



### Signs your body is changing:

- During puberty, your body will grow faster than at any other time in your life, except for when you were a baby.
- Everyone goes through these changes, but maybe at different times.
- Your periods may have started or will do so in the next few years.
- It is advisable to wear a bra, especially if you are playing sport.
- You may notice you become more emotional and moody.
- You may notice spots or pimples appearing.



### Looking after yourself:

- It helps to know about the changes that puberty causes before they happen.
- Talk to an adult you trust about the way you feel.
- Eat a healthy diet.
- Get enough sleep.
- Shower regularly and wear a clean change of clothes every day.
- Don't get stressed out if you are developing at a different rate from your friends - everyone develops at different times.
- Your school will talk to you about the changes you are going through.



- Connexions Direct  
080 800 13 2 19  
[www.connexions-direct.com](http://www.connexions-direct.com)
- [www.likeitis.org.uk](http://www.likeitis.org.uk)
- [www.immunisation.nhs.uk](http://www.immunisation.nhs.uk)
- [www.doctorann.org](http://www.doctorann.org)
- [www.channelmogo.org](http://www.channelmogo.org) go to 'Need some advice'

# growing up for girls



***"Sometimes I have to remind myself that all these changes are normal and it happens to everyone."***

You may have noticed, or soon will do, changes in the way you look and feel. This is called puberty and everyone goes through it.

Some girls may be uncomfortable with how their bodies are changing. Your breasts will start to grow, your hips will broaden and your bottom may become larger. Do not diet to try to stop these normal changes.

Periods usually start at around this time. This signals that your body is preparing so that you can have a baby someday - but there's plenty of time to think about that later on. Keep yourself clean and make sure you have a supply of sanitary towels/tampons.

Girls sometimes might see and feel white discharge coming from the vagina. This doesn't mean anything is wrong - it's just another sign hormones are changing your body. Another thing that sometimes comes with puberty is acne or pimples - caused by all those hormones at work in the body. If you are worried get advice from your doctor or school nurse.

You may be offered the HPV vaccination through your school or health service. This can help protect you from cervical cancer for years to come. You will be given information about the vaccination programme well in advance.

