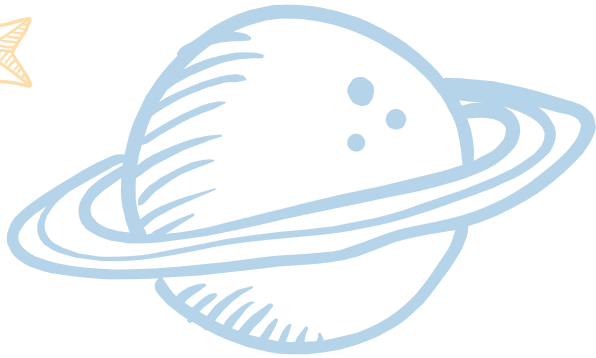


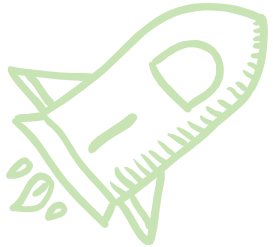


GROWING AND CHANGING





PUBERTY



Puberty is a time when our bodies begin to change and develop from girls' bodies to women's bodies.



GROWING BODY



HEIGHT AND WEIGHT CHANGES

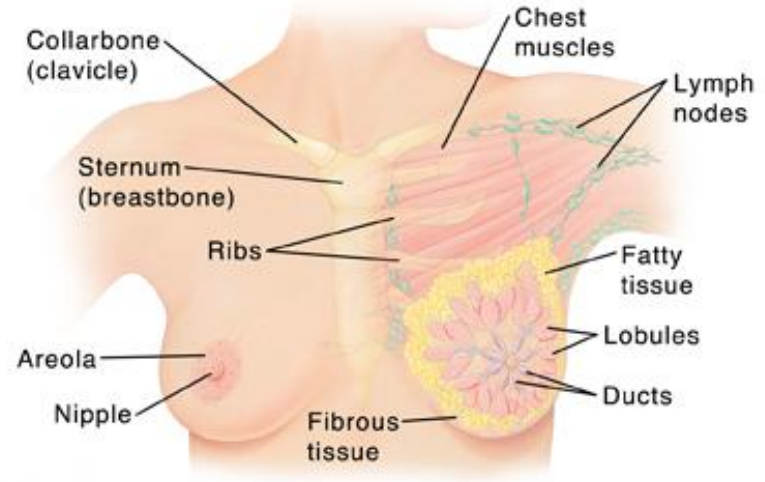


- Growth spurts during puberty
- Usually lasts 2-3 years
- Shape changes and weight changes



BREASTS: BREAST GROWTH IS ONE OF THE FIRST CHANGES IN PUBERTY

- A breast bud is like a small raised bump behind the nipple.
- A girl's breasts may continue to grow during the teen years and even into her early twenties.
- Fully developed breasts come in all shapes and sizes.



BRAS? WHAT ARE THEY FOR?



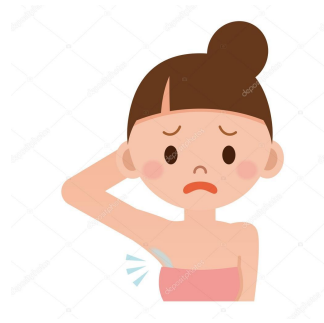
- Bras keep the breasts supported and can protect breast tissue.



BODY HAIR

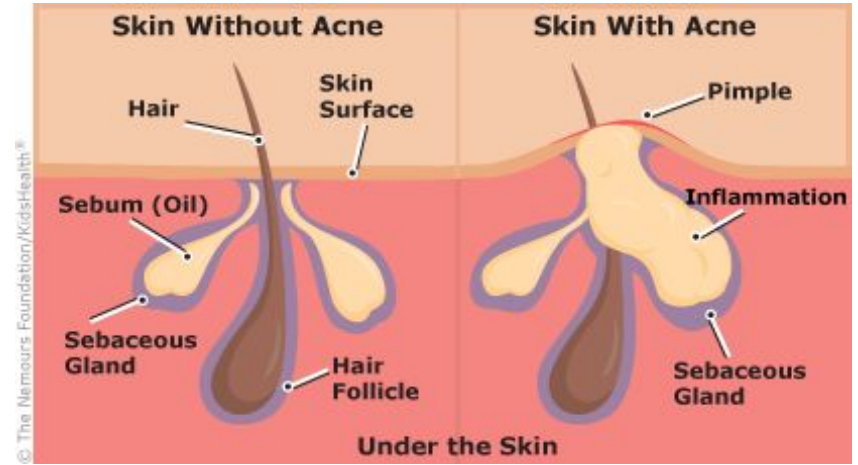


- One of the first signs of puberty is hair growing where it didn't grow before.





