



HIV/AIDS PREVENTION: Understanding the Menstrual Cycle

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Learn About African Action on AIDS (AAA)

AAA is a tax exempt non-profit organization registered in the USA and operating under section 501(c) 3 of the IRS code. It is also registered in Cameroon (auth. No00174/A/MINAT/DAP/SDLP/SAC). It has special consultative status with the United Nations ECOSOC and the UN Department of Information.

AAA's work is based on 3 programmes:

"JUST KNOW" Campaign emphasizes:

- Knowledge of one's body
- Knowledge that leads to behavior change
- Knowledge that helps to visualize a future without AIDS

"Health before Wealth" Concept promotes:

- Testing for HIV
- Clean hands (hand washing stations)
- Clean water (drinking stations)
- Dignified toilets
- Fighting against Malaria (treated mosquito bed nets)
- Vaccination
- Anti worms medicin

"Women's economic autonomy" through our Scholarship Programme.

This scholarship enables each teenage orphan girl to complete at least a secondary, general or technical education that will lead to financial and economic autonomy, greatly reducing the risk of being infected with HIV through sexual abuse and violence.

Menstruation and menstrual practices are still clouded by taboos and socio-cultural restrictions resulting in adolescent girls remaining ignorant of the scientific facts and hygienic health practices, which sometimes result into adverse health outcomes. That is why AAA decided to launch a huge campaign that covers more than 2000 students. Early intervention with Youth is key. If we begin talking to Youth about **Family Planning** – using a modern tool like **Calculator 28**, it will help mostly girls not to drop out of school because of early and undesired pregnancies. For more information on this campaign in English and French, please visit <https://www.facebook.com/africanactiononids>

WHY AFRICAN ACTION ON AIDS HAS ADOPTED THE CALCULATOR 28 RELATIVE TO THE CALCULATION OF THE MENSTRUAL CYCLE OF THE WOMAN AND THE YOUNG GIRL:

- 1- Because all the AAA's activities are based on KNOWLEDGE "MA YEM – MA BO", or "I know and I DO"
 - KNOWLEDGE which allows to understand the function of one's body;
 - KNOWLEDGE which allows each individual to make choices based on the mastering of important variants that make him (her) stay in good health;
 - KNOWLEDGE which removes us from the perpetual Victim state and the one of object of Pity;
- 2- Because AAA encourages the young girl and the woman to take time and responsibility to observe each, her menstrual cycle and understand it (be it regular or irregular). For the calculator functions only when given right information. Now, who give such information besides ourselves?
- 3- Because to master one's menstrual cycle means to choose a way of life which is organized and calm, stripped off doubts, worries and perpetual fears. A life far from early and undesired pregnancies and dangerous abortions. The possibility to consult a Medical Doctor in case of doubt.



Oyebog Akwi Hortensia : Biochemistry Student under AAA/ Batonga Scholarship since 2007. She initiated this process after a Community Study that allowed her to find that out of 60 girls, 42 were not aware of menstruation prior to attainment of menarche.

Ruth Bamela Engo, AAA Président

21st CENTURY DONORS CONCEPT:
It allows ANYONE to DONATE and be PART OF THE SOLUTION at minimum of 10 francs CFA per day for 365 days - 8 US \$/ Year. See pictures of donors below!



Nyetam Jacques, Multi – technician – electricity etc...



Beh Beh Arnaud
AAA Web master

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