

Puberty

A Girls Overview



Life Cycle

young -----> old

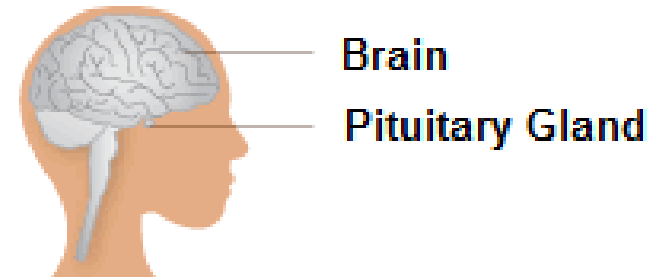
What is puberty?

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

Your body is preparing itself to be able to reproduce (have a baby).

Why does it happen?

- Puberty starts when extra amounts of chemicals called hormones start to be produced in the body.
- The body produces the special hormones **OESTROGEN**, **PROGESTOGEN** and **TESTOSTORONE** which are responsible for many different changes in the body.
- The brain and pituitary gland release the special hormones that regulate the reproductive organs.



Chris's Story

Physical Changes

Physical changes happen because the body starts to produce chemicals called special hormones; **oestrogen, progesterone and testosterone.**

Puberty can happen anywhere between **8 and 18** years of age.

Physical Changes cont.

The female body mainly produces **progesterone and oestrogen** which start the changes of puberty.

Usually starts between 8-13 years.

Boys also go through changes but we will not be discussing this yet.

What changes
happen to girls?

What changes happen to girls?

- Get taller and heavier
- Bones grow bigger and heavier
- Hips get wider and more curvy
- Face changes shape
- Voice gets a little deeper
- Hair grows under the armpits, around the genitals (pubic hair)
- Hair on arms and legs grows darker
- Breasts and nipples get larger
- Body sweats more
- Internal and external reproductive organs grow
- May have mood swings, thoughts about boys and feelings

Bodies activity!

Emotional Changes

Your **mind and feelings** change too.

- You may feel **lonely and confused**.
- You may have **mood swings** (including irritability, tearfulness, overwhelming happiness and confusion).
 - You may want **more independence**.
 - You may also become **argumentative and bad tempered**.
- You may **love your friends or family at times** and **not want to have anything to do with** them at other times.
- Sometimes you may **feel like a grown-up**, other times **like a kid**.

What can cause conflict with parents?

- ❖ Homework
- ❖ Clothes
- ❖ Games consoles (i.e. Wii, X-Box, Playstation)
- ❖ Internet usage
- ❖ Music choices and volume
- ❖ Friends
- ❖ Bedroom
- ❖ Choice of leisure activities
- ❖ Make-up

How to keep parents happy

- ❖ Keep them involved, **tell them** how you are feeling about things.
- ❖ Ask their advice, **listen** and if you disagree tell them why.
- ❖ Accept that they have the right to lay down some rules, be willing to **meet them halfway**.
- ❖ Try **not to lose your temper**, if you show them you can accept when they say no, may be they will be willing to say yes in the future.
- ❖ When going out, tell them **where and with who**, agree a time when you will return and ALWAYS let them know if you are going to be late.
- ❖ **Help more** around the house, without waiting to be asked!

What can cause conflict with friends?

- ❖ Other friendships, new friends.
- ❖ Misunderstandings, arguments.
- ❖ Choice of things to do together.
- ❖ The way they talk to you, making you feel bad about yourself.
- ❖ They do not listen to you, they only talk about themselves.
- ❖ Jealousy.

