

Puberty

Girls Talk



What is puberty?

Puberty is the time when your body changes from being a child to a young adult.

It happens to boys and girls.

Your body is preparing itself to be able to have a baby when you are older and ready.

Why does it happen?

- Puberty begins when your body is able to produce hormones that cause changes to happen in your body.
- These hormones cause changes in your body and in your feelings.
- These feelings and changes are natural and do not happen to everyone at the same time.

When does it happen?

Girls

8 – 13 years

Boys

10- 15 years



EVERYONE IS DIFFERENT

What changes happen to girls?

- Get taller and heavier
- Bones grow bigger and heavier
- Hips get wider and more curvy
- Body hair grows
- Breasts develop more
- Body sweats more
- May have moody spells, change in thoughts and feelings

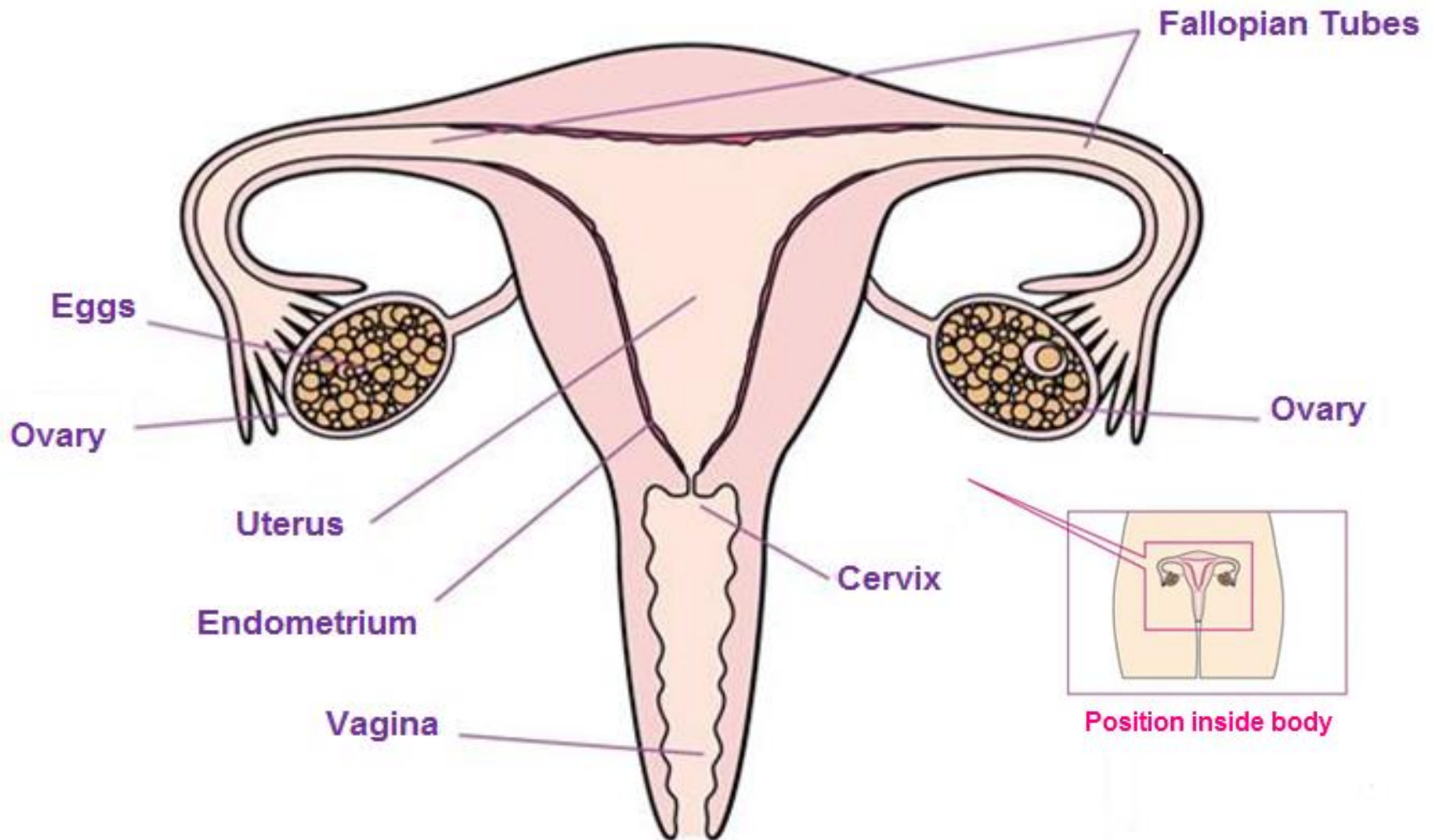
What changes happen to boys?

- Get taller and heavier
- Bones grow bigger and heavier
- Facial hair grows – moustaches/beards
- Body hair grows
- Voice changes
- Body sweats more
- May have moody spells, change in thoughts and feelings

