

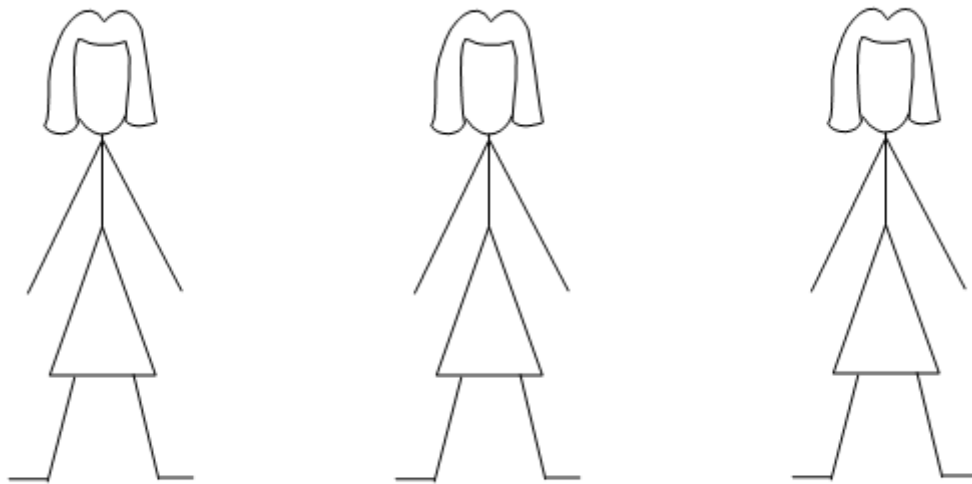
I AM GROWING INTO A WOMAN



A girl's guide to puberty

I am getting older and my body is changing, but...everything that is happening is **normal**. It is called **puberty**. It means that my body is changing from a girl's body into a woman's body. It happens to other girls too.

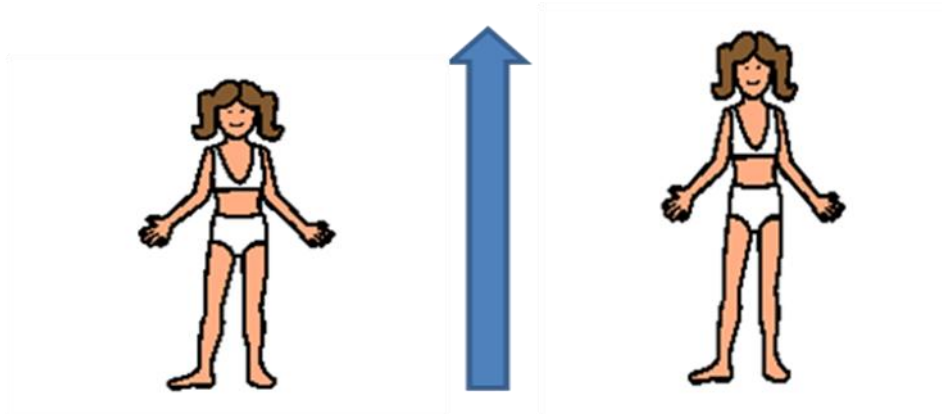
Who else can I think of whose body is changing or whose body has already changed?



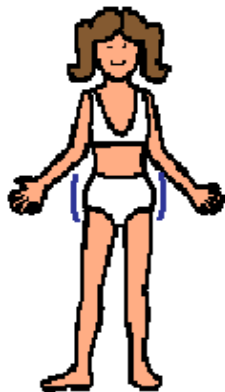
Here you can insert pictures of women I know

How will my body change?

I will get taller.



My hips will get wider.

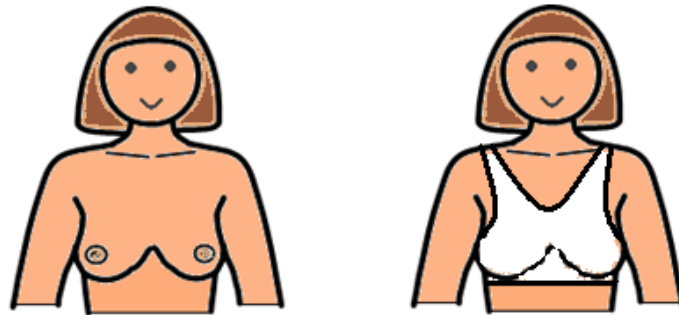


I may get spots (pimples) on my face.

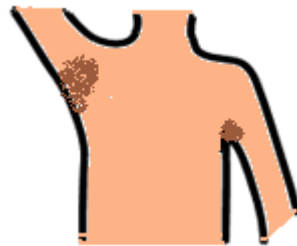


My breasts will grow bigger so I may need to wear a bra. While they are growing, they may be a bit sore, but this will get better and then they will not

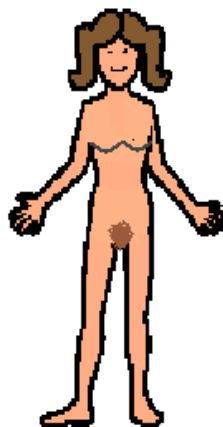
be sore anymore. Some women have small breasts, and other women have large breasts. What words would I like to use to talk about my breasts?



