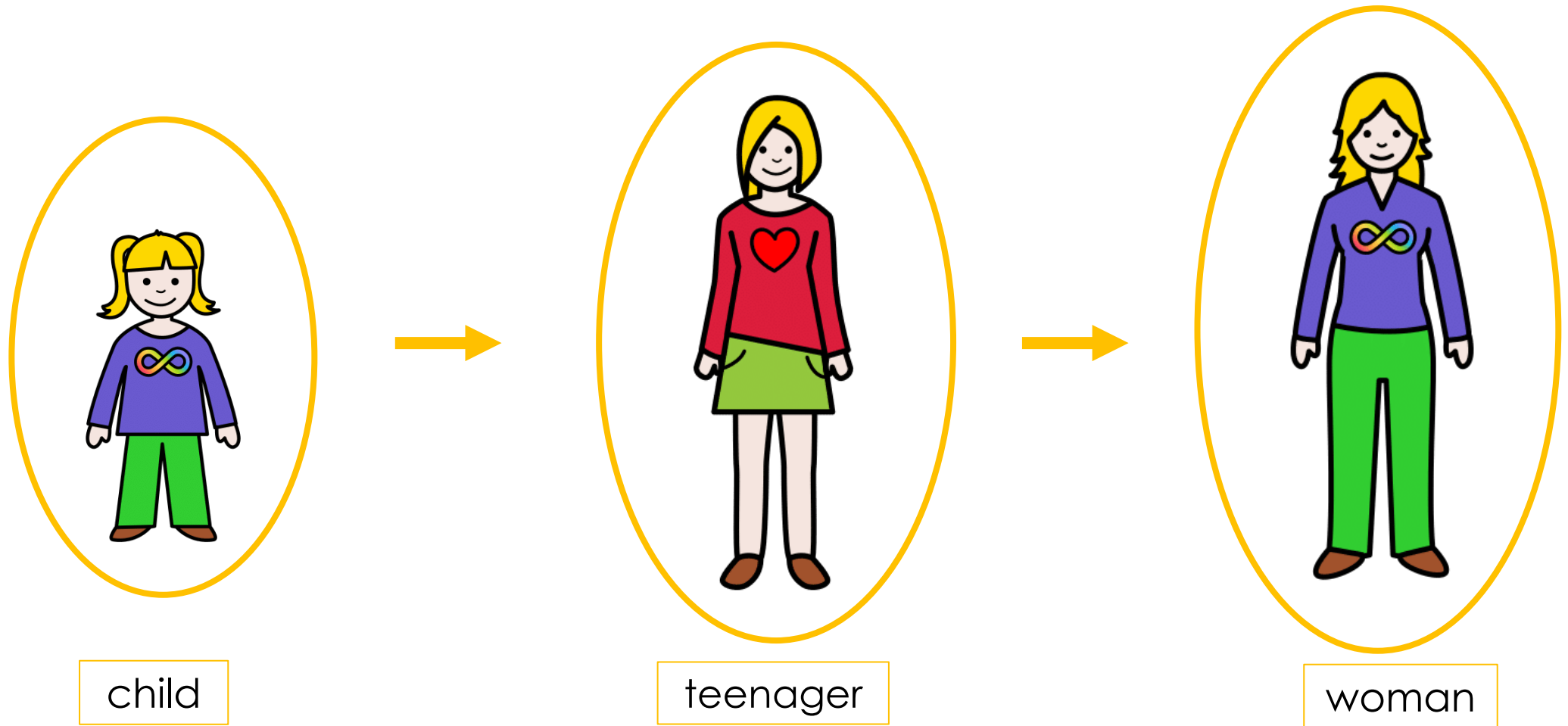
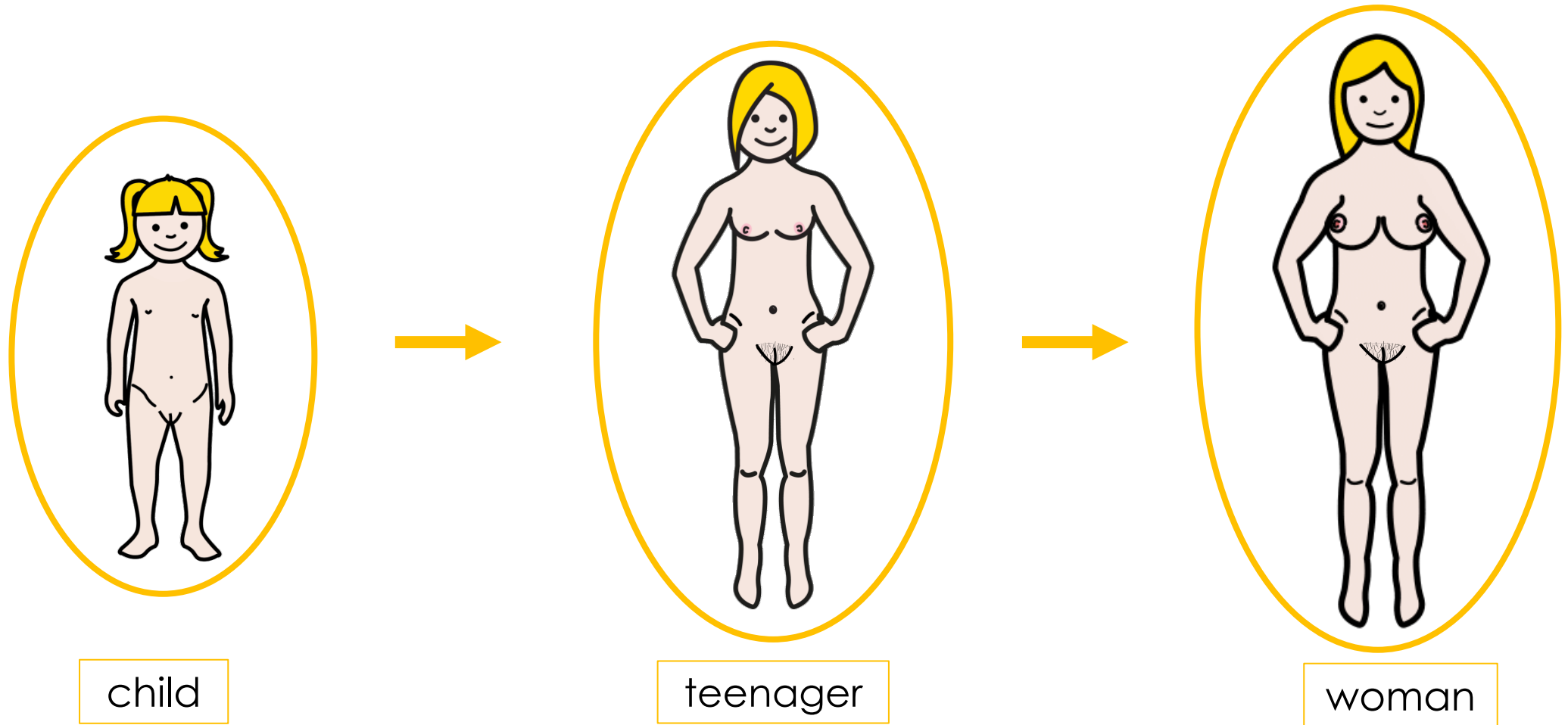


I am nearly a teenager; I am growing and my body is changing.



