Puberty is all part of Growing Up!
Whether you can’t wait to “grow up”, or maybe you are dreading (or looking forward to it)
One thing is for sure it’s going to happen.
So, what’s it all about?
This magazine will help to explain what happens and why.
Changes, Changes, Changes,

How Should A Bra Fit?

**Good Fit**
- The bra is snug and lower in the back than in the front, allowing the band to provide support and keep the weight off the shoulders.

**Bad Fit**
- The breasts fit into the cups completely with no bulges over the top, under the arms, or out the bottom.

**How Do I Find The Right Size?**
- Take a few measurements:
  - Measure across the fullest part of the bust (with a bra on)
  - Measure the ribcage just below the bust.
- If you need a longline bra, also measure at the waist.

I wish I wasn’t so tall and skinny
Why am I so short and looking?
I wish I had some friends
Why are my hips so wide?
I’m NEVER going to have a bust!
A Scary Hairy Story

Looking back the worst part of growing up was hair! It was everywhere I didn’t want it. At the time I was really into sport and suddenly some boys who had cheered when I won the race for our house commented on my hairy legs. I just wanted to run off the field even faster than I had run the race.

I remember asking my stepmother if I could shave my legs, “definitely not” was the reply, “once you start that nonsense you never stop”. Well that was not the answer I was looking for. Ah well.

I left it for a while feeling very self conscious and hoping the boys wouldn’t say anything. The other thing was “private hair”, not public, of course; its actually pubic hair, called that because it grows over your pubic bone between your legs. When changing for swimming, (which I didn’t like anyway!) I noticed hair. Not only that I had some, but more importantly that others didn’t. So I changed in that really awkward way you do when you are on the beach. I didn’t want anyone to see. I had heard a boy on the playing field shouting that his friend had a forest!

It was fashionable at the time to have thin arched eyebrows and mine were thick. Yuk, some very serious plucking took place. When I look back on the photos now they look awful. Funny isn’t it?

I did shave my legs with dad’s razor. It was one night when my parents were out and it was all very secretive. I was looking after my younger sister and when she was safely engrossed in a film on TV, I shut myself in the bathroom to do the deed. I was quite upright to say the least and ended up cutting myself. There was blood everywhere and my sister hammering on the door to come in. Aahhh!

PS. This sounds like a horror story. It wasn’t all that bad, honestly, except I spent too much time picking spots and, as for being flat chested, well that’s another story altogether!

Choices and Responsibilities

Puberty or “growing up”, whatever you want to call it, is slightly different for everybody. There is no one definite time, (it can be anytime between 9 and 17 years). Also, there is no specific time when things happen; it is all gradual and individual, even sisters in the same family vary, being different sizes and shapes – and that’s fine.

Also, there is no one definite time you should go to bed, or a time you can stay out until etc.

Negotiation is the key here.

Talk to your parents.

Explain how you feel, why you want to dress a certain way. You will be surprised at the positive response. Be prepared to compromise though and try to see their point of view. Believe it or not your parents actually experienced growing up (a long time ago admittedly!). They will remember wanting to make their own decisions, but it is difficult for them to get used to you not being a child anymore.
Periods! What are they and how do you deal with them?

The School Nurse

You are growing up so fast! Is there anything you would like to talk about?

Oh No! This could be embarrassing!

No. It’s OK Dad. Our School Nurse told us all about periods & stuff.

Whilst dads don’t have periods they can be good to talk to and do understand aspects of growing up.

Talk to someone you trust like a sister, your mother, aunt, a teacher etc.

It’s all perfectly normal and will happen when it’s right for you.

Think I’ll visit her during her ‘drop-in’ session and talk to her in private.

Tips on how to cope with periods eg

- Make a note of when your periods start, then you will see a pattern emerging ...eventually

- Carry a spare panty liner in your bag; although the teachers usually have some at school

- Change your pants daily and keep clean. You do not need to use sprays or scented products

- Check each break time if you need to change your pad

- Always make sure you dispose of your sanitary wear thoughtfully; there should be bins at school
What to use
Do not feel pressured into using tampons. It might be a better idea to use sanitary towels initially as it gives you chance to get used to the whole thing. Also you can see clearly for yourself when the towel needs changing.
Don't try using tampons when you do not have a period

SANITARY PAD
(EXTERNAL USE)

TAMPON
(INTERNAL USE)

Toxic shock syndrome
Young women who use tampons and do not change them often enough are at risk of developing this infection.
Read the instructions which are in every box of tampons.
REMEMBER: They are safe if used correctly.