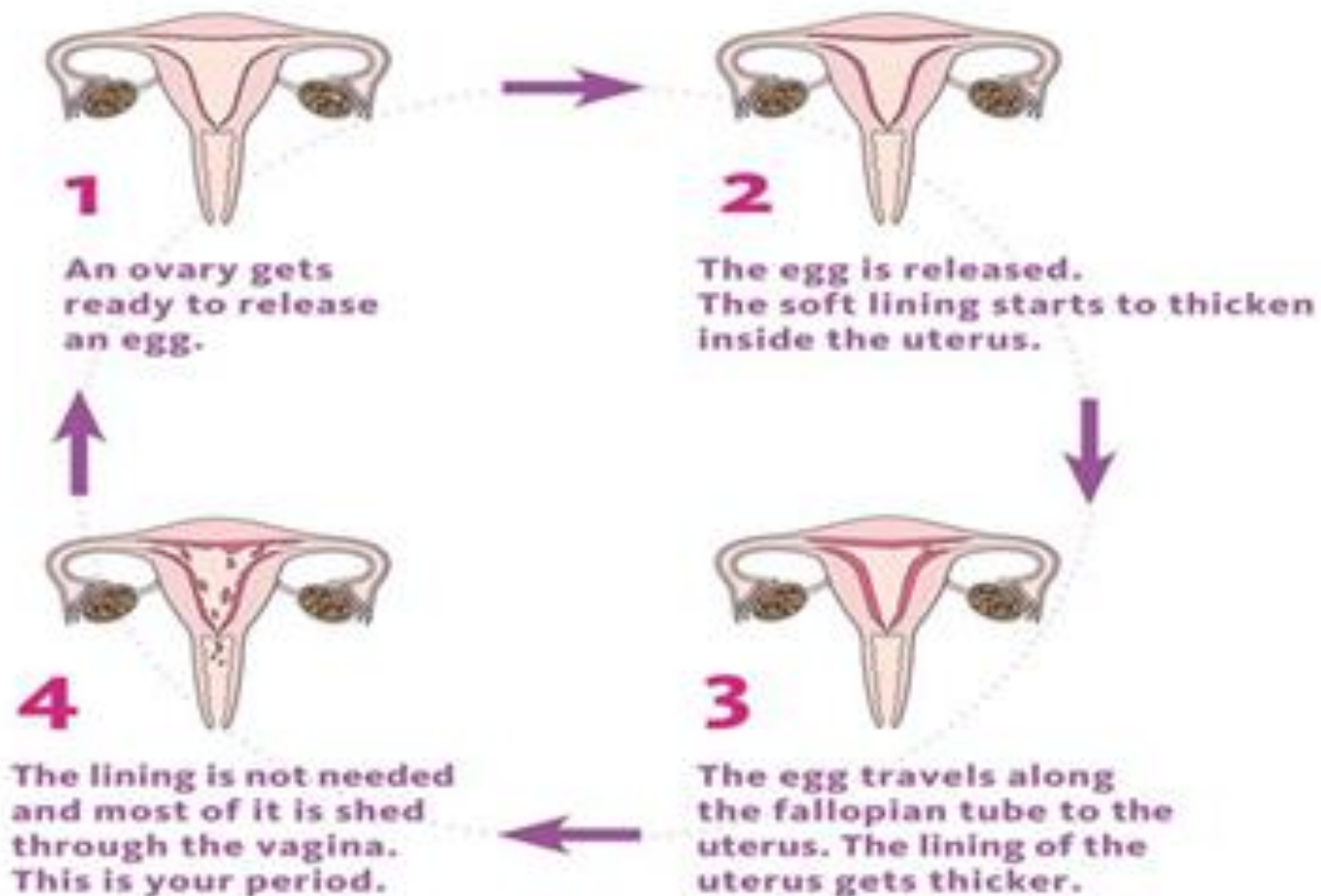
GIRLS



The Female Reproductive System



The Menstrual Cycle



Your Period

Bleeding can last between **3 and 8 days**.

Blood flow may be heavier in the first few days.

The average blood loss is only around **80ml**
(roughly 3 tablespoons).

Periods happen once a month but **your body takes time do get into a routine** so for the first year or so the time between each period may vary.

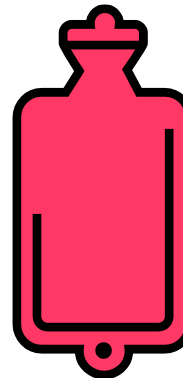
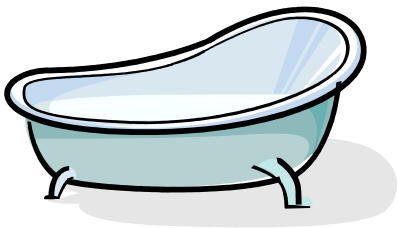
What symptoms are there?

- Tender breasts
 - Headaches
 - Mood swings
- Stomach cramps
 - Tiredness
 - Spots



Things to try...

- Have a warm bath
- Massage your stomach
- Have a nice warm drink
- Use a hot water bottle
- Eat a well balanced diet
- Exercise



Sanitary Towel

- Worn in your underwear.
- Many different absorbencies.
- Wings provide extra protection.
- Change frequently to keep fresh and dry (generally every 4-6 hours)

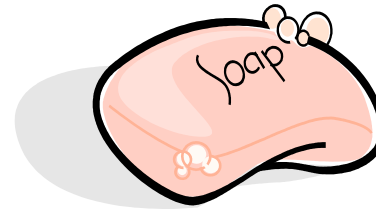
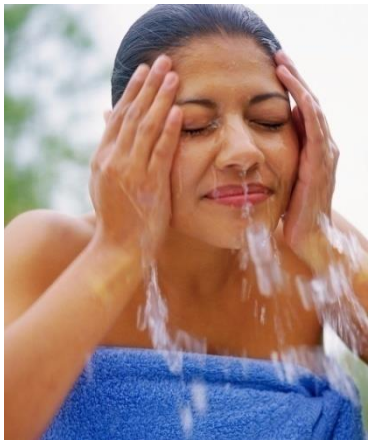
Tampons

- Worn inside your body
- Different range of absorbencies.
- Good for swimming and sports.
- Should be changed regularly (every 4-8 hours)

Period Pants



Personal Hygiene What do we do?



Any Questions



I thank
you!

