

Going through Puberty



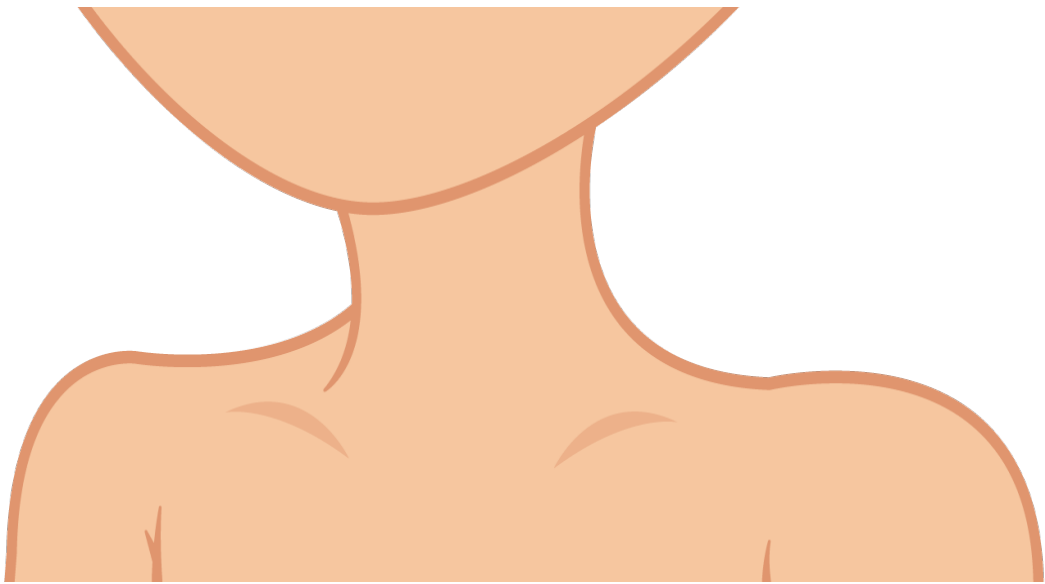
I am growing up and getting bigger.



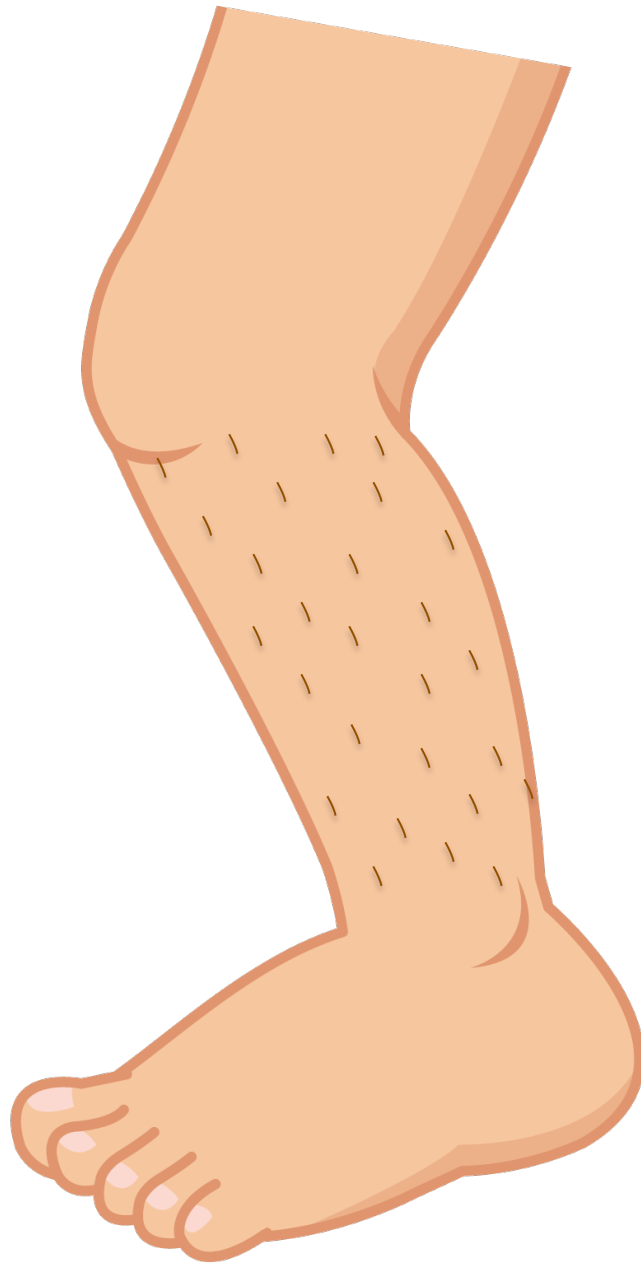
I used to be a small girl but now
I am growing into a young
woman.



