likely become pregnant.

To all young women, I want to say that you should sensibly express your feeling. Because you are not yet physically and psychologically mature, young women and young men are not qualified to be mothers and fathers, that is, you both are unable to raise a new life. Try to express your affection adequately. Surely, you can tell you admire him, you can go on excursions together, work together, do homework together, and organize activities together. You two can also hold hands and hug. These are fine. But remember, you should control sexual impulses and avoid any form of genital contact. This is the best way to avoid pregnancy.

0

6

My best friend is pregnant, how can I help her?

Sister Ai Xiaoya:

If you find out that your friend is pregnant, tell her to follow with guidance below.

- (1) Try to control your emotions and calm down. Be brave to face the truth;
- (2) Inform people you trust and ask them for help;
- (3) Be brave and seek legal assistance;
- (4) If it is necessary to terminate the pregnancy, you should let your legal guardian bring you to a legal medical institution for treatment.

Teenage pregnancy will bring a heavy burden on individuals, families, and society. Adolescents should know how to protect themselves and avoid unwanted pregnancies. If a girl gets pregnant accidentally, she should seek help from her parents immediately. Remember, parents will always be on their children's side no matter what.

0

7

What does pregnancy bring to girls?

Sister Ai Xiaoya:

Teenage pregnancy has negative effects on the individual, so adolescents need to understand what early pregnancy might bring to them.

First, because a woman's uterus is not fully mature until the age of 18 to 19, teenage pregnancy is likely to damage her health when her reproductive organs are not fully developed.

Second, a woman always needs extra nutrition during pregnancy to ensure her own needs and the development of the fetus, but when teenage girls are pregnant, they generally dare not tell others, which will affect the growth of the fetus and herself.

Third, early pregnancy is generally unintended. Sometimes, under great pressure, pregnant girls might turn to unqualified medical clinics for abortion, which might harm their bodies or even be life-threatening.

Fourth, early pregnancy will interrupt education and interpersonal communication. Pregnant young women might find it hard to get along with friends, making them feel isolated and excluded and adding psychological stress to them. If they drop out of school because of this, they might face limited opportunities for future employment and personal development.

Fifth, Chinese law stipulates that having sex with a girl under the age of 14, no matter with or without consent is a criminal offense and punishable by law.

The harm of teenage pregnancy is very serious. We must learn to protect ourselves and grow up healthy.

0

8

To young girls

Hello girls! As you enter puberty, your reproductive system develops, and so as your sexual psychology. You might experience a lot of changes to your psychology, but I should tell you that as a teenager, you cannot still fully control your emotions. The romantic relationship you might be desiring now, or even childbirth, is not for your age. Bringing them early will disrupt your growth and education, which are something you should focus on at the age of puberty. Puppy love is not always sweet, and it will bring trouble and pain to young people. Love and romance are still too early for adolescents who are in their transition period to maturity. At your age, youth and health are the most valuable treasures you should hold dear.

To this end, here are some suggestions for young women to get along with their male classmates:

- (1) Behave decently and do not show excessive enthusiasm and closeness to male students;
- (2) Reject any temptation of money and goods;
- (3) Say no to boy' s flirting or harassment;
- (4) Do not go to places that do not welcome students;
- (5) Do not stay overnight in an enclosed place alone with a boy.

Here are the red flags for a boy-girl relationship!

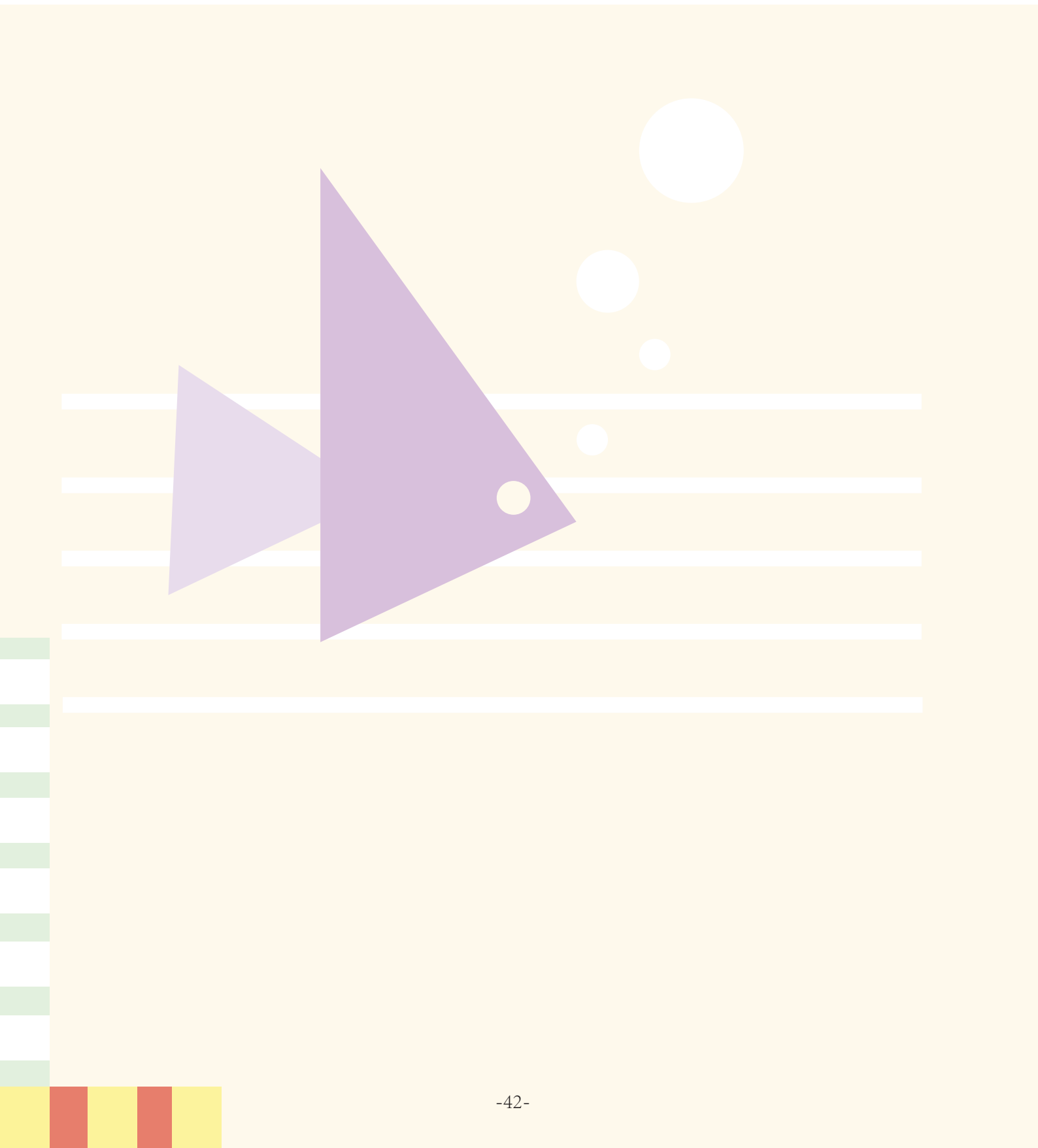
- (1) The relationship is not known by teachers, parents, and classmates. They often lie to their parents about their relationship.
- (2) Both are long for each other and do not want to be apart. One will get jealous if the other one stays with other students of the opposite sex.
- (3) When two people are together, they only crave hugs, kisses, and physical intimacy. One side or both will show the desire for having a sexual relationship.

When you notice these features in your relationship with the opposite sex, you should be careful and not let it go further!

You are in the puberty period, and you are immature both physically and psychologically. Many aspects of life are still fresh for you. Bad consequences will occur if young adults cannot control their emotions and get pregnant due to hot-headed sex, which might let them drop out of school. Therefore, adolescence must regulate their emotions and avoid being alone with the opposite sex. Love yourself, protect yourself, and grow up healthy.

I sincerely wish the girls to have a joyful, healthy, and happy life!

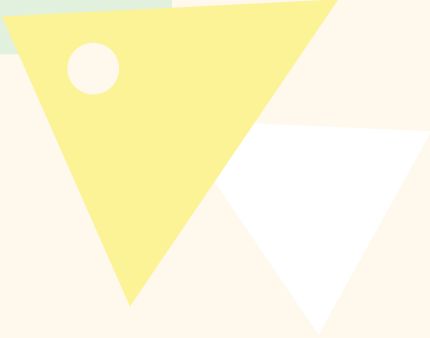






Part II

Personal Hygiene

- I. General personal hygiene
 - II . Healthy lifestyle
 - III . [Breast health care]
 - IV . Perineal hygiene
 - V . [Menstrual hygiene]
- 

I. General personal hygiene

- Wash hands to keep hand hygiene
- Brush your teeth correctly to prevent tooth decay
- Drink clean water
- Keep your body clean (cut your nails, take a bath, change your clothes, wash your face)
- The annoying pimples
- Why do I have the axillary odor and how can I get rid of it?
- Prevention of louse-transmitted diseases
- What to do if a teenage girl has too much body hair?
- No pubic hair or armpit hair? Do not worry.

0

1

Wash hands to keep hand

Xiaona does not like to wash her hands. She feels it is so troublesome to wash her hands; besides, there is not enough clean water. Every time after gym class, she goes directly to the cafeteria without washing her hands. Even if she needs to wash her hands, she will just let water pass her fingertips very quickly and be done with it. She enjoys washing her hand in the clear creek so that is the only occasion where she will thoroughly wash her hands. This has become her habit, and many students around her are doing so.

Sister Ai Xiaoya, is Xiaona's way of washing her hands correct? How should we wash our hands?

Sister Ai Xiaoya:

Every day our hands will contact various objects that may contain visible dirt and invisible pathogen. Proper hand washing, which means we should wash our hands with running water and soap, can prevent us from getting diseases. Remember, we should wash our hands when we return home from school, before meals, and after using the toilet. Get clean water prepared for each hand washing.

Here are five steps for proper hand washing:

1

Wet your hands with clean, running water, apply soap, and rub your palms and fingers

2

Rub the back side of your fingers and clean in between the fingers with the other hand. Do the same with the other hand

3

Rub the tip of your fingers against your palms. Do the same with the other hand

4

Rub your thumbs with the other hand. Do the same with the other hand

5

Wash your wrists and arms. Hold the wrist of one hand with the other hand and scrub it. Do the same with the other hand

02 Brush your teeth correctly to prevent tooth decay

Xiaoyuan had severe toothache these days. She lost her appetite and could not sleep at night because of the toothache. After the examination, the doctor told her she had tooth decay. The doctor advised her to brush her teeth in the morning and evening with the correct method. In the past, Xiaoyuan only brushed her teeth in the morning. It seems that she should change her brushing schedule.

Sister Ai Xiaoya:

We need to brush our teeth every day, both in the morning and at night. We need to master the proper brushing technique. Brushing in the wrong way not only can not protect our teeth, but also damage teeth and gums and cause tooth decay. Every day, we should keep brushing our teeth in the morning and evening, and rinsing our mouths after meals. It is better to use warm water and brush for three minutes. You should use fluoride toothpaste, which can prevent tooth decay. Choose a soft-bristled brush with a small head to prevent the gums from being pierced or bruised. Ensure every surface of teeth is brushed and use vertical movements to avoid gum injury. Brush the upper teeth downward and the lower teeth upward. Toothbrushes should be replaced regularly when they start to show wear.

03 Drink clean water

The story happened around us

Xiaohui does not pay much attention to the water she drinks. She often drinks directly from the faucet any time she feels thirsty. Once, she even drank a handful of water when she was washing her hands at the creek. She thought that the water coming out of the pipe or the water in the creek was clean, so she would not get sick from drinking it. Moreover, it is the most refreshing to drink some cold water in summer, isn't it?

Sister Ai Xiaoya:

Xiao Hui's opinion is wrong. Even if the water coming out of the faucet seems to be clean, it may contain insect eggs or germs that are invisible to the naked eye. It is even more so for the water in the creek. Therefore, water should be boiled before drinking. Boiling can kill insect eggs or germs, which can be easily found in water from ponds, streams, springs, and wells. If you use a water tank to store drinking water, the tank should be cleaned regularly and covered with a lid. The water should not be stored in a water tank for a long time. Do not drink unboiled water.

In addition, we do not know whether the water in other people's water cups is safe to drink or not, and sharing water cups may spread diseases, which are not good for your health. Therefore, everyone should drink with their own cup.

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4

Keep your body clean

(cut your nails, take a bath, change your clothes, wash your face)

Xiaoshan would have been a pretty girl if she had paid more attention to her personal hygiene. She seldom changes her clothes, washes her face, or takes a bath, and she does not trim her nails in time. Her face is always dirty and, sometimes, there is a strange smell on her body. Her classmates are not willing to sit next to her in class, and they are not willing to play with her after class

Sister Ai Xiaoya:

Body cleanliness is the primary thing to keep healthy and can reflect one's cultivation. People like to be with people who are clean and do not like to interact with dirty people.

If your nails are too long, they tend to harbor a lot of germs, which might enter your body when you hold the food with your hands and cause illness.

Taking a bath can remove most dirt from the skin, keep the pores clean, relieve fatigue and improve resistance to disease. Having a shower is the best way to clean your body. When showering is not possible, you can take a basin of water and wash your bodies in the dormitory or a girls-only bathroom.

People wear clothes when they go out, so the clothes will be covered with germs that can make people sick. Therefore, you should change and wash your clothes often to stay away from diseases.

In general, everyone should wash their faces in the morning and at night. If your face becomes dirty, you should wash it in time. Keeping your face clean is not only necessary for cleanliness and beauty but also for disease prevention.

Therefore, everyone should develop good habits of personal hygiene and cleanliness.

0

5

Brush your teeth correctly to prevent tooth decay

When a girl enters puberty, she starts to pay more attention to her appearance and likes to look at herself in the mirror. One day, Xiaofei found a "pimple" on her face, which her classmates called "acne", but seldom did she realize that after that day, there have been more "pimples" on her face. Xiaofei felt uncomfortable about the pimples so she decided to pop them in front of the mirror every day. However, her face was not getting any better, and more and more pimples kept coming up, what can be done?

Sister Ai Xiaoya, can you tell us what a "pimple" is and what should we do about it?

Sister Ai Xiaoya:

The medical name for Xiaofei's condition is acne. Acne occurs mostly on adolescents' faces, so it is also known as "teenage acne". It is a common condition caused by the sebaceous glands, which produce abundant oily substances during puberty and cause inflammation if they are blocked. It is not a serious condition, and as one becomes older, acne will subside on its own.

If you squeeze pimples by hand, you might introduce bacteria into the pimple opening and cause chronic purulent folliculitis, which would leave small scars on your face, affect facial beauty, and damage teenagers' self-esteem.

The following measures should be noted if you want to prevent and treat acne.

Too much greasy and spicy food in your diet can irritate sebaceous glands, so you should control its consumption. Keep yourself hydrated. Follow a regular life routine and do not get stressed out. Do physical exercise regularly and have peace of mind. Use warm water and pH-balanced skin cleansers to remove oil and dirt from the face and thoroughly clean the skin. Cosmetics, especially oily cosmetics, should be used as less as possible since they might block the follicle pores. Remember not to squeeze pimples with your hands. Seek a doctor for help if pimples become more serious and use medicine wisely.

0

6

Why do I have the axillary odor and how can I get rid of it?

With the arrival of puberty, Xiaorui begins to grow armpit hair and her armpits are sweating more than before. Moreover, her armpit always gives off an unpleasant and strange smell, especially in summer, which makes others feel uncomfortable. Although her classmates did not complain about it, Xiaorui knew the smell had bothered her classmates, and she felt sad about troubling her classmates, so much so that she shed tears several times.

What can she do?

Sister Ai Xiaoya:

The unpleasant odor from Rui's armpits is called axillary odor, also known as "bromhidrosis". As one enters puberty, the activity of the genital glands dramatically influences the level of hormones in one's body. Sweat glands that are sensitive to that hormone changes will produce excessive sweat and other secretions. When sweat and secretions mix with bacteria, they give out a strange odor that is common in teenagers.

If the armpit odor is not so smelly, one can get rid of it by improving personal hygiene. Here are some tips: Keep the armpit clean and dry; bathe regularly; change underwear regularly; avoid spicy and pungent food, such as onion, garlic, etc.; Use an antibacterial body wash during bath and apply toilet water or talcum powder after bath. If the armpit odor is heavy and might influence others, it is best to call the doctor. Armpit odor is not a serious condition, and there is no need to worry about it. As adolescents grow, the sweat glands will produce less sweat and armpit odor will naturally go away.

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7

Prevention of louse-transmitted diseases



Sister Ai Xiaoya:

The louse is a parasitic insect that feeds on human and livestock blood. During their life, lice live on the human body and make people unbearably itchy. Lice are also hosts of smaller germs that can make people sick and spread a variety of infectious diseases such as "relapsing fever". Each female louse lays about ten eggs per day, which are firmly attached to human hair or clothing. After 8 days of hatching, a nymph will come out of the egg and start to feed on blood. Lice can be spread by direct contact and sharing clothing or belongings.

Prevention of lice is: taking bath with hot water and soap; changing clothes and washing hair regularly; keeping the living environment clean; do not wear other people's clothes; clothes with lice should be rinsed with boiled water before wearing. Hair with lice attached to it should be removed. Medicines that kill lice could also be applied if you find any louse on your body. When getting along with people affected by lice, avoid direct contact with areas where lice could easily be found.

