Jinin Al'ada Cikin Girma Da Mutunci



Wayar da kan al'umma da tallafa musu

psi

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JININ AL'ADA CIKIN GIRMA DA MUTUNCI:
Wayar Da Kan Al'umma Da Tallafa Musu

Bugawa: Population Services International (PSI) Nigeria

Bugu Na Farko 2025

Hakkin Mallaka.
Ba a yarda wani ya buga wannan littafi ba ko wani bangare nasa ko ya raba shi ko ya yada shi ta kowacce irin hanya kamar yin fotokwafi ko ta sauran hanyoyin sadarwa na zamani ba tare da samun rubutaccen izini aga asalin mawallafin ba.

Yin amfani da jagora:

A matsayinku na jakadun kula da lafiyar masu jinin al'ada, kuna da muhimmiyar rawar da za ku taka wajen bunkasa wayar da kan al'umma da tallafa musu a kan inganta lafiyarsu a yayin jinin al'ada. **"Wannan Jagora Na Jinin Al'ada Cikin Girma Da Mutunci"** wani muhimmin kundi ne wanda aka tsara shi domin jagorantar tattaunawa tsakanin shugabannin al'umma da mabiyansu. Kundin ya kunshi muhimman sakonnin da suka shafi kula da lafiyar masu jinin al'ada da kuma guraren tattaunawa da labarai masu zaburarwa wajen koyo da kuma habaka fahimta da bude kofar tattaunawa game da jinin al'ada.

Domin amfani da wannan jagora yadda ya kamata, ku fara saba wa kanku da abin da ya kunsa da kuma tsarinsa. Ku binciko muhimman sakonnin da suka dace da bukatu da muradun al'ummarku na musamman.

Yayin zaman tattaunawarku, ku karfawa mutanen ku gwiwa su bada labarai akan lokutan da suka shiga yanayi makamancin wannan tareda yin tambayoyi da bada amsa. Ku tabbatar kun samar da guri amintaccen wanda zai bada damar tattaunawa cikin nutsuwa, da kuma bawa ko wane mahallaci damar yin tambaya da kuma basa. Ku yi amfani da labaran da suke cikin wannan jagora domin ku bayyana muhimmancin inganta lafiyar masu jinin al'ada cikin girma da mutunci.

Ta hanyar amfani da wannan kundi, za ku karfafi al'ummarku su fifita kula da lafiyar masu jinin al'ada a cikinsu da habaka kyawawan dabi'u, kuma su samar da muhallin da zai tallafi 'yan mata da iyaye mata don cigabansu.

