



PUBERTY 101 for Girls

More Than a Funny Word

- Puberty is the time when our bodies begin to change from girls' bodies to women's bodies.
- It usually happens between the ages of 9 and 17.

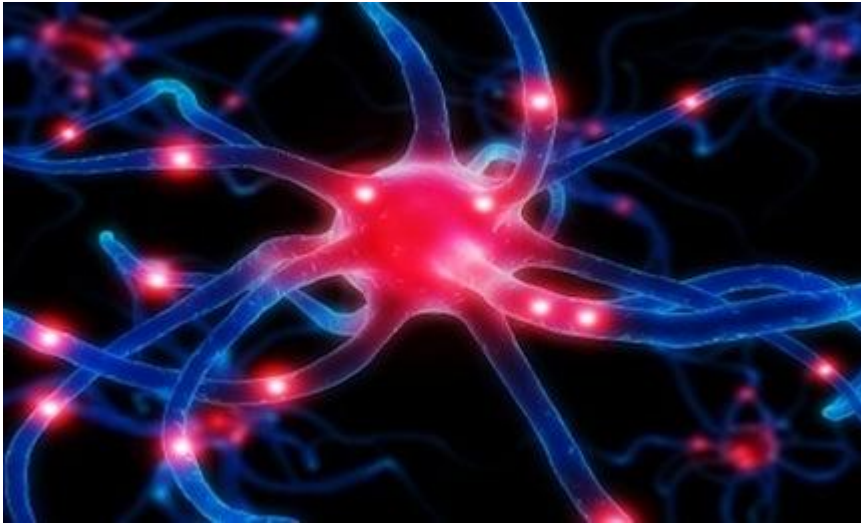
HELLO
MY NAME IS

Puberty

TIME TO CHANGE – IT'S ALL ABOUT THE HORMONES

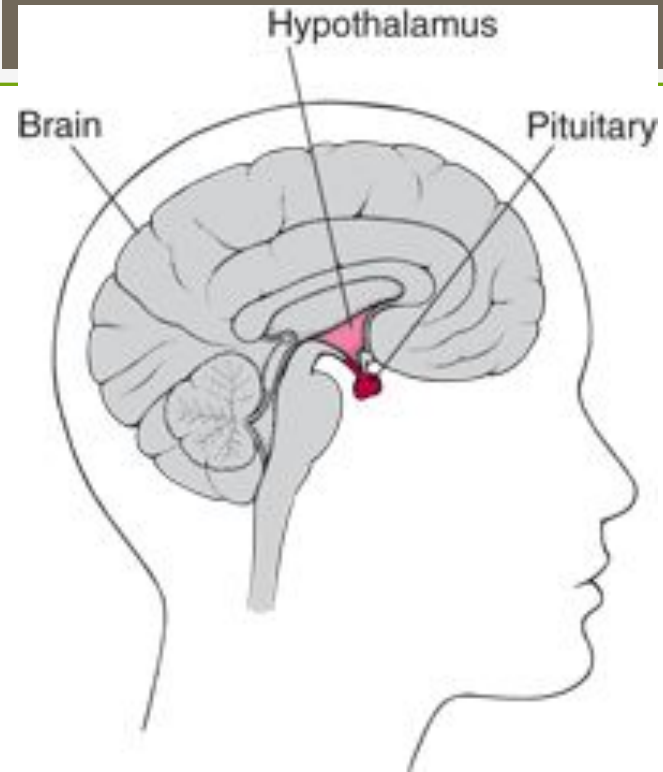
- As part of the endocrine system, glands manufacture hormones.
- Hormones are special chemicals your body makes to help it do things.
- Hormones are chemicals that carry messages from glands to cells within tissues or organs in the body.

TIME TO CHANGE – IT'S ALL ABOUT THE HORMONES



- When your body reaches a certain age, your brain releases a special hormone that starts the changes of puberty.

HORMONES



- GnRH acts on the pituitary gland, causing it to release two more puberty hormones: luteinizing hormone and follicle-stimulating hormone.

