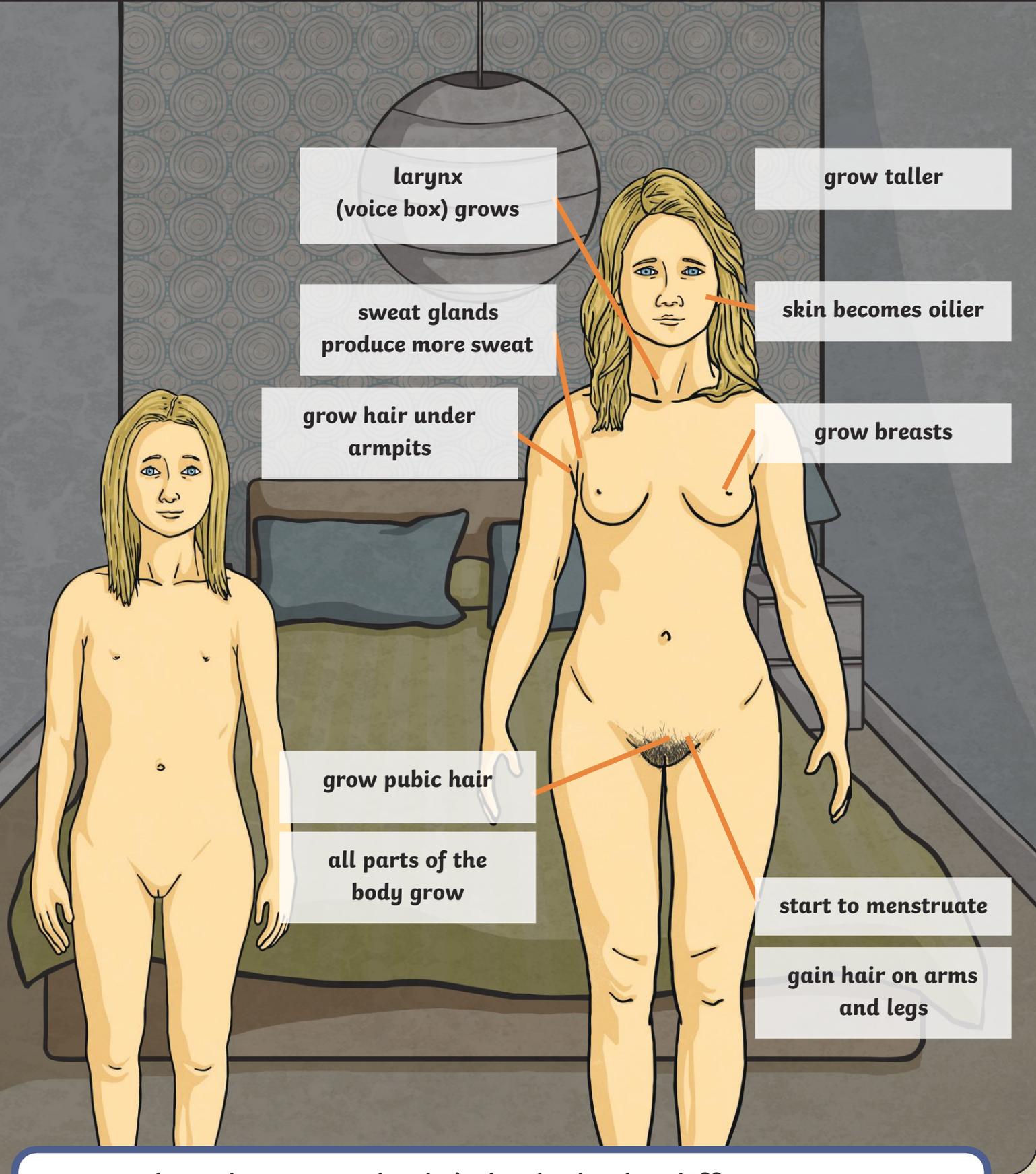