As I grow older my body will change. I will still be me but my body will start to look different.

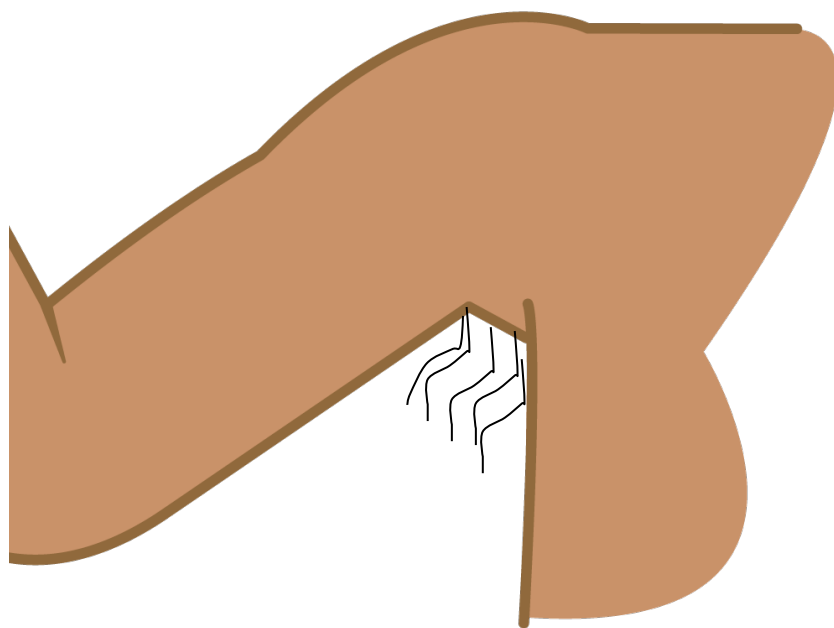


A big change will be that I will begin to grow hair on all different parts of my body.

