



Female Puberty



Questions?

On your post it note - write down any questions that you may have - we may answer it during our session - if not we will address what we can at the end!



Everyone gets:

- body shape change
- an increase in sweating
- more oily skin
- hair growing around their genitals, under their arms and on their legs.
- periods, vaginal discharge
- breast growth

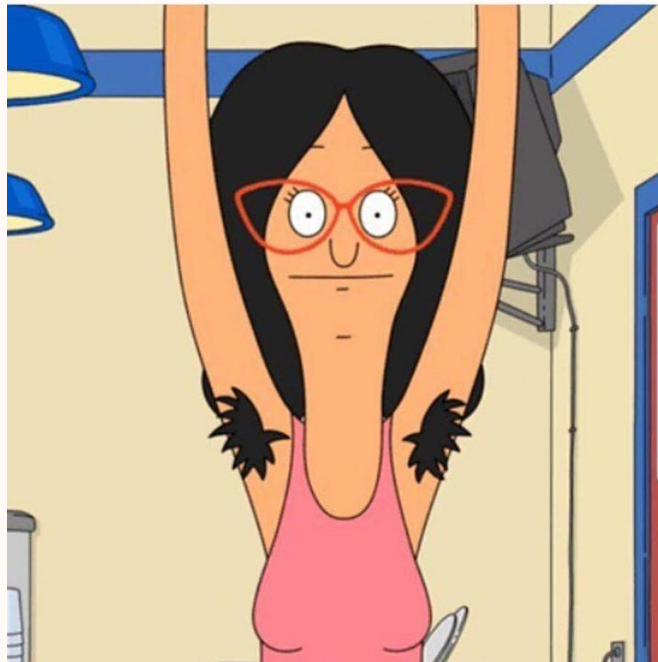
The influx of hormones during puberty can cause a range of feelings or emotions and these feelings can change often.

You might get:

- sudden mood changes
- changing emotions

Keep talking to a trusted adult during this time.

What IS Puberty?





Mood Changes

Your emotions get more stronger and intense.

Moods change more often, quickly and randomly.

You might experience strong emotions that are new and scary.

It's okay that you might feel confused and angry and not know why.

Being sensitive and more upset than usual is totally normal.





Body Changes and hygiene



You begin to grow hair in new places. This includes the armpits and the pubic area.

You're growing hair in new places because hormones are telling your body that it is ready to change. Some of the hormones that trigger this new hair growth come from your adrenal glands. Other hormones come from your **pituitary gland** (a pea-shaped gland located at the bottom of your brain). These pituitary hormones travel through your bloodstream and make your breasts grow bigger, it also helps make your body start sprouting hair in your pubic area, under your arms.

You don't really need to *do* anything about this new hair that's growing.

Body odor is natural, but it might make you feel self conscious.

Around the time body odor starts, you should start taking a shower or bath every day. Bathing after physical activity is especially important to rinse away sweat that has combined with bacteria on the skin.

It's really important that you wear fresh underwear, socks and other clothing daily because sweaty clothes can harbor bacteria and cause odor.

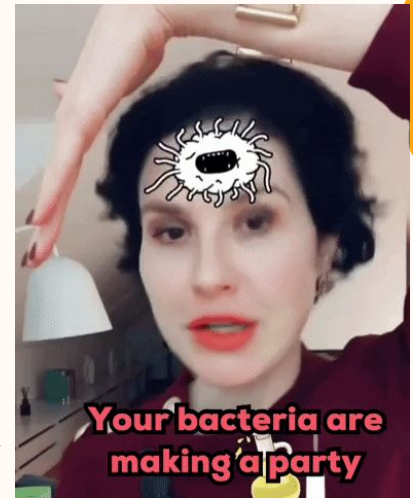
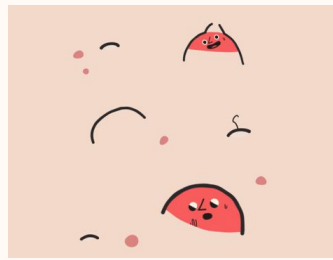
Deodorant and antiperspirant can help reduce odor, including odor caused by sweating if you're active. You can use an unscented products if you are sensitive to fragrances or don't like the smell of scented deodorant.

Besides practicing good hygiene, staying hydrated and eating a healthy diet that doesn't include a lot of greasy food should keep body odor at bay.





Acne



Acne is caused by overactive oil glands in the skin and a buildup of oil, dead skin cells, and bacteria, which leads to [inflammation](#) (swelling and redness) in the pores.