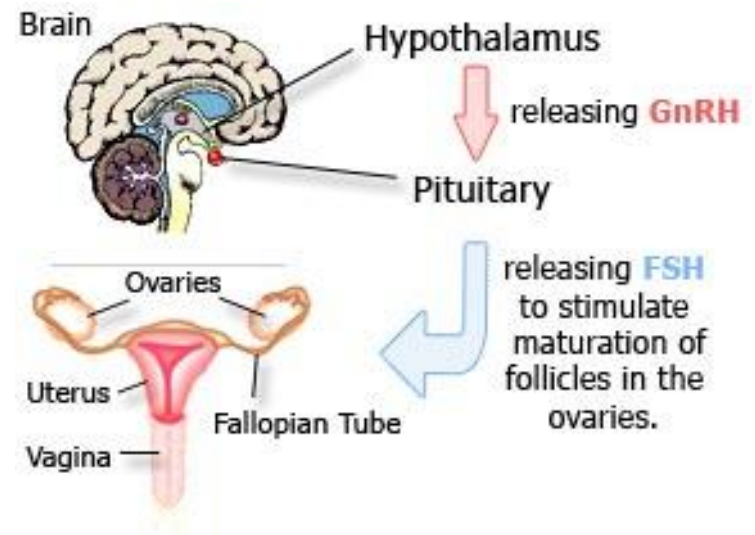
HORMONES

- Testosterone is the hormone that causes most of the changes in a guy's body during puberty.



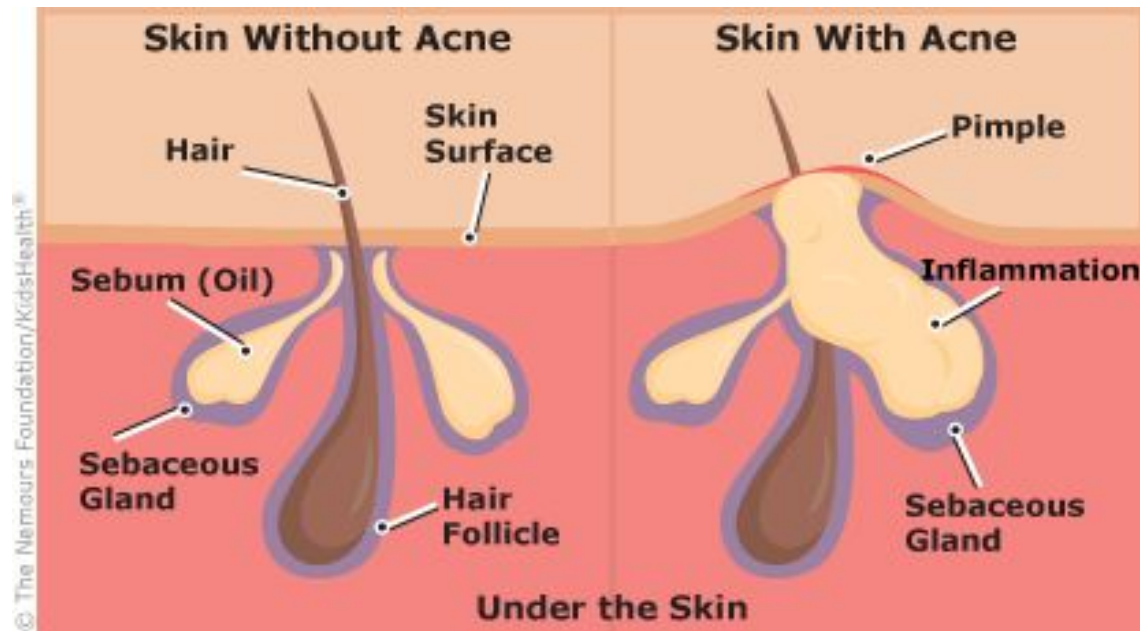
HORMONES

- In girls, FSH and LH travel to the ovaries, which contain eggs that have been there since birth.
- The hormones stimulate the ovaries to begin producing another hormone called estrogen. Estrogen, along with FSH and LH, causes a girl's body to mature.



About Face

- One of the first changes you might notice during puberty is acne.



What Can I Do About Acne?