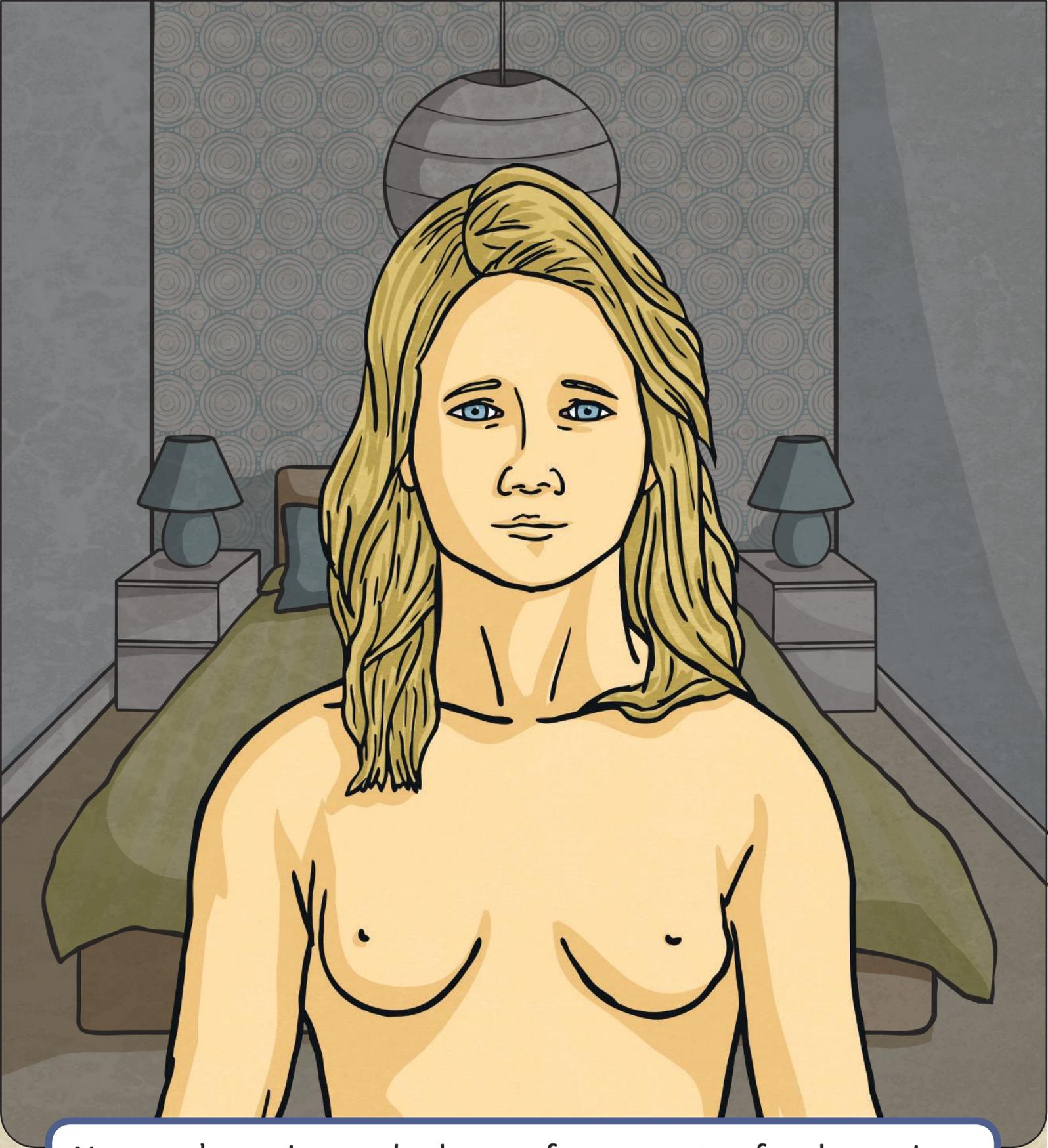