Matakan Rayuwa



Matakan Rayuwa

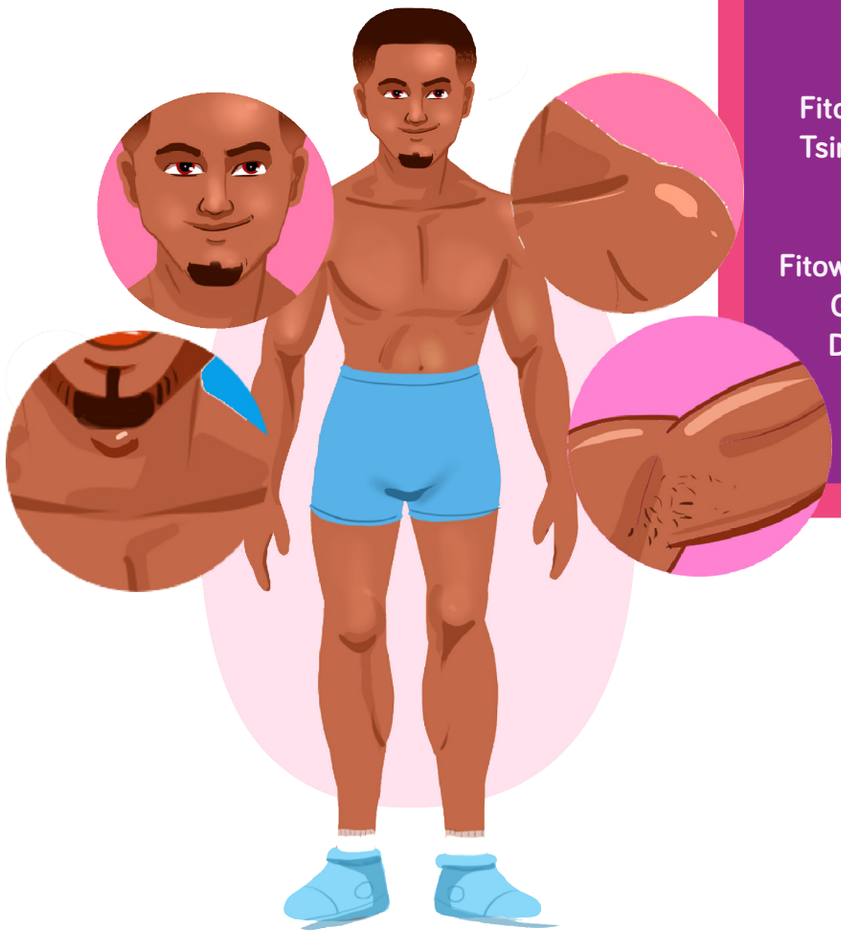
- Bayyana abin da kake iya gani a wannan hoto.
- Wadanne matakai kake iya gani a nan kuma a wane kake daga ciki?
- Wane mataki ne dalibai mata da 'yan matan gari suka dace da shi a nan?
- Mene ne yake fara zuwa kwakwalwarka da zarar ka ji an ambaci kalmar 'matashi'?
- Mene ne mafi yawancin dabiun da aka fi sanin su dashi?
- Matasa suna taka matakai daban daban na rayuwa

Muhimman Sakonni:

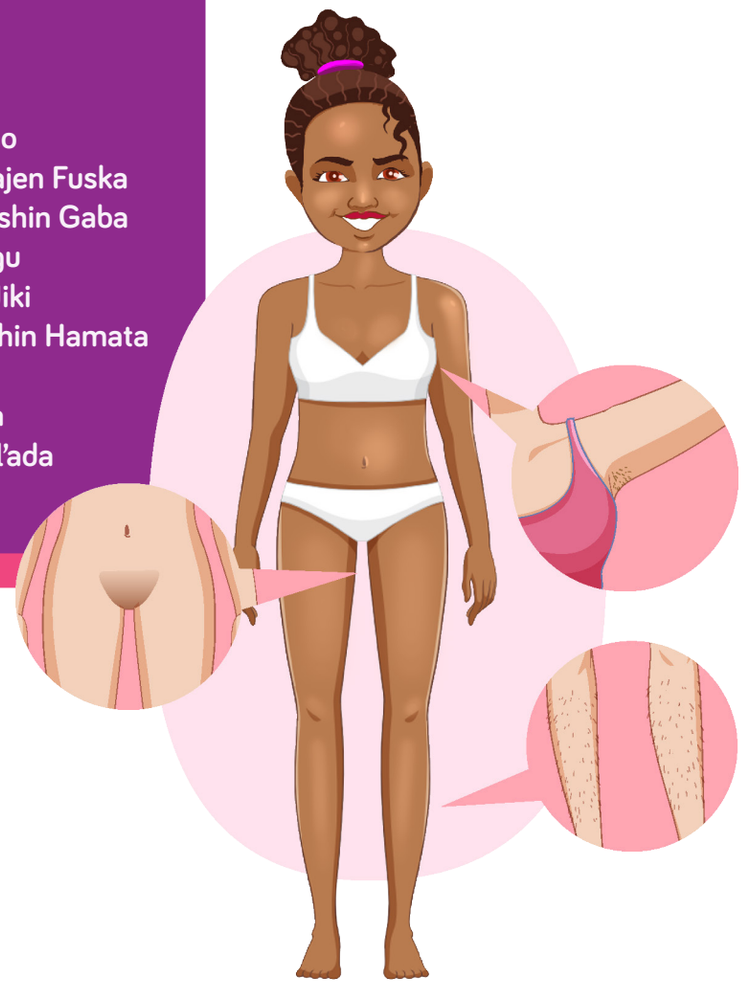
Balaga wani mataki ne na girma da kowa yake taka shi a rayuwa
Fara alada yana daga cikin alamu na balaga
A karfafi matasa tare da shiryar da su lokacin da suka isa balaga.