- Wash your face
- **Don't** scrub your face.
- If you wear makeup, moisturizer, or sunscreen, make sure they are "oil-free"

What Can I Do About Acne?

- Wash your face
- Try not to touch your face.
- Don't pick, squeeze, or pop pimples.



IT DOESN'T HURT.....IT'S JUST A GROWTH SPURT



- A **growth spurt** is just that: Your body is growing, and it's happening really fast!

TAKING SHAPE



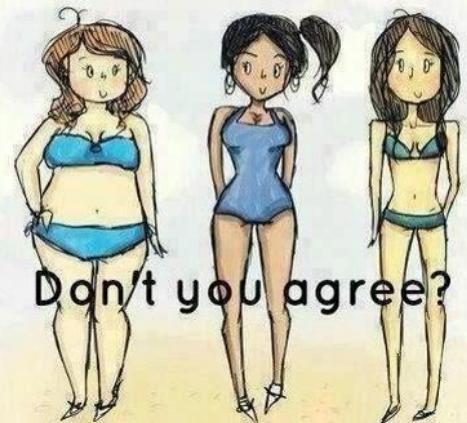
- Guys' shoulders will grow wider, and their bodies will become more muscular.
- Their voices will become deeper.

TAKING SHAPE

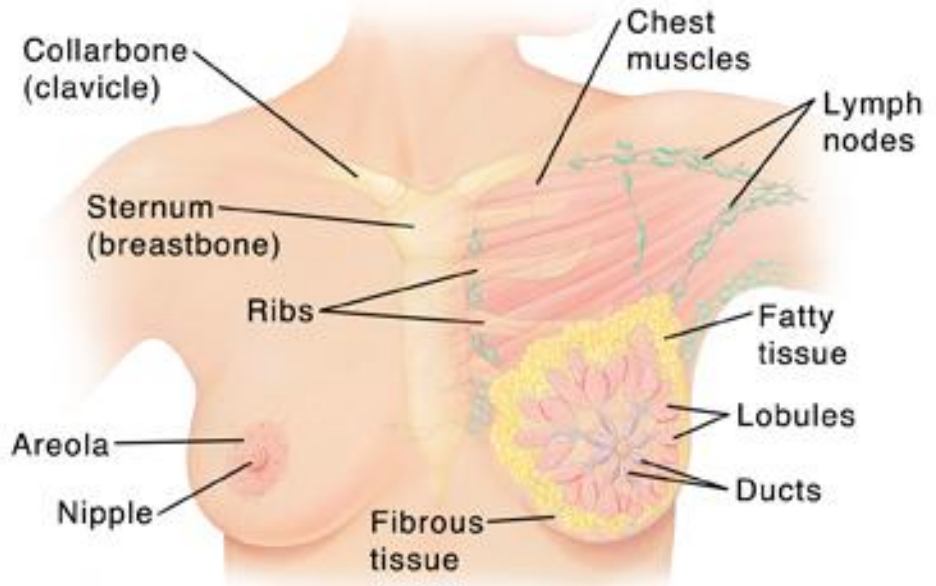
- Girls' bodies usually become curvier. They gain weight on their hips, and their breasts develop.



Every girl is beautiful
no matter what size or shape
ASK? @ teenempowerment



Breasts



- Breasts can start growing as early as age 8 or as late as 13.

Breast development happens in stages.

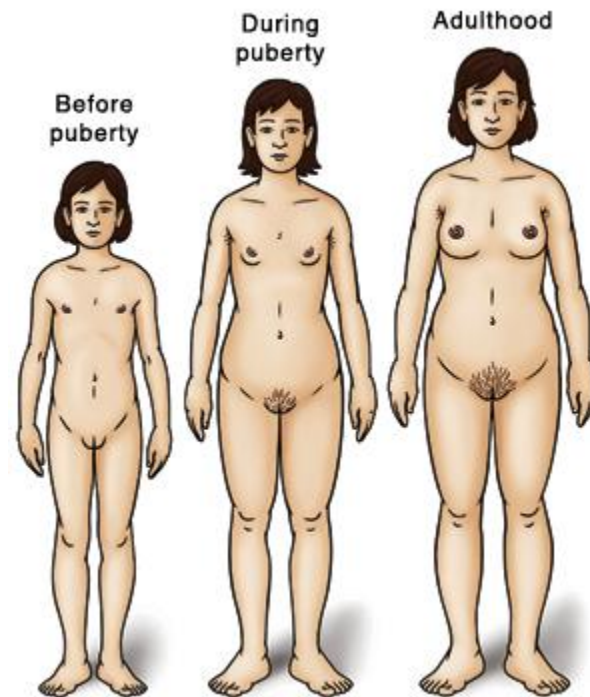
1. Budding
2. Areola Growth and Darkening
3. Breast Growth