Xiaohui has not taken bath or changed her cloth for about a month. Now, she has lice on her body, and it itches badly.

What are the dangers of lice? How should it be prevented?

0

8

What to do if a teenage girl has too much body hair?



Sister Ai Xiaoya:

In most cases, having a lot of body hair is normal for adolescent girls because they commonly have high hormone levels, and their hair follicles are sensitive to hormones. Some girls might have less body hair because their bodies are not so sensitive to hormones, which is decided by genetic factors. Excessive body hair will disappear as one enters adulthood, so it is not a disease. Girls with heavy body hair do not have to be distressed by this. This is a normal physiological condition that many people might have. You mentioned you tried to remove the hair by plucking, but plucking and shaving are not the ideal way to remove body hair. Plucking will easily cause skin infections and folliculitis, and even leave scars on the skin. It is advisable to go to a doctor for help if excessive body hairs bring trouble to your life, and you can get rid of the heavy body hair through aesthetic treatment.

Xiaoqi has a pretty-looking face but is troubled by facial hair and body hair. Her arms and calves have thick hair, and she also has a thick layer of facial hair on her upper lip. She was afraid that her classmates would laugh at her, so she always plucked her body hair, but got many red bumps on her skin. Xiaoqi feels very distressed.

0

9

No pubic hair or armpit hair? Do not worry.



Sister Ai Xiaoya:

Girls usually start to grow pubic hair from the age of 10 to 11, and armpit hair appears around the age of 14. Some girls have very little or no pubic and armpit hair during their entire life. If the breast development is normal and menstruation is regular, there is no need to worry because the skin follicles in the vulva and armpits might be insensitive to sex hormones. However, if a girl's pubic or armpit hair is less, the development of other secondary sexual characteristics is also stunted, and menstrual flow is not regular, she should go to the hospital for examination and treatment as soon as possible.

Xiaoxue is 14 years old, and her physical development is normal: her menstruation is regular and her breasts are taking shape. There is only one thing left to be concerned with: she has too little pubic hair and armpit hair. What is going on?



II . Healthy lifestyle

- 
- Do not skip your breakfast
 - Teenage girls are prone to anemia
 - Sleep and health
 - Teenagers should do more exercise
 - Keep a good mood
- 

0

1

Do not skip your breakfast

Xiaoxuan often gets up late in the morning, so she always rushes to school without breakfast. Even if she has time for breakfast, she feels no appetite after getting up and just grabs a bite for breakfast. The problem is that she often feels hungry in the morning class and cannot concentrate on her studies.

Is correct for Xiaoxuan to skip breakfast?

Sister Ai Xiaoya:

Some students are like Xiaoxuan, They either do not eat breakfast at all or are very casual about the quantity and quality of their breakfast. Little do they know what they do will affect their performance in class. Nine o'clock to ten o'clock in the morning is the best time for people to perceive new things, concentrate on their studies, and memorize new knowledge. Skipping breakfast or not having breakfast properly will make people feel unable to focus on class and hard to learn and memorize new things, wasting the best time for studying during that time. Some students will get so drowsy that they cannot follow their classes. The ideal breakfast should include milk, steamed buns, vegetables, eggs, and some meat. Therefore, it is important to eat a good breakfast to ensure the effectiveness of learning and the best academic performance.

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2

Teenage girls are prone to anemia

Xiaohui is a slim girl who always eats like a bird. Her menstrual bleeding is heavy all the time, but not until recently did she find her face turning pale and feeling dizzy. After a physical examination, her doctor told her she had anemia.

What should she pay attention to?

Sister Ai Xiaoya:

Young women entering puberty will have a menstrual flow every month. If menstruation is always heavy, more blood will be lost, causing anemia in the long run. Girls with anemia will have a pale face, fatigue, dizziness, panic, ringing in the ears, blurred eyes, concentration loss, memory loss, etc. Because of the rapid development of the body during adolescence, the demand for nutrients, especially iron, increases dramatically. If a young woman eats like a bird or is a picky eater, she is easy to have malnutrition and iron deficiency anemia. Also, intestinal parasitic diseases are one of the causes of anemia. Anemia in young women affects the health and development of the body, and if anemia persists, it will also affect the next generation; therefore, it is important to identify the cause of anemia and find a treatment. Young women should strengthen their nutrition intake, have a balanced diet, take safe food, and do regular physical exercise. If menstrual blood loss is severe, it should be treated as soon as possible.

0

3

Sleep and health

As the final exams are coming close, Xiaolan has been studying late. During the day, she could not concentrate on the lesson and always felt drowsy. She even snoozed during class several times and was caught by the teacher. After knowing what happened, her teacher told her to adjust her bedtime routine otherwise her study would be affected.

Sister Ai Xiaoya:

About one-third of a person's life is spent on sleep. Adequate sleeping allows the body to get sufficient rest. Insufficient sleep will make people feel dizzy and inattentive, affecting their studies. Young women should make sure they have nine hours of sleep each day. In addition to sufficient sleep time, one should also make sure of the quality of sleep. Do not read novels that might make people get excited before bed. One can have some light exercise before sleeping but not get too tired. Do not sleep with your head covered, which will make people lack oxygen and are very bad for health. Sleeping on your stomach will increase the burden on the heart, cause poor breathing, and affect the quality of sleep, so one should avoid it. Sleeping too late will affect the secretion of growth hormones, which harms human growth and development.

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4

Teenagers should do more exercise

Xiaomeng's physique is skinny and tiny, and she does not like sports and PE classes, so she often asks for sick leave in the PE class. She feels that physical exercise is of little use to her.

Is that so?

Sister Ai Xiaoya:

Adolescence is a critical period that determines a person's physical, psychological, and intellectual abilities throughout life. During adolescence, regular exercise plays an important role in enhancing physical development, such as promoting height and weight increase, enhancing heart function, and improving agility and mood. For young women, regular exercise allows them to have fuller breasts and stronger respiratory function. Since physical exercise has so many benefits for our bodies, we must stick to it!

0

5

Keep a good mood

During class, the math test results were released. Xiaocui did not do well in the exam, so she hurriedly hid the results under her arm, afraid of being seen by others. But Xiaohua, who was sitting next to Xiaocui, still saw the results. Xiaohua announced Xiaocui's score to the class loudly, and many students heard it. Xiaocui had a big fight with Xiaohua and was in a terrible mood.

How should Xiaocui regulate her emotions when she is in a bad mood?


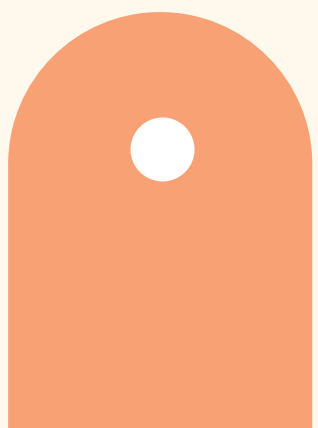
Sister Ai Xiaoya:

We can summarize the methods of regulating emotions into four categories. First, shifting attention. Changing the focus of attention means that you can do things that interest you or change the environment, such as listening to music, going jogging, watching TV, doing sports, reading books, etc. Second, finding a reasonable emotional outlet. To vent emotional stress, you can choose an appropriate occasion where you can cry out loud or smash a pillow without interrupting others. Third, turning to someone who will lend a sympathetic ear. You can talk to your trusted friends about your troubles, or, if you cannot find anyone, write your frustration in diaries. Fourth is self-consolation. Having a sense of humor in life might lighten your mood. If you lost a beautiful pen, you say to yourself: "It's okay, like the old saying goes, one gets lucky when losing something valuable!"

Emotion is like magic. When in a positive emotional state, we will feel refreshed and energetic and achieve our best performance. When in rage, terror, extreme sadness, or other strong negative emotional state, we will feel listless, and depressed. Our ability to make judgments and analyses is reduced, and we fail to get our best performance. Under this condition, it might be easy to lose our sanity and self-control and do things that even we feel strange and incredible afterward. This is the effect of emotions on people. Please remember the methods of controlling emotion listed above, and when you are in a bad mood, try to use the methods that suit you to regulate your emotions and calm yourself down before doing anything.



III . [Breast health care]

- 
- Teenage girls should not have chest bounded
 - Wear a bra when breasts start to develop
 - Why do my breasts have different sizes?
 - Why do my nipples get itchy?
 - No need to worry about breasts
 - Why is there a lump in my breasts?
- 

01 Teenage girls should not have chest bounded

Although Xiaomei is still a sixth-grade student, her breasts are developing day by day and have been the size of what a grown-up woman would have. She feels very embarrassed to have a pair of large breasts, so she usually hunches her back slightly, does not stand straight, and wears a tight little tank top in order to flatten the bulging breasts.....

Sister Ai Xiaoya, is Xiaomei doing right?

Sister Ai Xiaoya:

Secondary sexual characteristics appear in girls during puberty, and one of the first things to appear is breast development. Breast development generally starts as early as age 8 and as late as age 13. Well-developed breasts are an important symbol of a woman's physical fitness. However, some girls feel shy and uneasy about this change and think that the bulging breast does not look good, so they wear tight little tank tops to wrap up the breasts or use a bra of a smaller size to compress the breasts, hoping it can limit the development of the breasts. This behavior is bad for the physical development of the girl. Breasts binding can compress the mammary glands, block the blood flow, and affect breast development. Excessive compression can also cause inverted nipples and blocked breast ducts, making it difficult to breastfeed in the future when girls grow up and become mothers. Here are a few tips to keep your breast healthy: When walking and sitting, keep your back straight with your stomach in and your chest out; do not slouch because it will affect breast development. Girls will feel swelling and pain in their chest during puberty, which is normal and does not require special treatment. The pain will ease or disappear on its own as girls grow older.

02 Wear a bra when breasts start to develop

Xiaoyan's breasts are growing day by day, and she feels uncomfortable during PE classes because her breasts will shake up and down. Seeing that some female students around her have already started wearing bras, she wondered if she needed to wear a bra.

If so, what size should she wear?

Sister Ai Xiaoya:

After a girl's breasts start to grow, it takes about 3 to 5 years for the breasts to finally develop into their full size. Young women should wear a suitable bra as soon as their breasts start to develop. This is an important measure to protect the development of the breasts and to help maintain a healthy breast shape. Strenuous exercise might have adverse effects on the breasts but wearing a bra can prevent the breast from sagging.

The breast is composed of breast glands, breast ducts, and fatty tissue. There are no bones or strong muscles inside to support them. If you do not wear a bra to protect your breast, your breasts will move around, and the breast ducts will get stretched by their own weight, especially when you are running or exercising, which often puts strain on ligaments around and results in sagging of the breasts. Sagging of the breasts will affect physical beauty, hinder normal blood circulation in the breast, and cause breast diseases. A suitable bra can provide support for the breasts and protect the nipple from rubbing against the clothes, giving the breasts a safe space to grow. By supporting the breasts, a bra can also show the physical beauty of young women. So, when exactly should girls wear bras?

It is up to the degree of girls' breast development.

Use a soft tape to measure from the upper side of the breast through the nipple to the lower side of the breast, and if the distance is greater than 16 cm, wearing a bra in time is necessary.

Sister Ai Xiaoya:

There is a wide variety of bras on the market, but how should girls choose the appropriate bras?

Bras should be chosen according to the body type and the volume of breasts. A bra too small and too tight will compress the chest, the breasts, and the nipples, affecting breathing and breast development, even causing inverted nipples that might bring difficulties to future breastfeeding. A bra too loose will fail to support and protect the breasts. The bra might slide down during activities and rub against the nipples and breasts, causing discomfort.

Before choosing a bra, you should measure your band size (measurement around your ribcage under the bust) and bust size (measurement over the fullest part of the bust). The band size is the basic size of a bra, and the difference determines the cup size (as shown in the chart below).

Comparison of bra size and bust-minus-band difference

Bust-minus-band Difference (cm)	Cup size
6-8.5	AA
8.5-11	A
11-13.5	B
13.5-16	C
16-18.5	D

For bras with good elasticity, the band length of each size differs by 5 cm, so girls can choose slightly smaller band sizes than their actual sizes. Non-elastic bras, however, differ by only 2 cm, so girls choosing this type of bra should measure the size and make sure the bras fit them. A suitable bra should make you feel comfortable and free from pressure or tightness. If there is no clear indentation on the skin after using the bra, the size is suitable.

The bra strap should be slightly wider but preferably no wider than 2 to 3 cm. It should not be too long or too short and should have an elastic band or adjustable buttons. The bra should be removed when you sleep to ensure smooth breathing and blood flow.

It is best to choose a cotton bra that is moisture-absorbent, soft, and breathable. Bras should be washed and changed regularly to keep them clean to prevent sweat from soaking the bra and causing inflammation of the nipples or mammary glands.

In short, do not wear inappropriate bras just to pursue the beauty of the body shape.

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3

Why do my breasts have different sizes?

Xiaofen has entered a rapid stage of her physical development, especially the development of the breast. However, when she looked in the mirror after a shower, she unexpectedly found that her two breasts were not the same size. She was very distressed by this.

Could it be some kind of disease?

Sister Ai Xiaoya:

In the early stage of breast development, due to the different sensitivity of both breasts to hormones, there is often an asymmetry in breast size. Sometimes one side of the breast has begun to grow while the other side is still flat. Even though both breasts have begun to develop, one might grow faster than the other. All of these cases are normal. As girls grow older and our breasts continue to mature, both breasts will gradually develop into the same size. Even if the sizes could be not exactly the same, there will not be a big difference.

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4

Why do my nipples get itchy?

Xiaowen always feels her nipples get itchy, especially during her period. What is going on?

Sister Ai Xiaoya:

Many teenage girls will have itchy nipples during the period of breast development, and this is actually a normal physiological phenomenon. The reason for itchy nipples is that the light brown areola around the nipple has many glands that secrete oil-like substances, and over time, substances accumulate and irritate the local skin of the nipple, causing itchy sensations. Wearing bras made of synthetic fabrics or sleeping without removing the bra will keep nipples stay in a poorly ventilated condition where sweat and moisture are hard to be dissipated, thus causing itching.

Teenage girls should take care of their breast health, here is some advice: Take a bath and change underwear regularly; Do not use soap to wash your breasts; Use cotton bras that are soft and breathable instead of bras made of synthetic fabric; Be sure to remove your bras before going to bed to avoid excessive pressure on the nipples and breasts. It is important to note that if the itch is serious, you should go to a hospital in time to seek treatment. Do not use ointment without a professional's guidance.

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5

No need to worry about breasts

Xiaojuan felt distressed by her body figure recently. Seeing that other girls have gotten beautiful body shapes, especially plumper breasts, she was wondering why her breasts were still like that of a little girl.

“When will my breasts develop?” she complained.

Sister Ai Xiaoya:

Many girls who have entered puberty pay extra attention to the development of their breasts, and some are always worried that their breasts are too small. In fact, there is no need to worry about this. Most women will have normal breast development, and the size of the breast will not affect their health. Some girls might find their breast development lagged behind other girls, but nothing needs to be worried about since their breasts will not fully plump up nor reach the ideal level until the girls come to 17 or 18 years old. Breast size varies greatly between individuals and between ethnicities, so there is no need to worry about breast size or use topical breast enhancement products and breast enlargement devices, which are unlikely to promote breast development and may cause damage to the body due to improper use. Some breast exercises are healthy and scientific ways to promote the growth and development of your body.

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6

Why is there a lump in my breasts?

Xiaorong recently found a lump in one of her breasts when she was taking a shower, and it would get a little swollen and painful before her period. “It should not be a tumor, right?” she was afraid.

Do you have a similar situation?

Sister Ai Xiaoya:

If a girl feels a lump in her breast, she should first calm down and avoid touching the lump too much. Most breast lumps occurring among adolescent girls are caused by non-cancerous tissue growth, so there is no need to be afraid. This tissue growth is caused by the high estrogen level in teenage girls and is often found on one or both sides of breasts. Some of them will have distinctive periodic swelling and pain. The lump is most noticeable 3 to 4 days before the onset of menstruation, and the swelling and pain are also the most acute. The symptoms will usually reduce or disappear after menstruation.

If the girl finds a lump in her breast, she should tell her mother and have it checked by a doctor for a clear diagnosis. If it is caused by non-cancerous tissue growth, there is usually no need for treatment, and it will disappear as the girl grows.

IV . Perineal hygiene

- Precautions when cleaning the vulva
- Got vulva itching? Do not scratch!
- Abnormal vaginal discharge
- Should I wear leggings?

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1

Precautions when cleaning the vulva

Xiaoxin, who has entered puberty, always feels that her vulva is not as clean as it used to be, especially in summer or after exercising. Her lower body always feels damp, and there are always secretions on her underwear.

So, what should girls care about when cleaning the vulva?

Sister Ai Xiaoya:

As girls enter puberty, their vaginal mucosa would produce acidic secretions, which can protect them against bacterial invasion and keep the female external genitalia moist. Women's vulvae had many wrinkles and sweat glands, so the vulva should be cleaned every day to prevent the invasion of harmful microorganisms such as bacteria and inflammation of the reproductive organs.