Fahimtar sassan jiki: Canje canje yayin balaga



Maza	Mata
Fitowar Gemu	Girman Nono
Fitowar Kurajen Fuska	Fitowar Kurajen Fuska
Tsirowar Gashin Gaba	Tsirowar Gashin Gaba
Fadadar Kirji	Fadadar Kugu
Fadadar Kafada	Fitar Surar Jiki
Fitowar Gashin Hamata	Fitowar Gashin Hamata
Girman Makwallato	
Da Fashewar Murya	Zakin Murya
Fara Mafarki	Fara Jinin Al'ada



Fahimtar sassan jiki: Canje canje yayin balaga

- Bayyana abin da kake gani a wannan hoton
- Yi bayani a takaice a kan balaga da canje-canjenta: Balaga na nufin canji daga yarinta zuwa samartaka.
- A lokacin balaga ana samun canji na siffa, tunani, dabia, da kuma na yanayin muamula
- Wani lokacine da matasa suke ke girma sukai gabar da sassan jikinsu zasu iya samar da haihuwa.
- Yara mata suna riga yara maza balaga: yara mata sukan balaga a tsakanin shekaru 8 – 12 alhalin su kuma yara maza sukan balaga a tsakanin shekaru 10 – 14.
- Balaga tana faruwa ne a sakamakon wasu sinadarai na halitta wadanda a maza ake kiranshi 'testosterone', a mata kuma ana kiran sa progesterone and estrogen



Muhimman Sakonni:

Duka maza da mata suna ganin alamomin balaga amma daya daga cikin mafi muhimmancin canjin da mata suke Fuskanta shi ne zuwan JININ AL'ADA.

Jinin Al'ada Cikin Girma Da Mutunci



Jinin Al'ada Cikin Girma Da Mutunci

Lafiyar masu jinin al'ada na nuna cewa mata masu yin jinin al'ada Za su iya yin jinin al'adarsu lami lafiya a mutunce kuma ba tare da jin kunya ba.

Sun hadar da:

- Samun 'yanci da gamsasshen bayani
- Samun amintattun da nagartattun kayayyaki
- Samun ingantacciyar kulawa ga duk matsalolin jinin al'ada
- Samun 'yanci cikin sauki da kwarin gwiwa wajen kula da al'adarsu ba tare da Wani bambanci ko wariya ba.
- Kasancewa a cikin wurin alummar dasuka fahimci maye jinin alada suke kuma tallafawa

