



# Be Smart, Be Safe, Be Healthy!

Your Guide to HPV & the HPV Vaccine



# Hello Future

You're growing up, and that's exciting! Your body is amazing, and learning how to keep it healthy is super important. This booklet will tell you about something called HPV and how a special vaccine can help protect you. It's all about being smart and safe!"

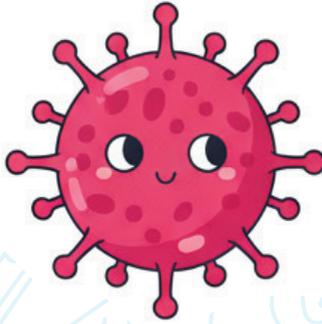


*This information is for you and your parents.*

# What is HPV?

HPV stands for Human Papillomavirus. It's a very common germ, almost like catching a cold, but it spreads in a different way - through skin-to-skin contact during intimate moments.

HPV Germ

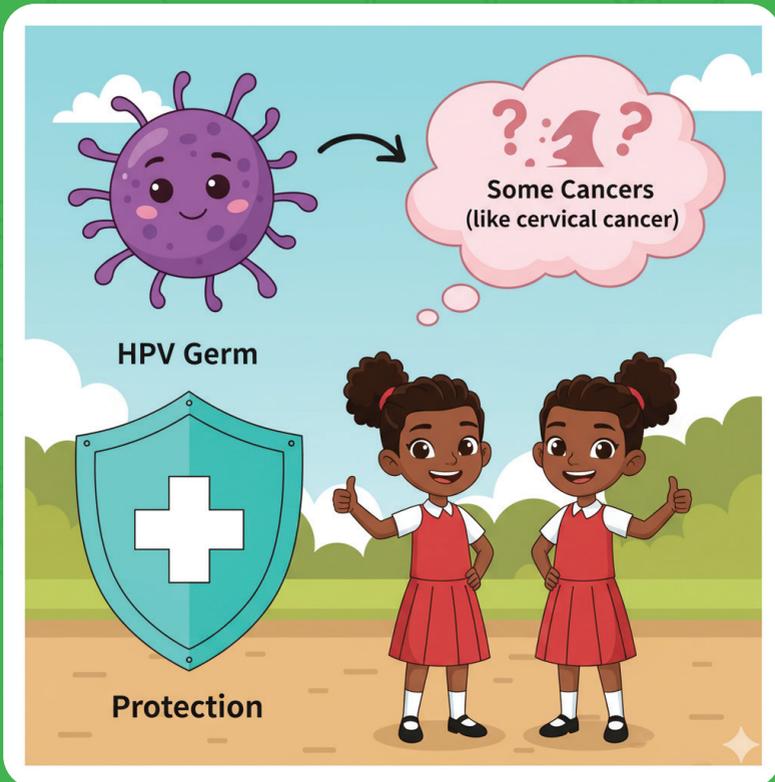


Many people get HPV at some point in their lives, often without even knowing it! HPV can cause problems later on.



# So What?

Even though your body usually gets rid of HPV, some types of HPV can cause serious health problems. These problems can include certain types of cancer, like cervical cancer, which affects women.



the good news is you can do something to protect yourself!

# Your Super Shield!

The HPV vaccine is like a superhero shield for your body! It teaches your body to fight HPV. Getting vaccinated before you're exposed to HPV means your shield is ready to go!"



## Fact Box

The HPV vaccine has been safely used for many years and has helped millions of young people around the world!

# When and How Do I Get the Vaccine?

**It's Easy!** The best time to get the HPV vaccine is when you are in grade 5. You can get vaccinated at your nearest clinic quick and easy!



Best when in Grade 5

A shot in your arm

Quick and easy

# Common Questions

It's Okay to Ask!

**Q: Does it hurt?**

Just a little pinch, like other shots. It's over super fast!

**Q: Is it safe?**

Yes! Scientists and doctors have studied the HPV vaccine a lot, and it's very safe and effective.

**Q: Will it change me?**

No, it just protects your health! It doesn't affect who you are or what you do.

**What questions do YOU have about the HPV vaccine?**

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# Talk to Your Parents

**Your Team: Parents, guardians, Teachers, Community Health Worker, Peers.**

Talking to your parents or guardians and your doctor about the HPV vaccine is a great idea. They can answer any other questions you have and help you decide when to get vaccinated. Remember, this vaccine is a powerful shield to protect your health and your future!

**What questions do YOU have about the HPV vaccine?**



# Get your shield today!



**I AM VACCINATED!  
I AM PROTECTED!**

*HPV Vaccine is Safe. Visit your nearest clinic today.*

# Stay Safe! Get Vaccinated! Against HPV!

Other Resources Available  
in the Toolkit Series for HPV

Pamphlets  
Flyers  
Guide for Boys  
Guide for Professionals  
Guide for Parents/Guardians  
Video Animation Series  
TV Series  
Radio Series  
Website

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for every child



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