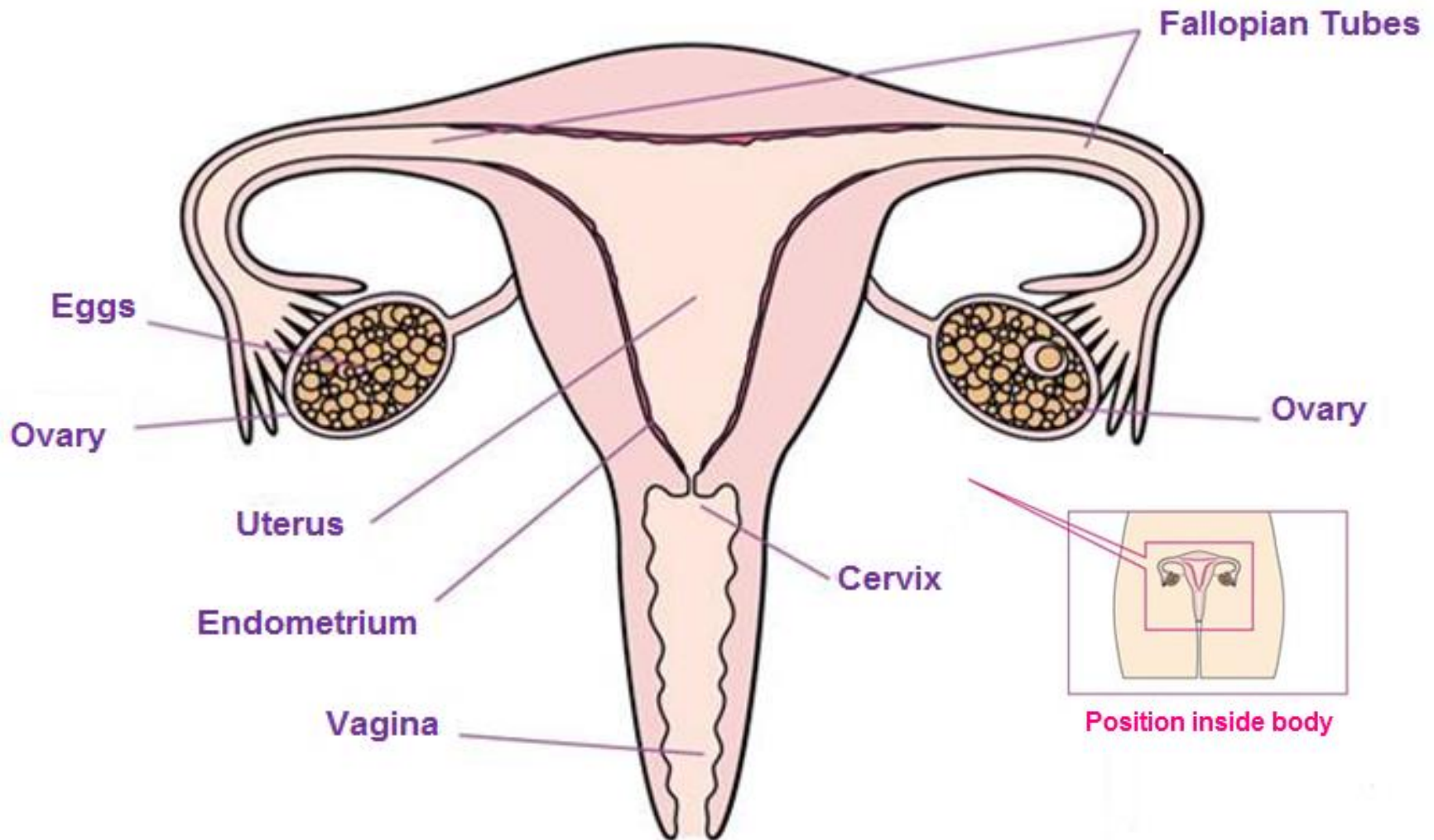
Give and take with friends

- ❖ Try to **not demand too much** support and attention **without giving some in return**, they will feel resentful and used.
- ❖ Show **mutual respect**.
- ❖ Be **honest** with them.
- ❖ If you let a friend tell you **how to behave and what to do**, then you are not being fair to yourself or to them.

GIRLS



The Female Reproductive System



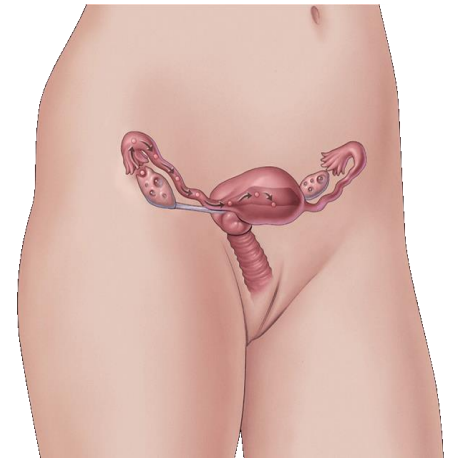
What are Periods?