# Girls and Puberty



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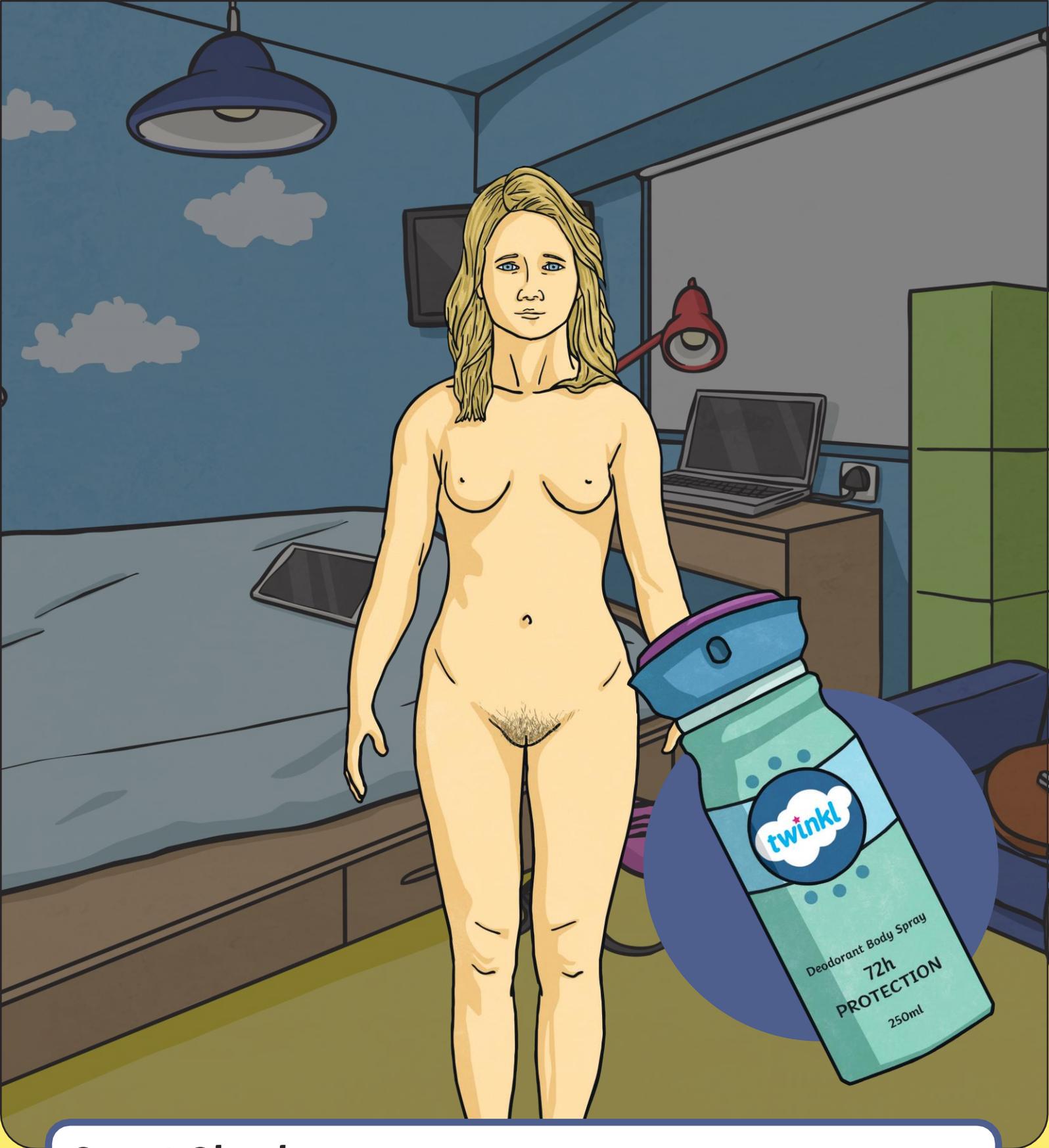


Now we're going to look at a few aspects of puberty in a little more detail. Everyone goes through puberty. Every adult has already experienced it and every young person will get there soon, and yet...

**...we still get embarrassed and don't like talking about it!**



There are lots of signs that a girl is growing up. Most girls start puberty between the ages of 8 and 14. It happens at different times for different girls. Your body will begin to change when it is ready.