Girls should wash their vulva with clean warm water every day, even during their period. Be careful not to use strong alkaline soap or lotion. When washing, move from the front to the back to avoid bringing bacteria near the anus to the genitals. Prepare a special basin and towel for cleaning the vulva, and do not share them with others or use them for other purposes (such as for taking bath or washing feet, which might introduce germs on foot to the genitals). Developing a good habit of cleaning the vulva every day will benefit girls for a lifetime.

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2

Got vulva itching? Do not scratch!

Xiaoqing was troubled by vulva itching recently. The itch was so severe that she would scratch her vulva with her hands when no one was around; however, the itch only got worse and she did not know what to do.

Sister Ai Xiaoya:

Teenage girls are in the stage of rapid development and have a high metabolism, so their vulva might produce a lot more secretions or sweat, which will accumulate in the folds of the labia majora and labia minora. These substances, together with vaginal discharge, feces, and urine (anatomically, the anus and urethra are close to the vulva), will make teenage girls feel itching in the vulva more often. The itch will be more often if girls have poor vulva hygiene. Teenage girls will get vulvitis and vaginitis if the vulva is not cleaned carefully and their immunity happens to be weaker than usual, resulting in uncomfortable sensations such as burning, itching, or pain in the vulva, and increased foamy or bean curd-like vaginal secretions. If genital itching occurs, do not scratch it with your hands, do not wash it with hot water or rub it with soap, and do not use any antipruritic medicine by yourself. These actions will only aggravate the itching and will also cause genital scratching and infection. Follow the guidance of a doctor, use the correct topical medicine to wash private parts, apply ointment according to the doctor's guidance, and take medication if necessary. Vaginal itch is a common condition, and it can be completely cured with proper and simple treatment. Here are some tips for girls to prevent vulva itching and keep vulva hygiene: wash the vulva with warm water every day and change underwear frequently; do not scratch the vulva if it gets itchy, and take medicine under the guidance of a doctor.

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3

Got vulva itching? Do not scratch!

Xiaojing recently discovered while washing her underwear that her vaginal discharge was heavier than usual. Sometimes there was a trace of blood inside, and it smells terrible.

What was going on?

Sister Ai Xiaoya:

During puberty, girls will find that their underwear is not as clean as before, and there are some yellow-white substances on it. This is vaginal discharge. The appearance of vaginal discharge in girls indicates that their first period will come 2 to 3 years later, which is a signal of puberty. Therefore, for girls, having vaginal discharge is not a bad thing since it indicates the normal development of girls.

Once girls find vaginal discharge on their underwear, they should start caring about their vulva hygiene. Beginning with changing underwear regularly and keeping the vulva area clean. After defecation, wipe the anus from front to back with soft, clean toilet paper to prevent bacterial contamination. Use fresh water to regularly clean the vulva. There are cases when the vaginal discharge becomes heavy, flows like menstrual blood, and changes in color or smell. This is called abnormal vaginal discharge. If vaginal discharge turns yellow or pink, sometimes like pus, has a bad smell, and the girl develops symptoms such as backache, abdominal pain, genital itching, and pain at the same time, it is likely to be a genital tract infection. Once a girl finds abnormal vaginal discharge, she should seek help from a medical professional in time. Find out the cause as soon as possible and take treatment according to the doctor's advice. Do not miss the best opportunity for diagnosis and treatment because of carelessness.

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4

Should I wear leggings?

Xiaofang found that her neighbor, Xiaomei, had bought a pair of fashionable stretch jeans. She also wanted to buy one, but her mother said that it was not good for girls to wear tight pants, was that so?

Sister Ai Xiaoya:

Adolescents are keen to be good-looking ones. Wearing stretch jeans may help but wearing them for a long time is not good for health, especially for the menstrual hygiene of young people.

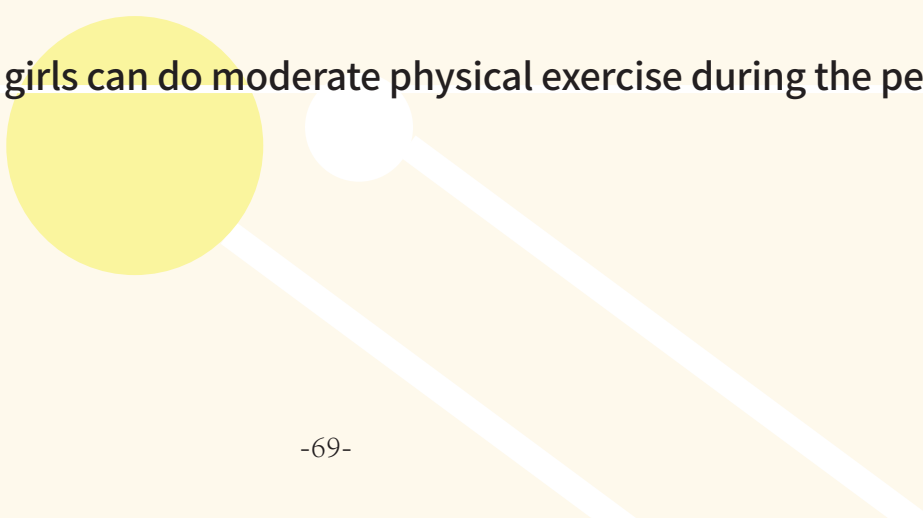
For teenage girls whose vaginal mucous membranes will secrete acidic fluid to defend against bacterial invasion and keep the external genitalia moist, wearing ordinary underwear and pants can allow the moisture inside to dissipate, but tight pants, which attach to the skin and are not breathable, will rise temperature and increase the humidity which might help microorganisms such as bacteria, fungi, and trichomoniasis to multiply. These microorganisms will cause vulvitis, vaginitis, pelvic inflammatory disease, and other gynecological diseases. Also, girls should not wear synthetic fiber underwear, because it is not breathable and bad for absorbing moisture. Girls should choose cotton underwear that is both soft and breathable.

In addition, wearing tight pants for a long time is not good for the normal development of the pelvis and hips, which may cause pelvic stenosis and bring difficulties to childbearing in the future.

So, although leggings can make body shape look good, it is bad for girls' health. For your health and good growth and development, please give up the habit of wearing tight pants.



V . [Menstrual hygiene]

- Menstrual health care
 - Create your own menstrual card
 - Irregular periods
 - How could I lose my temper during menstruation?
 - How to relieve period pain
 - What is abnormal uterine bleeding in adolescents
 - Do you still grow in height after the first period?
 - Teenage girls can do moderate physical exercise during the period
- 

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1

Menstrual health care

Xiaohong was having her period in recent days, and she felt fatigued and a little uncomfortable in her lower abdomen. She wanted to know what should be paid attention to during the menstrual period.

Sister Ai Xiaoya:

Here are some tips for girls during their periods:

Use a clean sanitary belt or menstrual pad. The used sanitary belt should be washed with soapy water in time, scalded with boiling water, dried in the sun, and then wrapped in a clean cloth for later use.

Clean vulva area. Wash the vulva with clean warm water every day. Do not take a bath in a tub during menstruation, which might let bathwater enter the vagina. It is best to take a shower or rub your body with a clean cloth.

Keep warm. During menstruation, keep yourself warm, especially your lower body; Do not stay in a cold and damp place; Do not get wet in the rain; Do not wash your feet or bathe in cold water, and do not swim.

Do some exercise. Doing moderate sports and light physical labor might promote blood circulation and allow menstruation to go smoothly, but strenuous exercise and heavy physical labor, such as long-term running, should be avoided because these exercises might cause pelvic congestion, excessive menstrual bleeding, or prolonged menstruation.

Eat nutritious food and take a good rest. Eat more nutritious and digestible food, such as eggs, milk, fruits, and vegetables, which can enhance immunity. Drink more water, and eat less spicy foods such as chili or uncooked and cold foods. Make sure to have 8 hours of sleep a day.

Stay positive. Do not panic or feel shame about menstruation and keep menstrual hygiene, which helps reduce your physical and psychological discomfort.

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2

Create your own menstrual card

Xiaoyan had her period at school today and menstrual blood leaked on her pants, but she did not notice it at all. Luckily, Xiaomei, who was sitting next to Xiaoyan, found out about the situation after class and told her in time, so she hurried back to the dormitory to change her pants.

But how do you know when your period starts?

Sister Ai Xiaoya:

From the first period onwards, girls must learn to keep track of their period. Girls can create a menstrual card and start to mark the date when the most recent menstrual period starts. After that, girls can record every subsequent period on the menstrual card and find out the date for the next menstrual period. Mark "-" when the amount of menstrual blood is small; mark "+" when the amount is large; and mark "√" for the ordinary amount. In this way, girls can know the number of days between two cycles and how long each menstrual period is. Preparing for the period in advance can avoid a lot of embarrassment.

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3

Irregular periods

It has been about half a year since Xiaoting's first period, but her periods remained irregular. Sometimes the next period came ten days early and sometimes one month late. Xiaoting worried that she might have gotten some disease.

Sister Ai Xiaoya:

During every menstrual cycle, the membrane of the uterus will shed and mix with menstrual blood. Usually, the menstrual cycle is the interval between the first day of two menstrual bleeding. Most girls think that menstruation always comes on the same date, so girls who just experience their first two or three periods are very anxious when they see their menstruation come early or late, worrying about whether it would be a disease. The normal menstrual cycle is 28 to 30 days, but each person's cycle is different. Even for the same person, her cycle is affected by environmental and psychological factors, so her cycle might change as well. Generally, it is normal for menstrual bleeding to come one week ahead or one week later. The number of days having menstrual bleeding is usually 3 to 5 days, but 2 days or 7 days are also normal. Menstrual volume is generally 10 mL.

The first period is also called menarche, which normally starts at the age of between 13 and 15 years old. If a girl does not have her menarche at the age of 16, she should seek medical attention to find out the cause.

In general, teenage girls may have irregular menstrual cycles or bleeding days within the first year or two after their menarche. The cycle may be as short as ten days or as long as two or three months. The number of days and the amount of bleeding also changed from time to time. Because adolescents' physical conditions are immature in the early stage of puberty, it is normal for them to have irregular periods. Generally, within one or two years after the menarche, the menstrual cycle or the number of bleeding days will gradually become regular.

There are a small number of girls who might experience the following situation: menstrual interval is too short (as short as ten days) or too long (up to three months); the menstrual volume exceeds 80 ml; the bleeding period exceeds 8 days; the previous period is normal, but it becomes irregular and cannot be recovered in a short period of time. These conditions are more likely to be caused by diseases and should be examined by a doctor.

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4

How could I lose my temper during menstruation?

Xiaomei often easily gets irritated during her period. She will lose her temper and quarrel with her classmates for no reason.

What is going on?

Sister Ai Xiaoya:

During periods, girls experience hormone fluctuations that make them feel emotionally unstable. They might be impatient and impulsive and could lose their temper over trivial matters. Sometimes they cannot control their temper and have a fight with their friends, which hurts their friendship with others. In severe cases, anxiety and depression may also occur.

During periods, girls can change their mood in all kinds of ways, such as actively participating in class activities, reading some books they like, talking with intimate friends, and joining moderate physical exercise. Maintain emotional stability and keep a happy mood. Those with severe anxiety and depression should seek medical attention in time.

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5

Menstrual health care

Xiaoqin is having her period pain when the final exam comes close. She feels aching and uncomfortable in her lower abdomen but she still insists on finishing all the exams. Do you know what period pain is? How to alleviate it?

Sister Ai Xiaoya:

Some girls might experience lower abdominal pain during periods, which is called period pain.

There are many causes of period pain. Girls suffering from period pain usually have this condition from their first period and experience the pain almost every month. This makes them feel fear about the period, which worsens the period pain and creates a vicious circle. Therefore, to alleviate period pain, girls should deal with their fears first. Relaxing and keeping calm before the period might help overcome premenstrual fears.

Here are some tips to prevent period pain: keep menstrual hygiene; keep warm and do not get too tired during your period; maintain a positive and relaxed mood; participate in activities that you are interested in so they might divert attention from symptoms of menstrual discomfort; apply a warm water bag to lower abdomen or take a hot shower; eat more vegetables and fruits and less spicy foods.

Some girls often use painkillers to relieve period pain. Painkillers can relieve period pain but have no therapeutic effect. Long-term use of painkillers can have adverse effects on the body. If the pain cannot be relieved, a visit to the gynecological department and proper treatment are both necessary. With the increase of age and the development of the body, especially the reproductive system, some people's period pain will be less severe or even disappear.

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6

What is abnormal uterine bleeding in adolescents

Xiaowen's every menstrual period lasts about 10 days and the bleeding is heavy. She often feels uncomfortable and could not focus on her study.

What happens to Xiaowen?

Sister Ai Xiaoya:

If the development of reproductive organs is normal but the menstrual flow is often heavy, the period is long, and the timing for bleeding is often irregular, like that in Xiaowen's case, it might be caused by abnormal uterine bleeding. It generally occurs in adolescent girls, so it is also called abnormal uterine bleeding in adolescents. This is a common condition.

Because girls with this condition might lose a large amount of blood, they often suffer from hemorrhagic anemia, palpitation, weakness, dizziness, memory loss, etc. They might also feel mental stress, lost their appetite, have sleep, and perform badly in studying. Girls suffering from this disease should care about their genital hygiene when bleeding, arrange their daily schedule properly so that bleeding would not affect their daily life, take enough sleep, do some exercise to enhance physical fitness, ensure adequate intake of nutrients (protein, vitamins, iron), and avoid uncooked or cold foods. Severe cases should seek medical treatment in time.

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7

Do you still grow in height after the first period?

It has been a year since Xiaoyuan had her first period. Before her period, she grew very fast, but after her first period, she felt she grew slower than before. Xiaowei, the boy sitting next to her, used to be shorter than her, but now he seems to be higher. Xiaoyuan wants to know why.

Sister Ai Xiaoya:

Before puberty, when both boys and girls are in childhood, there is little difference in height between boys and girls of the same age. As boys and girls enter puberty, their growth spurt starts at different ages. In general, girls' growth comes 1 to 2 years earlier than boys, so girls can be taller than boys of the same age. However, girls will experience the first period about a year after the peak of growth, so their growth rate of height will slow down significantly after that. Boys, at the same time, start to enter their rapid growth period, so their height growth is significantly accelerated. Since the growth period of boys is longer, boys tend to be taller than girls.

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Teenage girls can do moderate physical exercise during the period

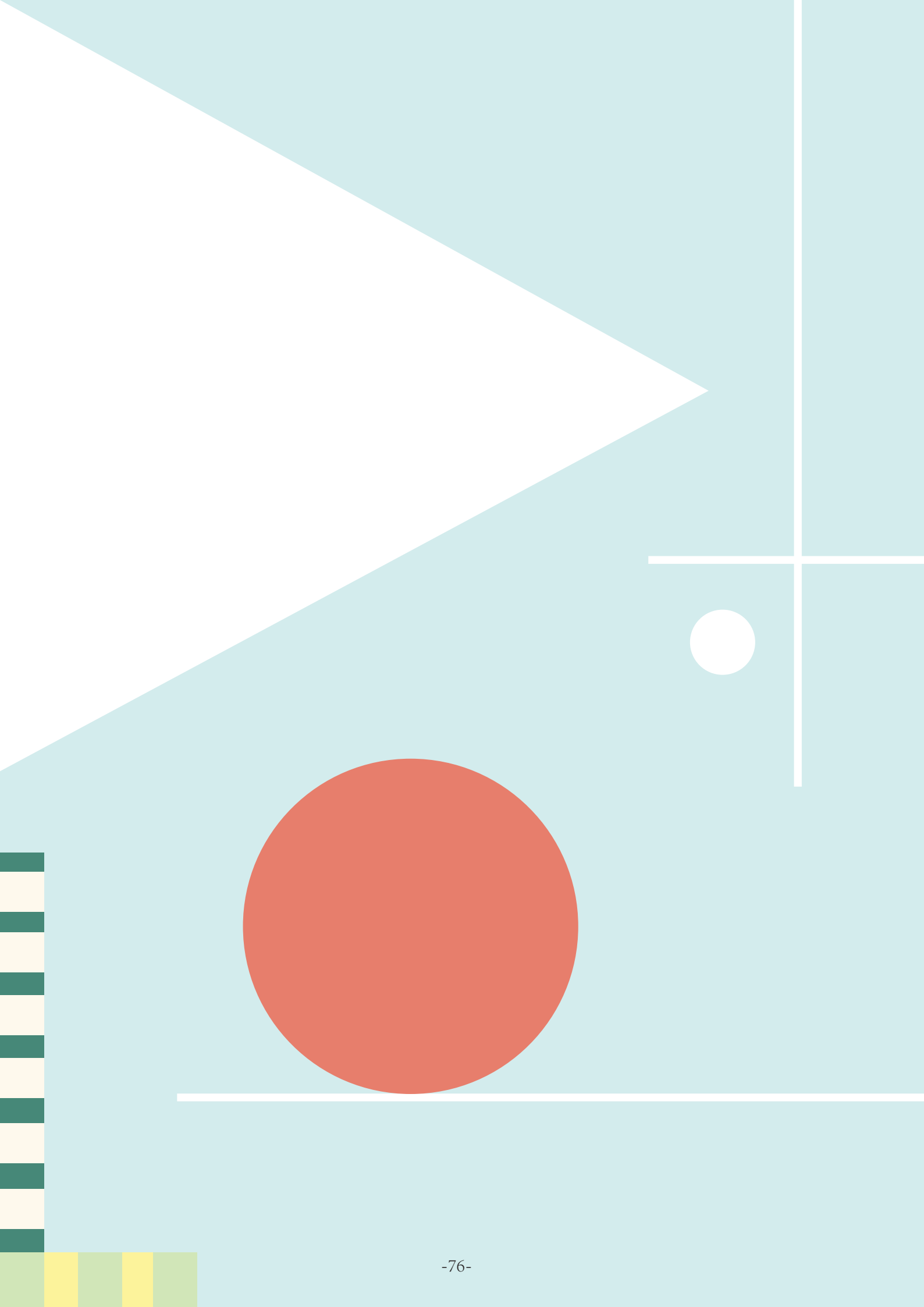
Xiaohua's period happens to coincide with the school sports meeting. She is the key athlete in the 100-meter run. The teacher told her to rest and quit the game. She was so sad.