Bras



Hair, Hair, Everywhere

- Guys and girls both begin to grow hair under their arms and in their pubic areas.
- Eventually, guys also start to grow hair on their faces.



KEEP IT CLEAN!

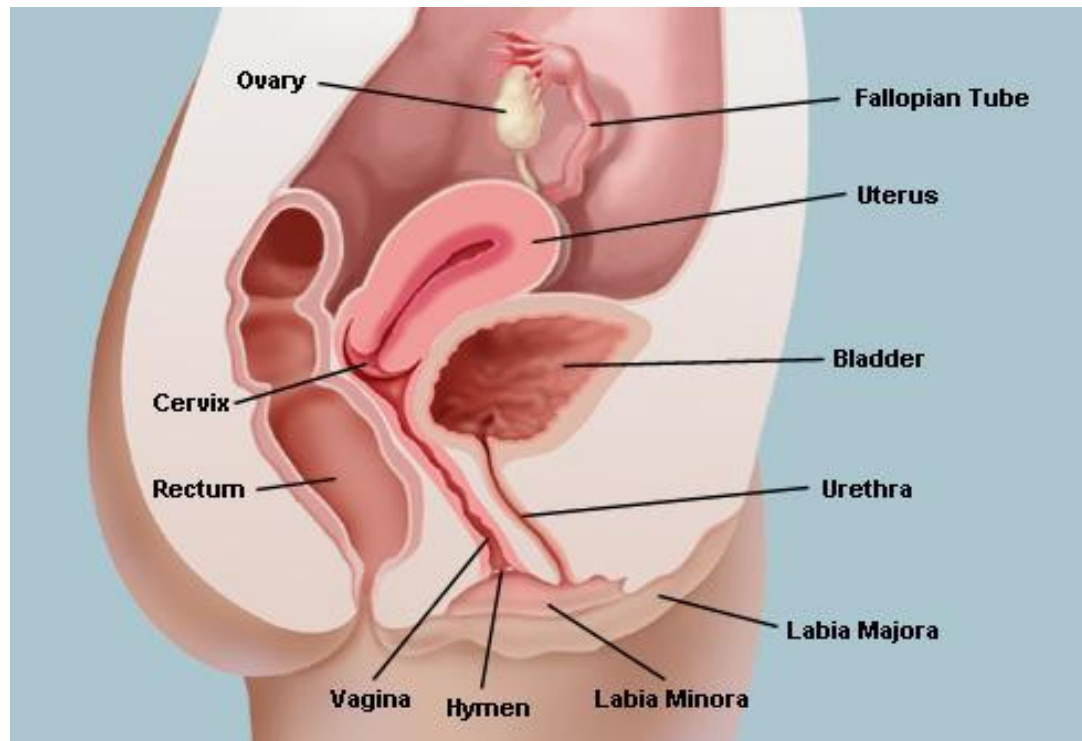
If you don't shower every day already, puberty is probably the time to start.

Another good idea is clean clothes, underwear and socks everyday.

Deodorant!



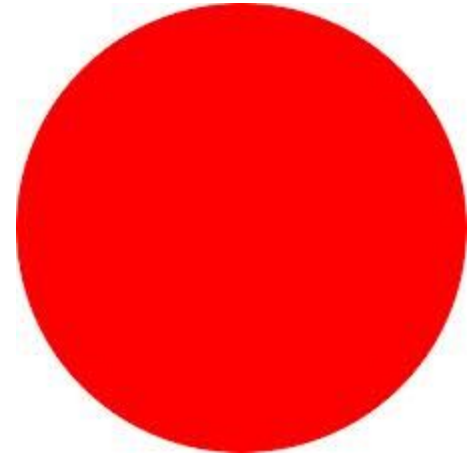
FEMALE ANATOMY



Periods & Cycles

When will it start????