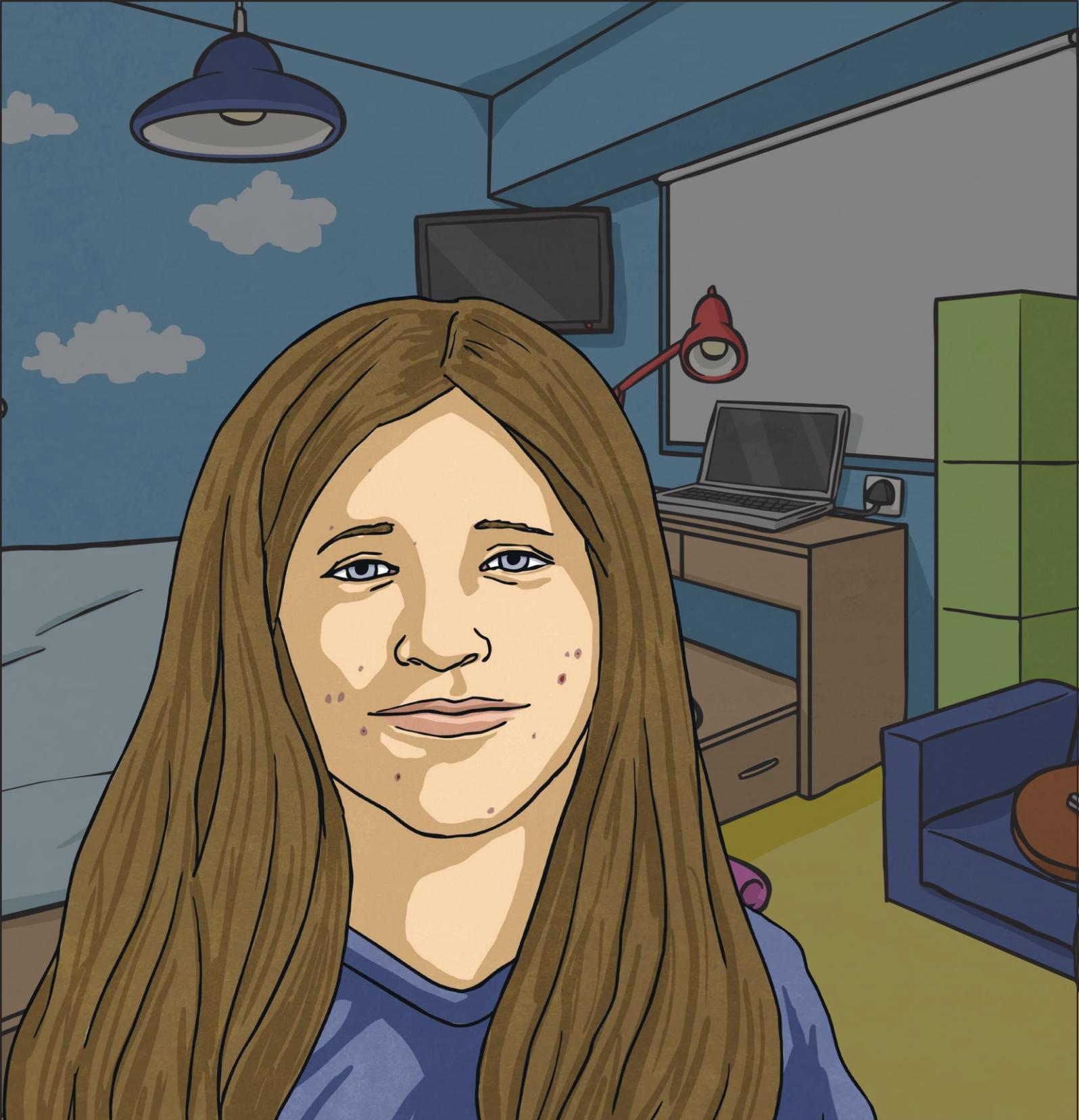
## Sweat Glands

Sweat glands become bigger and more active, causing you to sweat more. Personal hygiene (washing) is important and you may want to start using deodorant/antiperspirant when this happens.