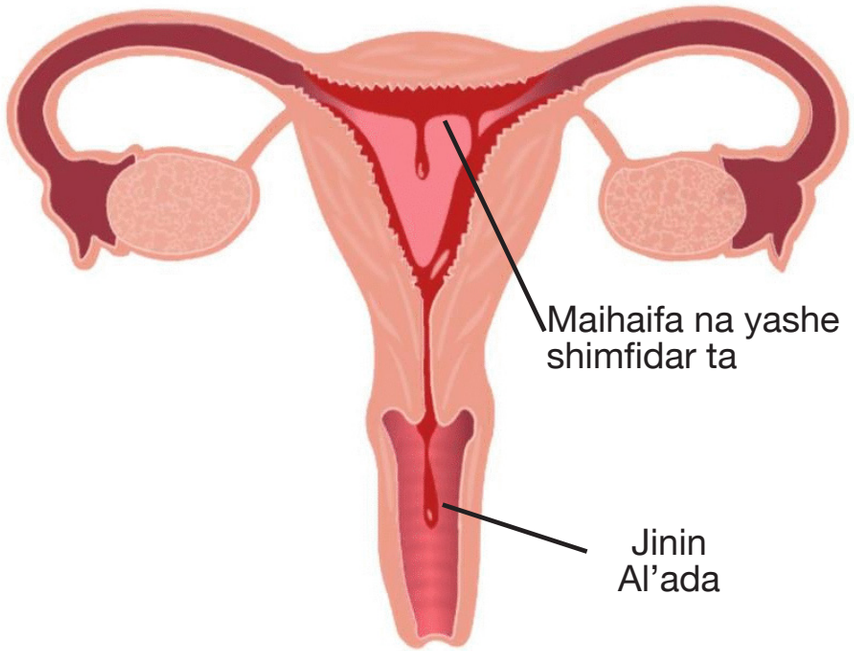


Muhimman Sakonni:

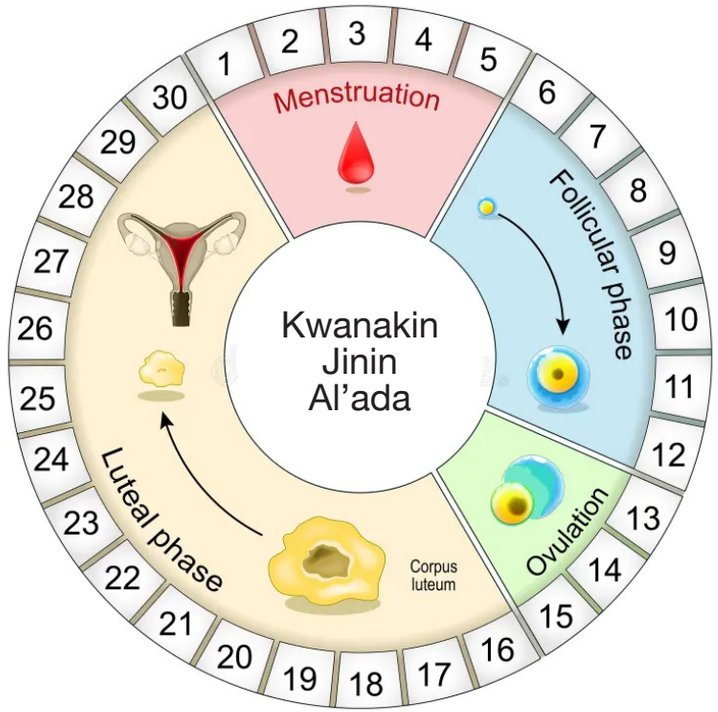
Ya kamata a kula da jinin al'ada ba tare da jin kunya ba cikin girma da mutunci!
A tallafa a kuma inganta lafiya yayin jinin al'ada

Abin Da Ya Kamata Na Sani Dangane Da Jinin Al'ada

Matakan Jinin Al'ada



Kewayen Jinin Al'ada

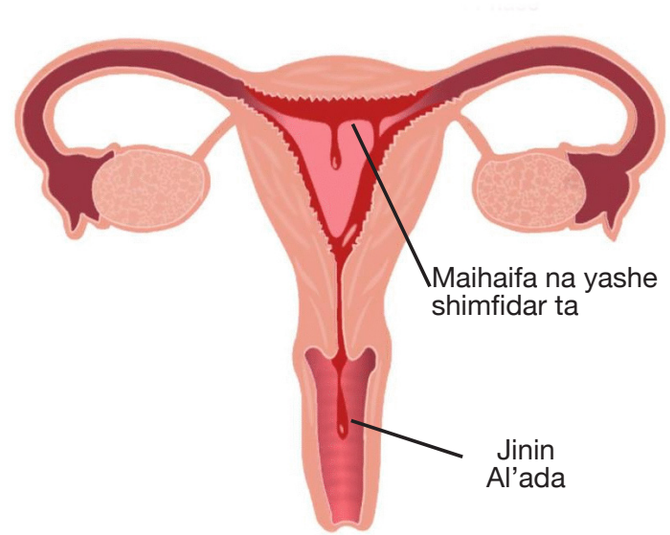


Abin Da Ya Kamata Na Sani Dangane Da Jinin Al'ada

Mene ne jinin al'ada?