SKIN



- Your skin is covered with tiny holes called pores
- If a pore gets clogged it can cause a whitehead (if closed) or a blackhead (if open)
- Pimples are caused if bacteria, skin cells or other things get under the skin, causing a small infection.

WHAT CAN YOU DO ABOUT ACNE?

- Wash your face once or twice a day with warm water and a mild soap or cleanser.
- Try not to touch your face.
- **Don't pick, squeeze, or pop pimples.**



SWEAT

- Sweat is your body's way of cooling itself.
- Sweat leaves your skin through pores
- When sweat hits the air, the air makes it evaporate--which cools you down!



BODY ODOR



- Sweat isn't just wet — it can be kind of stinky, too
- Bacteria can mix with sweat to make it smelly
- What do you do you fight the stink?



KEEP IT CLEAN!



- Washing well with soap and hot water can get rid of any smell that's built up on your skin from sweating.
- Wear CLEAN clothes, underwear and socks everyday.
- Don't forget deodorant!

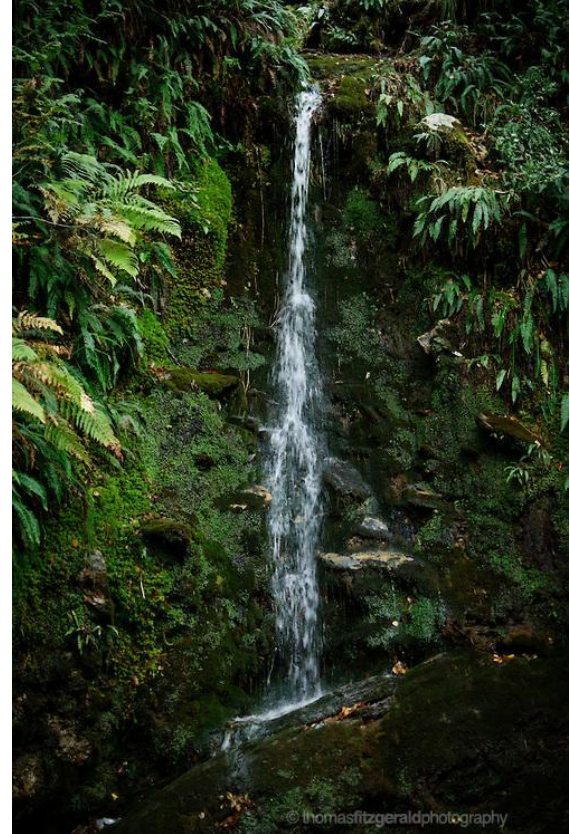


PERIODS AND CYCLES

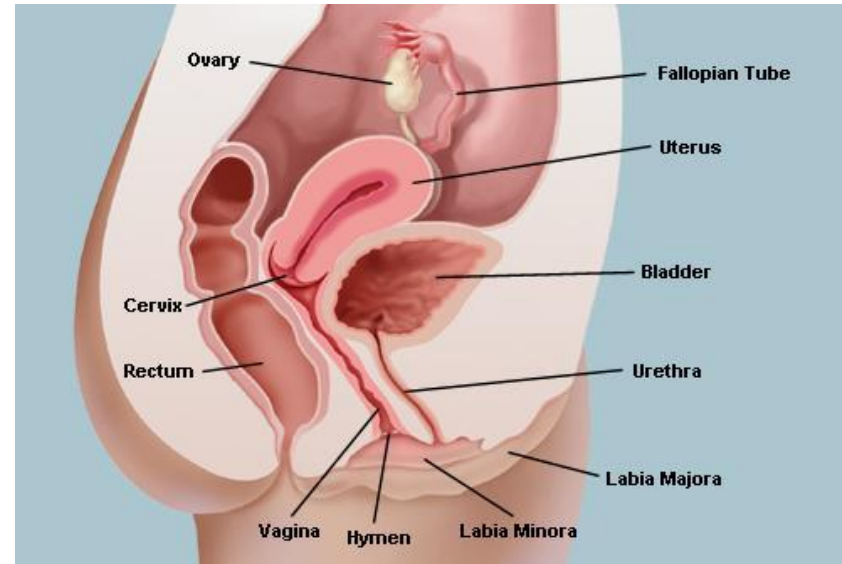
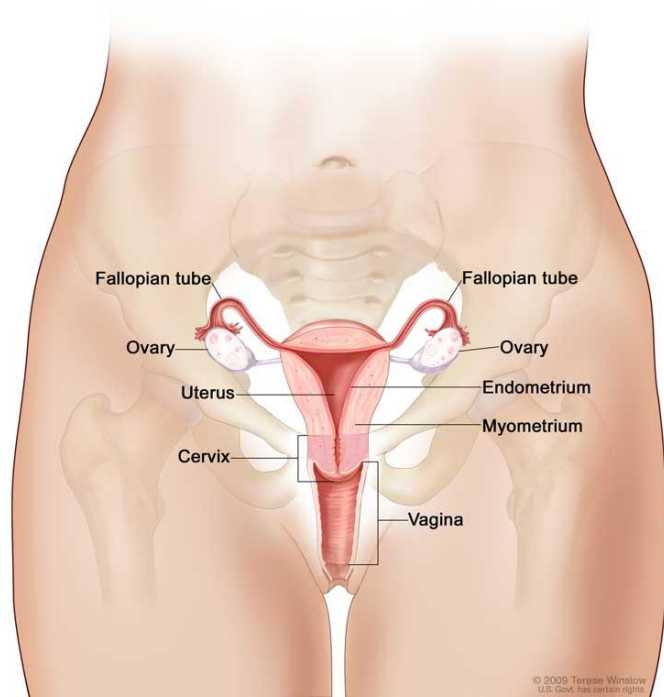


DISCHARGE

- Before a girl starts her period, she may experience vaginal discharge.
- Vaginal discharge is a fluid (sort of like thin mucus) that a girl might see or feel on her underwear.
- Discharge is normal and is caused by the changing level of hormones in a girl's body

