



When girls grow up



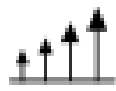
Getting ready for puberty



Puberty is when a



girl



grows



and



changes

into an adult

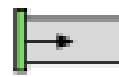


woman.



Lots of

things will



start

to happen



at this



special



time.



Growing up

is



not



naughty

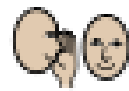


and is



not

a



secret.



People who

care for



you

will



help



you

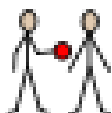
to

understand

what is



happening.



This could be

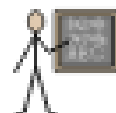
your



family,

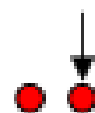


carers,



teachers,

or



another

adult such as a



doctor

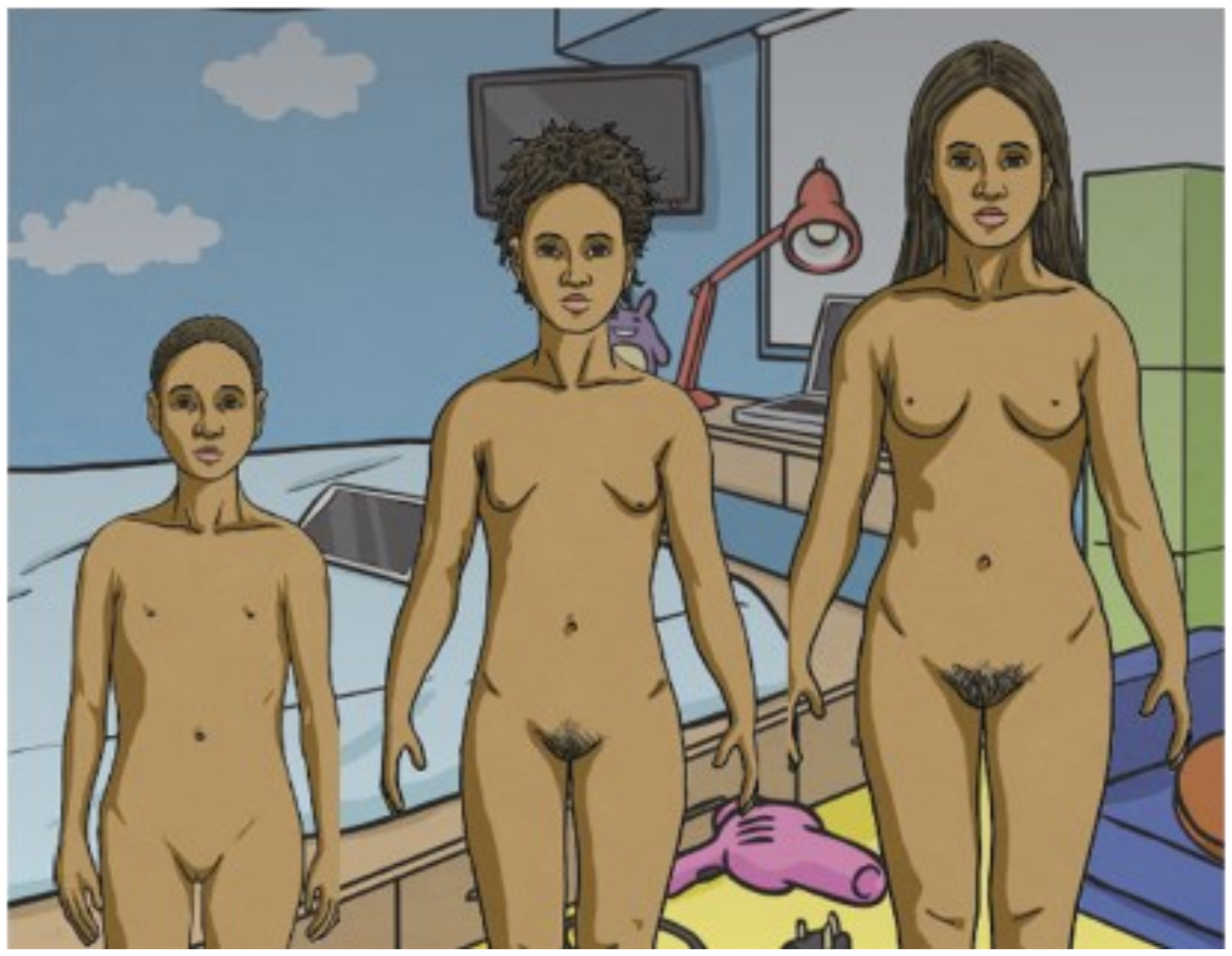
or

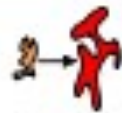


nurse.