Oil glands get stimulated when hormones become active during puberty. That's why you are likely to get acne in your teens. Because the tendency to develop acne is partly genetic, if other people in your family had (or have) acne, you may be more likely to have it too.

There's no sure way to prevent acne. But these tips might help reduce the number and severity of your breakouts:

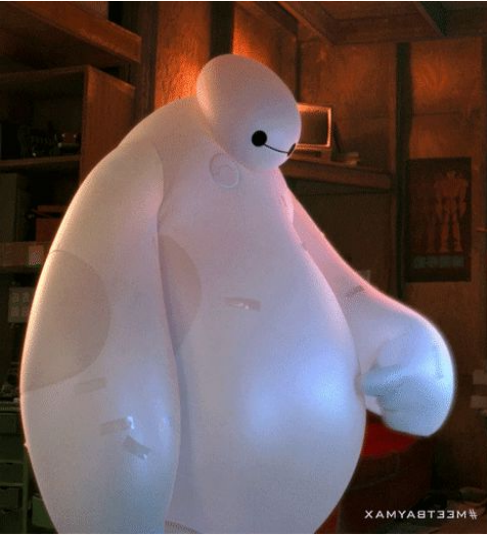
- [Washing your skin](#) is the most important thing you can do. It helps remove excess surface oils and dead skin cells that can clog your pores. But washing too much can cause damage by making your skin too dry or irritating acne that's already there.
- Remember to wash after exercising because sweat can clog your pores and make your acne worse. If you work around greasy food or oil, if you've been sweating from heat or from working hard, wash your face and other acne-prone areas as soon as possible.
- If you use hair spray or styling gel, try to keep them away from your face as much as possible. Many hair products contain oils that can make acne worse. Try to use water-based products.
- If you get acne on areas such as your chest or back, avoid wearing tight clothes, which can rub and cause irritation.

Body shape changes

You may be tall and slim or have a bit of body fat on you just before puberty happens. You will start to have a growth spurt around this time. You may grow taller and skinnier. Some people get a temporary layer of fat as puberty begins, this often around the tummy and hips. Sometimes people feel self conscious about these body changes and begin to compare themselves to others and what they see on social media.

Physical exercise at this time is incredibly important to support this process and to aid bones getting thicker and stronger. Physical exercise is also really important for mental wellbeing and is a mood booster.

Eating a good balanced diet is also really important at this time to support overall body growth and sets you up for good health in adulthood.





Breast growth




The first sign of puberty for girls is often you noticing your breasts are starting to grow. You may notice lumps under your nipples, this may be a little bit sore or tender.

For some girls this may be as young as 8, for others it may be 13.

Often one breast may grow more quickly than the other, that's normal and nothing to worry about.

At first you will need to start wearing a crop top underneath your clothes. As your breasts grow, you may eventually move onto wearing a bra.



Periods

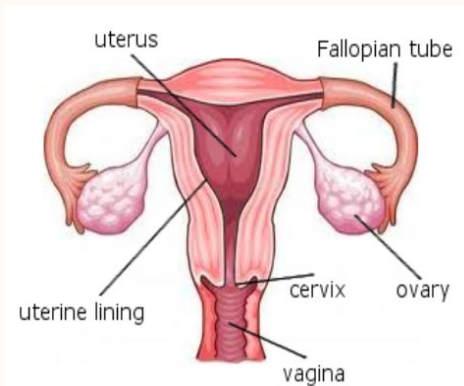
How do periods work?

A period usually starts about 2 years after breasts start to develop. The menstrual period or monthly cycle, is when blood is released through the vagina. That may sound alarming, but it's normal and it signals that a girl is growing up and her body is preparing so that she can have a baby someday.

Each of a girl's two ovaries holds thousands of eggs. During the menstrual cycle, an egg is released from one of the ovaries and begins a trip down the fallopian tube to the uterus, also called the womb. A girl has two fallopian tubes, one connecting each ovary to the uterus.

Before the egg even leaves the ovary, though, hormones stimulate the uterus to build up its inner lining with extra blood and tissue. If the egg gets to the uterus and is fertilized by a sperm cell, it may plant itself in that lining and grow into a baby. The extra blood and tissue nourishes and protects the baby as it develops.

But most of the time the egg is only passing through. When the egg doesn't get fertilized, or if the fertilized egg doesn't become planted in the lining, the uterus no longer needs the extra blood and tissue, so the blood leaves the body through the vagina. This blood is known as a girl's period. A period usually lasts from 2 to 7 days. About 2 weeks after the last period, a new egg is released as the cycle repeats itself.



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**Have your questions
been answered?!**

