

PUBERTY

You may feel moody and angry and feel no-one understands you. You are growing into an adult, and becoming more independent.



Notes

If you need more information or a question answered, talk to someone you can trust.



Lucinda & Godfrey
Growing & Changing

PUBERTY

for Girls



You may get spots.



Childline 0800 1111

by Lucinda

PUBERTY

for Girls

Introduction

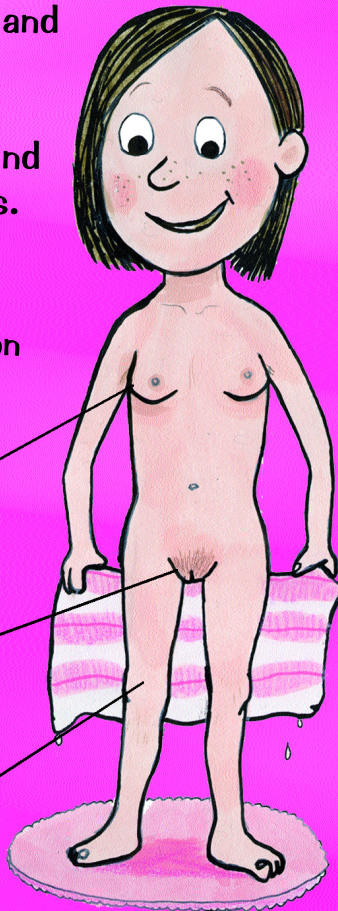
Over a period of about two years, all sorts of changes take place to your body, mind and emotions. Puberty can begin any time between 9 and 16 - everyone develops at different times and at different rates.

You will grow hair on your body.

underarm

pubic area

legs



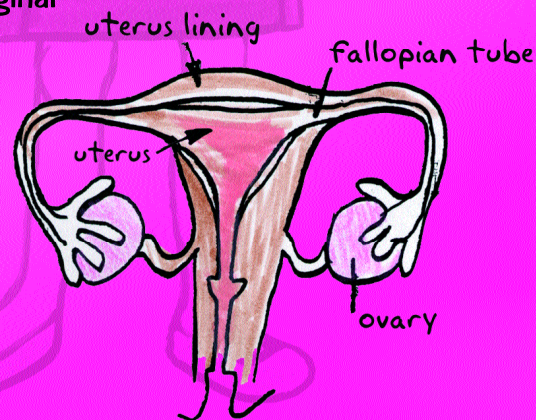
You will grow taller (5-11cm a year) and your body will change shape.

Changes are happening inside your body too

Every month an egg, which is stored in the ovary will ripen. It moves down the fallopian tube and into the uterus (womb). If it is not fertilised, the lining of the uterus comes away - this is your period. Usually girls will get a period every 28 days, but this can be different for different girls. The length of time that you have your period for can vary too, but most girls bleed for 3 to 7 days.

Before your periods, you may notice yellowish or white stains on your underwear. This is normal and is called a vaginal discharge.

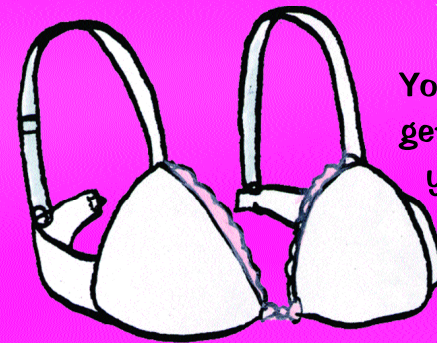
You only need to worry if you feel itching or irritation.



Waaah!



The changes mean that you will be physically able to have a baby.



Your breasts will get bigger and you will need to look at wearing a bra. It is normal for one

breast to grow quicker than the other.



Your hair may get greasy and need washing more often.