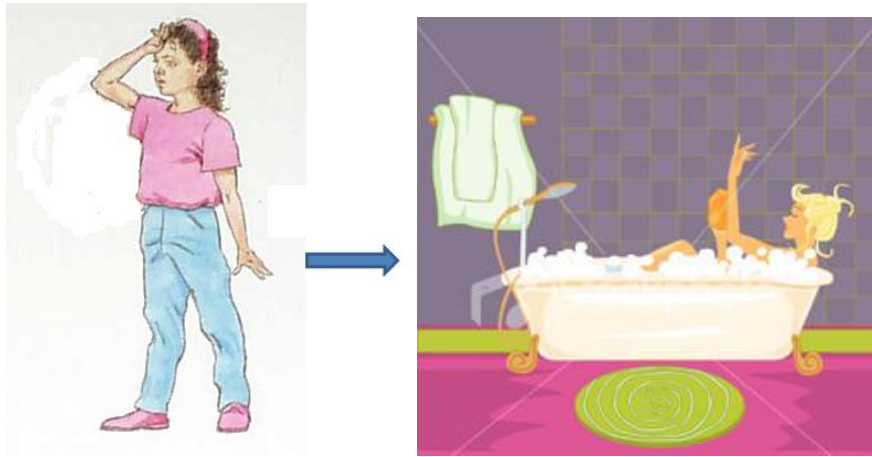
I will grow hair under my arms.



I will grow pubic hair. What words would I like to use to talk about this part of my body?



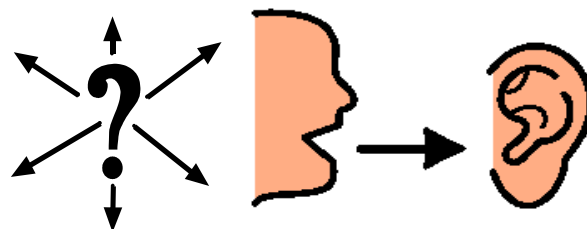
I will sweat more. I need to make sure that I am clean so that my body does not smell. How can I do this?



My moods will change. Sometimes I may feel happy. Sometimes I may feel sad or angry.



*It is good to talk to someone because I will feel better, and they can help me sort out my problems. Who can I talk to? When I am talking about my body, I need to talk **privately**. Where can we go to talk?*

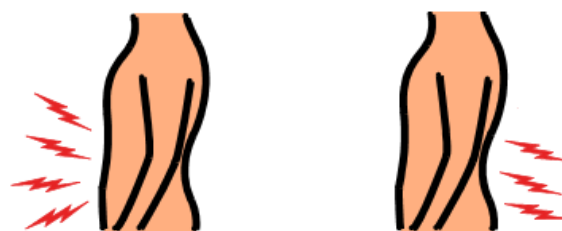


I will also start to have a period. The proper name for periods is menstruation. Most women from 10 years old until 50 years old have periods. What words would I like to use to talk about my period?

Around the world, women have many different names for their monthly bleeding.



Having a period means bleeding from between the legs for 3 - 7 days every month. I will not die from the bleeding, but sometimes my tummy or my back may get a bit sore.



When I first start to have my periods, I will only bleed now and again. Later on, I will bleed every month. I can mark on a calendar when I will get my period, and this will help me plan for it.



I will not bleed a lot, but to stop my pants getting blood on them, I need to wear a pad (or sanitary towel).



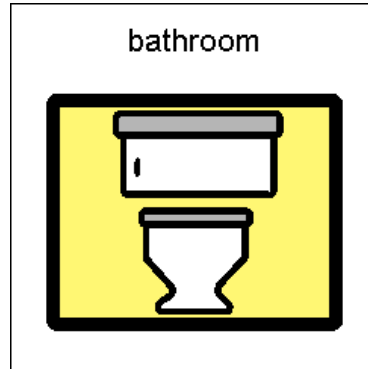
The blood will then go onto the pad.



Sometimes, I will see clear or white stuff (called a 'discharge') on my pants before my period starts. This is normal.

How do I use a pad?

Go to the bathroom and close the door.



If you have a pad on already, take it off.

Fold it over. Wrap it up in toilet paper or put it in a special bag.



Then put it in the bin. **DO NOT** throw it down the toilet, as this can block the toilet.



To put my pad on:

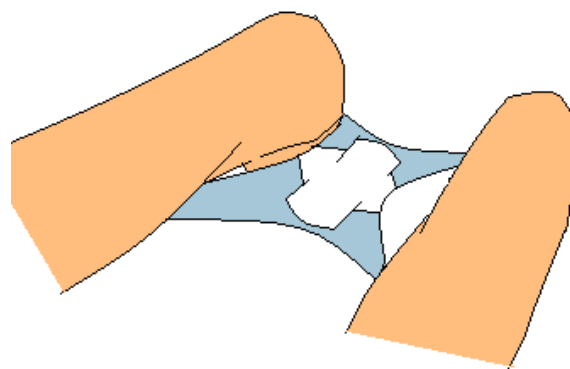
Open the plastic wrapper. Open up the pad if it is folded.