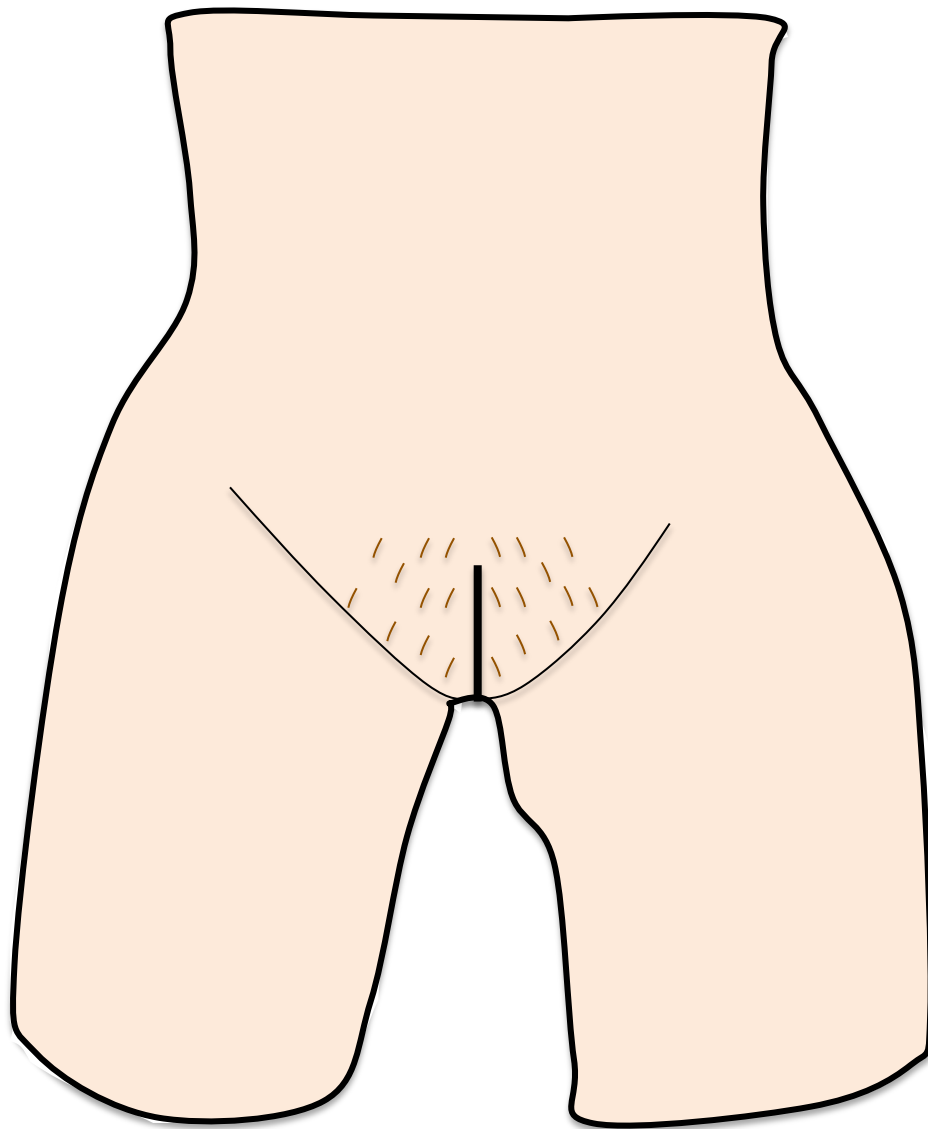


I will get hair on my legs.

