

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](#)