Is it possible to participate in sports events when the period comes?

Sister Ai Xiaoya:

Some people still believe that women who are having their period should take rest and avoid physical activities. Some girls having periods always ask for leave in PE classes. This is not true. Having a period is a normal physiological phenomenon for girls. Moderate physical exercise can boost the body's function, promote pelvic blood circulation, promote menstrual blood flow, relieve the common symptoms of low back pain and lower abdominal pain during the period, and reduce the occurrence of period pain. Therefore, it is beneficial to participate in moderate sports during this period. For example, jogging, playing table tennis, badminton, practicing aerobics, dancing, cycling, and games are all suitable sports.

However, strenuous sports or physical labor, such as long-distance running, long jump, high jump, basketball, football, long-term cycling, and various sports competitions will accelerate pelvic blood flow, causing excessive menstrual blood and prolonged menstrual period. Therefore, girls having periods should avoid strenuous sports.





Part III

Safety and self-protection

- I. [About physical contact]
- II . [Protection of private parts]
- III . [Child Sexual Abuse]
- IV . [Prevention of Child Sexual Abuse]
- V . [How to react to child sexual abuse that has occurred]
- VI . [What to do after experiencing sexual abuse]

I . [About physical contact]

At the Spring Festival Gala, a group of children was singing: “If you love me, hug me; if you love me, kiss me...” Xiaoya also likes this song very much. She enjoys the moment when her dad hugs her or holds her high, or pets her head with his big hand. Xiaoya also likes to be held by her mother and likes her mother giving her a kiss as a reward, as well as washing and braiding her hair. But if the naughty boys in the class sing this good song to Xiaoya, she will get a little annoyed.

If a good friend puts an arm around her shoulder or hugs her, Xiaoya will find it interesting; but if a stranger does this, Xiaoya will feel uncomfortable.

Xiaoya is confused about the difference. Why is that?

Sister Ai Xiaoya:

Humans express love through physical contact. For example, we shake hands, hug, and kiss our close ones and friends. These contacts can express intimacy with relatives and friends and make us feel loved, so they are good and safe physical contact.

However, if someone touches our body without permission and makes us feel uncomfortable, disliked, or unsafe, that is bad physical contact.

Everyone has their own physical boundaries (the limits of what others are allowed to touch our body), which might change with our mood.

For example, when we are in a good mood, we may like to give a hug to our parents, or hold hands with good friends; but when we are in a bad mood, we may not like hugging or holding hands anymore. In addition, our physical boundaries differ between familiar people and strangers, people we like and people we dislike, and people of the same gender and different genders. We might be pleased when someone we know and like pats us on the shoulder, but we might feel uncomfortable if a stranger or someone we do not like does it.

Everyone must understand their physical boundaries of their own and be the boss of their bodies. We have the right to protect our bodies, and if someone does something that makes us uncomfortable, we should have the courage to say "no" to them.

Safe physical contact	Unsafe physical contact
Holding hands with classmates during games	Strangers pulling our arms
Hugging with friends	Hugging without our permission
Kissing family members	Luring us with some money or snack, taking us to hidden places, touching our bodies

II . [Protection of private]

As we mentioned before, girls have to wear underwear and change underwear often to protect their reproductive organs. The place covered by underwear is also called the private part of the body.

How do we protect private parts of the body?

- Girls' private parts: boobs, vulva, and buttocks
- Boy's private parts: penis and buttocks

Sister Ai Xiaoya:

Everyone has their private part, and it is our right to protect our private parts. We should cover our private parts with clothing and prevent others from seeing or contacting them. At the same time, we must also respect the privacy of others.

Protect private parts:

- Try to bathe and change clothes by yourself, and do not walk around naked at home or in the school dormitory.
- Do not defecate in public places, because it will expose our private parts, and it is also inappropriate to do so. If you need to pee, find the nearest public toilet.
- When others enter your room, you have the right to ask them to knock on the door first and get your permission before entering.
- If we are sick, the doctor may touch our private parts when examining the body, but we need to be accompanied by parents or family members during the examination.

Respect other people's private parts:

- Do not look at and touch other people's private parts.
- When entering someone else's room, you must knock on the door and get permission before entering.
- Do not use words with reproductive organs to scold others.

Sister Ai Xiaoya:

If someone wants to see or touch our private parts against our will or asks us to see or touch their private parts, we should say "no" firmly, whether the person is a familiar one or a stranger, and we need to tell the adults we trust promptly.

Do not help bad guys to keep their secrets. Some bad guys will threaten us not to tell our secrets to others. We must not listen to them because bad guys are always telling lies, and we must tell trusted adults such as teachers or family members.

Some people will cheat us with beautiful words or tempt us with small favors, such as giving us some toys or delicious food, enticing us to take off our clothes for them to look at or touch. We must be vigilant and not be deceived by such people. It is our right to protect our bodies.



III . [Child Sexual Abuse]

Something you should know:

What is Child Sexual Abuse

Child sexual abuse refers to forced sexual contact (both physical and non-physical) with children by means of coercion, inducement, or use of special status, in order to achieve or attempt to achieve sexual gratification or other purposes.

The following acts are considered child sexual abuse:

- Touch or look at a child' s private parts.
- Guide a child to look at or touch his/her private part.
- Attract a child' s attention with food, pocket money, etc. while touching the child' s private part.
- Force a child to undress or attack the child' s private part.
- Force a child to watch pornographic images or videos.

Article 236 of the Criminal Law of the People's Republic of China stipulates that whoever rapes a woman by violence, coercion or other means shall be sentenced to fixed-term imprisonment of not less than three years but not more than ten years; Whoever rapes a young girl under the age of fourteen shall be regarded as rape and shall be severely punished.

China' s criminal law also clarifies the definition of "the crime of adultery with a young girl": adultery with a young girl refers to the act of the perpetrator having sexual relations with a young girl under the age of fourteen. That is, as long as he has sex with a young girl under the age of fourteen, it constitutes the crime of adultery with a young girl, regardless of whether the young girl is willing or not.

IV . [Prevention of Child Sexual Abuse]

Xiaoya met a stranger on her way home from school who asked Xiaoya how to get to the flour mill. Xiaoya showed him the route, but he insisted on letting Xiaoya take him there. Xiaoya was a little hesitant. Seeing that it was getting late, she finally decided to refuse the stranger. Xiaoya said, "I am sorry. I arrive home at a fixed time every day. My parents are still waiting for me at home. They will be worried if I go back late. You should go by yourself."

After Xiaoya returned home, she told her mother what happened today. Mom told Xiaoya she did the right thing, which was both helping others and protecting herself. Mom said if the stranger just now had been the bad guy and Xiaoya had shown him the way, Xiaoya would have been putting herself in a dangerous situation.

Xiaoya thought of the bad guy she saw on TV, and she was very glad about her choice today. At the same time, Xiaoya could not help but wonder what other situations could be regarded as "dangerous situations". Is there any way to protect ourselves if bad guys intended to harm us?

Sister Ai Xiaoya:

Most people in this world love and protect children, but there are still a few people who would hurt children. Bad guys could be strangers or people we do not like and could be people we know, come close to, or like. We should know that no one has the right to do harm to us, so we need to know how to protect ourselves and stay away from danger.

Tip: [These conditions are dangerous]

- ① Being invited to dangerous places, such as private rooms that have no other people, construction sites or factories, desolate places, schools and classrooms that have no students around, dance halls, and Internet cafes.
- ② Being given gifts, benefits, etc. for no reason.
- ③ Speech and physical advances. For example, saying some intimate or flirting words that go beyond the existing relationship, or pretending to touch your body or even your private parts unintentionally.

Ways to protect yourself include:

- Private parts need to be covered with clothing. Avoid others seeing or contacting private parts.
- Dare to say "no" to any behaviors that make you feel uncomfortable or painful, even if the other party is in authority.
- Being outside alone is dangerous, so you should try to stay with your friends. Ask your family member for permission before going out, and tell them where you are going, how long you are going, and when you will be back.
- Do not take food and drinks given by others and do not accept gifts and money given by others.
- Do not get in a stranger's car.
- Do not enter the entertainment venue alone.
- Try not to stay or spend the night in places you are not familiar with.
- When in danger, run to a crowded place and call for help if necessary.
- Remember the emergency number 110 and the number of family members or people you trust and contact them in event of an emergency.

V . [How to react to child sexual abuse that has occurred]

Xiaoya saw a TV program that told children what they should do if someone deliberately touches their body, or even touches their private parts, on a bus full of people. Hosts on TV gave a good answer: kids should say loudly: "I do not know you, do not touch me!" or ask the people around or the conductor for help.

Although Xiaoya did not take the bus very often, she would go to a crowded market every week, and in some places, there was no one around.

Sister Ai Xiaoya:

Xiaoya is a quick learner. When we experience sexual abuse on the bus or in the market, we can keep away from the bad guy or shout out loud to deter the bad guy, just like what hosts told us on TV. If we encounter sexual abuse in a place with no people or very few people around, we can do this:

1. When abuse occurs to us, we need to calm down as soon as possible and look for opportunities to run to a crowded place.
2. Deal with bad people tactfully, find ways to distract them, and try to dissuade them from harming our bodies and life. For example, we can say, "You cannot do this, if you do, you will be in jail for the rest of your life." We can also tell lies, such as "My dad knows I am here, and he is coming for me soon." We should know that the bad guy can be deceived.
3. If the bad guy is aggressive, do not provoke them, because this may put our own lives in danger. We can temporarily follow the bad guy's instructions if our life is threatened. We must keep in mind that our life is always the first.

VI . [What to do after experiencing sexual abuse]

1. If you become the victim of sexual abuse, you must know that it is not your fault. It is the fault of the bad guy. Told family members, teachers, or other adults you trust about what happened to you. Taking a bath might destroy the evidence against the bad guy, so you would rather stop taking a bath for a time. Toilet paper, underwear, or other items stained with semen or blood can also be kept as evidence. You should let your family member take you to the hospital for physical examination and treatment. Girls who have had their first period need to use emergency contraception after being sexually assaulted to avoid possible pregnancy.

2. Never help the bad guys keep their secrets. You can go to the police with your family and let the bad guys get the punishment they deserve.

Xiaoya wants to know, if one suffers this misfortune, will his/her life be as good?

Sister Ai Xiaoya:

No one wants sexual assault to happen. This is the sin of the aggressor, not the fault of the victim. If there are people around us who are sexually assaulted, such as family members, classmates, and friends, we should understand their situation, provide care for them, and help them get out of the shadows and recover from the trauma. If sexual assaults happen to us, we need to understand that our lives will not be destroyed. We could regard it as a setback in life, strive to overcome it, and choose to be as strong, brave, and optimistic as ever. Nothing is more precious than our lives and no setbacks can stop us from having a bright future.



Part IV

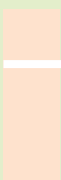
Nutrition (Nutrition and Food Safety)

I . Healthy eating

II . Food hygiene



I . Healthy Eating



- How to eat healthily

- Learn to read food labels

01 How to eat healthily

Every time Lanlan has meals at home, grandma will always serve Lanlan an extra nice piece of meat, saying "Lanlan, eat more meat so you can grow up." But her mother would say: "Lanlan, don't be picky eaters, and eat more vegetables. It is good for your health." Lanlan was confused. What should she eat healthily?

Sister Ai Xiaoya:

Lanlan 's grandma and mother are both correct. Eating meat and green vegetables is helpful for physical development and healthy growth.

There are six essential nutrients we need every day, including carbohydrates, proteins, fats, vitamins, minerals, and water.

Nutrients	Food Sources
Carbohydrates are the body's main source of energy.	Rice, noodles, buns, corn, potatoes, sweet
Protein is for human growth and development.	Fish, shrimp, meat, eggs, milk, soybeans,
Fats are to store energy in the	Oil, meat, fish, peanuts, walnuts, soybeans,
Vitamins help the body make better use of other nutrients.	Vegetables, fruits, meat
Minerals allow the body to function properly.	Vegetables, fruits, meat, milk
Water is the most abundant nutrient in the human body.	Drinking water, milk, soy milk, fruits,

The following eating tips help you eat healthier in your daily life!

- Eat grain foods as the staple food.
- Eat more fruits and vegetables, milk, and soybeans.
- Eat poultry, fish, lean meat, and eggs in moderation, and eat less fatty, salted, smoked, or fried foods.
- The diet should be bland, with less salt and less oil.
- Drink more boiled water and less sugar-sweetened beverages.
- Eat a varied, well-balanced diet every day. Three meals a day should be balanced in the food variety. Do not skip breakfast.
- The diet should be regular and in moderate amounts. Do not be a picky eater and avoid overeating.
- Eat slowly and do not gobble. Do not laugh during eating.
- It is not advisable to eat too many snacks. Do not eat snacks before going to bed, watching TV, or if the main meal is about to serve.
- Keep exercising and maintain a healthy weight.

0 2 Learn to read food labels

Xiaodi found that every time she and her mother went to the supermarket to buy something, her mother would read the label on every product carefully, especially on food. Xiaodi was very curious about this. She thought that price was all that mattered before buying delicious food, so why did her mom keep looking at the label for so long?

Sister Ai Xiaoya:

Xiaodi, your mother was reading the food label on the food packaging. It will indicate the production date, shelf life, nutritional content, preservation method, consumption method, and other information about this food. This information can help us choose suitable food for ourselves. Reading food labels carefully before buying is for the sake of health.

Let me show you the information you need to pay attention to when you are shopping for food:

(1) Production date and shelf life: Buy food that is within the shelf life. Expired food is likely to have gone off and not suitable for eating.

(2) Nutritional composition: The nutrition facts label will indicate how much energy, protein, fat, carbohydrates, and other nutrients are contained in every 100 grams of the food. According to the nutrition facts label, you can choose the appropriate amount and nutritional composition of food.

(3) Preservation method and cooking method: The preservation method tells us how to store food, such as placing it in a ventilated and cool place, storing it in the refrigerator at low temperature, etc.; the cooking method tells us how to serve it, such as brewing with hot water.



II . Food Hygiene

- What does "illness comes in from the mouth" mean?
- How to avoid eating unsanitary food
- Why does the food go off?
- How to prevent food from going off?
- What to do if you ate unsanitary food?
- Why moldy food should not be eaten?
- Why are wild mushrooms, wild fruits, and wild vegetables on the roadside not edible?
- It is not recommended to eat sashimi and raw beef
- Why sprouted potatoes are not edible
- Many students in the class have diarrhea, what should I do?



0 1 What does "illness comes in from the mouth" mean?

Yesterday, Xiaoli ate delicious skewers sold by the roadside stall. She woke up this morning and felt sick to her stomach. She had gone to the toilet several times, but she still felt very uncomfortable. The doctor said that she had gastroenteritis caused by unsanitary food, and she would be fine after taking medicine for a few days and taking a good rest.

Xiaoli was terrified. She ate skewers before and it was fine, so why did she get sick this time?

Sister Ai Xiaoya:

Food provides energy and nutrients to our bodies, but it can also carry harmful substances that might make us sick. You have diarrhea this time because you ate unsanitary food the day before. If you are careful enough to choose clean and hygienic food, you can avoid such an uncomfortable experience.

So why does food become unsanitary? This is because the food is contaminated with harmful substances. After eating these unsanitary foods, the body will feel discomfort. When there are a lot of toxic substances, it may cause gastrointestinal symptoms such as vomiting, abdominal pain, diarrhea, etc. In severe cases, it will cause poisoning and even death. Such acute symptoms are called "food poisoning". When the content of toxic substances is low, even though it could not cause acute poisoning, it might have long-term harmful effects on the

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2

How to avoid eating unsanitary food

Xiaoli recalled the skewer she ate yesterday. It was very delicious and very appetizing, and it seemed to be hygienic. So how exactly should we identify unsanitary food?

Sister Ai Xiaoya:

Some foods can be seen from the appearance of whether they are clean, while some foods are not. The skewer you ate is a kind of food that is difficult to tell whether they are clean or not. Let us start by understanding what harmful substances can easily contaminate food and make us sick.

(1) Bacteria: Commonly found in stinky and stale food, including Salmonella, Escherichia coli, Staphylococcus aureus, etc.

(2) Fungi: Commonly found in moldy food. The toxins it produces are the main cause of the disease, such as aflatoxin and zearalenone.

(3) Viruses: Commonly found in virus-contaminated food, such as norovirus, rotavirus, hepatitis A virus, and hepatitis E virus.

