Girls...

Your guide to growing up
Girls...

During puberty your body starts to change

...on the outside
you will grow taller and more quickly than you have in the past.
your body shape will change with your hips getting wider.
spots may appear on your face and body – try not to squeeze them and keep your skin clean.
your hair could become more greasy and will need washing more often.
your breasts start to develop and increase in size - sometimes one breast grows quicker than the other – don’t worry this is quite normal.
hair will grow under your armpits, on your legs and around the vagina (the pubic area).
your feelings could change from day-to-day - you might feel moody and think no-one understands you – don’t worry, after a while you will find these feelings easier to cope with as they settle down – this is due to the hormones changing in your body.

...on the inside
each month a tiny egg, which is stored in the ovaries, will ripen and move down the fallopian tube it attaches itself to the lining of the uterus (womb). The lining becomes soft and thick and if the egg is not fertilised this lining comes out of your body as blood through the vagina - this is called “having a period”.
before your periods start you may notice a yellowish or white stain on your underwear - this is normal and is called a vaginal discharge.
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).
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.
remember – these changes to your body mean that you will be able to have a baby.
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
Puberty

Puberty is a time when your body will start to change both 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 start to happen. These changes can begin any time between the ages of 8 and 15 years but sometimes later – everyone develops at different times and at different rates, so don't worry if your changes start earlier or later than your friends.

Know the facts and what to expect
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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www.childline.org.uk
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