- **Jinin al'ada ana kiran sa da "jinin haila" ko "bakon wata".**
- **Jinin al'ada tsari ne na halitta da yake fitowa daga mahaifar yara mata da manyan mata a lokacin balaga.**
- **Fitar da jinin al'ada ne da kwan da ba'a kyankyashe shi ba ta gaban farjin mace.**
- **Yana afkuwa tun daga balaga har zuwa lokacin daina haila saboda canje-canjen kwayoyin halittar jiki.**
- **Yara mata da manyan mata suna jinin al'ada na tsawon kwanaki 2 – 7.**
- **Kewayen jinin haila yana tsakanin kwanaki 21 – 35.**
- **Da wadanne sunaye kuma ake kiran jinin al'ada a cikin al'ummarku.**

Matakin Jinin Al'ada (Kwana 1 – 5)



Muhimman Sakonni:

Jinin al'ada abu ne na halitta a lafiyance. Kowacce yarinya mace ko babbar mace tana yin sa daban.
Ba rashin lafiya ba ne sai dai cewa wani muhimmin tsarin rayuwa ne da yake faruwa a sakamakon canje-canjen qwayoyin halitta.

Labari- Farkon Jinin Al'adar Fatima



Labari- Jinin Al'adar Fatima Na Farko

Carar wani zakara ne daga nesa ya farkar da Fatima 'yar shekara goma sha biyu a razane. Ta san cewa ta riga ta makara zuwa makaranta. Cikin hanzari sai ta jefar da dan bargonta ta nade kafafuwanta daga tabarmar. Amma sai ta ji alamar wani bakon abu – shi ne wani abu mai danshi. Sai ta firgita. Ko dai na yi fitsarin kwance ne? ta shiga cikin tunani, alhalin zuciyarta na bugawa da sauri.

Sai ta sunkuya ta tabo danshin jikin kayan barcinta ta sansana a hancinta da zimmar ko za ta ji zarnin fitsari kamar yadda aka saba. Amma sai ta ji warin na daban ne, yana da bambanci. Nan da nan sai ta dauko fitilar a-ci-bal-bal da ke gefen gadonta ta matso da ita kusa ta haska kawai sai ta ga jini. Sai tsoro ya kama ta saboda ta tuna rade-radin da ta ji a bakin wasu 'yan mata da suka girme ta a kasuwa. Suna tattaunawa ne akan yadda jijin al'ada yake zuwa ba zato ba tsammani. Wasu sun ce alamar rashin lafiya ne; wasu kuma sun ce yana nufin yanzu ne suka cika mata, sai dai amma babu wadda ta ce me za ki yi idan hakan ta faru.

Tana tsaka da wannan tunanin, sai aka katse ta da wata kwankwasa kofa mai karfi. "Fatima! Fatima!" ta ji muryar mahaifiyarta ce ke kira cikin gaggawa. Yayin da kofar ta bude, sai Fatima ta yi hanzarin nade mayafin shimfidarta don ta rufe alamar gurbin jinin, saboda jin kunya. Da mahaifiyarta ta shigo ciki ta fahimci yanayin Fatima na damuwa. Ba tare da ta ce komai ba, sai ta matsa kusa ta





warware shimfidar. Sai mahaifiyar tata ta ce, "Wato, abin ya zo". Sai kunya ta kama Fatima. Kafin ta furta wata kalma, sai mahaifinta ya ta shigo cikin dakin.