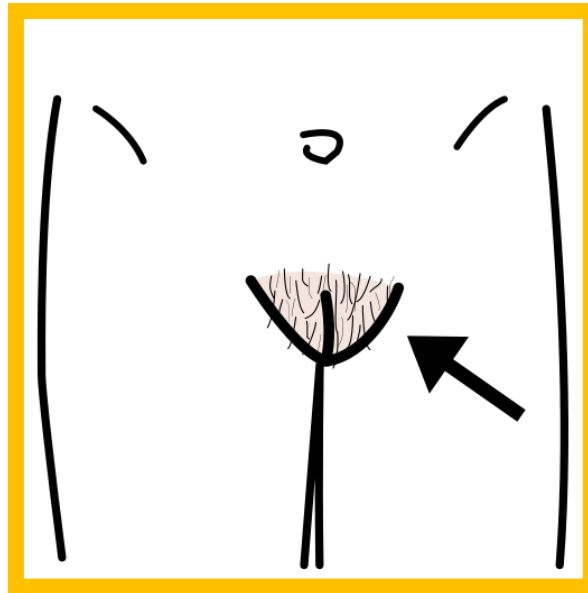
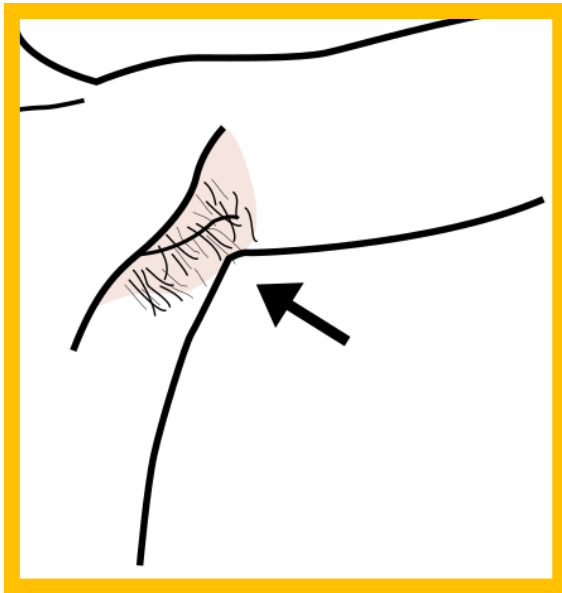
Puberty is the change from childhood to adulthood.
I can see and feel my body changing.
This happens little bit by little bit.
All of these changes are natural, and happen to all girls.

I am nearly a teenager; I am growing and my body is changing.



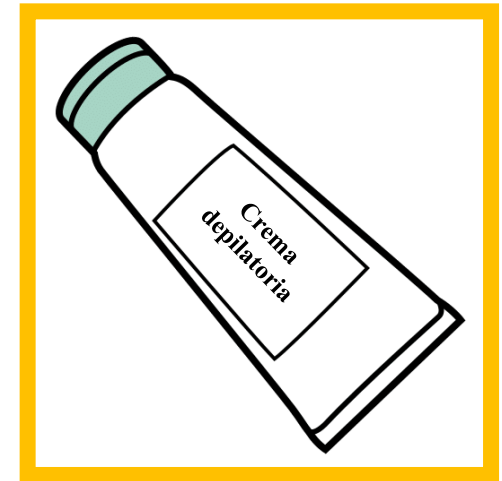
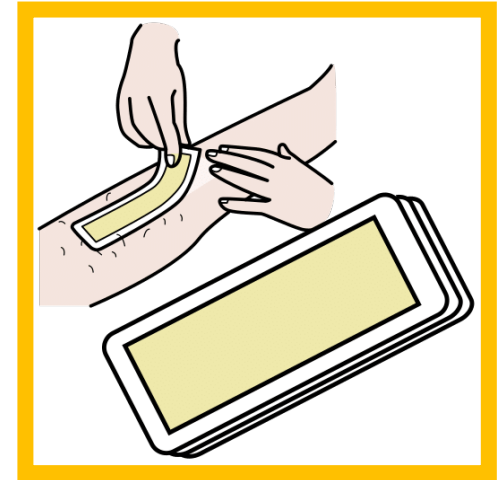
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I can see that...



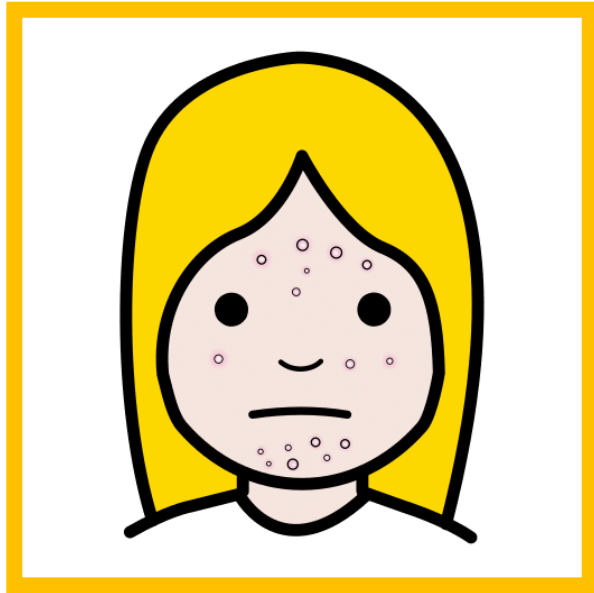
Little by little, hair is appearing in my armpits, on my vagina and on my legs.
The hair will stop growing by itself. I don't have to do anything.

I can...



If I don't like the hair and I feel embarrassed, I can get rid of it if I ask for help.
There are different ways to do this: a razor, a special cream, an electric razor or wax.

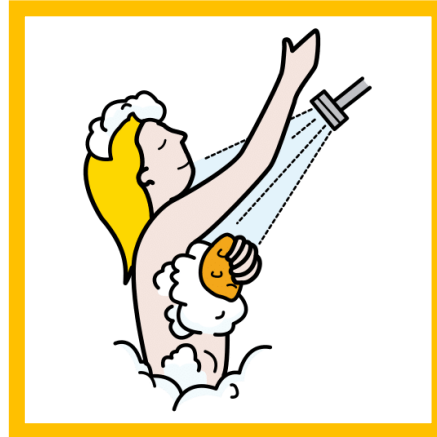
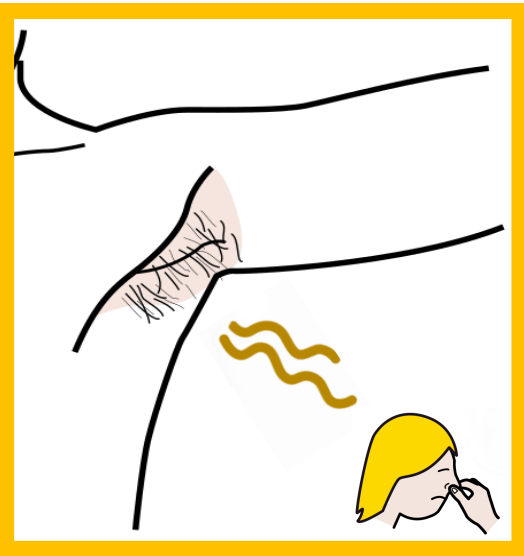
I can see that...



