Girls...

Your guide to growing up
Puberty

Puberty is a time when your body will change inside and outside. It is when you grow from a child into an adult. During puberty, because your body starts to produce chemicals called hormones, changes happen. These changes can begin any time between the ages of 8 and 15 years but sometimes later. They develop at different times and at different speeds, so don’t worry if your changes start earlier or later than your friends.

Know the facts and what to expect
start to change both
body from a child into an
body starts to produce
to happen. Between the ages
everyone different rates,
or later than
Girls...

During puberty your body starts to change

...on the outside

Q you will grow taller and more quickly than you have in the past.
Q your body shape will change with your hips getting wider.
Q spots may appear on your face and body – try not to squeeze them and keep your skin clean.
Q your hair could become more greasy and will need washing more often.
Q your breasts start to develop and increase in size - sometimes one breast grows quicker than the other – don’t worry this is quite normal.
Q hair will grow under your armpits, on your legs and around the vagina (the pubic area).

...on the inside

Q each month a tiny egg, which is stored in the ovaries, will ripen and move down the fallopian tube.
Q the lining of the uterus (womb) becomes soft and thick in readiness for a possible pregnancy but if the egg is not fertilised and does not implant in the womb then this lining comes out of your body as blood through the vagina - this is called "having a period".
Q before your periods start you may notice a yellowish or white stain on your underwear - this is normal and is called a vaginal discharge.
Q to begin with your periods may not come regularly but after a while they settle down and appear about once a month (approximately every 28 days).
Q a period usually lasts between three to seven days; this may vary from month to month. The amount of blood lost is very small and the length of a period can differ from person to person.
Q remember - these changes to your body mean that you will be able to have a baby.
Q try to be prepared for these changes, talk to a parent, carer, your school nurse or an adult you trust about what is happening to you and what to do when your period comes.

Everyone goes through puberty but everyone’s body changes at different times so try not to compare yourself to your friends. Puberty doesn’t happen quickly it can take between one and two years - remember not everybody develops at the same age or at the same speed.

Your guide to growing up
Remember... Everyone goes through puberty!

If you are worried or have more questions always talk to an adult you trust who will explain these changes in more detail.

CHILDLINE
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