(4) Parasites: Commonly found in raw meat and aquatic products, such as liver flukes, paragonimiasis, and tapeworms.

(5) Poisonous animals and plants: puffer fish, poisonous mushrooms, sprouted potatoes, cassava, raw green beans, fresh daylily, etc.

(6) Chemical substances: pesticides, nitrite in pickled products, benzopyrene in baked and smoked foods, etc.

II . Food hygiene

According to the common harmful substances in food listed above, we can avoid contaminated food in our daily life.

- Do not eat stinky, stale, rotten, moldy, or other spoiled food. If the package of milk appears bulging, there are clots in the milk, or you can see different layers after standing for a while, do not drink it.

- Do not eat raw or undercooked meat or seafood. Meat, seafood, eggs, and vegetables should be thoroughly cooked before eating. Fruits should be washed or peeled before eating.

- Do not directly drink tap water, river water, and other water that has not been boiled or sterilized, and do not drink raw milk that has not been pasteurized. Choose boiled water, thoroughly pasteurized milk, qualified bottled water, mineral water, and dairy products.

- Do not pick wild fruits, wild vegetables, and wild mushrooms on the roadside, on trees, and on rivers.

- Do not eat the nuts in fruits such as peaches, plums, apricots, and plums.

- Before buying food, find out the production date and expiration date on the package, and do not buy food sold by unlicensed roadside stalls, food of unknown origin, or expired food.

- Pay attention to personal hygiene, and wash your hands before meals. Do not grab food with your hands, which might contaminate the food you eat.

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3

Why does the food go off?

Mom bought a big watermelon yesterday. After the meal, mom cut the watermelon into many pieces and shared it with the whole family. The watermelon was refreshing, sweet, and delicious. Xiaowen packed the remaining watermelon in a plastic bag and wanted to bring it to her deskmate Xiaohong tomorrow. The next morning, Xiaowen was dumbfounded. There was a terrible smell in the bag holding the watermelon. Is watermelon still edible?

Sister Ai Xiaoya:

If the watermelon smells bad, it means that the watermelon has gone off and can no longer be eaten. It is kind of you to share delicious food with classmates. Next time, try to store the watermelon in the refrigerator, and you can bring it to your friends the next day.

Food will go off if it is not preserved properly. In addition to the smell, it will also change in color and shape, and even have mold growing on it. The process is what we often call "deterioration", which makes spoiled food change in color, smell, and taste. It is because food contains a lot of water and nutrients, which are easy to attract bacteria, fungi, and other microorganisms to grow, and the process would be faster in hot and humid weather. When there are few bacteria in the food, thoroughly heating and sterilizing is enough; but when there is a large number of microorganisms in the food, the food will spoil. The changes in the color, smell, and taste of spoiled food are the signals that food tries to tell us: "I am harmful to your health and may be toxic". At this time, the food can no longer be eaten. If you eat it, you will find that its taste is not good, and it will make us sick, so we must throw away spoiled food.

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4

How to prevent food from going off?

Xiaowen learned today that food needed to be stored in the refrigerator so that it would not go off. She wondered why the rice did not go off even though it was stored outside the fridge.

How can we prevent food from going bad?

Sister Ai Xiaoya:

You can notice this problem, meaning you are very careful and good at finding problems. You are right, not all food needs to be stored in the refrigerator at a low temperature. Meat and vegetables need to be stored at low temperatures to slow bacterial growth, while rice contains less water and is less likely to breed bacteria, so it can be stored at room temperature. Let us take a look at how common foods are preserved:

(1) Meat, eggs, vegetables, fruits, and cooked food need to be stored in the refrigerator at a low temperature. If or packaging requires that foods should be kept at a low temperature, follow the instruction. If the packaging of food or beverage has been opened, keep them in the refrigerator. Seal the food with plastic wrap or a fresh-keeping box before putting it in the refrigerator. Raw food and cooked food should be stored separately. The food in the refrigerator should not be stored for too long and should be eaten as soon as possible.

(2) Rice, potatoes, sweet potatoes, bananas, mangoes, and tea leaves do not need to be stored at a low temperature but should be stored in a cool and dry place.

(3) Some families have a special basement or cellar to store food, and the cellar can store vegetables such as cabbage, pumpkin, winter melon, potatoes, and radishes.

(4) Meat, vegetables, and fruits can be made into dried meat, dried vegetables, and dried fruits by air-drying and sun-drying. Meat, vegetables, and fruits can also be processed by microbial fermentation: tofu can be made into fermented bean curd, milk can be made into yogurt, vegetables can be made into Chinese sauerkraut or kimchi, and meat can also be made into bacon. Food processed in this way will be more delicious, but the nutrients will also be lost in large quantities. Sauerkraut, kimchi, bacon, and other food also contain chemicals called "nitrites", so this kind of food is not suitable for regular consumption.

05 What to do if you ate unsanitary food?

In the past few days, Xiaowen has studied food safety attentively. She found that many of the things she liked to eat in the past were unsanitary. Xiaowen was frightened and worried that she would get sick from eating too much of these foods. What to do if one eats unsanitary food?

Sister Ai Xiaoya:

Do not worry! A healthy person has strong enough immunity to offset the bad effects of most harmful substances carried in food, so we must trust our bodies.

Some unsanitary foods can cause instant discomfort, but most unsanitary foods do not cause immediate problems, although their harmful substance will accumulate over time. If you are feeling nothing wrong after eating unsanitary foods, it means your body has already neutralized the bad effects that would have appeared immediately.

If you accidentally eat unhygienic food, you can tell your parents or teachers what food you have eaten, and always keep an eye on your physical condition. Once any discomfort occurs, such as abdominal pain, bloating, diarrhea, nausea, and vomiting, you must tell your family members or teachers immediately, and they will take you to see a doctor. You will be fine after taking medicine according to the doctor's instructions and having a good rest.

After that, you should avoid eating the same food. Having adequate sleep and keeping exercising can achieve physical fitness and boost your immunity, which allows the body to better fight against the invasion of harmful substances.

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6

Are leftovers still edible?

After every meal at home, grandma would pack the uneaten meals and put them in the refrigerator. Grandma said, "You can save it for the next meal, so you are not wasting food." Xiaohong was confused. Some leftover vegetables will turn yellow if they have been stored for a while, so is it still edible?

Sister Ai Xiaoya:

You have noticed that not all leftovers are good for our bodies, which is a good thing.

When the food is kept for a long time, the nutrients will be lost. For leftover vegetables, their leaves will gradually turn yellow, which indicates the loss of nutrients. Food is also easy to breed bacteria. If the leftover is not thoroughly heated and sterilized before eating, they may cause diarrhea and other symptoms of bacterial food poisoning. In addition, if vegetables are kept for a long time, a lot of chemical substances called "nitrite" will be produced. If you eat food containing a lot of nitrites for a long time, you will get chemical food poisoning.

Eating leftovers often is not good for your health, so it is important to avoid eating them. When cooking at home, you should "cook no more than what you can eat", to reduce leftovers and save food.

If there are more meals than you can take, try to finish the vegetables first. The staple food and meat dishes that cannot be eaten should be stored in the refrigerator as soon as possible. The storage time should not be too long, and they should be thoroughly heated before the next eating.

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7

Why moldy food should not be eaten?

Xiaomin likes the fermented bean curd made by her grandmother very much. Adding a piece during cooking can make the dish taste so much better. But as Xiaomin watched her grandmother making fermented bean curd, Xiaomin discovered that it was mold that turned the bean curd into fermented bean curd.

Can moldy things be edible?

Sister Ai Xiaoya:

Xiaomin, your understanding is correct. In general, moldy food is no longer edible.

When the fungus grows in the food, it will make some small fluffy spots in the food, which will not only affect the color, aroma, and taste of the food but also change the nutrients in the food. Some fungi also produce toxins that can harm our health. For example, *Aspergillus flavus* may appear in foods such as peanuts, corn, and nuts, and it produces aflatoxin that can cause poisoning and even cancer.

In addition to "bad molds", which are harmful to our bodies, there are some "good molds". Good molds produce various enzymes to break down food, giving fermented foods different flavors, such as Xiaomin's favorite fermented bean curd.

08

Why are wild mushrooms, wild fruits, and wild vegetables on the roadside not edible?

After a rain, Tongtong found something new on her way home from school: tiny white mushrooms in the bushes. Tongtong's grandmother, who was with Tongtong, saw Tongtong's curious look and said: "Tongtong, these wild mushrooms might look beautiful, but you should not pick them and eat them. The mushrooms that grow roadside might be very poisonous." Tongtong was confused, because her grandma just made mushroom soup at noon yesterday, so why these mushrooms on the roadside are not edible?

Sister Ai Xiaoya:

In daily life, the mushrooms we buy from the market are safe and non-toxic, but the mushrooms on the roadside, on the riverside, in the brush, and in the wild are difficult to identify whether it is safe or not. Therefore, to avoid eating poisonous mushrooms, you must not pick and eat wild mushrooms.

In addition to mushrooms, there are wild fruits and wild vegetables. These wild plants are likely to contain phytotoxins. Eating these unknown plants can cause immediate severe food poisoning and even death. So, the safest way is to avoid eating wild plants.

09 It is not recommended to eat sashimi and raw beef

The day after tomorrow is the birthday of Xiaoling' s good friend, Xinxin. Xinxin invited Xiaoling to celebrate her birthday together at the newly opened sushi restaurant near the school. Xiaoling was caught in a dilemma because she remembered that her teacher said in class that raw meat cannot be eaten, and there will be sashimi in sushi, could she still eat it?

Sister Ai Xiaoya:

Xiaoling, your concern is right. Raw meat and seafood are not recommended.

Raw meat not only contains bacteria but also harbors parasites. After eating food with parasites, the parasites might invade our bodies and cause illness. Marinating or seasoning will not completely kill parasites in raw meat. Thoroughly heated and cooked is the most effective way to kill parasites. Raw beef might contain *Taenia solium*, sashimi might have liver fluke, and raw pork might harbor cysticercosis, tapeworm, and trichinella. River water, lake water, and even vegetables and fruits we daily see may also contain parasites.

Therefore, meat must be thoroughly heated and cooked before eating. Vegetables and fruits should be washed with clean water, and it is recommended to eat cooked vegetables and peeled fruits. Do not drink raw river water and lake water directly.

Sashimi often uses marine fish as an ingredient, and farmed marine fish is much safer than freshwater fish. Qualified sushi restaurants will properly process the fish to kill parasites, so it is still safe to eat sushi in these sushi restaurants. Of course, it is not recommended to eat too much sashimi.

10 Why sprouted potatoes are not

Zijuan found that the potatoes she bought a few days ago had sprouted. Grandma said that sprouted potatoes can no longer be eaten. Why cannot potatoes be eaten after sprouting? What if she has removed the sprout? It was a

Sister Ai Xiaoya:

Zijuan, you have the awareness of saving food, which is very good, but sprouted potatoes are poisonous and should be thrown away.

Once the potatoes sprout or the skin turns green, a biological toxin called "solanine" will be produced at the sprouted part, which is the very substance making potatoes turn green. This toxin can cause symptoms such as itching of the throat, dryness, and burning of the stomach. Even if you remove the sprout or green part, the toxin may still be present, so it is better to throw them all away.

In addition, potatoes should be stored in a dry and cool place away from light to prevent sprouting. Do not store potatoes for too long and remember to peel them before eating.



Many students in the class have diarrhea, what should I do?

Over the past week, students in Sisi's class had diarrhea one after another, and some students suddenly vomited during class. The teacher said that they had been infected with norovirus, so Sisi's class was suspended for a week to prevent the virus from spreading.

Sisi was terrified, what should she do to avoid being infected?

Sister Ai Xiaoya:

Sisi, please do not worry. The spread and infection of norovirus are preventable.

People infected with norovirus generally experience gastrointestinal symptoms such as nausea, vomiting, abdominal pain, and diarrhea, and most of them will get better within 2-3 days. Norovirus can be spread through virus-contaminated water and food, and close contact with the vomit, feces, and objects of an infected person. Regarding the transmission route of norovirus, we can take the following measures to reduce the risk of being infected.

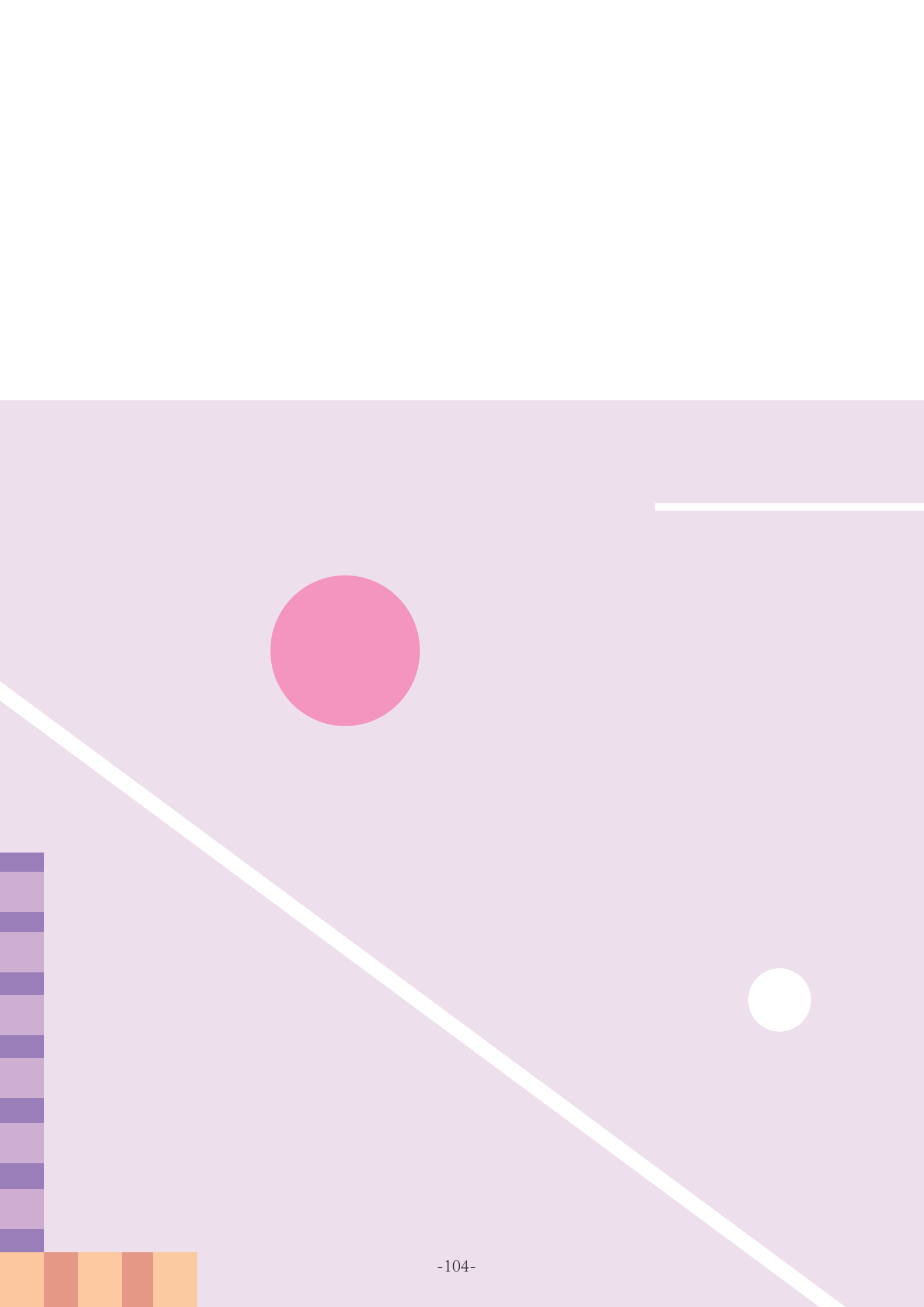
- Wash your hands frequently, especially before eating and after using the toilet, be sure to wash your hands thoroughly with soap or hand sanitizer.

- Do not drink raw water; do not eat uncooked and cold food. The food must be cooked thoroughly, and the fruit must be washed before eating. The fruit should be peeled before eating.

- Improve indoor ventilation. Opening windows at home and in classrooms can improve ventilation and air circulation.

- Get enough sleep and exercise more to boost your immunity.

- If you have gastrointestinal symptoms such as vomiting and diarrhea, you should tell your parents and teachers as soon as possible, and go to the hospital to see a doctor in time.





Part V

Disease Prevention

I . Prevention of COVID-19

II . Prevention of HIV infection

III . Prevention of malaria

I . Prevention of COVID-19

- What is COVID-19
- How does COVID-19 spread?
- How to prevent COVID-19?
- How to wear a mask and wash your hands properly
- Vaccination against COVID-19
- What should I do if I have suspected COVID-19?

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1

What is COVID-19

Sister Ai Xiaoya:

Coronavirus disease 2019, commonly referred to as COVID-19, is caused by a new type of coronavirus. The coronavirus is a very small microorganism from wild animals. Whenever enough amount of the virus invades the human body, it may cause illness. People having COVID-19 will develop fever, fatigue, and dry cough. A small number of patients will also have nasal congestion, runny nose, and diarrhea. There is a chance that symptoms might be very severe and life-threatening in serious cases.