My skin is becoming greasier and pimples are appearing on my face.
These red pimples can hurt a little.
I have to wash my face more often.

I can also use a special cream or lotion to help the pain. (I need to ask for help from my parents, an adult I trust, the chemist or a doctor.)

I notice that...



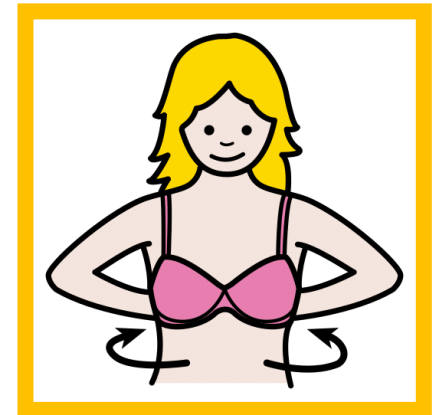
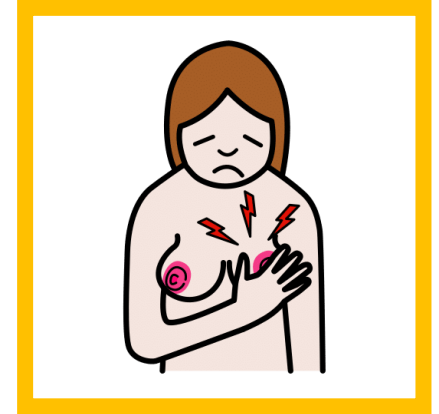
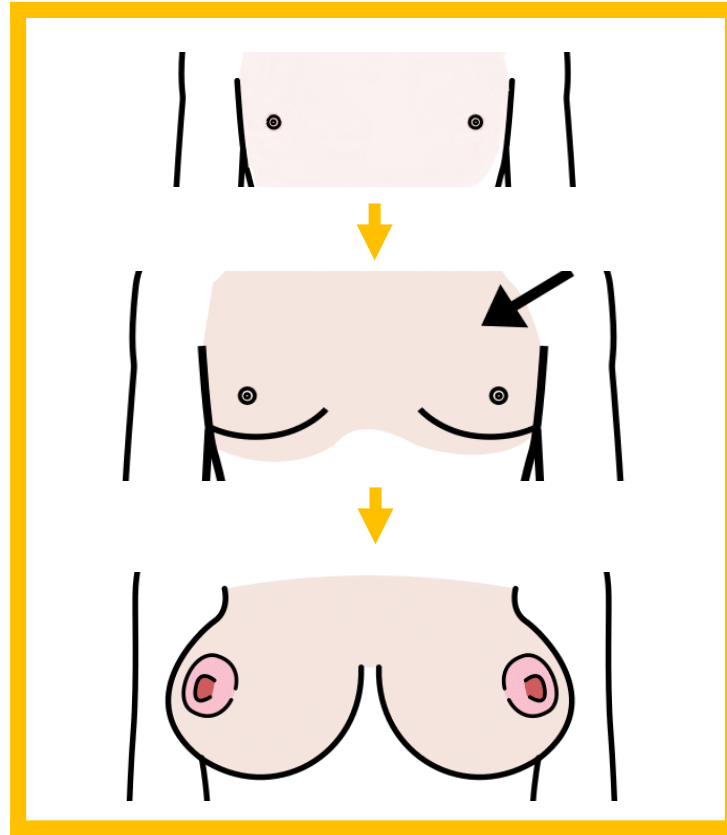
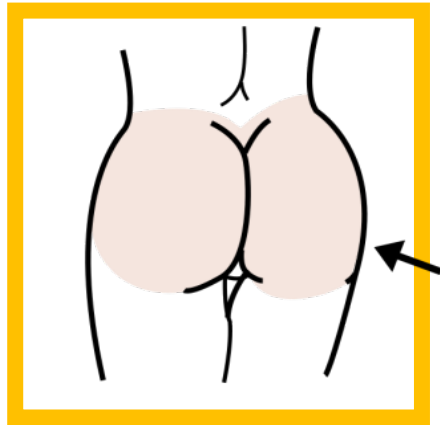
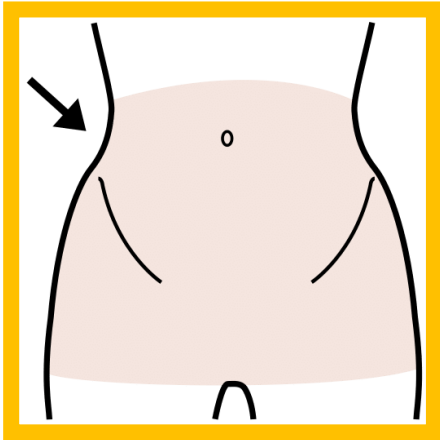
The smell of my body is changing and becoming stronger.
I sweat more. Sometimes I don't smell very good.
My hair might become more greasy.

This is why it is important to have good bodily hygiene:

- Shower **every** day (wash once a day or more if you do a physical activity)
- Wash my hair more often
- Use a deodorant etc

It is also **very** important to change my clothes every day.

I can see that...