Parts of girls' body will grow and change.

What changes can you see in the picture below?





Some of the changes which will happen during puberty are...



Growing

taller



Hair

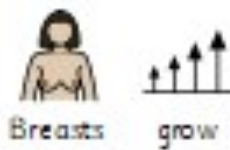
and

skin

get

more

oily



Breasts

grow



Hair

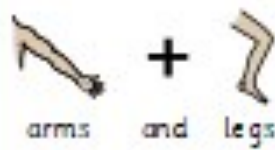
grows

in

armpits

and

on



arms

and

legs



Pubic hair

grows

on

vulva



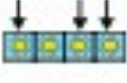










Periods

start

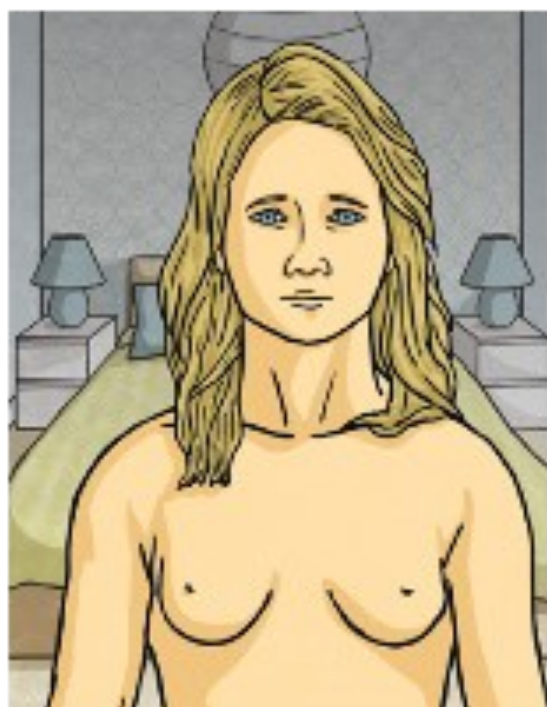
   
Keeping clean is important during puberty.

     
You will sweat more now. You might need to have a bath or

     
shower more often to keep yourself fresh.

    
Deodorant or antiperspirant used on your armpits can help to stop





bad smells




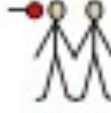






     
Girls might notice some discharge in their pants.

     
This is a white fluid and is made by the vagina to keep it

  
clean and healthy.

      
If girls' discharge smells bad or their vulva is itchy or sore

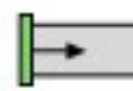
     
they should tell an adult who looks after them.



Some women choose to have babies. To get ready for this their



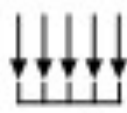
body will start to have periods. Some women choose not



to have babies, but their body will still start to have



periods. During a period you will bleed from your vagina for a few



days each month.





Periods



are normal,



but might



make



girls



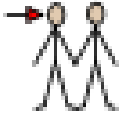
feel tired



and



grumpy.



They



might get



headaches



and



tummy aches

too.



People who

care for



girls

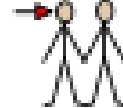


can

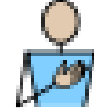


help

if



they



feel

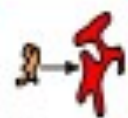


uncomfortable



or unwell.





Changes

during



puberty

can



make

you



feel

more



sad

or



grumpy

than usual. People who



care for

you



can



help



with

this but it is



normal

to have



lots of



different



feelings

at this



time.

If you are



worried

you



should



let

an



adult



know

this.