The symptoms of COVID-19 are different from the common cold or flu. People with common colds will have nasal congestion, runny nose, sneezing, etc., but they do not have symptoms such as fever, fatigue, headache, joint pain, general discomfort, and loss of appetite. Influenza is a respiratory infectious disease caused by the influenza virus. Its onset is acute, and symptoms such as high fever, sore throat, headache, muscle aches, fatigue, and loss of appetite will appear.

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2

How does COVID-19 spread?

After Yangyang knew what COVID-19 was, she decided to listen to his mother and stay at home during the holidays to read books and do homework. She still had a question on her mind: how could COVID-19 infect so many people? Would it be safe to stay at home?

Sister Ai Xiaoya:

The main route of transmission of COVID-19 is through respiratory droplets and contact routes:

- ① Inhalation of air carrying very small fine droplets exhaled during coughing or sneezing of a patient or virus carrier. Droplets, a particle with a diameter greater than 5 micrometers, can leave the mouth or nose as the patient coughs, sneezes, and speaks loudly. Interpersonal contact with less than 1 meter can often inhale the droplets sprayed by others.
 - ② The conjunctiva or nasal mucosa contacts the sputum, blood, vomit, body fluids, secretions, etc. of patients or virus carriers.
 - ③ Touching the mouth, eyes, and nose with hands soiled by sputum, blood, vomit, body fluids, secretions, or other objects of patients and virus carriers.
- So, do not be afraid. Stay at home and reduce contact with others, and you will be safe.

03

What is COVID-19

"Ah, I see! Then, how should we prevent COVID-19?" Yangyang asked again.

Sister Ai Xiaoya:

Good question, Yangyang. You need to do the following to prevent COVID-19:

① Keep good personal hygiene. Cover your mouth and nose with a tissue when coughing or sneezing; wash hands frequently; do not touch your mouth, eyes, and nose with dirty hands; wrap your spit with a tissue and throw it in the trash bin.

② Avoid going to crowded places. Crowded places have people coming from different places, which means if there are virus carriers, it is easy to cause human-to-human transmission, especially in places with poor ventilation.

③ Always open windows for ventilation. The poor indoor airflow will make bacteria accumulate and increase the risk of human infection. Opening windows for ventilation can effectively lower the concentration of indoor pathogens and other pollutants, and the ultraviolet rays from the sunshine can kill most pathogens.

④ Keep the room clean. Door handles, remote controls, mobile phones, telephone landlines, toilet seats, children's toys, etc. are frequently touched by family members. If contaminated by pathogens, these items become carriers for disease transmission. For the health of the family, we should clean these objects with towels or wet wipes, and use a household disinfectant if necessary.

⑤ Wash your hands frequently. Dirty hands can cause a variety of diseases. For example, you might get digestive tract diseases if you grab food to eat with your dirty hands; pink eye and keratitis if you rub your eyes, and respiratory diseases if you rub your nose. Remember to wash your hands before eating and after returning home and using the toilet. If you use your hand to cover your mouth and nose when coughing or sneezing, remember to wash it promptly. When washing your hands, use running water and soap or hand sanitizer.

⑥ Wear a mask when going out. When you go outside, go to the hospital (except fever clinics), or take public transportation, you must wear disposable medical masks (children can choose masks that can achieve a similar protective effect). Wrap your spit, nose, and mouth secretions in a tissue and dispose of them in a covered trash bin.

⑦ Lead a healthy lifestyle. Have a balanced diet and do not overeat. Make sure meat and eggs are thoroughly cooked before eating. Do not smoke; reduce alcohol consumption and do not binge-drinking; have enough sleep, and do not stay up late; stick to your daily routine; do moderate exercise; seek a balance between exercise and eating.

⑧ Keep track of your body condition. Avoid close contact with people who have symptoms of respiratory illness such as fever, cough, or sneeze. Measure your body temperature when you feel uncomfortable. If you have little brothers or sisters at home, you should touch their forehead in the morning and at night and take their temperature if they have a fever. If you find that your family members have symptoms such as fever, dry cough, and fatigue, please tell them to seek medical attention in time.

04

How to wear a mask and wash your hands properly

"Wearing a mask and washing hands is important," Yangyang said. But then Yangyang found that she did not know how to wear a mask and wash her hands properly, so she had to ask Sister Ai Xiaoya for advice.

Sister Ai Xiaoya:

(1) Yangyang, you are correct. Wearing a mask and washing your hands are very important steps to prevent COVID-19. Let me tell you how to use a mask correctly. First, it is necessary to know in what situation one should wear a mask:

- ① When you are in crowded places such as shopping malls, supermarkets, cinemas, venues, exhibition halls, airports, ferries, and the lobby of hotels;
- ② When you take an elevator and public transportation such as planes, trains, ships, long-distance coaches, subways, buses, etc.;
- ④ When you are in crowded open-air plazas, theaters, parks, and other outdoor places;
- ⑤ When you have symptoms such as discomfort in the nose or throat, coughing, sneezing, and fever;
- ⑥ When you have finished eating in restaurants or canteens.

Next, I would tell you about the choice, use, and precautions of masks. Appropriate use, storage, and cleaning of masks are key to maintaining their effectiveness. It is recommended to use disposable medical masks, surgical masks, or other masks having the same protection level. Here is some advice about masks:

- ① Wear the mask correctly, make sure that the mask covers your mouth, nose, and chin, and pinch the metal strip so that it fits the shape of your nose;
- ② If the mask is dirty, deformed, damaged, or smelly, it should be replaced in time. Each mask should not be used for more than 8 hours;
- ③ It is not recommended to reuse masks if you have been using cross-regional public transport or gone to hospitals;
- ④ Reusable masks should be hung in a clean, dry, and ventilated place when they are not in use;
- ⑤ If you experience discomfort such as chest distress and shortness of breath while wearing a mask, you should immediately remove the mask and go to an open and ventilated place;
- ⑥ Carry spare masks when going out and store them in their original packaging or a clean storage bag to avoid deformation. Discarded masks should be thrown into the “other garbage” bin;
- ⑦ It is recommended that the household keep some particulate respirators and medical protective masks for future use.
- ⑧ Children should choose products that can achieve a similar protective effect. It is not recommended for children to wear air-tightness masks that are for adults.

(2) Hand washing is one of the most simple and effective measures to prevent infectious diseases. In daily work and life, people's hands are constantly in contact with items contaminated by viruses and bacteria. If you do not wash your hands properly, pathogens on your hands might invade the membranes of your mouth, eyes, and nose, and enter the body. Keeping hands clean and hygienic can effectively reduce the risk of getting COVID-19. The steps for hand washing are as follows:

- ① Wet your hands with running water.
- ③ Apply an appropriate amount of hand sanitizer (or soap) to your hands.

Step 1: Wash your hands. Rub your palms and fingers together.

Step 2: Rub the back of your hand. Right palm over left dorsum with interlaced fingers and vice versa.

Step 3: Wash your fingers. Palm to palm with finger interlaced.

Step 4: Wash the back of the fingers. Backs of fingers to opposing palms with fingers interlocked.

Step 5: Wash the thumb. Rotational rubbing of left thumb clasped in right palm and vice versa.

Step 6: Wash your fingertips. Rotational rubbing, backward and forwards with clasped fingers of the right hand and vice versa.

Step 7: Wash your wrists. Hold and rub the left wrist with the right hand and vice versa.

- ⑤ Rinse your hands with running water.
- ⑥ Rinse the faucet with clean water before turning it off (if it is an auto faucet, you can skip this step).
- ⑦ Dry your hands with a clean towel or paper towel, or dry with a blow dryer.

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5

Vaccination against COVID-19

A new week starts with the good news that the COVID outbreak in town is finally under control. Today, Yangyang heard Mr. Lu tell Mr. Wang that he had taken his child to get the COVID-19 vaccine yesterday. Why do we still need jabs if the epidemic has already been under control? Yangyang wanted to ask Sister Ai Xiaoya.

Sister Ai Xiaoya:

(1) What is a vaccine? What is it used for?

When pathogens invade the human body and cause illness, they will also stimulate the human body to produce antibodies to fight against the pathogens. Vaccines use this principle to train the immune system to create antibodies. A vaccine typically contains weakened, killed, or genetic-engineered pathogens or toxins, which means it removes the harmful components of pathogens and leaves only the components that stimulate the body's resistance to microorganisms. When the same pathogens invade, our body has enough special immune "soldiers" to eliminate them. We have been vaccinated from birth! A vaccine can prevent a targeted disease, and the COVID-19 vaccine is developed to prevent COVID-19.

(2) Does everyone need to receive the COVID-19

If more people get vaccinated, there are more people gain immunity against COVID-19, and the spread of COVID-19 in the population could be effectively controlled; therefore, receiving the COVID-19 vaccine can protect both our health and others' health. To form an immune barrier in the population and block transmission, it is necessary to make sure most people get vaccinated. Therefore, vaccination requires the participation of the whole society. We have the right to protect ourselves by taking the COVID-19 vaccine, and we also need to fulfill the obligation to build the ultimate defense against COVID-19 through vaccination.

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6

What should I do if I have suspected COVID-19?

Sister Ai Xiaoya:

(1) If you have symptoms such as fever and dry cough, you should go to the nearby fever clinic for treatment in time and try not to take medicine by yourself.

The early symptoms of COVID-19 are similar to the common cold, but they can only be differentiated through laboratory testing. For doctors, there are many causes for fever, COVID-19 is one of many possibilities that need to be confirmed or ruled out. Taking medicine on your own might alleviate the symptom, interrupt doctor's judgment, and delay the diagnosis and treatment, which may put yourself at risk and cause the spread of the disease. In this case, to effectively control the disease, you need to be diagnosed by a doctor and treated according to the cause, instead of taking medicine on your own.

(2) What are the processes of visiting the fever clinic?

Patients should wear medical masks or N95 respirators throughout the process. Here are the processes of visiting the fever clinic: When patients come to see the hospital, they will first go to the pre-examination triage office, and a nurse will measure their temperature. If they have a fever or cough, they would be directed to the fever clinic. The outpatient doctor will check the patient's information and ask patient's travel history 2 weeks before the onset of the disease, or whether the patient has been in contact with similar cases. After radiography and laboratory tests, if a patient is suspected of COVID-19, the patient will be admitted to the hospital for quarantine and treatment. At the same time, nurses will collect throat swabs, sputum, and other specimens for the COVID-19 test. If the test results are positive, COVID-19 is confirmed.

(3) What are the precautions during a patient's visit to the fever clinic?

① On their way to the hospital, patients should wear medical masks or N95 respirators.

③ If possible, avoid taking public transportation to the hospital. Roll down the window in the car.

④ Always wear a mask and keep your hands clean. Keep a social distance from other people when on the road and in the hospital (at least 1 meter).

⑤ If the vehicle is contaminated by a patient's secretions or body fluids, it is recommended to use chlorine-containing disinfectant or peracetic acid disinfectant to clean all contaminated places.

⑤ When seeking medical treatment, patients should be honest with doctors about their symptoms and their trip to the hospital. They should also tell doctors about their recent travel history and whether they had close contact with pneumonia patients, suspected COVID-19 patients, or animals.

II . Prevention of HIV

- What are HIV and AIDS?
- How does HIV spread?
- How to prevent HIV?
- HIV testing and pre- and post-exposure prophylaxis
- How to get along with people living with HIV and AIDS?

0

1

What are HIV and AIDS?

After finishing her homework on the weekend, Changchang was watching TV at home. Then, she saw a public service advertisement for World AIDS Day. Changchang found she knew so little about the content of the advertisement.

What is AIDS?

What is AIDS Day for?

Sister Ai Xiaoya:

AIDS, the full medical name of "Acquired Immune Deficiency Syndrome" (abbreviation AIDS), is an infectious disease caused by the human immunodeficiency virus (abbreviation HIV). HIV will destroy the normal immune function of the human body after it invades the human body, which makes a variety of incurable infections and tumors easier to develop, eventually leading to death. Although no medicine can cure AIDS, we still can prevent HIV infection.

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2

How does HIV spread?

Monday, Changchang went to school and excitedly told her classmate, Xiaotong, about what she learned about AIDS. After Xiaotong knew something about it, she asked a question "how does AIDS spread? Does dining with or living with a person with HIV get me infected?" Changchang was confused and did not know the answers to these two questions.

Sister Ai Xiaoya:

HIV can be transmitted through blood, mother-to-child route, and sexual contact. Living or working with a person with AIDS or a person with HIV will not make others get infected. Shaking hands, hugging, eating together, sharing daily necessities, mosquito bites, etc., will not transmit HIV.

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3

How to prevent HIV?

After listening to Sister Ai Xiaoya's answer, Changchang and Tongtong breathed a sigh of relief, but at the same time, they had a new question. Since Sister Ai Xiaoya said that HIV infection can be prevented, Changchang wanted to know how exactly to prevent it.

Sister Ai Xiaoya:

A positive and healthy lifestyle helps you avoid most HIV risk factors. Delaying the age of first sex, refusing high-risk sex behaviors, using condoms during sex, and taking regular HIV testing can prevent HIV infection. In addition, you can use pre- and post-exposure prophylaxis to protect yourself.

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4

HIV testing and pre- and post-exposure prophylaxis

After listening to Sister Ai Xiaoya, Changchang has a new question. Changchang wanted to know what HIV testing and pre- and post-exposure prophylaxis were.

Sister Ai Xiaoya:

HIV testing helps to know whether one has been infected with HIV or not. Early detection is to make sure intervention can be given in time. Currently, the most used test is the HIV antibody test. HIV infection could not be detected immediately after exposure to high-risk factors. There is a "window period", that is, the period from when the virus infects the human body to when antibodies or nucleic acids of the virus can be detected in the blood. The window period for antibody detection is generally 4-12 weeks.

Some medicine can also be used to prevent HIV infection. According to the different moments of taking the medicine, HIV prevention medicine is divided into pre-exposure prophylaxis (PrEP) and post-exposure prophylaxis (PEP), both of which are preventive measures for HIV-negative individuals with a higher risk of exposure. However, this medicine should be taken under a doctor's guidance.

05

How to get along with people living with HIV and AIDS?

Sister Ai Xiaoya's words reassured Changchang and Tongtong, but they were still afraid because they felt that people living with HIV and AIDS were different from ordinary people. Changchang and Tongtong thought that it might be wise to avoid making friends with people living with HIV and stay away from them.

Sister Ai Xiaoya:

Changchang, Tongtong, you are wrong to think so. We have made it clear just now that living or working with people with HIV will not make other people get infected. People living with HIV and AIDS have the same rights to live, study and work as each of us. Health problems have been difficult for people living with HIV, and our discrimination will only worsen their psychological health. They need our help and support, and we must create a friendly environment for people with HIV and encourage them to seek treatment actively.

III . Prevention of malaria

• What is malaria?

• How does malaria spread?

• How can I prevent malaria?

• What should I do if I am suspected of malaria?

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1

What is malaria?

Yangyang was discussing with a few friends the news she saw yesterday: "China has been certified by the World Health Organization as malaria-free!" "I saw it, and the WHO said it was an amazing feat," Niuniu said. Lanlan was a little confused: "I also saw the news, but what is malaria?" All the friends were puzzled.

What is malaria?

Sister Ai Xiaoya:

Malaria is a life-threatening infectious disease caused by parasites. Parasites are small organisms that live in humans or animals. The group of parasites that can cause malaria is called Plasmodium, which has five species. Among them, Plasmodium falciparum and Plasmodium vivax are the most common and most harmful.

After the malaria parasite invades the human body, it first invades liver cells where it grows and divides into more parasites, then more parasites leave liver cells and enter the red blood cells to multiply, finally causing the red blood cells to rupture and make the host develop symptoms. The classic symptom of malaria is paroxysm, a cyclical occurrence of sudden coldness followed by shivering and then fever and sweating, and a return to normal temperature. There are differences in symptoms caused by different kinds of Plasmodium, of which Plasmodium falciparum causes the most severe symptoms.

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2

How does malaria spread?

After learning what malaria is, Yangyang felt a little scared: "It turns out that malaria is a horrible disease!" Lanlan was also frightened: "It is. And I heard that parasites that cause malaria are invisible to the naked eye, so they could be everywhere around us..." This made Yangyang even more frightened: "Do you mean we might get infected simply by breathing or drinking water?" The more they discussed, the more nervous they became, so finally they had to ask Sister Ai Xiaoya.

Sister Ai Xiaoya:

Do not worry, every infectious disease has its certain way of transmission. Malaria is not transmitted through the air or water, but by mosquitoes. That is right, the annoying mosquito is the route of transmission.

Malaria is mainly transmitted through mosquito bites, especially by female Anopheles. Anopheles is a large class of mosquitoes and has many species, of which about 30 species can transmit malaria. The Anopheles gambiae, for example, can carry and transmit Plasmodium falciparum. An environment with high temperatures and sufficient rainfall is ideal for mosquitoes to multiply, and some species of mosquitoes have a long life cycle and particularly like to bite humans, which are important reasons for the prevalence of malaria.

When female Anopheles mosquitoes bite someone who has already been infected with malaria, they take a small amount of blood that contains microscopic malaria parasites. These parasites develop and reproduce in Anopheles mosquitoes. When the mosquito takes its next blood meal, the malaria parasite is mixed with the mosquito's saliva and injected into the person being bitten through the mosquito's long mouth, causing the spread of malaria. So, malaria does not transmit via air and water, but through mosquito bites.