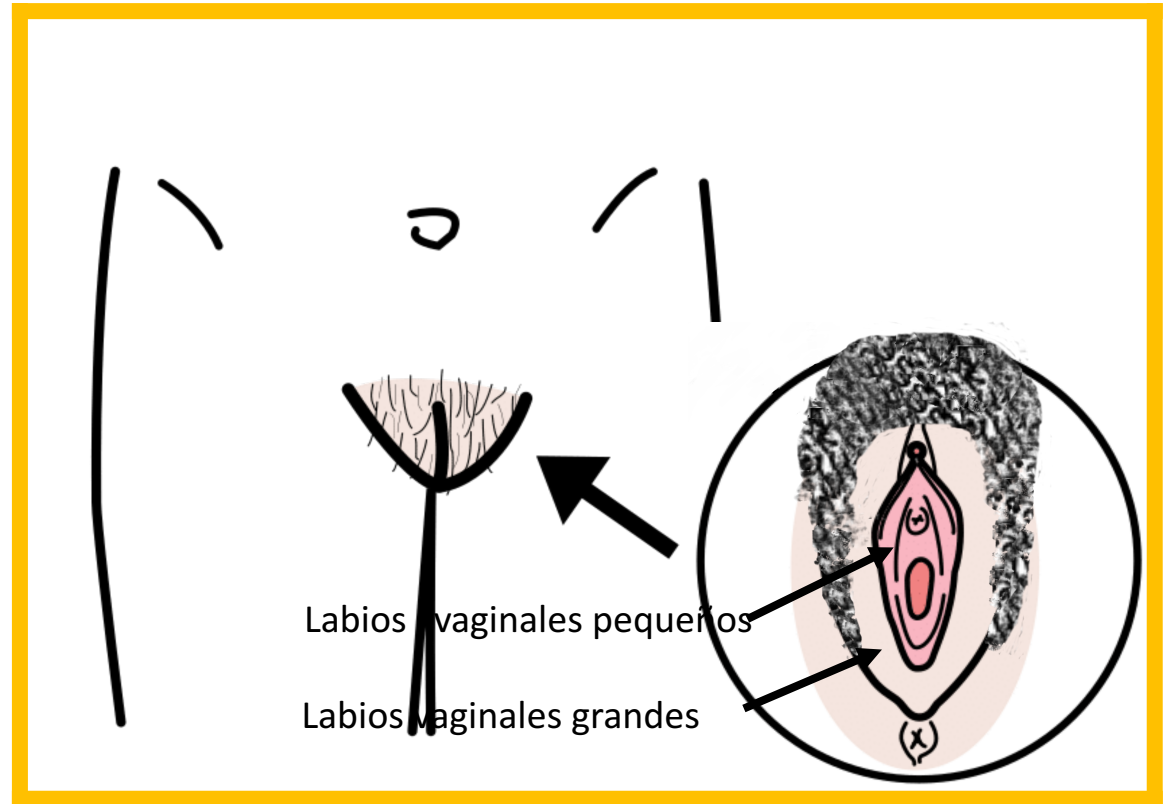
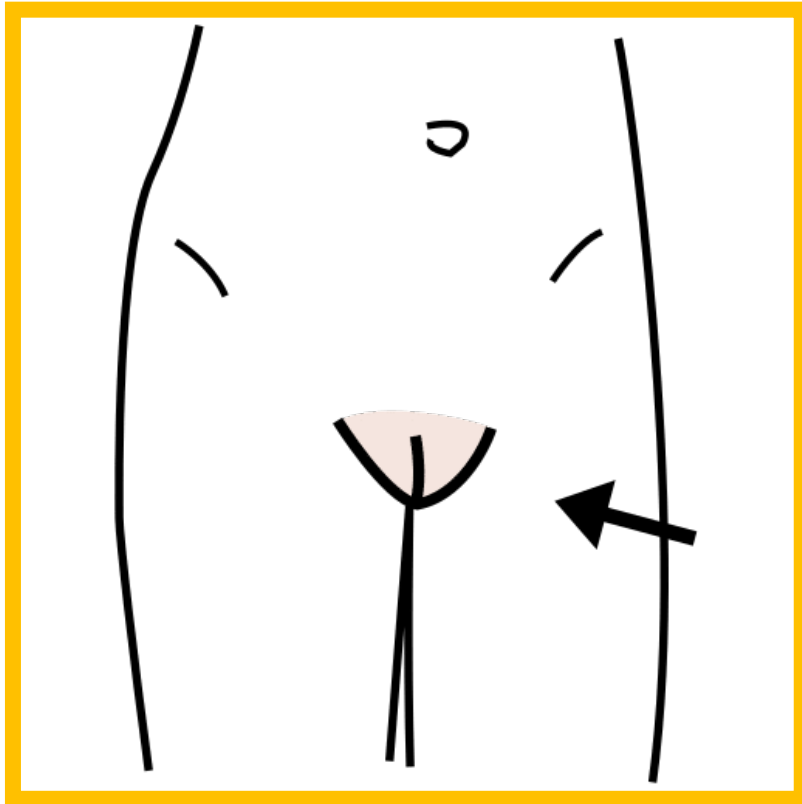


My hips are getting wider. My chest is growing bit by bit. When my chest begins to grow, they become more sensitive. It might bother me if I bend over or touch them.

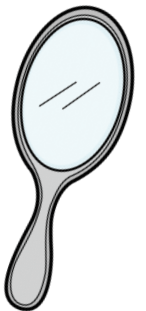
When I am an adult, my breasts might be smaller or larger, and everyone's have a slightly different shape. I can wear a bra to be more comfortable.

All of these changes happen gradually. It is normal. It happens to all girls.

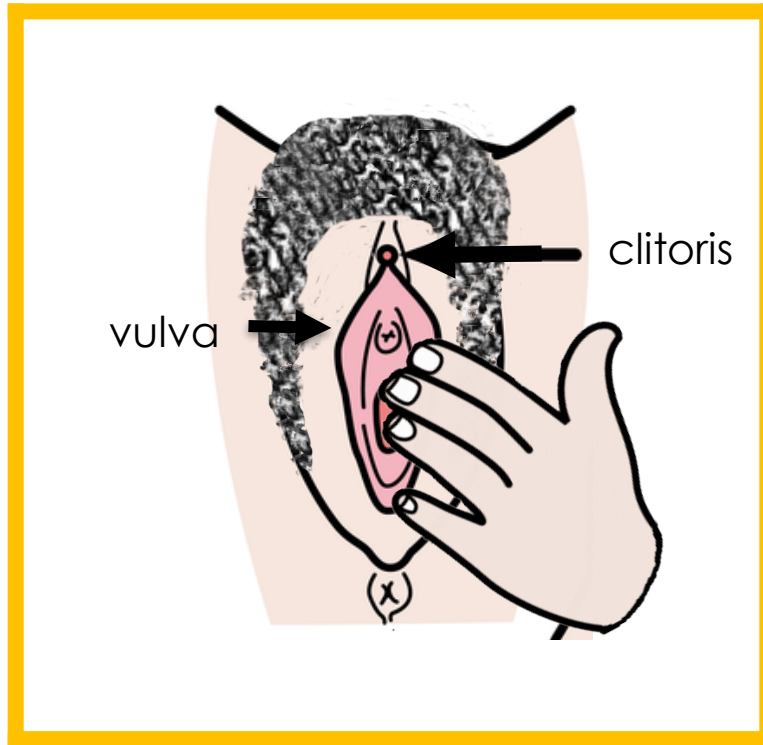
I can see that...



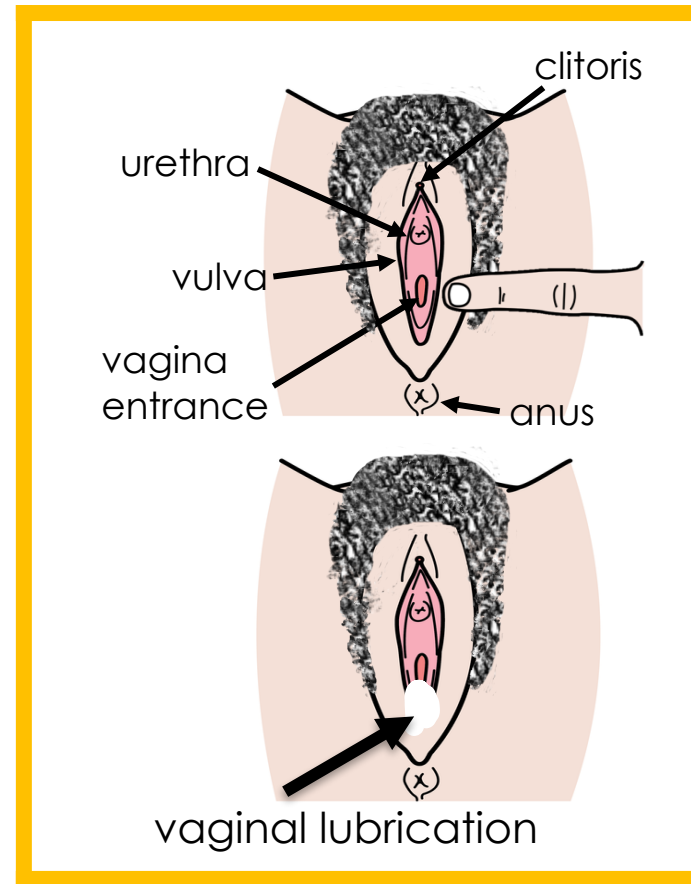
My vagina is changing how it looks. (Every vagina is different: some have small lips, some large, some are dark coloured and some are light. This is normal.) The skin in my private areas will change to be darker than the rest of my skin. This is because of sexual hormones that develop during puberty. I can use a mirror to see my private places. It is normal to be interested in these changes.