"Me yake faruwa a nan?" ya tambaya, idanuwansa yana kai-kawo tsakanin matarsa da 'yarsa. Sai mahaifiyar Fatima ta juyo gare shi. "'Yarmu ta fara jinin al'adarta". Mahaifinta ya kasa magana na dan lokaci. Daga nan sai ya gyada kansa y ace, "Da kyau, lokacin aure ya yi". Sai cikin Fatima ya karta. Aure kuma? Sai hawaye ya fara zubowa daga idanuwanta tana kada kanta. "A'a, ba na son yin aure!" ta fada da karfi. Sai mahaifinta ya rabu da ita ya fita daga dakin. Sai mahaifiyar Fatima ta yi ajiyar zuciya. Sai ta dauko wani tsohon tsumma ta mika wa Fatima. Sai ta ce, "ki yi amfani da wannan". Sannan sai ta yi sauri ta tafi wajen mijinta.



Tattaunawa

Wadanne rashin fahimta da munanan dabi'u wannan labari ya kunsa?
Mene ne tasirin hukuncin mahaifin Fatima a kan makomar iliminta da rayuwarta?
Yaya 'yan mata a yankinku suke fuskantar ire-iren wadannan kalubale?
Ta yaya za a iya tallafa musu?
Me ya dace mahaifiyar Fatima ta yi kuma me mahaifa mata za su iya yi a irin wadannan yanayin?

Bayyana yanda ake amfani da ingantattun abubuwan tarar jinin al'ada

Hikayoyin Jinin Al'ada



Hikayoyin Jinin Al'ada

Wadanne hikayoyi da rashin famta ne ko kuma dabi'u na jinin al'ada kuka ji ko kuma suke gama-gari a cikin al'ummarku?

Mai ya taba faruwa da kai a irin hikayoyin nan kuma me kai yi?

- **Bayyana matsaloli, shinge da madakata a wannan al'amarin.**
- **Fayyace wannan mas'alar ta hanyar kara tabbatarwa.**
- **Ka tausasa damuwarsu tare da nuna girmama.**
- **Ka yi nazari tare da bayanin tasirin hikayoyi da rashin fahimta ko kuma dabi'un jinin al'ada**

Ka tattauna tasirin hikayoyin da aka gano ko kuma dabi'un jinin al'ada a kan mata da dangi da kuma al;umma.

Ka yi karin haske a kan gudunmawar daidaikun mutane da dangi da kuma al'ummatai wajen magance wadannan hikayoyi da gurbatattun fahimta.



Muhimman Sakonni:

Kula da lafiyar masu jinin al'ada nauyi ne a kan dukkannin al'umma.

Nazari A Kan Matsalar: Kyamata da wariya saboda jini al'ada





Nazari A Kan Matsalar: Kyamata da wariya saboda jinin al'ada

A wani gida akwai mata miji da yayansu.Mijin ya fito daga kabila da ban da ta matarsa. A lokacin aladarta matar bisa kuskure sai matar ta bata abin shimfidarsu. Maigidan da yake daban da yaren (harshen) matar . A lokacin jinin al'adarta sai matar ta jike zanan gadon nata da suke amfani da mijinta. Sai mijin ya kore ta daga gadon sannan ya umarce ta ta kwana a kasa guje mata . Sannan kuma ya ki cin abincin da ta girka yana nuna cewa ita kazama ce kuma ba zai iya ciyar da ita abinci ba . Sai matar ta ji ita wulakanticciya ce da wannan abin da mijin ya yi mata.

Tattaunawa

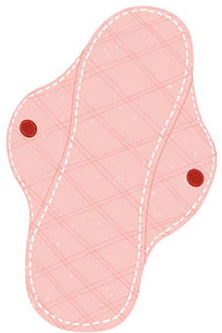
- Mene ne gurbatacciyayyar al'ada da kuma halayyar rashin girmamawa a wannan matsalar ?
- Wanne tasiri wannan dabi'a take da shi ga mata a lafiyarsu da bacin rai ?
- Mai ya kamata matar da mijin suyi?
- Yaya a matsayinmu na al'umma da shugabannin alumma za mu bunkasa kyakkyawar dabi'a ga masu jinin al'ada da kuma magance matsalolin tozar tasu ?