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3

How can I prevent malaria?

After listening to Sister Ai Xiaoya's answer, Yangyang and her friends were no longer afraid and said, "Since malaria is transmitted through mosquito bites, so as long as you do not get bitten by mosquitoes you would have malaria, right?" "What about killing all mosquitoes?" Another friend said: "We can get vaccinated to prevent COVID-19, so can we also prevent malaria by vaccination?"

Sister Ai Xiaoya:

Correct, you guys are awesome. Malaria is spread through mosquito bites, so cutting this transmission route can prevent malaria. A more scientific term for this is "vector control".

Vector control is a very important part of malaria control and elimination, and currently, two measures are the most widely used, namely "long-lasting impregnated mosquito net" (LLIN) and "indoor residual spraying" (IRS). LLIN contains insecticide that is not easily washed off in daily usage. It can not only prevent mosquito bites but also kill mosquitoes conveniently and effectively. IRS, as its name implies, is spraying insecticide with longer efficacy indoors, which can effectively kill mosquitoes. In addition, because mosquito larvae grow and develop in water, if there are few fixed water bodies nearby, the insecticide can also be sprayed into the water to kill mosquito larvae.

However, relying only on the above methods is not enough, because mosquito nets and indoor drugs are only effective in a small range, and it is difficult to protect people working outdoors. Outdoor mosquitoes are way more difficult to control. At this time, another measure becomes prominent, which is "chemoprevention". Chemoprevention is the preventive use of malaria medication. This preventive measure is mainly used in high-risk groups such as women, infants, and children under the age of five. In addition, for some international travelers or immigrants, this is also a very important preventive measure.

You also mentioned vaccines. A malaria vaccine for children has now been developed and has been shown to prevent about 40% of malaria cases. This vaccine is currently undergoing pilot research in three African countries, Ghana, Kenya, and Malawi, and other regions will soon introduce this vaccine.

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4

What should I do if I am suspected of malaria?

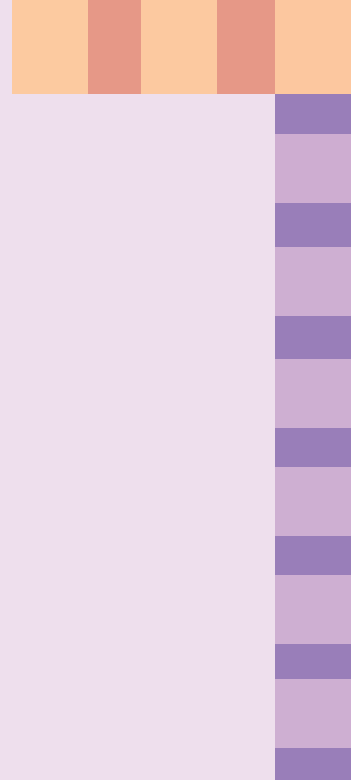
"I must stay away from mosquitoes, and not let them bite me!" Yangyang said. "Easier said than done! Unless you keep hiding in mosquito nets, otherwise it is difficult to completely avoid mosquito bites," Lanlan said. "Then what should I do if I accidentally get bitten by a mosquito and get malaria?" Yangyang worried again. "Sister Ai Xiaoya has said there was preventive medicine for malaria, so I think there must be medicines to cure malaria!" Niuniu said.

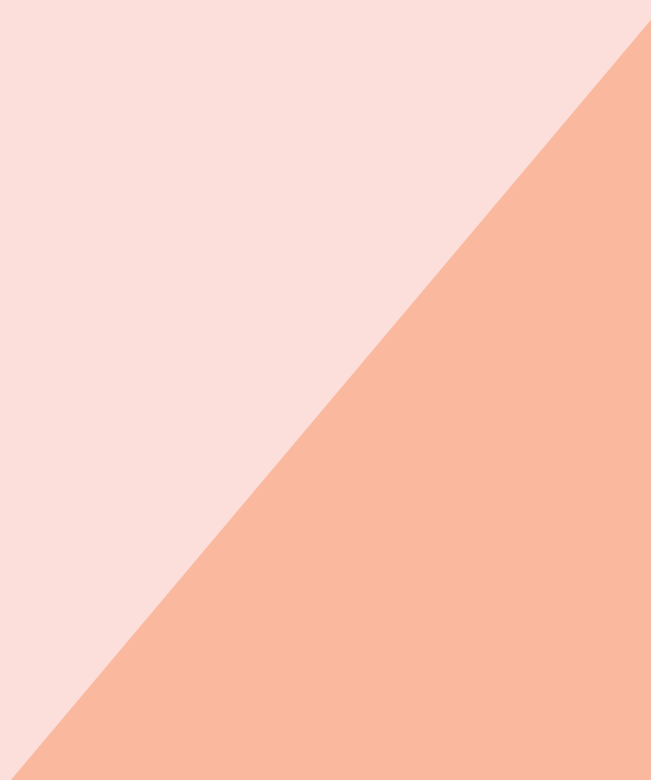
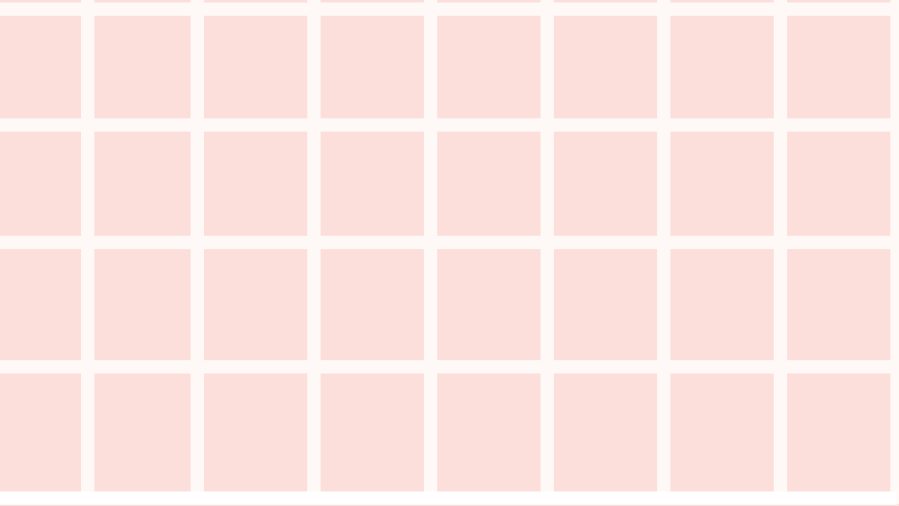
Sister Ai Xiaoya:

Niuniu is right, malaria is curable!

It should be noted that even if you are bitten by a mosquito, you will unlikely be infected with malaria. Malaria can only be transmitted if you are bitten by a mosquito that carries Plasmodium. Forty countries around the world have been certified malaria-free. If you live in these places, it is unlikely to contract malaria even if you are bitten by mosquitoes, so there is no need to worry.

If you live in a malaria-endemic area, be careful. The typical symptoms of malaria I have told you are a cyclical occurrence of chills, high fever, sweating, and then relief. Therefore, if you find such symptoms, you must go to the clinic or hospital for examination and treatment as soon as possible. There are mature malaria treatment schemes in place. Among them, artemisinin, the important contribution of Nobel Prize laureates Tu Youyou, is a very essential anti-malaria medicine.





Part VI

Social-Emotional, and Learning

- I . Uncover the Mystery of Self
- II . Me and the people around me
- III . To achieve your goal

I . Uncover the Mystery of Self

Did you ask yourself: “What kind of person I am?” Every day you might hear various comments from family members, relatives, teachers, and friends. They might say that you are sometimes lively and cheerful, sometimes shy and quiet, sometimes sensible and obedient, sometimes naughty and mischievous, sometimes smart and clever, and sometimes slow-witted. Do you really know your character, temper, and abilities? Follow us to find out who you really are!

- Your ideal self

- Be the master of your emotions

- The secret of stress management

0 1 Your ideal self

Xiaomin's tears kept flowing down as she was sobbing and telling Sister Ai Xiaoya about her day:

Today, the math teacher wrote down a math problem on the blackboard. Xiaojin, Doudou, and Xiaomin were asked to solve it in front of the class. Both Xiaojin and Doudou finished it and went back to their seats, and Xiaomin was the only one left there. Xiaomin was so nervous that her hands were shaking. Her classmates were laughing at her, and the teacher also criticized her. She felt so wronged since she has been working so hard.

She listened attentively and took notes every time in class, but it seemed that her teacher just ignored her effort. Feeling so upset, she thought she was just not cut out for studying as her parents said.

Sister Ai Xiaoya looked at Xiaomin, who was aggrieved and confused, and said softly:

You are a unique individual! You have what you are good at and what you are not good at. Mathematics is not your strong suit, but it does not mean that you are not good at studying at all. The little poem you wrote last time is a beautiful piece of work, and everyone who read it could not believe it came from the hands of a little girl. Trust me, you are talented in writing, this is a real feather in your cap. You must learn to understand and evaluate the whole self and accept both your strengths and weaknesses. Do not deceive, reject, or even hate yourself.

Your evaluations and attitudes about yourself constitute your self-concept, and having a positive self-concept motivates you to work hard to achieve your ultimate goals in life. Here are some tips for you to develop a positive self-concept.

(1) Strengthen your strong suit.

If you like and are good at writing, you can participate in essay competitions or contest for the school's outstanding essay to show your strength. In addition, you need to spend more time on your strengths to tap your abilities and strive to be the best.

(2) Overcome weaknesses.

If you are not good at math, you can ask your teacher or classmates for advice, and spend more time on practice. Gradually, you will improve your math and overcome your weaknesses. Facing the denial of teachers and parents, you can show them how hard-working you were. Since they could not notice all your efforts, their judgments are sometimes biased and seem to be unfair. You can prove your ability to them and build self-confidence through your hardworking.

(3) Build a good character.

In daily life and study, being honest, polite, kind, responsible, and righteous is an important characteristic of a good citizen. Those classmates should have laughed at you in the first place because we must respect others and have good character, which will make us win the respect of others.

At the same time, I also want you to help others to build a positive self-concept. If your friend is doing a great job or working hard, you can offer your compliment. If your friend is good at math but has trouble writing, you two can help each other to make up for your deficiencies. This is what we called mutual benefits.

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2

Be the master of your emotions

How did you feel today? Happy? Or sad? Did you find anything interesting something? Or you were bored? Emotions are an integral part of life, and some emotions make you feel good, while others make you feel terrible. Learning how to manage your emotions can improve your mental wellness.

Sister Ai Xiaoya received a letter from Fangfang today. Fangfang quarreled with her mother because Fangfang wanted to go out with her friend after dinner, but her mother asked her to stay at home and do her homework. Fangfang was so angry that she yelled at her mother, and threw her schoolbag to the ground, then rushed into the room and locked the door. She refused to open the door no matter what her mother said to her. This was not the first time Fangfang and her mother had a fight. Almost every day they quarrel, and Fangfang also found that she was more likely to lose her temper in the quarrel. Fangfang is very distressed, she should not do this, but she just could not help it.

What should she do?

Sister Ai Xiaoya:

Emotions are the feelings a person has. Anger, sadness, happiness, fear, etc., are all emotions we are familiar with. It is our complex emotions that make us sentient. Sometimes, emotions can put pressure on us. Under great emotional pressure, we will say something that we might regret. This is not a good way of expressing emotions. It may hurt our relationships with other people and adversely affect our physical health. Therefore, we must learn to control our own emotions and consider others' feelings. We should express and manage emotion in a sensible way. Here are some tips to regulate emotions, I hope you can find them helpful:

(1) Accept your own emotions.

(2) Identify the reasons for your own emotions and emotional reactions.

Some changes in your body are signs of anger, such as increased heart rate, increased blood pressure, shortness of breath, red face, sweating, or feeling depressed. In addition, knowing the cause of the anger can avoid or make you prepared for certain situations that might stir up your anger again.

(3) Stay calm - when your emotion is so intense, you should keep calm and stop taking any action.

You can count to 10 in your mind and take a deep breath to calm yourself down. If you are about to lose control of your emotions, you should find a quiet place or leave the crowd as soon as possible.

(4) Tell others about your feelings, such as "I'm angry" or "I feel hurt", and explain why.

This can prevent you from losing your sense and hurting others. You must let others understand how you feel.

(5) If you have a problem handling your emotion, you can talk with trusted people such as teachers, parents, or friends.

They can help you vent your anger and find the cause and solution to your problem.

(6) Distraction. Exercising can relieve strong feelings of anger and help you calm down.

Then, with a clearer mind, you can discover the cause of the problem. You can try jogging, cycling, running on the playground, listening to music, meditating, or other ways that can make you feel relaxed.

(7) I am very happy to be the person you trust.

I believe that the skills above can help you control your emotions and become the master of your emotions. Now, go talk to your mom about your feelings and try to express your emotions sensibly.

03 The secret of stress management

Xiaogang was under great pressure recently. She found it hard to keep up with her classmate in class, and she had to attend various tutoring classes on weekends. And out of no reason, she and her good friend Xiaoyu have drifted apart recently. As the final exam came close, this situation only made Xiaogang get more anxious. She had trouble sleeping and lost her appetite for her favorite meal.

Sister Ai Xiaoya:

Stress is a psychological and physical response to demanding situations in daily life. Like emotions, stress is a part of life. People encounter many situations that will cause stress, such as exams, peer pressure, challenging tasks, etc. Stress can be positive or negative. Stress can bring about positive and healthy responses in people. For example, when faced with a challenge, people feeling moderate stress can quickly calm themselves down and focus on the task, so they can reach their potential and excel in a quiz or competition. Stress, on the other hand, could be bad for health. Long-term stress, for example, will weaken people's immune systems, making them vulnerable to illness, less able to control their emotions, and losing interest in interacting with others. Stress will also make people feel tired and have trouble concentrating on current matters, which affects studies and life. Therefore, we must learn to relieve and manage stress.

We can manage stress in four steps:

(1) Recognize the signal of being stressed out. When you feel stressed, your body responds accordingly.

(2) Identify the source of your stress. Finding the cause of stress can help us deal with stress.

(3) Take action and be prepared. Planning in advance and making time schedule helps you solve your problem in an organized way. Once you are prepared, everything will be easy and your stress will be gone.

(4) Take appropriate action to reduce the side effects of stress. Communicating with your parents or guardians and recollecting good memories can help you turn stress into motivation. You can listen to music, exercise, eat healthy food, get enough sleep, or exercises to relieve your physical and psychological stress.

You may be wondering why some people can be calm and optimistic when faced with stress. Because these people are "resilient". Being resilient means being able to recover from adversity and change. It also means being able to adapt to stressful situations, staying calm under pressure, and not being overwhelmed by failure. The way to increase resilience is to find protective factors that can increase the odds of a positive outcome.

Protective factors (try to make use of the following protective factors)

See change and criticism as a challenge and part of life

Believe setbacks, criticism and adversity are temporary and tractable

Stay positive and believe that you will achieve your goals

Believe you can control the situation

Solve problems that arise

Believe you are not alone and seek help if

Arrange entertainment in your schedule

Make sure there is someone who can help you deal with bad emotions. They can be parents, guardians, or other adults you trust.

II . Me and the people around me

We live in a social circle that has been formed and expanded since we were born. The first and most important social circle we have is the family, and then as we grow up, we meet all kinds of people. We spend happy moments with friends, classmates, teachers, team coaches, teammates, etc. Good social circles and relationships help us learn to interact with others, build self-confidence, and broaden our horizons. How to have a good social circle? You can find the

- Adapt to family changes

- Make new friends

- Cool down the conflict

- Are you feeling OK?

0

1

Adapt to family changes

Xiaoxuan is 7 years old this year. On his birthday, his father gave him a kitten as a gift. He excitedly went to pet the kitten and said, "it's so cute." Then, he suddenly turned quiet, looked at the kitten, and asked Dad: "Dad, was she abandoned by her mother, like me?" His eyes filled with tears, and Dad was choked up. Due to family conflicts, Xiaoxuan's parents divorced when he was 5 years old. Since then, his mother has become a trigger of sadness in Xiaoxuan's mind. He always had a sad look on his face, and he was unable to concentrate in class, and unwilling to talk to others. Xiaoxuan saw on TV that a grown man will smoke and drink alcohol when he was depressed, and he wanted to have a try.

Sister Ai Xiaoya:

Family is our warmest harbor where we can share happy moments and get through difficult times together. However, there might be accidents that can change the way we live and behave, such as illness, the sudden death of a family member, and parental separation or divorce. These accidents might make us feel sad, lose focus on study, become anxious and impatient, easily have fights with peers, or quarrel with parents. We might seek distraction with unhealthy hobbies such as drinking and smoking, hoping to forget our fear, sadness, or abandonment. I want to tell you that drinking and smoking will not help solve the problem but only make you numb and damage your ability to solve or deal with problems. Therefore, we should learn to accept the changes in the family.

Here are a few tips I want to share with you to help you go through this difficult time.