I notice that...



Sometimes I want to touch or look at my private parts. I might caress or touch my vulva or clitoris with some fingers in different ways: slowly or quickly. This is called **masturbation**.



I might also want to put my fingers in my vagina. Sometimes some liquid comes out. This is called discharge and is normal when I am excited.

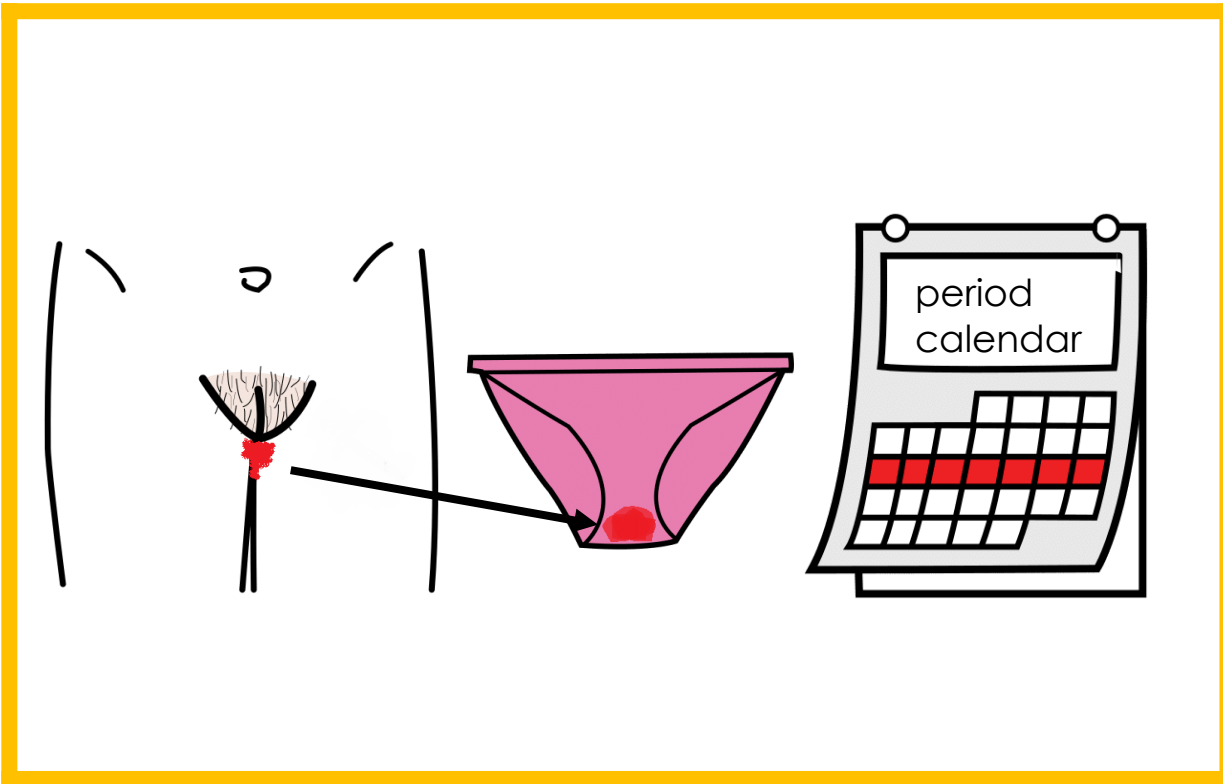
I notice that...



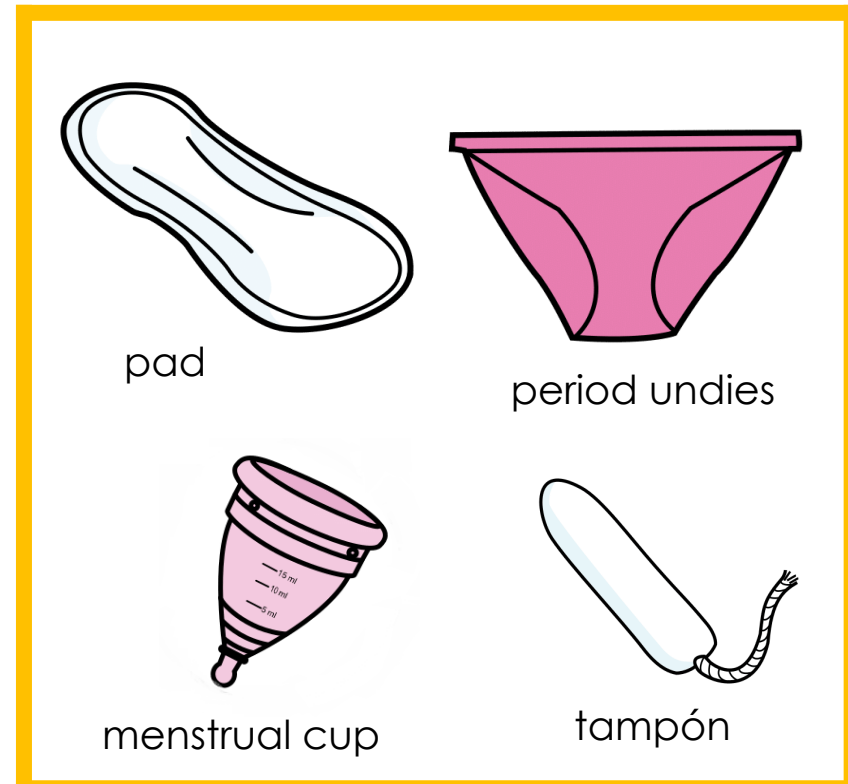
Stains or wet patches, sometimes clear, sometimes white or a bit yellow, can appear in my undies. This is discharge. All women have it. Some have lots, some have just a little. It is normal.

This liquid comes from the vagina and eliminates bacteria and lubricates the vagina. Sometimes there is extra, especially before a period.

I can see that...

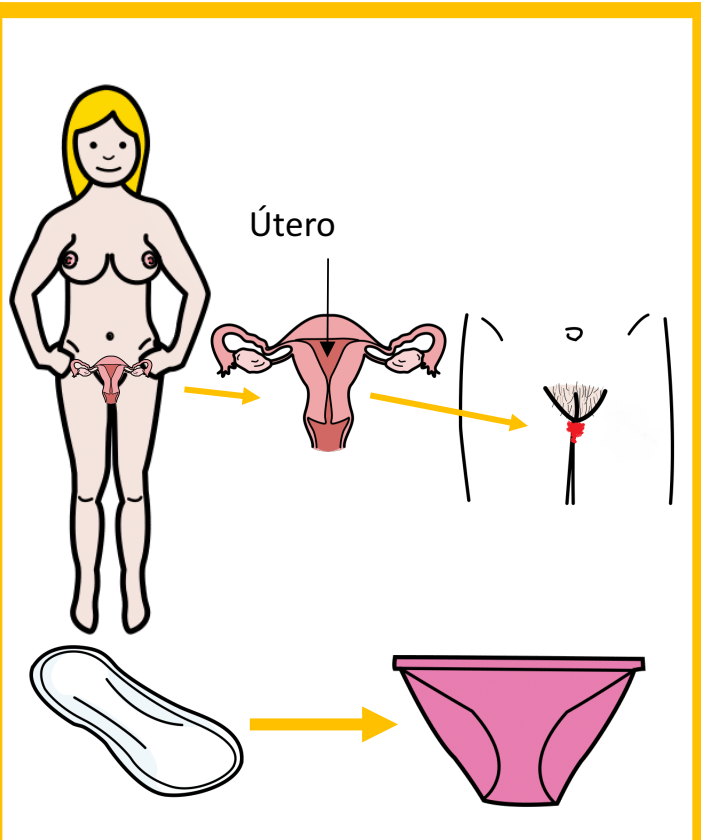


One day a stain appeared on my undies. This was my first period: blood that comes out my vagina. Sometimes just a little blood comes out; other times lots comes out. It's normal. This will happen every month, and last 3 days to a week. It is normal. It happens to all girls.