- Most girls start their period between ages 10 and 15 years.
- Vaginal discharge usually begins about 6 months to a year before a girl gets her first period.

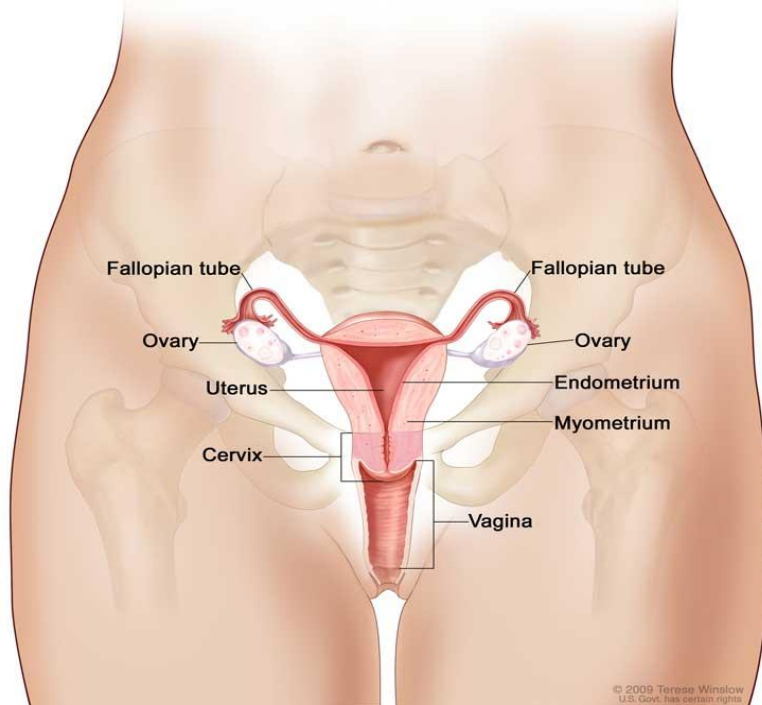


DISCHARGE



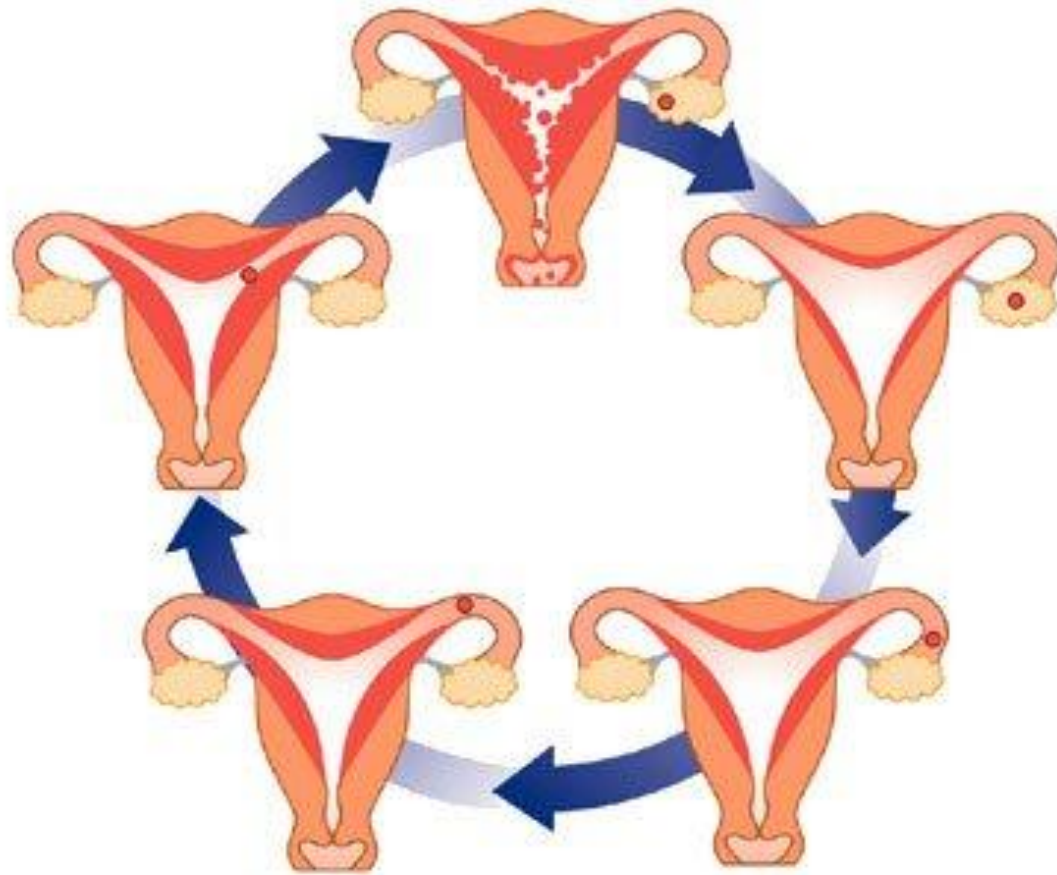
- Thin white or off-white fluid