- Express your feelings about the change to an adult you trust in an "I-message" format. "I-message" is an effective way to communicate feelings by stating problems and their effect on oneself. It also tells the other person how the situation affected oneself, such as "I feel lonely when my mother left me, which makes me very sad."
- Be patient. Try to think positively. When the situation allows, you can spend a day solving the problem all at once.
- Avoid unhealthy behaviors such as drinking, smoking, etc. Keep a healthy lifestyle, such as eating more vegetables and fruits, and ensure adequate rest and exercise.
- Spend more time staying with family members and friends. The company of family and friends is the best cure for all problems.

0

2

Make new friends

Xiaojia only got along with certain friends in school. In PE class or on her way home, she would only stay with her close friends. Gradually, Xiaojia became more and more estranged from other classmates and was unwilling to make new friends. In a new semester, Xiaojia wanted to join the badminton club, but her friends were reluctant to go. They would rather stay at home than do sports. Xiaojia came to the club registry alone. Looking at the group of students, she paced back and forth and felt embarrassed to be there alone. Just when she was about to give up and leave, she happened to meet Sister Ai Xiaoya.

Sister Ai Xiaoya:

We often have a few best friends that we are familiar with and want to go out together. This close social circle can make us feel accepted and valued and provide us with help and psychological support. However, if we join a small group, it might have some side effects on our lives. A small group is formed by a few close friends. Members of the group will do everything together, make fun of those who do not belong to the group, and refuse to speak to non-members, which makes outsiders feel forgotten. Joining a small group is not a good choice, because it might prevent us from meeting new people, expanding our social circle, knowing other people, or learning more social skills. Therefore, you should not give up joining the badminton club just because your good friend refuses to follow you. Take it as a great opportunity to meet new friends, find people who share your interests, and make new friendships.

On many occasions, we are influenced by other people, especially our peers. Peers are people of similar age or social *status*. Peer pressure is the influence of your peers on you and makes you do things in a certain way. To gain acceptance from our peers, we sometimes choose to join in activities our peers want to do, even if the activity seems improper for students; this is negative peer pressure. We should stand against this kind of pressure and avoid unhealthy behaviors such as smoking, drinking, fighting, etc. Be an advocate for health, guide and help your peers to make changes, and encourage them to participate in healthy activities, thus creating positive peer pressure.

03 Cool down the conflict

Xiaotong and his best friend Xiaofeng had a fight over who should be the captain of the basketball team. The situation intensified and the two sides scolded each other and swore to cut off the relationship. After returning home, Xiaotong was lying on the bed and finally calmed down. He reflected on his behavior in the quarrel and realized that he was too subjective. He did not care about Xiaofeng's feelings, and his word has gone too far. However, he did not want to apologize to Xiaofeng since he did not want to lose his face, so he fell into a dilemma. In distress, he asked Sister Ai Xiaoya for help.

Sister Ai Xiaoya:

Two people cannot agree on everything. When we spend more time with family and friends, there will be conflicts. When you are at odds with others, you might conflict with others; when you are faced with difficult choices, you feel the struggle in your mind. Cultural differences and prejudices also cause conflict. Unresolved conflict can lead to stress, which can harm relationships and can lead to tension and even violence. Therefore, we must resolve the conflict positively and reasonably to prevent the conflict from intensifying.

When conflict occurs

Things do not do	Things do not do
Let the situation worsen	Use communication skills to keep both parties
Start a fight	Talk about the situation
Hide your feelings	Express your feelings in sensible ways
Make fun of people who are different from you	Try to understand the other' s situation, so you two can better understand each other.

When you are faced with conflict, here are the steps to follow:

(1) Keep calm. Take a deep breath and relax.

(2) Talk about conflict. Go to your friend, tell him you want to talk to him, and use the "I-message" approach to express your feelings in the conversation. "I-message" is an effective way to communicate feelings by stating problems and the impacts of problems on oneself. It also tells the other person how the problems affected oneself, such as "You entered my room without my permission, it makes me angry." Listen carefully to what the other person has to say, and do not interrupt the other person.

(3) List all possible ways to resolve the conflict. Use the "Guide to Responsible Decision Making" to evaluate each method to resolve conflict.

Guide to Responsible Decision Making

- Is it good for your health?
- Is it safe?
- Does it comply with regulations and laws?
- Does it show that you respect yourself and others?
- Does it meet family guidelines?
- Does it show your good character?

(4) Both parties clarify and agree on one solution that is the best and most responsible way to resolve a dispute. If you disagree, you can leave the spot first and seek help from a parent, guardian, or other adults you trust.

Giving an apology is a good way to resolve most conflicts. If you realize that you are wrong, you must have the courage to say sorry. Likewise, when someone apologizes to you, try to forgive their behavior. I believe that the best way to resolve conflicts is to communicate directly and honestly. Go to find your friend, maybe he also regrets what he did, tell him that you are sorry, and then find a solution together to restore this precious friendship!

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Are you feeling OK?

Xiaomo was scolded by his father, and he was in a very bad mood and carried a look of grievance and anger. Xiaoning and Xiao' ai noticed that Xiaomo was unhappy, so they came to Xiaomo' s seat and comforted him together. Xiaomo was so angry and spoke ill of his father, and Xiaoning said: "Your father has gone too far. He is not a good father. Do not be sad, you can just ignore him in the future." Then, Xiaoning started talking nonstop about how his father loved her. Xiaomo felt even more uncomfortable when he heard it. He did not feel that his father was that terrible. He was just angry and Xiaoning's words did not comfort him at all. At this time, Xiao' ai said: "Xiaomo, you might misunderstand your father. Every time after school, your father waits at the school gate early. I still remember the last time it was raining, your father was afraid of you getting wet so he went to school and gave you an umbrella. We were so envious!" After hearing this, Xiaomo gradually calmed down, and he told Xiaoning and Xiao' ai what happened today in its entirety. He came to understand his father and realized his own mistake, so he decided to apologize to his father when he got home.

Sister Ai Xiaoya:

Both Xiaoning and Xiao' ai were great. They could perceive that their friend was in a bad mood and was willing to accompany and comfort him. They showed empathy to Xiaomo and helped him go out of his sadness. What is empathy? You might ask. Well, empathy refers to an ability to consider problems from the perspective of others, put oneself in others' shoes in the process of interacting with others, and show understanding and respect for others' situations. It is also about actively helping others and solving problems through negotiation. Empathy is essential for interpersonal communication and personal development. However, there are also skills in it. Like Xiaoning and Xiao' ai, they both wanted to comfort Xiaomo but they applied different tactics. Obviously, Xiao' ai handled it more appropriately.

When we show our empathy to others, we must first know and confirm the emotional state of the others. We can imagine how we feel if we are in the same situation, which helps us better understand the feelings of others. Sometimes the expression and reaction of others are not necessarily their true feeling, so we need to ask specific questions to understand the real thoughts of others. When asking, the tone and way of speaking are more important than the content, and we must give feedback in time. We can use words or expressions such as "what happened later?" "Did you mean this?" to make others feel that you have been listening and you are patient, sincere, and trustworthy. Sometimes listening is the best comfort.

In addition to listening and understanding others, you can give them certain psychological support, such as compliments or constructive criticism, which shows you care about them from their point of view. When Xiao' ai comforted Xiaomo, she first provided positive psychological support to let Xiaomo know that his father loved him, and then Xiaomo calmed down and knew he misunderstood his father.

Sister Ai Xiaoya's advice

When we show our empathy, we need to avoid the following inappropriate behaviors:

- Not relevant. For example, the other party expects your response, and you give a response that has nothing to do with the subject.
- Diverting the subject can hurt a person's feelings and self-worth. For example, when the other party is just talking about something, you change the subject and talk about other things
- Inconsistent responses (both body language and language). For example, it supposes to be a sad topic, but you keep smiling.

In addition, there are differences between "sympathy" and "empathy". Empathy is recognizing another person's emotions but not sharing another person's emotions; while sympathy has two meanings, including two people sharing the same emotion and one feeling pity for another person. Understanding the suffering of others and recognizing their inner struggle from their point of view is different from showing sympathy. It is not a good way to solve the problem if you also fall into self-pity when sympathizing with the emotions of others.

Can you show your empathy? Try to observe the state of the people around you, and then ask those in bad mood: Are you feeling OK?

III . To achieve your goal

We all have something we want to get. It can be a gift, a championship in a competition, or a healthy hobby. We will make it the goal of a phase of life, or even the whole lifetime, and then take action and make effort. Pursuing goals can be difficult, and we may feel bored or intimidated, and want to give up. Sometimes, our goal could not be achieved by our own efforts alone. No matter how difficult the process is, as long as we achieve our goals with perseverance, we will feel the joy of success and realize how excellent we are.

- Set health goals
- The strength of the team
- Be the hero of yourself

01 Set health goals

Xiaoman's eyes were so blurred that she could not see the blackboard from her seat, and she was always dozing off in class. Recently, she began to feel uncomfortable in her ears, and sometimes she even heard ringing or other noises in both of her ears. Xiaoman was terrified, but she suddenly realized what happened. It was because she always hid under the blankets at night and wore headphones to watch dramas with her mobile phone. She would not sleep until 12 o'clock in the middle of the night. Xiaoman knew that she should make a change, but every night she could not help turning on her phone. She told herself that she would just watch for a while before going to sleep, but every time she was so addicted and forgot to take sleep early.

Xiaoman is very distressed, what should she do?

Sister Ai Xiaoya:

When you realize your behaviors might damage your health and are willing to make changes, this is a good start. Next, you can set long-term and short-term goals for changing unhealthy behaviors. Long-term goals refer to goals that are achieved through continuous effort over a long time. Short-term goals are goals that can be achieved soon. Short-term goals can help you gradually achieve long-term goals. For example, if you want to change the habit of watching your mobile phone before going to bed, set it as a long-term goal. You can set a time limit of 30-40 minutes per week for watching your mobile phone at night. This is a short-term goal. When a short-term goal is achieved, you can move on to the next harder short-term goal. You will find that when you break down a long-term goal into smaller short-term goals, you will be more likely to achieve it and gain more confidence in the process.

For achieving health goals, you can use the tip I give you—making a healthy behavior contract.

- (1) Write down the health goals you want to achieve.
- (2) Describe how this goal affects your health.
- (3) Describe your plan and how to achieve your goal. Set a time limit for your goal.
- (4) Evaluate how your plan is going. If the plan does not proceed as you imagine, find out the reason and adjust the plan accordingly. Then try again.

Faced with all kinds of temptations such as mobile phones, games, food, etc., we might find it hard to resist and finally make unhealthy choices. If it is difficult for you to make changes on your own, turn to your parents or other adults you trust for help. You can tell them about your problems and your health goals and plans, and they will help you achieve your goal and change unhealthy behavior.

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The strength of the team

In chemistry class, the teacher asked the students to work in groups to complete an experiment. Xiaohe, Xiaobei, and Xixi were in a group together. Xixi was very smart and good at doing the experiment, but he liked to be alone and was reluctant to cooperate. Before Xiaohe and Xiaobei decided how to arrange the experiment, Xixi had begun to do it alone. When Xixi was stirring the reagents with one hand and preparing to test tube with the other, a sudden sound of glass shattering startled him, as well as Xiaohe and Xiaobei. When they turned around, Xixi was at a loss. The teacher looked at Xixi and said: "This experiment requires everyone to work together to complete it. Some steps need to be carried out at the same time. Each of us only gets one step done so it is impossible to finish the whole experiment without teamwork. Each group is a team, and you must work together to complete this experiment, understand?" Xixi nodded silently, the teacher patted his shoulder and encouraged him to try again. This time, the three of them discussed the arrangements. Because Xixi already knew the experimental procedures, he was asked to be the team leader. Everyone followed Xixi's command and arrangement, and Xixi's group was the fastest group to finish and received a compliment from the teacher.

Sister Ai Xiaoya:

Today's class is more than a chemistry class for Xiaohe, Xiaobei, and especially Xixi, it is a class about teamwork. This class showed them the importance of teamwork and made them understand how to work with team members. Someone once asked an eminent monk: "How can a drop of water not dry?" The eminent monk replied, "Put this drop of water into the sea." It tells us teamwork can have infinite power. Many things cannot be accomplished by one person alone but need people with different strengths or specialties to work together as a team to accomplish. Everyone has a unique and irreplaceable role in the team, and everyone can maximize their own advantages in the team. At the same time, one can also learn strengths from other team members. In a team, one can improve oneself, make up for shortcomings, and be a better self.

We need teamwork, but there will be some factors that might lower the efficiency of cooperation and waste time, such as disagreements among team members and improper work arrangements. Effective "leadership" can help the team achieve efficient cooperation. Therefore, in a team, we also need to learn a very important skill - horizontal leadership. Everyone in the team is a potential leader, and you can imagine yourself as a "leader" in any team, which can practice your management, decision-making, and problem-solving skills. With horizontal leadership approaches, you can achieve high-quality cooperation with your partners and gain high-quality results.

Sister Ai Xiaoya's advice

The horizontal leadership approach consists of three basic steps:

- The first step is to improve your capabilities. If you want to influence others, you must first be knowledgeable, can solve any problem, and show your strength, so that others will convince by you and be willing to follow your arrangements.
- The second step is to have a clear understanding of good cooperation. Knowing what kind of cooperation is correct and will be successful can help you make clear what you want to achieve and clarify the direction of your efforts.
- The third step is to use "participatory" leadership to influence others. For example, you can raise a problem about cooperation, and everyone can think about it and find a solution together; you can express your own ideas and invite group members to give their opinions on your ideas or put your ideas into action to further improve it. These skills can enhance the vitality of group members and make others feel respected and valued. Have a try!

One chopstick is easy to break, but ten chopsticks are hard to break; the light of a match is weak, but many matches can light up the dark night sky; the strength of one person is weak, but teamwork can achieve the glorious feat that no one would have imagined. Learn to integrate into the team and work with the team, try to solve the problem through collaboration, and show your leadership within the team. In this way, you will go higher and farther in the future.

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Be the hero of yourself

Did you get anxious about or afraid of the new semester? Have you ever felt a lack of confidence when talking with people? Do you care about others' opinions of you? Are you feeling stressed? Have you ever felt depressed?

Sister Ai Xiaoya wants to tell you:

Adolescence is a period full of challenges. Exams, academic pressures, relationships with parents and classmates, etc. are sources of stress and anxiety. We might care about the evaluations of teachers, parents, and friends toward us. When we are praised or approved by others, we will feel happy, and positive, and have the confidence to lead our life, but there are always times when we encounter setbacks or failures, and we might hear the denial, feel defeated, and start to doubt ourselves. The ups and downs are the elements of our lives, so do not be afraid and stick to your target. Do not give up even if you feel so tired, and do not lose hope even if failure almost grinds you down. Just aim for your goal and walk straight forward.

Trust me, you are stronger than you thought.

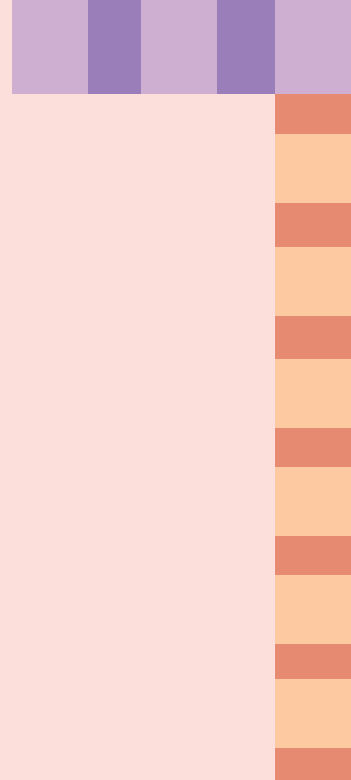
Victor Frankl, a Holocaust survivor, said: "Everything can be taken from a man but one thing: the last of the human freedoms—to choose one's attitude in any given set of circumstances, to choose one's own way." The German philosopher Arthur Schopenhauer quotes Epictetus in his work, "As Epictetus says, Men are not influenced by things, but by their thoughts about things." If we could not change the environment, we should learn to change our state of mind. If we could not know what will happen, we can change our attitudes toward the future. Every setback we meet, every wound we have, and every failure we experience in life has its meaning, and every adversity also has its positive value. Exams, for instance, allow us to see our weaknesses and know what we had missed when preparing for the exam. Setbacks make us get the taste of failure that motivates us to work hard next time and strive for success. As we finally achieve our goal, we will enjoy hearty happiness and pride, and realize that all failure is a prelude to success.

When we are sad and depressed, we can write our thoughts in a diary, talk to our confidant and best friend about troubles, or share feelings with family members. They will always support us. In some cases, we might feel trapped or even overwhelmed.

III . To achieve your goal

We might toss and turn at night and be unable to sleep; we might feel panic, heart pounding, and be unable to breathe; we might feel unworthy of being loved and respected; feel life is meaningless, and get ideas of hurting ourselves or ending our lives in a long, long sleep; if you are experiencing the situation above, seek help from a trusted person (parent, caregiver or teacher) or professionals (local health agency, social worker or community worker). There is no shame in asking for help, it is a sign that you can protect yourself.

I want to tell you that in this world no one can change or defeat you. Your biggest enemy is yourself. Knowledge and a strong heart will make you powerful, so no matter what you encounter, stick to your target and you will have a bright future. Be the 100% hero of yourself, you can be as powerful as a true superhero!



Manual For Her Health

BODY HYGIENE SAFETY

爱小丫手册

北京大学

PEKING UNIVERSITY

PROMOTING SCHOOL HEALTH EDUCATION FOR GIRLS