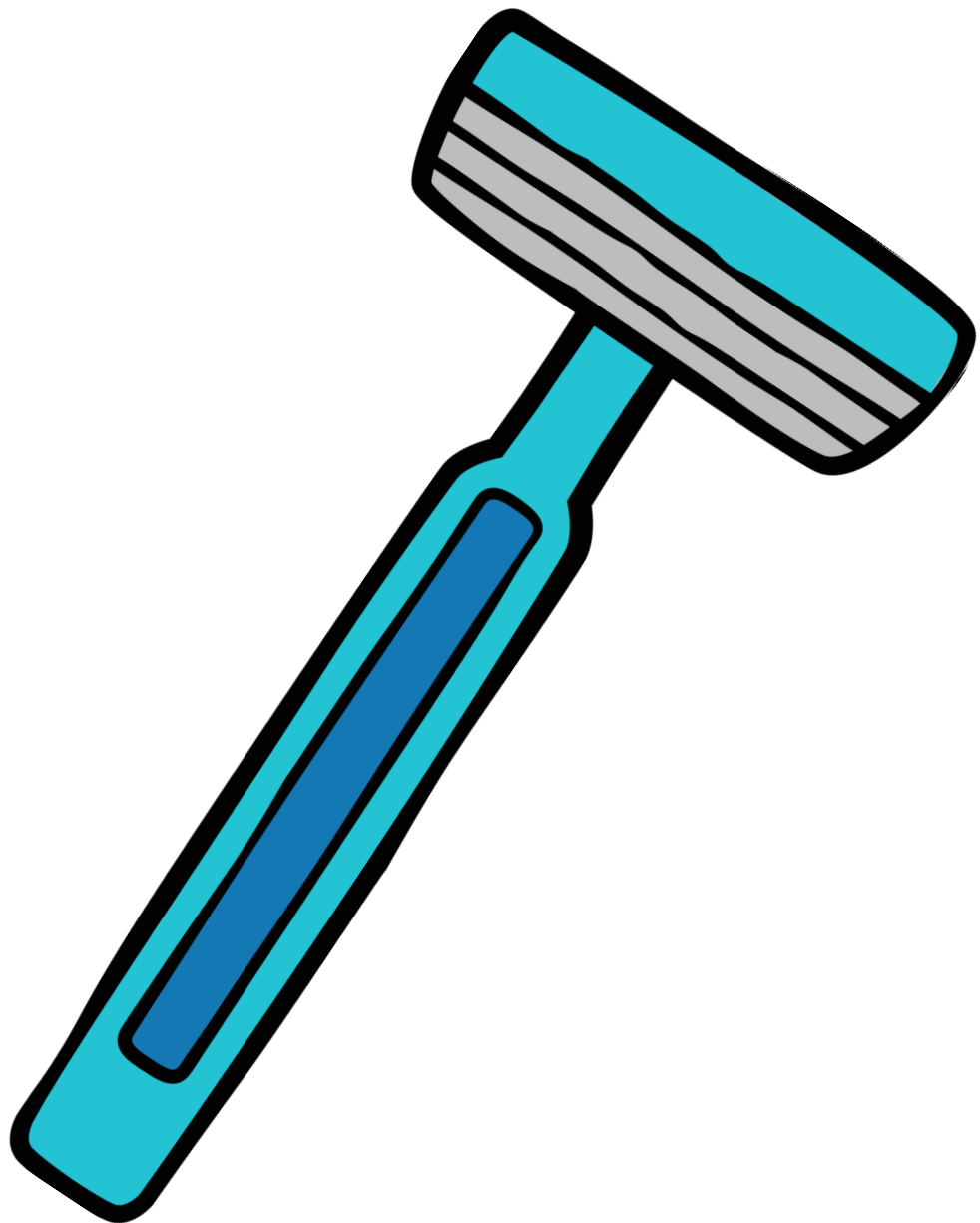
I will get hair under my arms in
my armpits.



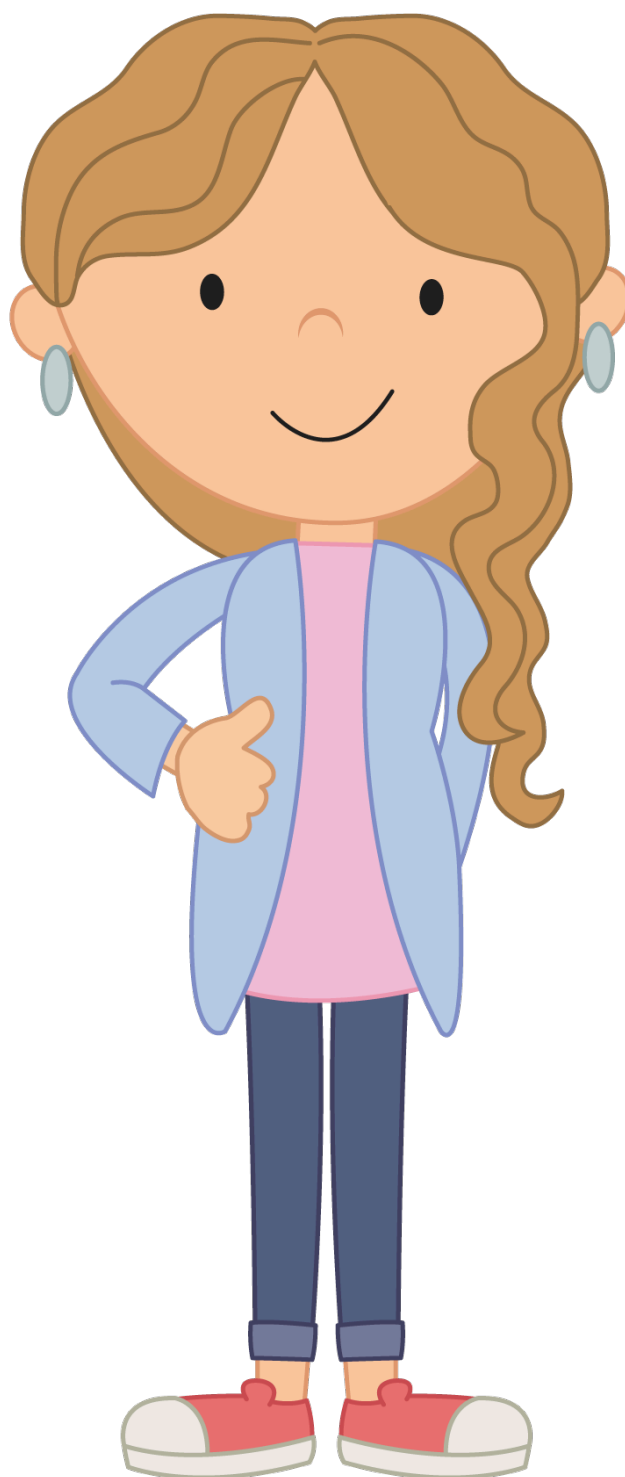
I will grow hair around my
vagina.