MENSTRUAL PERIOD

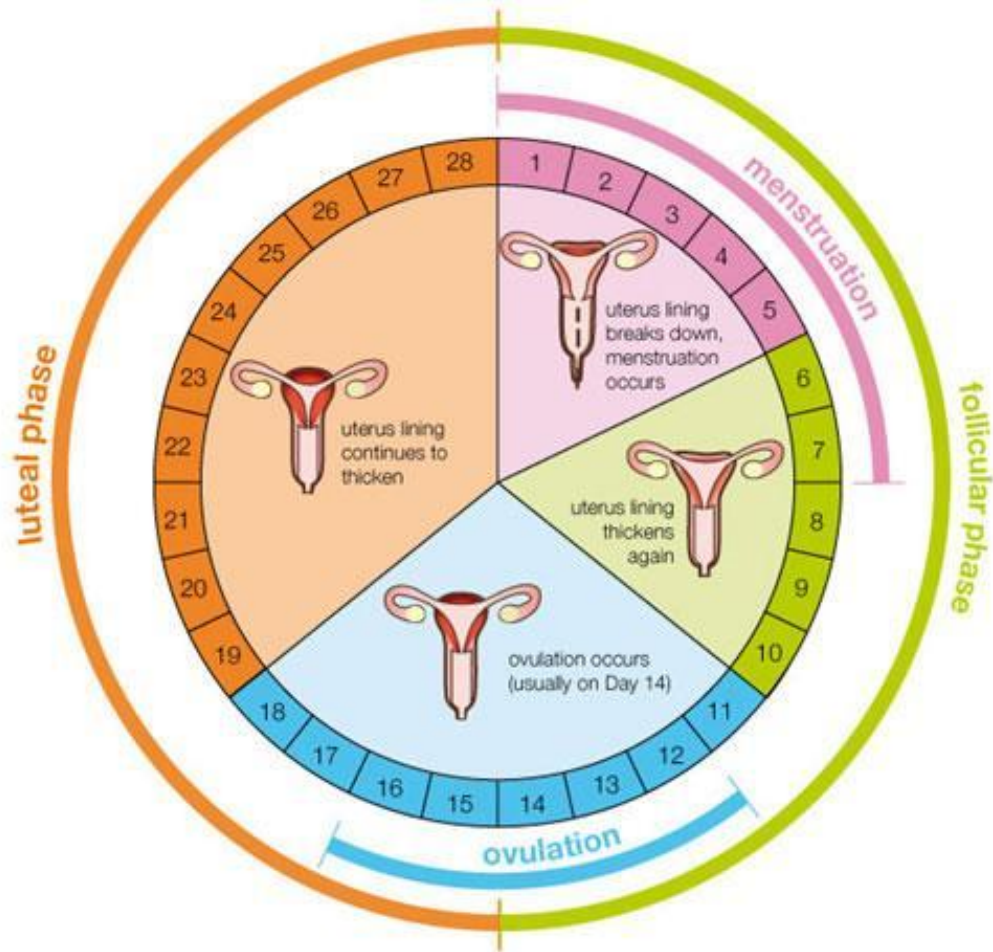


- Girls have two ovaries, each ovary holds thousands of eggs or ova.
- During the menstrual cycle, one of the eggs comes out of an ovary and begins a trip through the fallopian tube, ending up in the uterus.