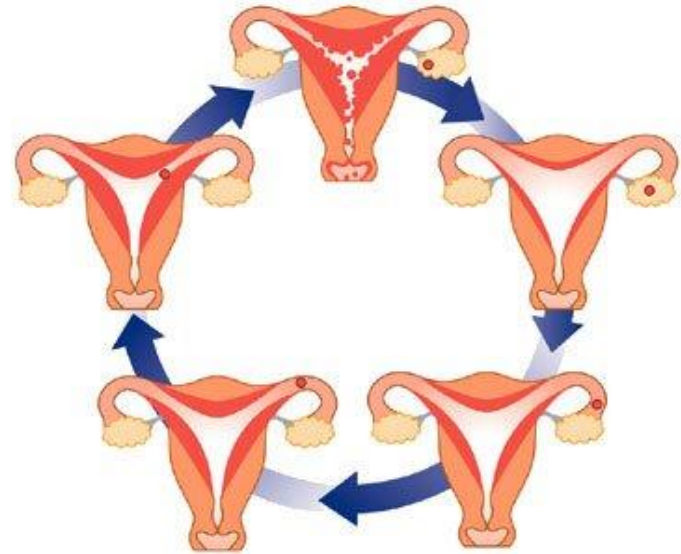


ANATOMY OF THE FEMALE REPRODUCTIVE SYSTEM



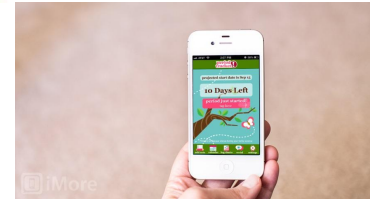
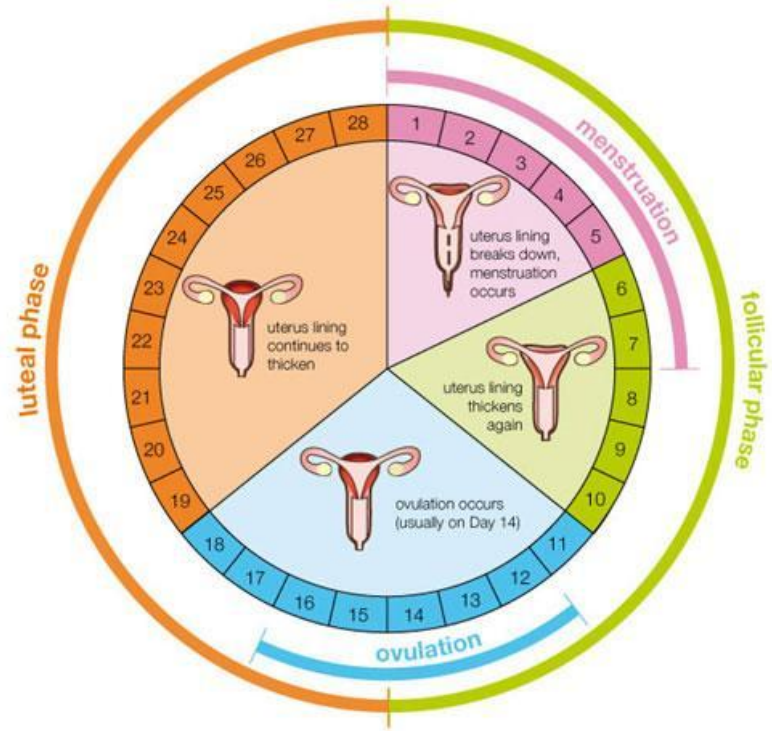
PERIODS AND CYCLES--WHEN DO THEY START????

- A period happens because of changes in hormones in the body.
- Most girls start to menstruate between the ages of 10 and 15. The average age is around 12 years old.
- This is called the menstruation cycle



PERIODS--WHAT TO EXPECT

- For the first few years after a girl starts her period, it may not come regularly. This is normal!
- About 2-3 years after her first period, a girl's period should be coming around once a month.
- Periods usually last between 3-7 days. The average period lasts 5 days.