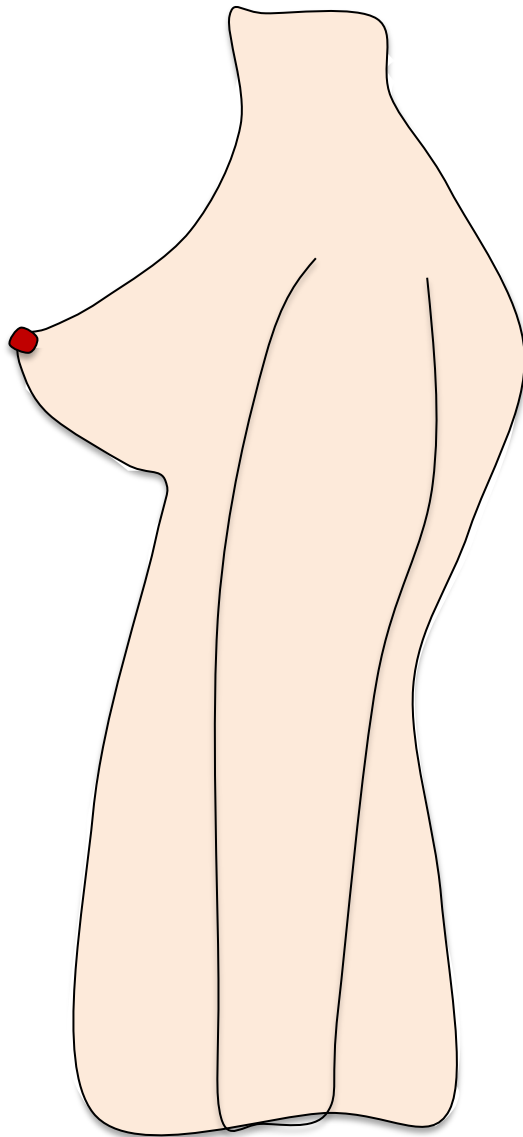
I may start to shave the hair on my legs and underarms and my mum or dad can teach me how to do this.