Periods (menstruation) happen due to the **hormones changing** in your body.

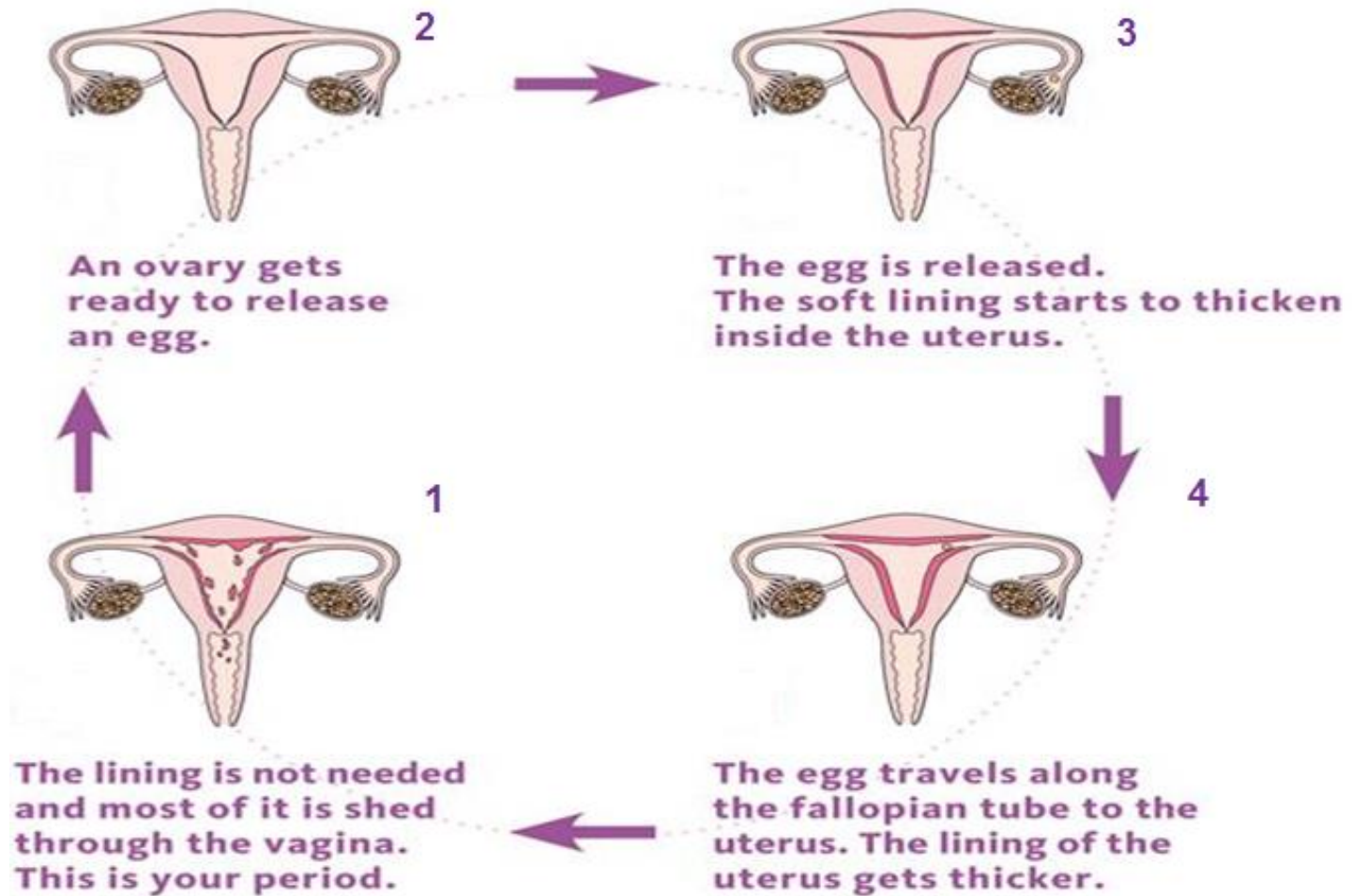
Even before birth, a girl has 1-2 million tiny eggs (Ovum) in her ovaries. When puberty is reached an **egg is released each month from her ovaries.**

The egg moves **from the ovary and along the fallopian tube and down into the (womb) uterus.**

If the egg is not fertilised by a sperm then the **lining of the uterus and the egg leave your body through your vagina;** this is your period.



