

## Dear Auntie Stella

I am a girl aged 15 years old. I started my periods when I was 13 years old. Now my problem is that I haven't had my periods for the last four months. I am a virgin and have never had a boyfriend. Is there something wrong with me? My friends say that I am infertile. Is this true? Please help because I'm scared that maybe I can't have children.

**Pauline**



## TALKING POINTS

- Do most girls you know have regular periods (once a month) or irregular ones?

**GIRLS:** Tell your group about yours.

**BOYS:** Share what you know.

Discuss the reasons why some girls have irregular periods like Pauline.

- Do you think it is likely that missing periods means that Pauline is infertile?
- What other beliefs about boys, girls, sex, pregnancy or similar topics do you know about in your community? Make a list. For example, if you have periods every two weeks, you'll have twins or if a boy has hair on his face, it means he has had sex.

Which ones do you agree with, and which are myths (ideas many people believe, but they aren't true)?