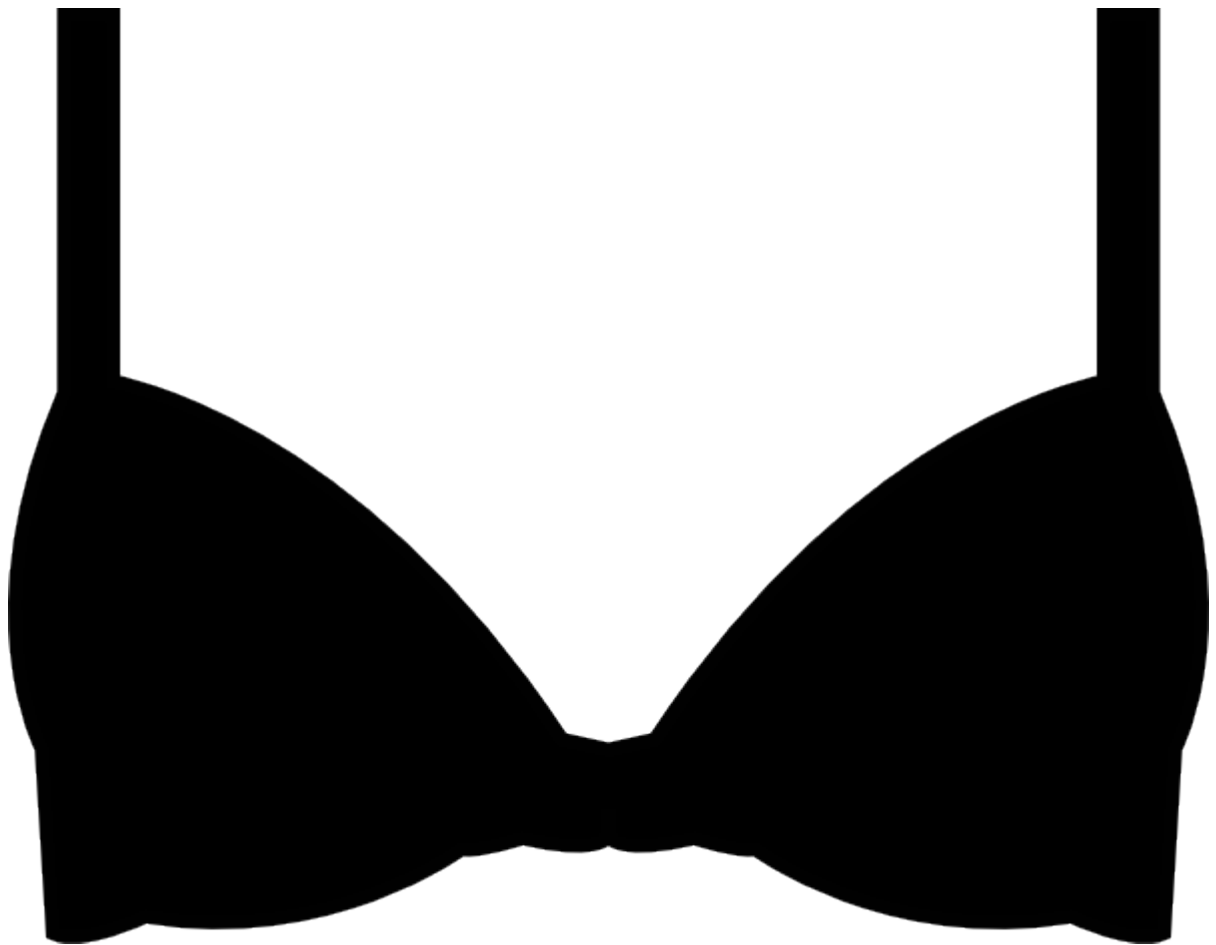
My body will start to grow and
get bigger.