- It's a good idea to keep track of your period with a calendar or an app.



HOW MUCH BLOOD?



Menstrual flow can seem like a lot, but usually isn't.

For most girls, it amounts to about 2 tablespoons (30 milliliters).



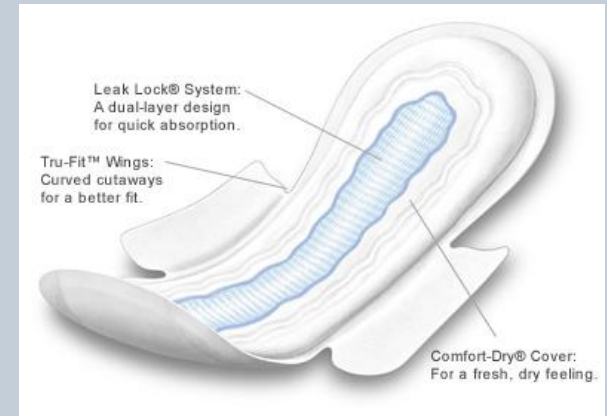
PADS & TAMPONS

- There are a few ways to deal with period blood.
- Some girls use only one method and others switch between different methods.
- The two most common ways to deal with period blood are to use pads or tampons.



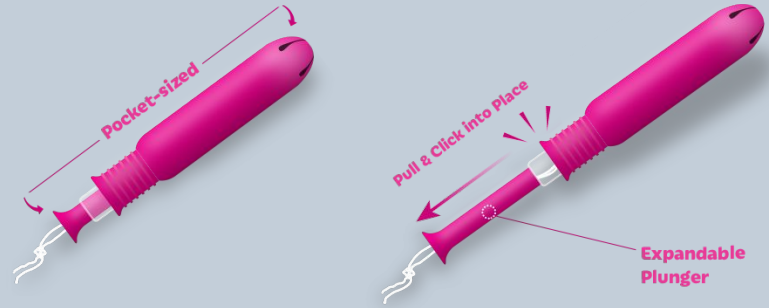
PADS

- Most girls use a pad when they first get their period.
- They have sticky strips that attach to underwear.