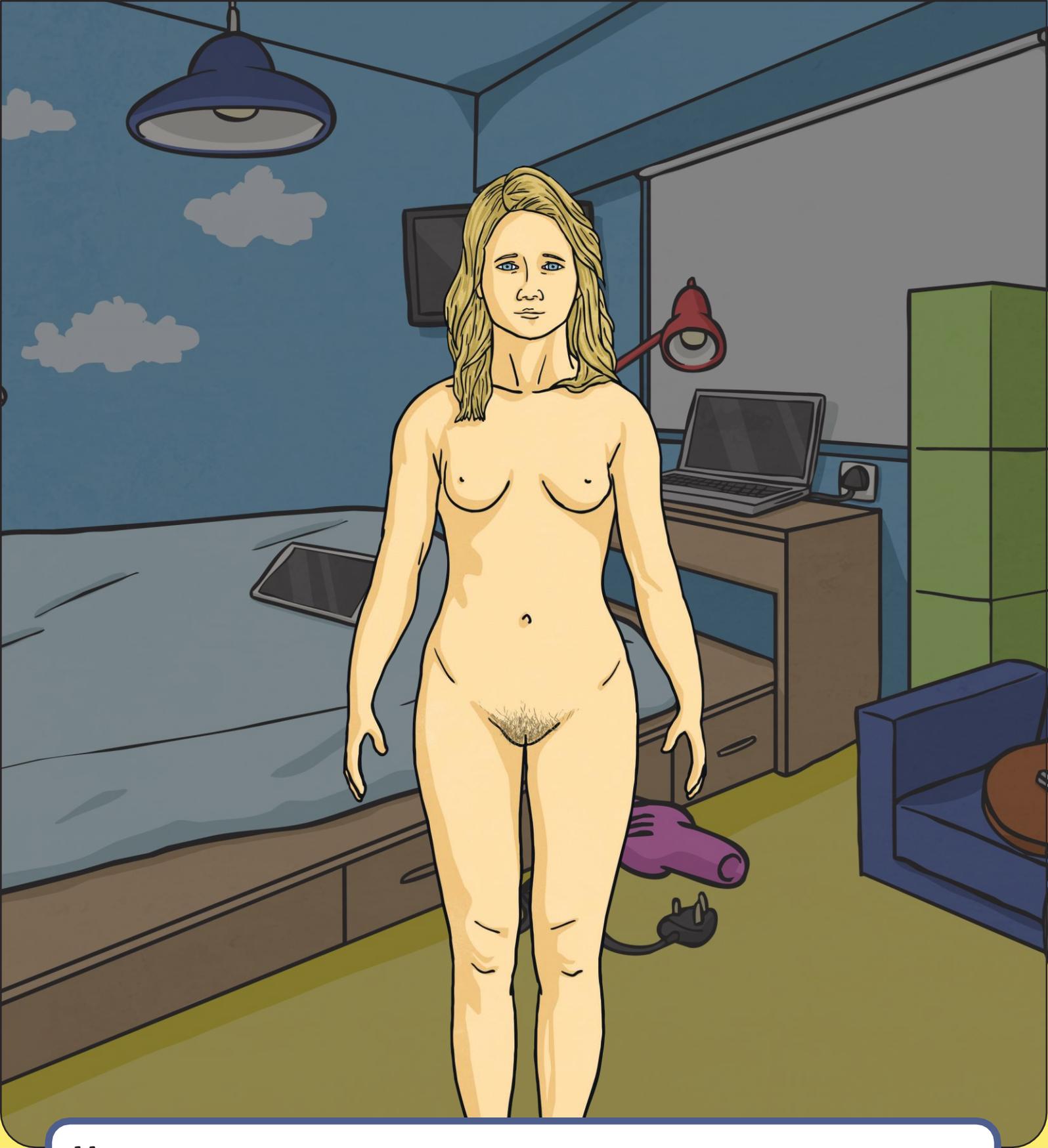
## **Hair**

Hair will begin to grow under your arms and in your pubic region. The texture of the hair on your head may also change a little due to hormones.