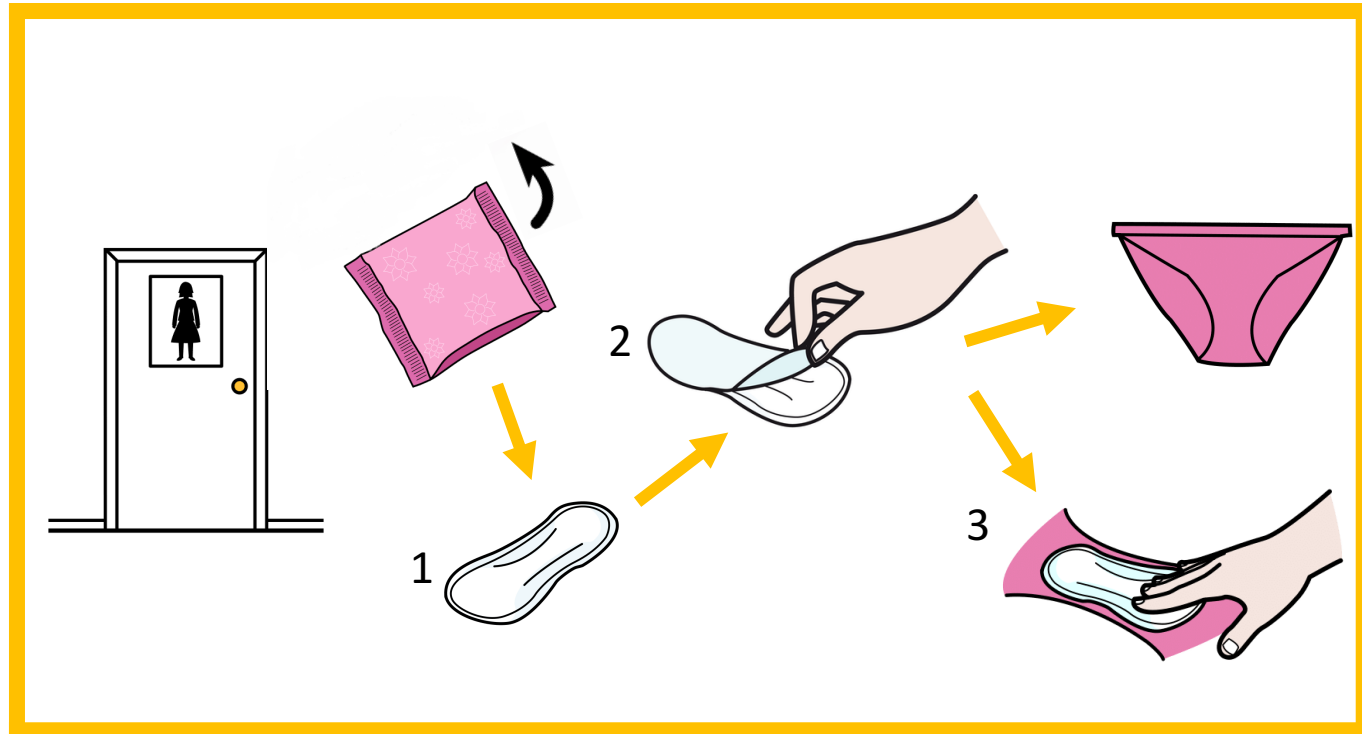


To make sure I don't stain my underpants, I use protection. There are different types. I can ask my mum or someone I trust for help choosing which one is best for me.

What I do is...

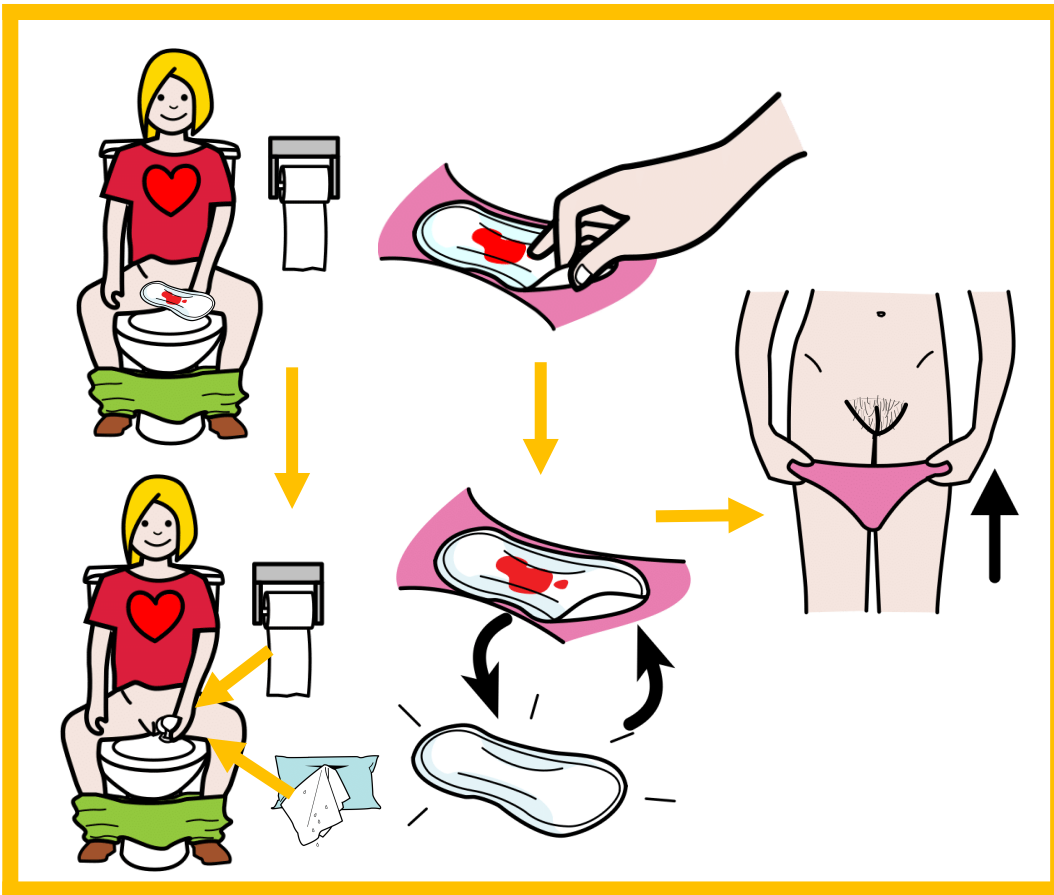


When I have my period, I use a pad to make sure I don't stain my undies. The blood comes from my uterus (which is an organ in my body) and comes out of my vagina.