The Menstrual Cycle



The menstrual cycle is usually 28 days. However it can vary from between 23-35 days.

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.

When will my period start?

Usually between **10-16** years old

About **2 years after your breasts develop**

Soon after you grow **pubic hair**

After you start to notice **vaginal discharge**

REMEMBER – every girl is different!

What symptoms are there?

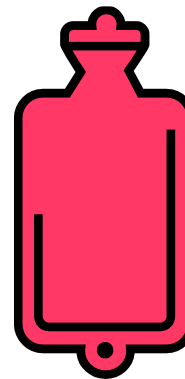
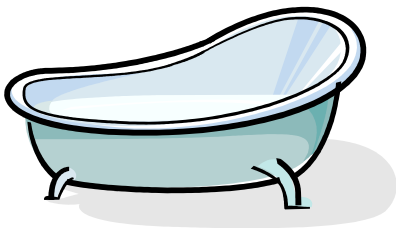
Many girls will feel **PMS** (premenstrual syndrome), symptoms can include:

- Tender breasts
 - Headaches
 - Mood swings
- Stomach cramps
- Feeling bloated
 - Tiredness
 - Spots
- Food cravings
- Difficulty concentrating



Things to try...

- Have a warm bath
- Massage your stomach
- Have a nice warm drink
- Use a hot water bottle or use a heat pad.
- Eat a well balanced diet.
- Exercise



Feminine Protection

There are three types of protection you can use during your period to absorb your period to stop it getting on to your clothes/underwear.

Some can also be used for vaginal discharge.

The choice is a personal choice and different for each girl.

1. Panti-liners
2. Sanitary Towels
3. Tampons



Pantliners

- Worn outside your body, in your underwear
- Can be used:
 - When your period is light
 - As tampon backup
 - In between periods to absorb discharge
 - To help keep you fresh every day



Sanitary Towel

- Worn outside your body, in your underwear.
- Many different absorbencies.
- Wings provide extra protection.
- Change frequently to keep fresh and dry (generally every 4-6 hours, more often when your period is heavy).
- They will start to leak if you don't change them!

How to use a sanitary towel

1. Pull off paper strip or wrapper.

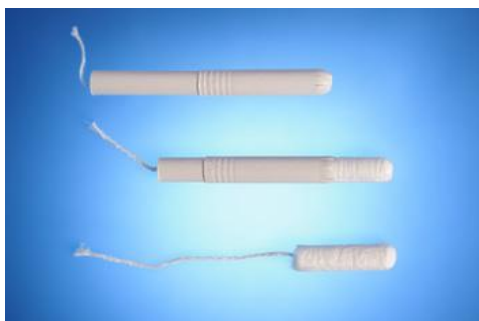


2. Attach sticky part securely to center of underwear.



3. For wings, peel off paper strips and wrap around sides of underwear.

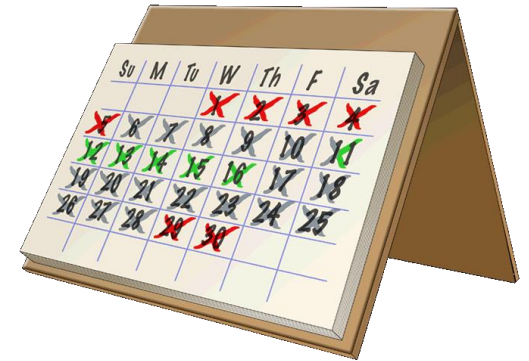




Tampons*

- Worn inside your body in your vagina to absorb menstrual flow.
- Different range of absorbencies.
- Good for swimming and gymnastics.
- Should be changed regularly (every 4-8 hours, more often when your period is heavy).