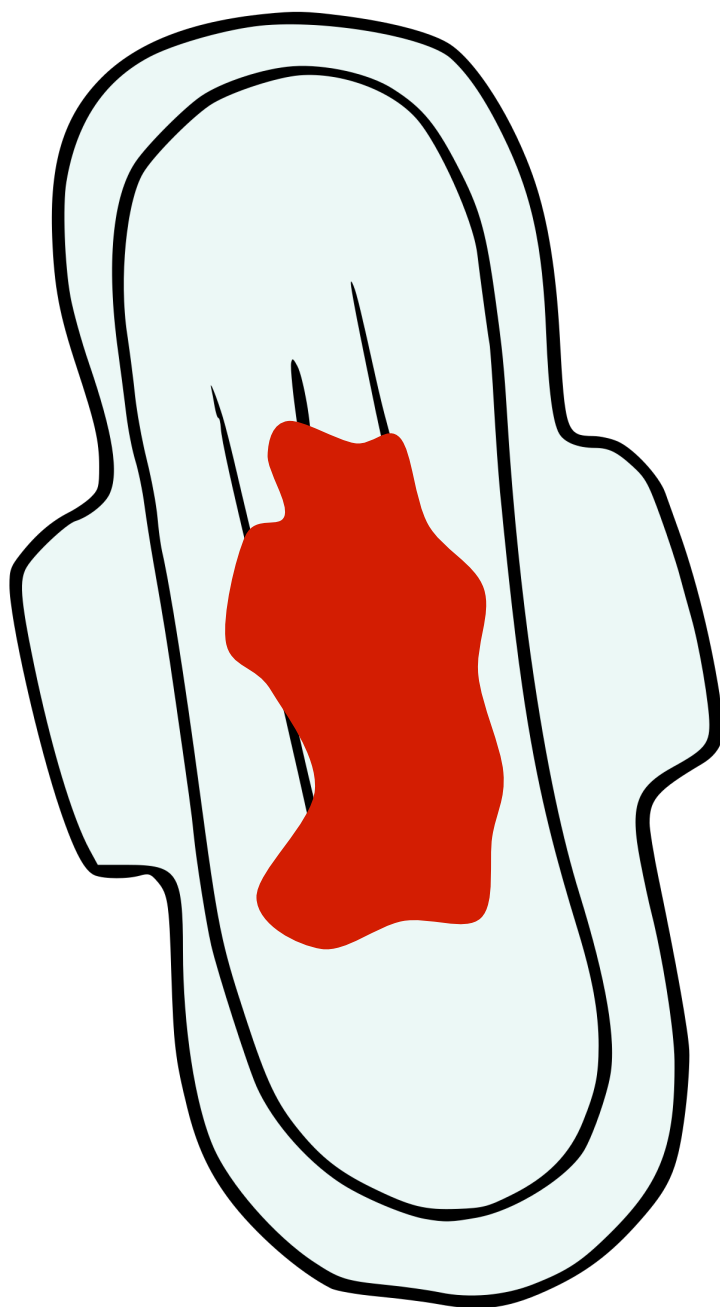
My breasts will grow and get bigger.



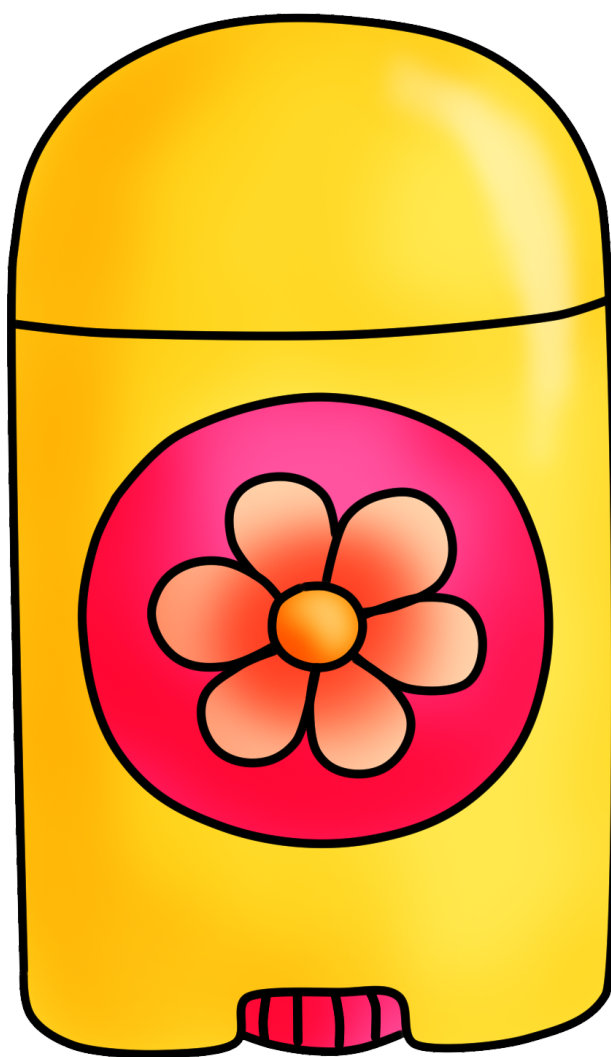
As my breasts grow I will need
to start wearing a bra.