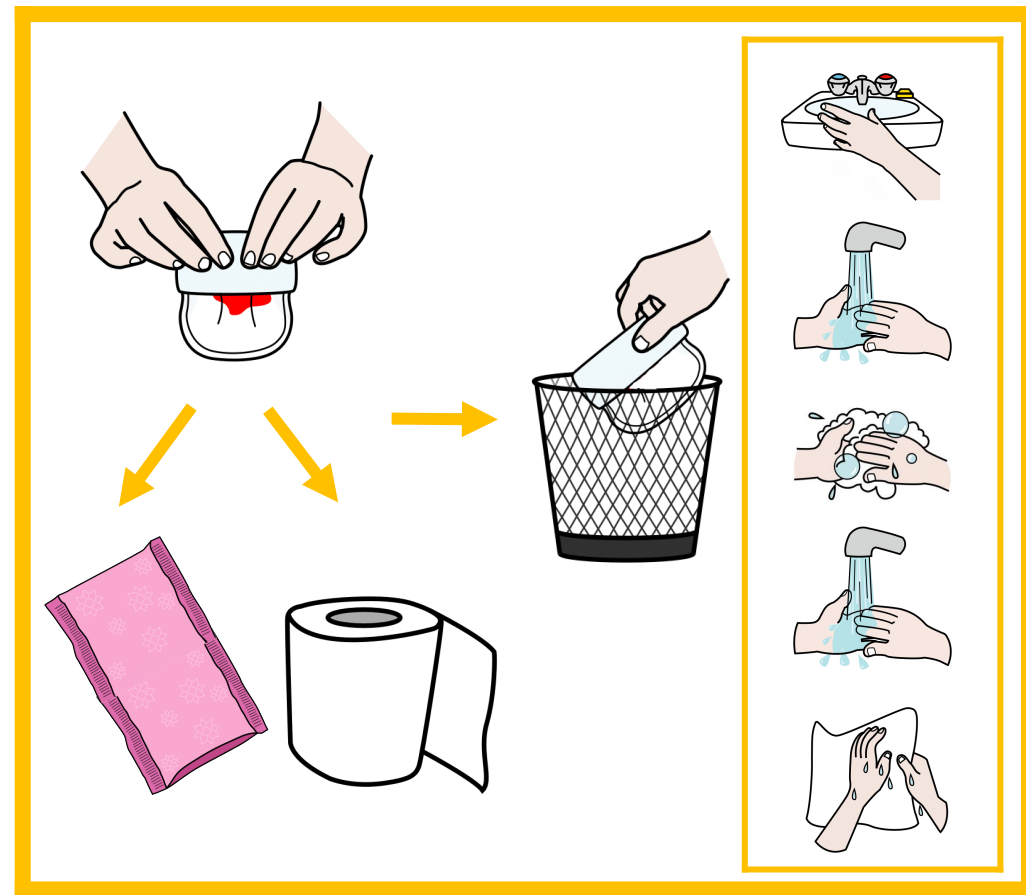


I go to the toilet:
1 open the packet of the pad
2 take off the plastic or paper
3 stick it to my undies

What I do is...



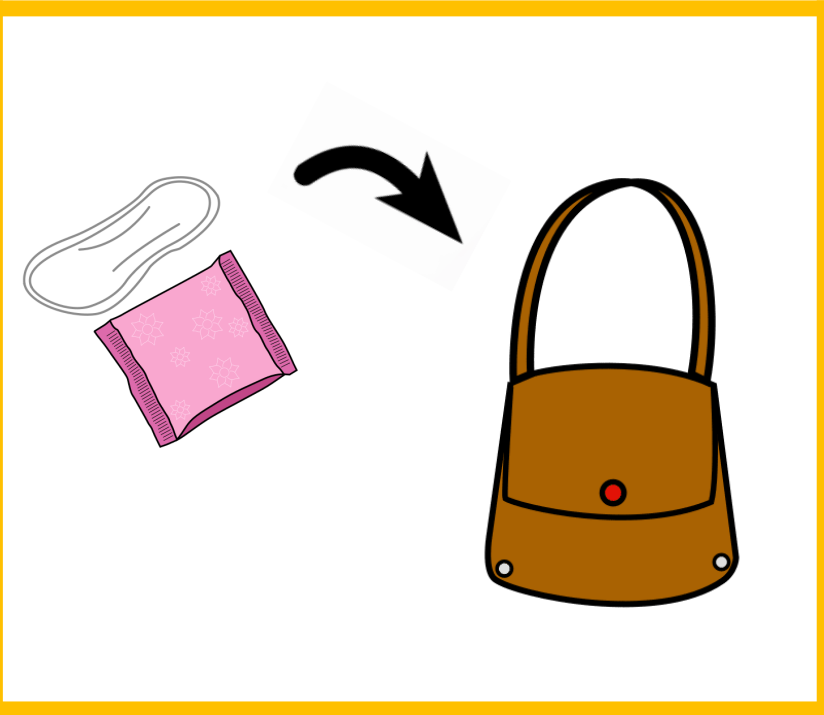
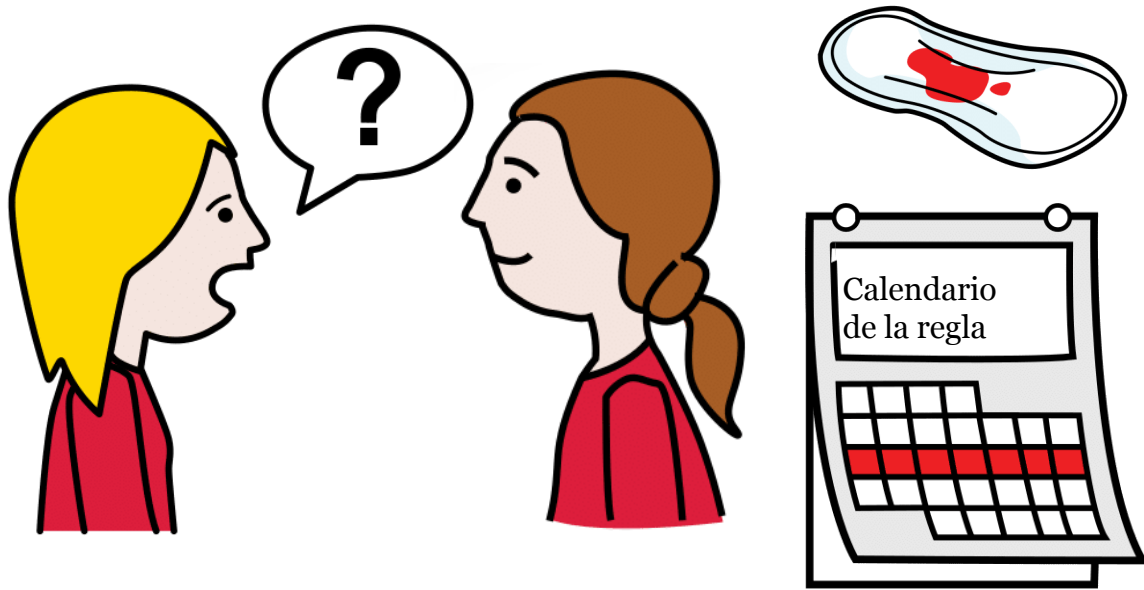
To be comfortable, I need to change my pad several times a day. When there is blood on my pad, and I go to the toilet I should change it. I take off the dirty pad and put in a clean one. Then I clean myself with toilet paper and pull up my pants.