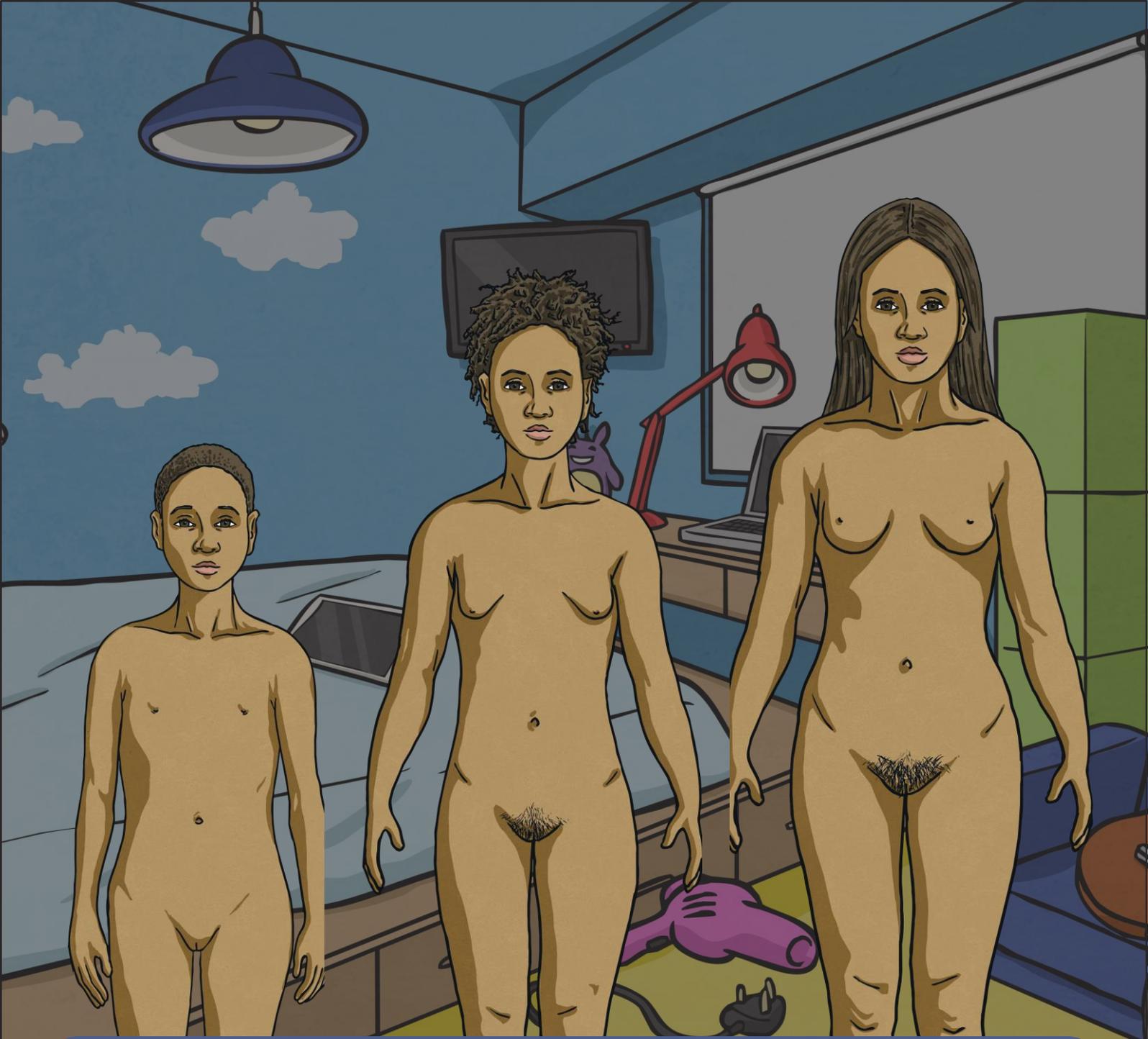
## Acne

During puberty, girls often get acne. Acne includes different types of spots - blackheads, whiteheads and pustules (pus-filled spots). For some girls, acne can really begin to affect their self-confidence so it is important to seek help if acne starts to get you down.



## Hormones

The hormones in your body that cause changes to occur during puberty may also affect your mood. You may have highs and lows and feel a bit more emotional, especially near the time of your period.



## Growing

During puberty, you will do lots of growing. Your breasts will start to get bigger and your hips will start to get wider. You may gain weight as your body shape changes. This is completely normal. You may have a growth spurt. Many girls will grow 5cm-7.5cm in one year. You find that some girls are growing taller than the boys. This is because boys' puberty begins a little later than girls' but most of them will catch you up later on.



## Menstruation

Otherwise known as 'periods', this monthly bleeding will start at some time during puberty and is part of your body's monthly cycle. The average is to have a period every 28 days which lasts 3-4 days, but they can be anywhere between 24 and 35 days apart and last 1-7 days. You may get period pains. This can feel like a tummy ache but lower down and, like tummy ache, there are different types of pain – sometimes it is just a dull ache and sometimes it can be cramps. Again this is different for different people.



## **Discharge**

Discharge is a fluid produced by your vagina.

It should be colourless or white and is your vagina's way of keeping clean and healthy. You may notice it before you start your periods, and also in between periods.



## Questions?

Remember...

puberty is not a secret! Every adult or older teenager has already experienced it. So, if there's anything you feel worried about, they will probably understand.



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