Kammalawa

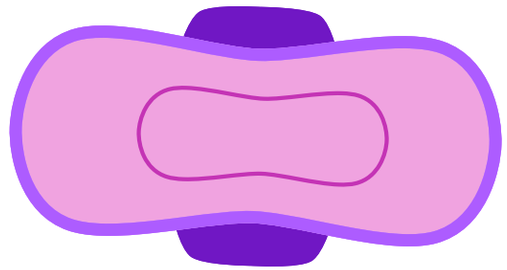
Wannan bincike ya nuna bukatar gaggawa wajen magance matsalar tozarta masu jinin al'ada da bunkasa dabi'u na rashin wariya game da masu jinin al'ada . Shuwagabanni gargajiya su na da mahimmiyar rawa da za su taka wajen tsabtace al'adun gargajiya da kuma bunkasa canje-canje a cikin al'umma . Fito da bayaniakan jinin al'ada zai samar da wata al'umma da za ta girmama lafiyar al'aurar 'yanmata da manyan mata ta hanyar mutuntawa.

Yadda Ake Kula Da Jinin Al'ada

Kunzugun dan wanki



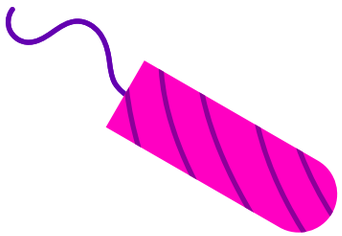
Kunzugun da ake jefarwa bayan an yi amfani da shi



Abin da ke tsotse jinin al'ada



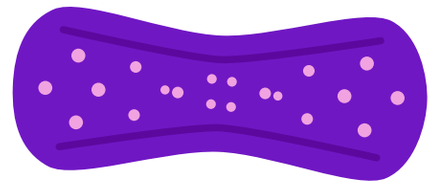
Audugar Al'ada



Dan banten Al'ada



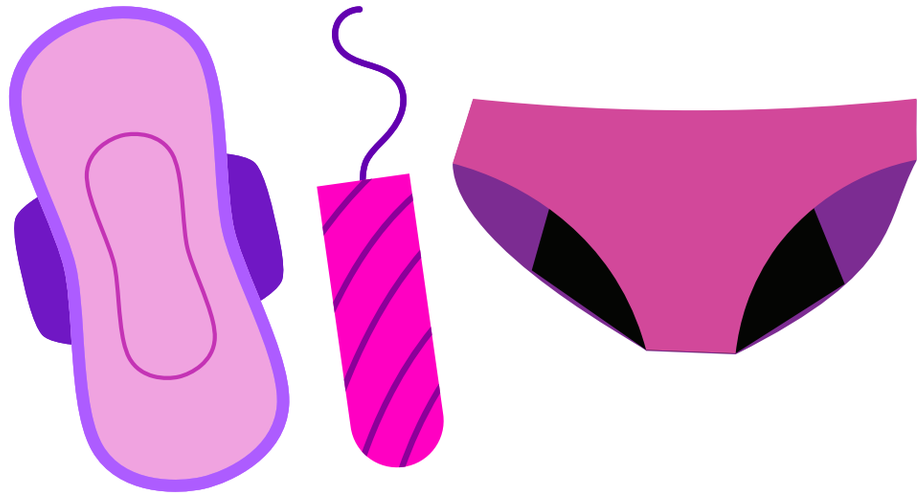
Kunzugu



Ingantattun abubuwan da za a yi amfani da su lokacin jinin al'ada.