I throw the old pad out: sometimes it can wrap up in itself, or in the plastic of the clean one, but usually I wrap it in toilet paper. When it is completely wrapped up, I throw it in the bin.

I must wash my hands afterwards.

What I do is...



Normally I have my periods every 28 days.

At the start, they might be irregular and come after 20 to 40 days. This is normal. They will become more regular as I get older.

If I have any questions, I can ask my mum, or a teacher or another adult I trust. They can help me control my periods and note when they occur and how long for.

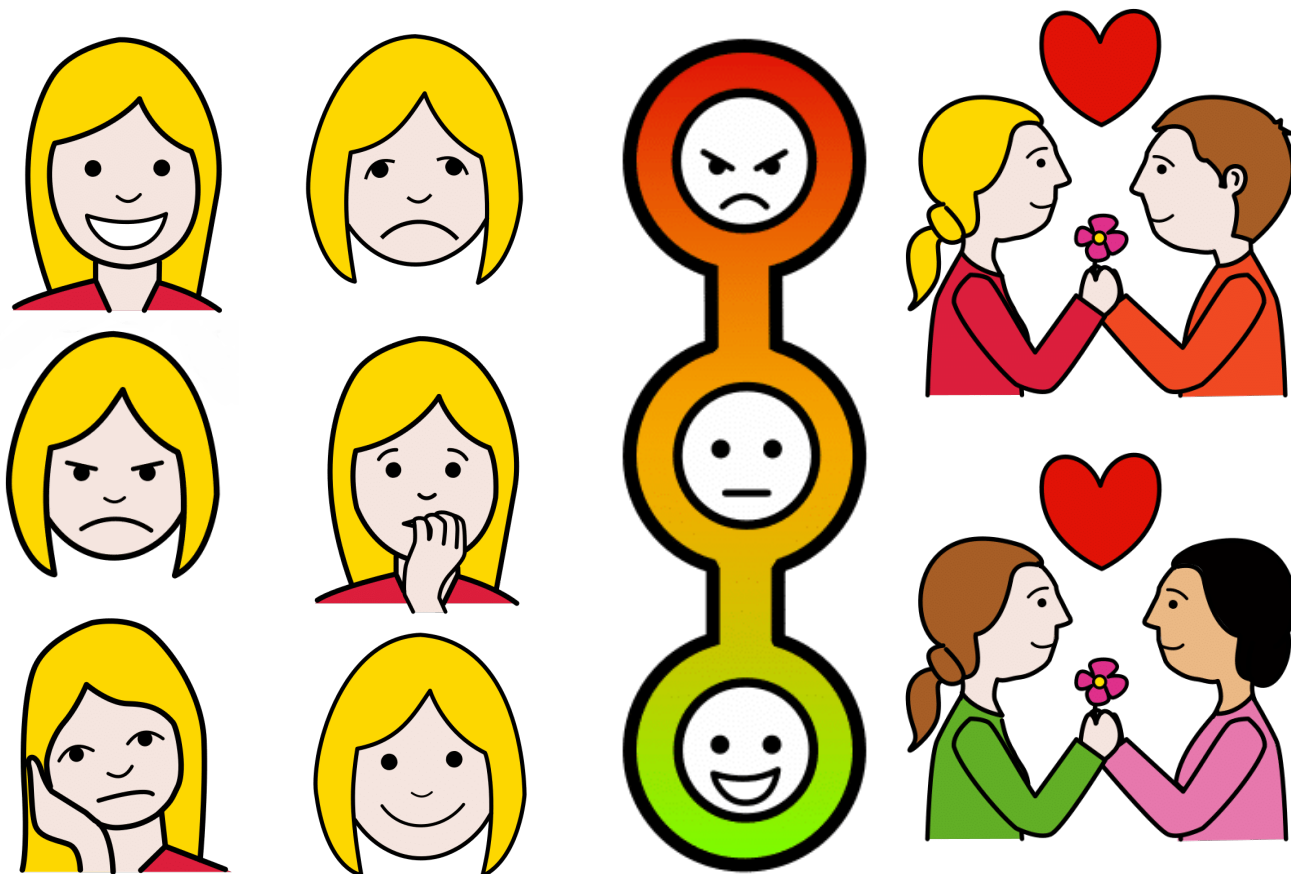
I always carry pads in my bag as I never know when I might get my periods.

I notice that...

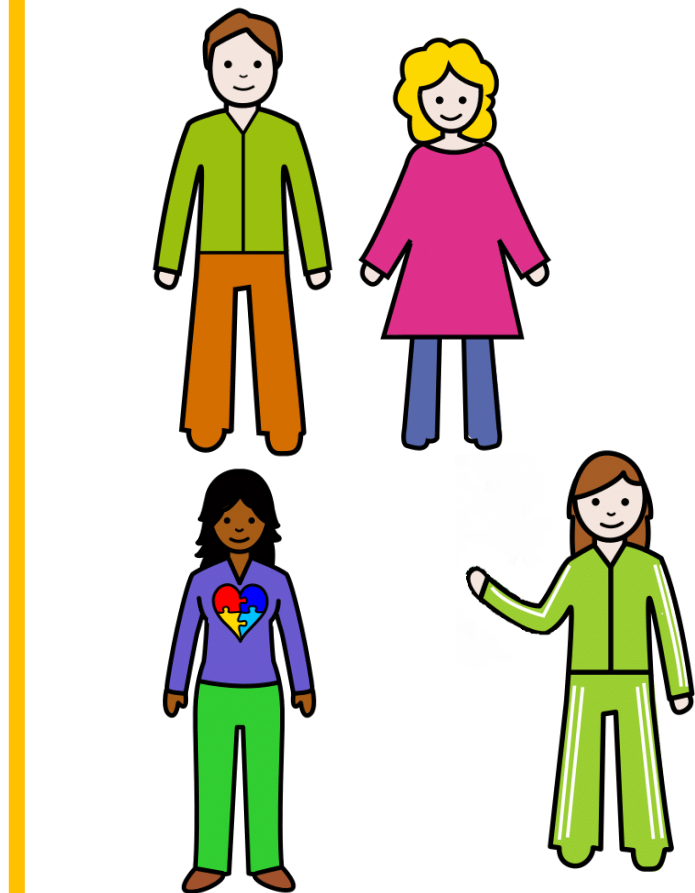


During my period I might have pain in my stomach, back or head. This is normal and happens to all girls. It won't be too bad.
I can ask for a painkiller to help.
However, sometimes it doesn't hurt at all.

My behaviour will also change



My emotions can feel more intense and my mood can change easily. I can also feel new emotions, for example, being in love.



To cope with all these changes I can ask for help from a teacher, parent, friend or someone else I trust.