I will start my period. My mum
or teacher will tell me all about
what this is.



My body will start to sweat more and I will have to put on deodorant under my arms to make sure I smell nice.

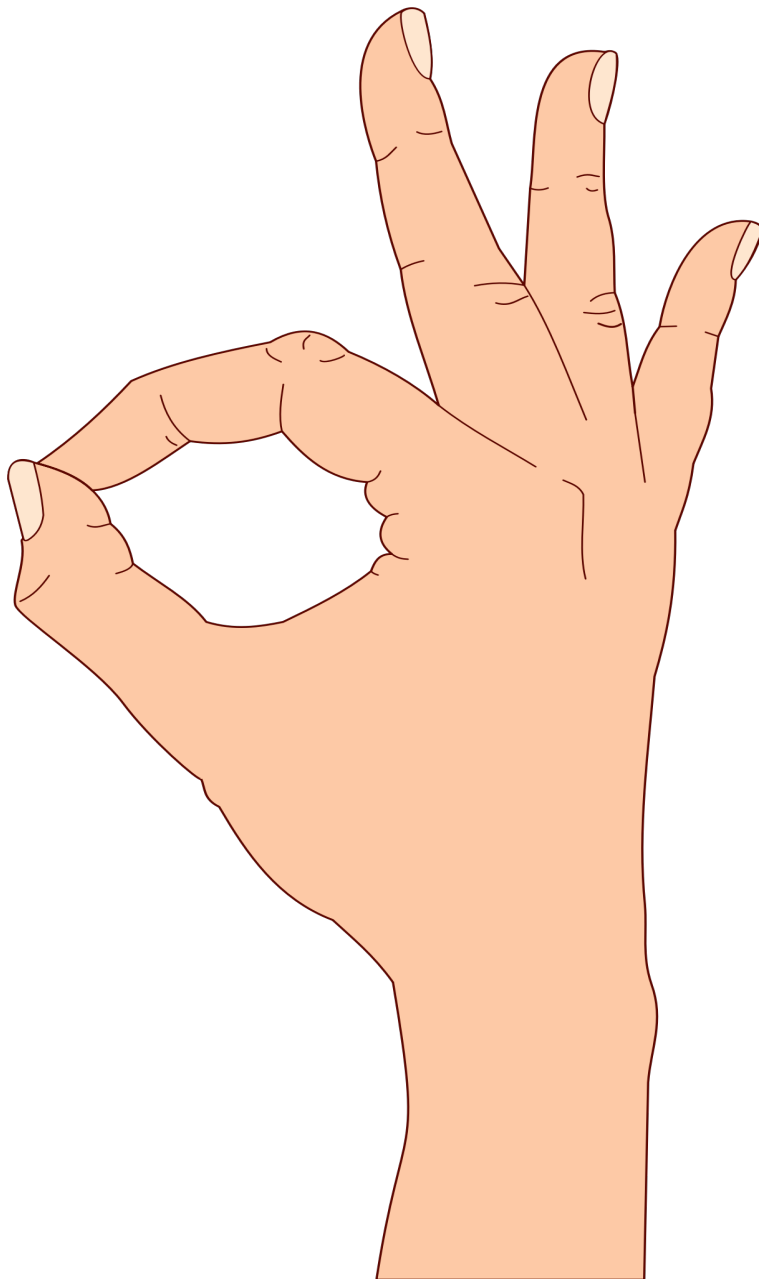


My deodorant might be a roll on, a stick or a spray.

Everyone grows up and changes.
I will still be me.



I might feel a little nervous about the changes that will happen but I must remember that it will be okay.



I can ask a grown up if I have any questions.



My friends and family love me.