Planning

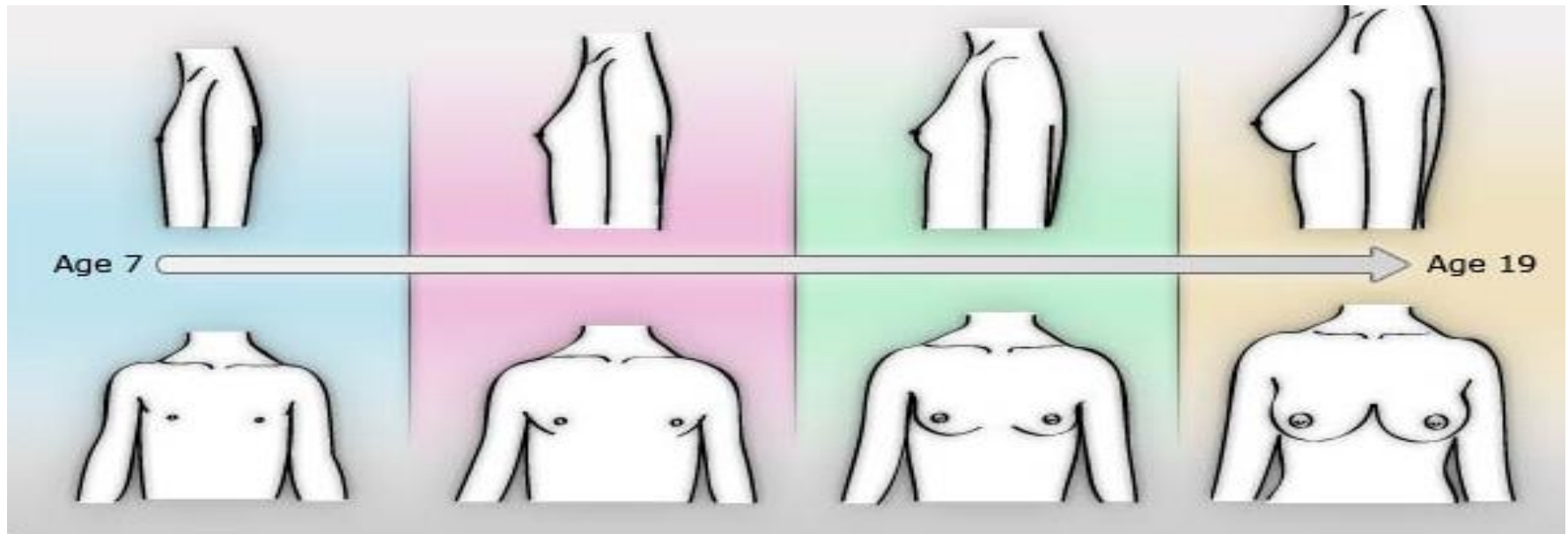


- Mark on a calendar the date of your first period.
- Count 28 days from the day of your FIRST blood show, this will give you a rough idea of when your next period will be.
- Always carry some spare knickers and sanitary towels in your bag.

REMEMBER periods will not have a set pattern in the beginning, they will eventually settle into their own pattern.

So what about Breasts?

- Your **genes** determine the size and shape of breasts.
- The first thing you may notice is a **bump behind the nipple**.
- Then there will be **swelling** underneath
- The **nipple area gets darker**.
- Breasts grow **slowly** and one side may be bigger for awhile.
- They may feel **sore** at times while they are developing.



This diagram is only a representation. All girls' bodies look different and breasts come in many different shapes and sizes.

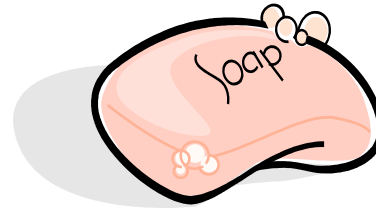
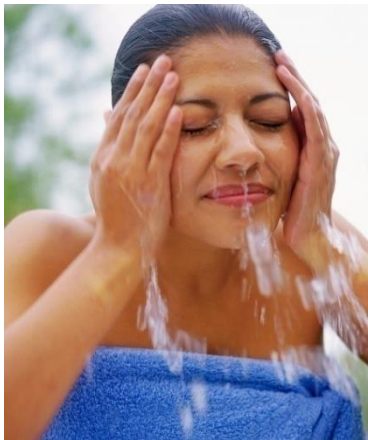
Activity

The hardest thing about
growing up is...

&

The thing I am looking forward
to about growing up is...

Personal Hygiene What do we do?





Sweat



- Sweat is your body's **natural way** of helping you to **cool down**.
- Sweat can also some times **become smelly** when the chemicals it contains **mixes with bacteria** that live naturally on your skin.

Any Questions



I thank
you!

