

From Teen Girl to Teacher: Najaahat's Journey

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When Najaahat was 16 years old in Junior High School (JHS 3), she faced challenges that are all too common for girls growing up in rural Ghana. Living in Bedabour, a farming community in the Ashanti Region, Najaahat and her classmates had little to no knowledge about menstrual hygiene.

“We didn’t even know how to keep ourselves neat and clean during that time of the month,” Najaahat recalls. “Sometimes we felt ashamed or had to stay away from school because of it.”

In 2016, everything began to change. Self-Help International introduced the Teen Girls Club in her school, and for Najaahat, it was the beginning of a brighter future.

“The club taught us everything we needed to know about menstrual hygiene. They gave us sanitary pads, showed us how to keep ourselves clean, and taught us to feel confident as young girls during that time of the month,” she said.

The lessons went beyond hygiene. Najaahat and her friends learned the importance of respect—not just for parents, but for all elders in the community. They were also given storybooks and reading materials during meetings, which helped Najaahat improve her literacy and gain confidence as she prepared for her final JHS exams.

After graduating, Najaahat moved on to Senior High School (SHS). **Many rural girls drop out at this stage due to financial challenges, but Najaahat’s story was different—because Self-Help International was still walking beside her.**

"They supported me with everything I needed—from my school prospectus items to money for upkeep." Najaahat shared. "Even when I failed one of my papers, they supported me to rewrite it so I could continue."

That support carried Najaahat all the way through teacher training college. Today, at 25 years old, she is a proud graduate and a teacher, currently completing her national service at New Asafo M/A Basic School, where she teaches KG2 pupils.



"I wouldn't know what would have happened to me if I hadn't joined the Teen Girls Club," Najaahat reflected. "Because of SHI's support, I am now a teacher. I want the younger girls in my community to have the same opportunities I had."

Najaahat's story is proof that when girls are empowered with knowledge, resources, and encouragement, they can transform not only their own lives but also inspire the next generation.