



Reproductive Health

A. What is Reproductive Health?

Reproductive health means taking care of your body as it goes through changes during adolescence. It includes staying healthy, making good decisions, and understanding your body.

i. Nutrition in Adolescence

Your body is growing fast, so you need a balanced diet with:

Proteins: for body building

Carbohydrates: for energy

Fats: for stored energy

Vitamins & Minerals: for protection and strong bones

Iron: for making haemoglobin (carries oxygen in blood)

Healthy Foods: Milk, dal, rice, green leafy vegetables, fruits, jaggery, meat, amla

ii. Physical Exercise

Play outdoors, walk, cycle or do yoga.

Exercise keeps your body strong and mind fresh.

iii. Personal Hygiene

Take a daily bath, wash your body well.

During menstrual cycle, girls must take extra care of cleanliness.

Prevent body odor and infections by keeping clean.

iv. Say 'NO' to Drugs

Drugs are harmful and addictive.


Even if someone offers you, never try them.

They can damage your brain, body, and future.

Sharing needles or unsafe behavior may lead to diseases like AIDS, caused by the HIV virus.

v. Adolescent Pregnancy – A Big No!

Legal marriage age:



Girls: 18 years

Boys: 21 years

B. Why wait?

Teenage girls are not physically or mentally ready for motherhood.

Early pregnancy can cause health problems for both mother and baby.

It also affects a girl's education, job opportunities, and emotional well-being.

C. Fun Fact:

- A girl is born with 1-2 million eggs in her body but only 500 eggs mature in her lifetime!
 - Boys produce 1,500 sperm every second – that's over 500 billion in a lifetime!
 - Nature gives us plenty of chances when it comes to reproduction!
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