Girls

Checkout the Bare facts And all the Hairy Bits
Puberty is when you change from a child into an adult. Over a period of about two years all sorts of changes take place to your body, mind and emotions. Puberty can begin any time between 9 and 16 - everyone develops at different times and at different rates, so don’t worry if you think you are being left behind.

These are some of the things that happen:

Your breasts will get bigger
and you will need to look at wearing a bra.
It is normal for one breast to grow quicker than the other.

Your body shape will change
your hips will get wider.

You may get spots
and your hair may get greasy and need washing more often.
You will grow taller
5 to 12 cm in a year.

Your face will look more adult.

You may feel moody or angry
and feel no-one understands you.

You are growing into an adult,
away from your family,
becoming more independent.
Changes are happening inside your body too.

Every month an egg, which is stored in the ovary, will ripen. It moves down the fallopian tube. It attaches itself to the lining of the uterus (womb).

If it is not fertilised, the lining of the womb comes away - this is your period.

Usually you will get a period every 28 days, but this can be different for different people. The length of time that you have your period for can vary too, but most women bleed for 3 to 7 days.

Before your periods you may notice yellowish or white stains on your underwear. This is normal and is called a vaginal discharge. You only need to worry if you feel itching or irritation.

If you are worried talk to an adult you trust.

These changes mean that you will be physically able to have a child.
You will grow hair on your body

Pubic area
(around your vagina)

Underarms

Legs
NHS
Cornwall and Isles of Scilly
Health Promotion Service ©
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