Yadda ake Kula da Jinin Al'ada

- Yana da mahimmanci ki kula da jinin al'adarki ta hanyar amfani da kayan da tsarin nlafiya ya amince kuma a tabbatar da cewa hankali ya nutsu da lafiyarsu
- Akwai hadari sosai wajen amfani lalatattun kayan sawa na jinin al'da.
- A yi amfani da tsabtatattun kayan sawa na jinin al'ada.
- A wanke hannu da ruwa da sabulu.
- A dinga yawaita canja kayan da aka yi amfani da su wajen jinin al'ada a kalla sau hudu a rana musanman kwanakin da jinin ke zuba sosai .
- A jefar da kayan da aka yi amfani da su yadda ya kamata (a bi umarnin da kamfanin kayan ya bayar).



Muhimman Sakonni :

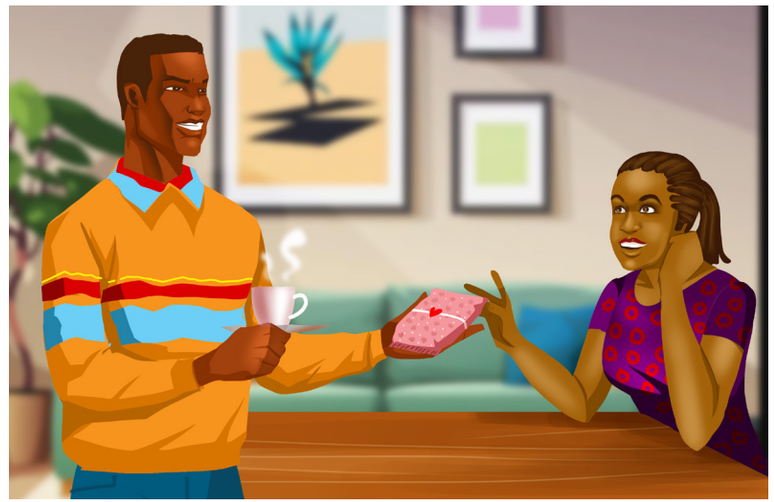
Kayan sanyawa na jinin al'ada suna da inganci kuma sun dace da amfani lokacin jinin al'ada . Suna temaka wa 'yanmata su zama cikin koshin lafiya . Za a samu ingantattun kayan sawa na jinin al'ada a unguwanninku.
A tura mata zuwa ga MH Champion ko kuma masu saida kayan kula da jinin al'ada wanda suke da alaka da MH-NoW

A shigo da magidanta da matasa maza wajen tattauna Lafiyar Masu Jinin Al'ada



A shigo da magidanta da matasa maza wajen tattauna Lafiyar Masu Jinin Al'ada

- Bayyana abin da kake gani a wadannan hotunan.
- Mene ne ra'ayinka a kan shigar da matasa da magidanta maza a tattaunawa dangane da jinin al'ada?
- Shin yara maza da manya suna fuskantar kalubale wurin tattauna wannan masalan. Idan ea ne mai ya sa? Ta yaya zasu magance masalar?
- Yi bayani a takaice a kan shigar da matasa da magidanta maza a tattaunawa dangane da jinin al'ada.
- Ta yaya yara maza da manya za su iya bayar da gudunmawa wajen habaka tsafta da lafiyar masu jinin al'ada?
- Zayyano gudunmawarsu da alfanunta ga rayuwa da lafiyar yara mata da manyan mata.
- Ka karfafi tallafawa yara mata da manyan mata su inganta lafiyarsu kuma da samun kimantawa a cikin al'umma.



Muhimman Sakonni:

Ya ku iyaye maza da 'yan'uwa maza da abokan hulda maza ku tallafi yaranku mata da abokan huldarku mata masu jinin al'ada ta hanyar ba su nutsuwa da gudunmawa.
Mazan kwarai da yaran kirki suna tallafa wa yara mata da manyan mata a lokacin da suke jinin al'ada.
Hakan na habaka ingantacciyar alaka a tsakaninku da yara mata da manyan mata.

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