TAMPONS

- Some girls prefer to use tampons instead of pad, especially when playing sports or swimming.
- A tampon is a cotton plug that a girl puts into her vagina.





CRAMPS

Lots of girls experience cramps before or during their periods. They can hurt a little like a pulled muscle.

Things you can do that may help with menstrual cramps include:

- regular exercise
- heating pads on your lower abdomen
- meditation or relaxation



BE PREPARED!

The best way to be prepared for that is to BE PREPARED!!

An emergency kit in your backpack or purse with the supplies you will need is a great way to feel prepared.



EMOTIONAL CHANGES



- Just as those hormones change the way your body looks on the outside, they also create changes on the inside.



BODY IMAGE AND SELF-CONFIDENCE

- Do you ever wish you could change something about your body? If so, you are not alone. Lots of people feel unhappy with some part of their looks. But when you get stuck on what you don't like, it can really bring down your self-esteem.



WHAT CAN I DO ABOUT BODY IMAGE???

- **Accept your body.**
- **Don't body-shame yourself.**
- **Find the things to like about your looks.**
- **Be aware of your body.**
- **Focus on what your body can DO.**



BULLYING

- Bullying is a big problem. It can make kids feel hurt, scared, sick, lonely, embarrassed and sad.



What can you do?

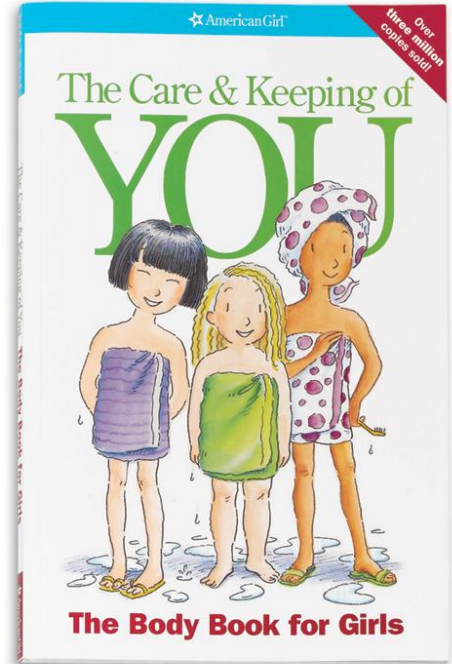
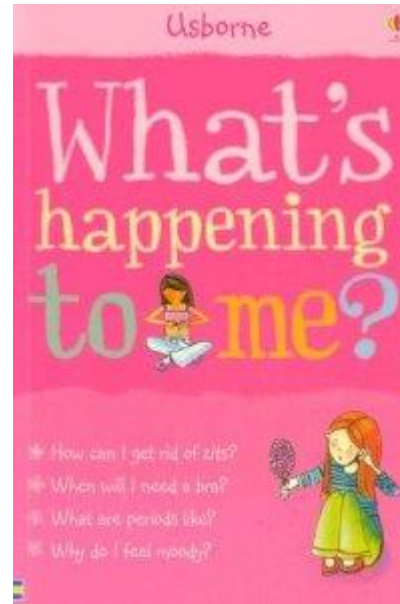
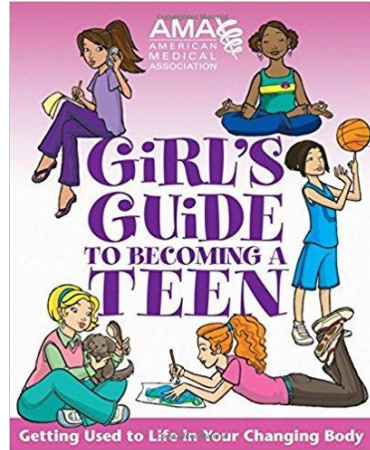
If you are being being bullied, tell an adult. Find someone you trust and talk about what is happening to you.

CYBER BULLYING

- **Cyberbullying** is the use of technology to harass, threaten, embarrass, or target another person.
- If you're being bullied, harassed, or teased in a hurtful way--or know someone who is--you absolutely should report any upsetting texts, messages, posts, or emails.



USE YOUR RESOURCES



TALK TO A
TRUSTED ADULT