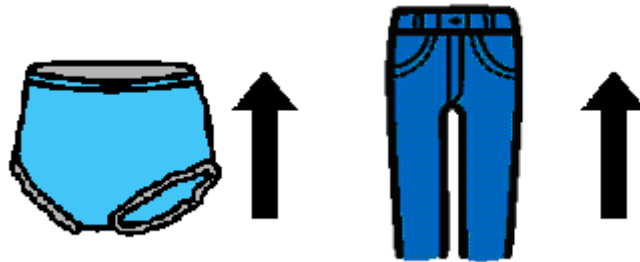
Take off the sticky strip. Throw the strip away in the bin. Throw the plastic wrapper in the bin.



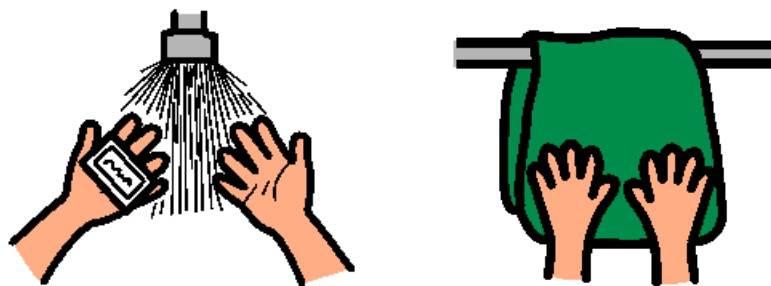
Stick the sticky bit to the middle of your pants. Fold the wings over the edges of your pants.



Pull up your pants and make sure your pad feels comfortable.

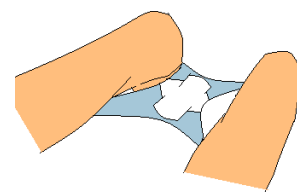
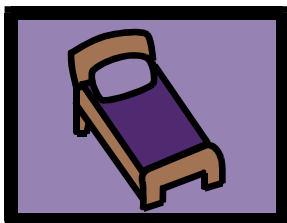


Then wash your hands and dry your hands.



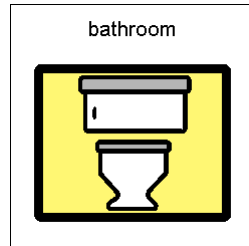
What do I do at night time while I sleep?

I will put on a new pad (sanitary towel) before I go to bed. I will bleed a little bit while I sleep but this is normal. When I wake up in the morning, I will need to change my pad.

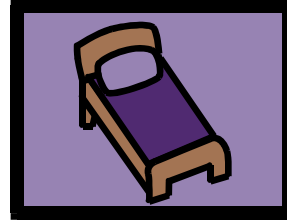


Other questions?

Where am I going to keep my private things at home?



OR

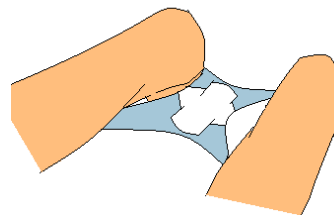
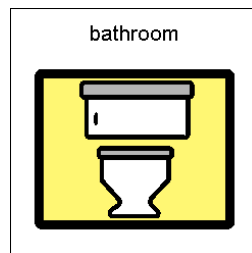


When should I change my pad?

Every 2-4 hours.

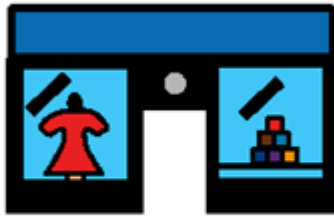
What happens when I go to school?

I will keep some pads in my schoolbag. At break or lunch, I will go to the bathroom, and change my pad.

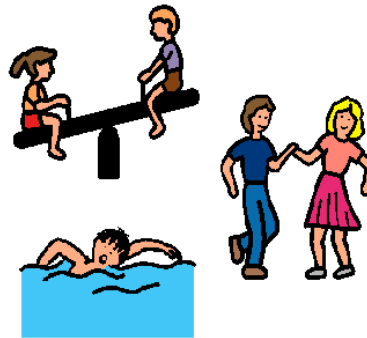


Sometimes I will not know when my period is coming. If I notice my period at school, who can I speak to? I can speak to a female teacher. How can they help me? They can give me pads. They can help me phone home if I need to change my clothes.

Do I go anywhere else where I may need to know how to change my pad?



shopping



What happens if my tummy gets sore? Who can I tell? What can I do?

I can go for a walk. I can put a hot water bottle on my tummy and lie down. I can eat a banana and drink an isotonic drink. I can have a warm bath. I can take some medicine to make it better. Any other ideas?



OR



AND



OR



OR



OR



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