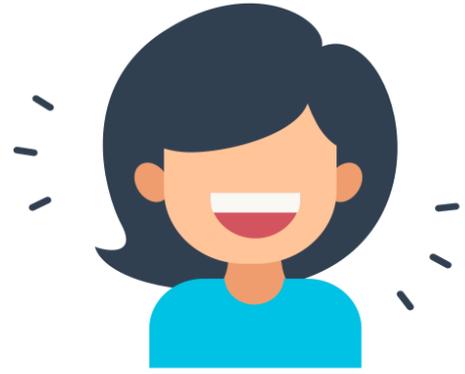


# Puberty in Girls:

## A simple guide

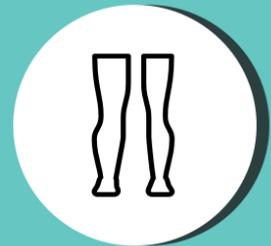


*Created for you, so you feel confident and ready for the changes you will experience during puberty!*

### PHYSICAL CHANGES of PUBERTY



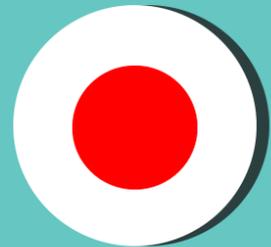
Breasts get bigger & hips become wider



Hair will grow on your legs, under arms and pubic area



Skin & Hair may become oily. This is why you may notice pimples



Menstruation (...also known as your period!)

## LET'S TALK PERIODS!

### When will I get my period?

- Your body is unique and on it's own schedule
- Normally, girls will get their period between age 10-16
- Most girls will get their period 2 years after breasts and pubic hair start to grow



### What if I start in school?

Have a kit packed in your backpack before you begin your period. Include:

- Pad
- Panty liner
- Change of underwear

### Will my periods hurt?

Some girls feel cramps when they get their period. The good news is lot of things can help, like:

- Exercise
- Hot bath
- Heating pad



## I GOT MY PERIOD! NOW WHAT?

Use feminine hygiene products to manage your period

A pad, tampon, or diva cup are most common.

Ask someone you trust about how to use them.



Can people tell I'm on my period?

This is simple: NO!

No one will know unless you tell them.



How often should I change my pad?

Every 4-6 hours. More often if your period has a heavier flow.

Remember to change it right before bed!



Can I tell when I'll get my period each month?

After a year, most girls periods will become regular and occur about every 28 days.



## 3 THINGS TO REMEMBER DURING PUBERTY:



### Healthy Eating

Your body needs fuel! Eat lots of fruit, veggies, eggs, meat, whole grain bread and cereals.



### Get lots of sleep

When you go through puberty, your body needs lots of rest. About 8-9 hours a night.



### Be Active

You can go for a bike ride, dance to your favourite song, whatever gets you moving & having fun!



Video Resources: Always Changing Puberty Education videos:

- [Always Changing and Growing Up | Co-Ed Puberty Education Video](#)
- [Always Changing and Growing Up | Girls Puberty Education Video](#)
- [Always Changing and Growing Up | Boys Puberty Education Video](#)



Resources for your child:

- [Puberty in Boys: A Simple Guide](#)