Some girls experience discomfort such as an aching tummy. Relaxing with a hot water bottle on your tummy can help this. Or a warm bath, exercise or a pain killer in some circumstances.
If very painful periods persist it is advisable to talk to somebody. You may need to see a doctor.

Oh, that feels better now. Nice and warm.

You do not have to put your life on hold just because you have a period, in fact exercise can help relieve discomfort.

Yes, me too. I hope we win!

I love netball!
Getting Ready . . .
First Date? Worried? You Bet!

Oh it's all so confusing.
This boy at school has asked me out, well at least I think he has . . . ?

I don't know if it's an official date or not and now I feel really awkward. We've always got on really well and chatted about all sorts of different things. His mum is quite friendly with mine and he only lives down the road and we wait at the same bus stop, so if I mess it up I'll have to see him all the time and it will be sooooo embarrassing!

If it's a date maybe I should make a real effort and put on that new outfit my auntie gave me for Grannie's special birthday party. I'm not sure if it's too short and makes me look tarty or available. I don't like my legs but Grannie said I looked elegant and sophisticated. I'm not sure what that means exactly. Then mum says just be yourself which is easy for her to say as she obviously knows who she is. I on the other hand have not got a clue. Sometimes I feel really grown up and wish my family would treat me with a little more respect and that I could be responsible and not treated like a baby, then without warning, something happens or actually sometimes something doesn't happen – and I just want to act like my much younger sister and just play with her dolls…….help!

Anyway, it's easy just dreaming about pop stars who you will never meet and what would it be like to kiss them – but what about in real life, if this boy wants to kiss me? My nose is bound to get in the way. Nobody gives you lessons in this very important aspect of your life – I mean some of the stuff you learn at school isn't exactly going to be relevant is it? I am sure Henry the VIII had a very interesting love life, but tips from him might not prove helpful.

I will scream very loud soon if my sister does not get out of the bathroom. I NEED lots of time to get ready. Nobody seems to understand although mum is trying rather too hard to be understanding. She stands smiling quietly to herself and saying how grown up I am. Well I don't feel grown up – I'm so nervous.

That's it, I'll be me and wear my favourite combat pants. Dad asked if I wanted to look like a builder. He is so irritating and what would he know anyway. Having said mum thinks I am grown up, no doubt she will want me home early and I will look like such a baby to him.

It's only a film, I watch them all the time and at least if we run out of conversation then that will be OK. Usually I have plenty to say; probably too much. What if he thinks I talk too much? What if people we know see us? Do I say he is my boyfriend? Actually that has a nice sound to it…….

He's here and he's smiling. Oh he is nice and it's going to be ok ...isn't it?
Good Friend, Bad Friend
Which are you?

Your friend has arranged to go out with someone her parents don’t like, she asks you to lie for her and say she’s at your house...Would you?

Do you like to make your friends happy?

If you have plans and your friend asks you to cancel them for her would you?

Are you able to accept your friends advice?

Would you show how you felt if your friends were teasing you?

Are you always influenced by your friends?

Do you always listen to your friend when she wants to discuss her worries?

If you thought your friend was taking unnecessary risks would you tell someone?

You know your friend would like to go out with someone and you do too. Would you try to put her off? may the best man win!

Do you tell the truth when you don’t feel comfortable with what your friends wearing?

Your friend links up with somebody and wants you all to go out together but you don’t like them do you make her choose between you?

You really are a great person to have as a friend. Although sometimes it is OK to put your own point of view over and choose what you want to do. People can get carried away with the crowd and end up doing something they would rather not.

Wow it is so refreshing to have someone who is honest open and straightforward and who also knows how to enjoy herself. You must have loads of friends. Sometimes you take the lead and other times you are happy to do your own thing. Well done you’re loyal and true to yourself.

You might like to rethink the way you treat people. It’s all very well saying people know where they stand and “that’s me”! You could find “that’s you” on your own and at the end of the day we all need friends make some time for yours.