Menstrual Cycle

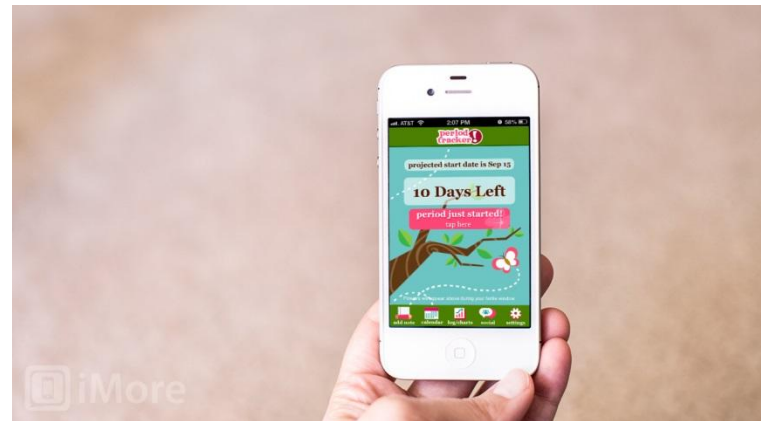


Periods & Cycles



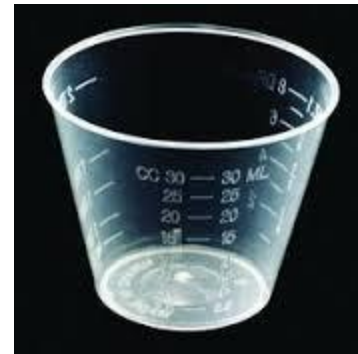
Periods & Cycles

- For the first year, a girl's periods are often irregular and hard to predict.
- It's a good idea to keep track of your period with a calendar.

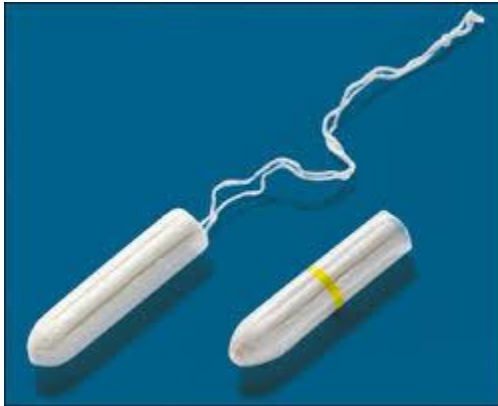


How much blood?

- For most girls, it amounts to about 2 tablespoons (30 milliliters).



Pads & Tampons



- Pads are worn outside the body on the underwear and are changed every 3-4 hours.
- Tampons can be worn longer, 4-6 hours, and are placed inside the vagina.



I've heard about Period Cramps, what are they?

- Things you can do that may help with menstrual cramps include:
 - regular exercise
 - heating pads on your lower abdomen
 - meditation or relaxation



BE PREPARED



Emotional Changes

- Happy
- Sad
- Upset
- Nervous
- Excited



BODY IMAGE and SELF CONFIDENCE

When you like your body as it is, right now, you boost your body image and your self-esteem.



What Can I Do About Body Image?

- **Accept your body.**
- **Don't body-shame yourself.**
- **Find the things to like about your looks.**
- **Be aware of your body.**
- **Focus on what your body can DO.**



BULLYING



Bullying-it can make kids feel hurt, scared, sick, lonely, embarrassed and sad. Bullies might hit, kick, or push to hurt people, or they might use words to call names, tease, or scare them.

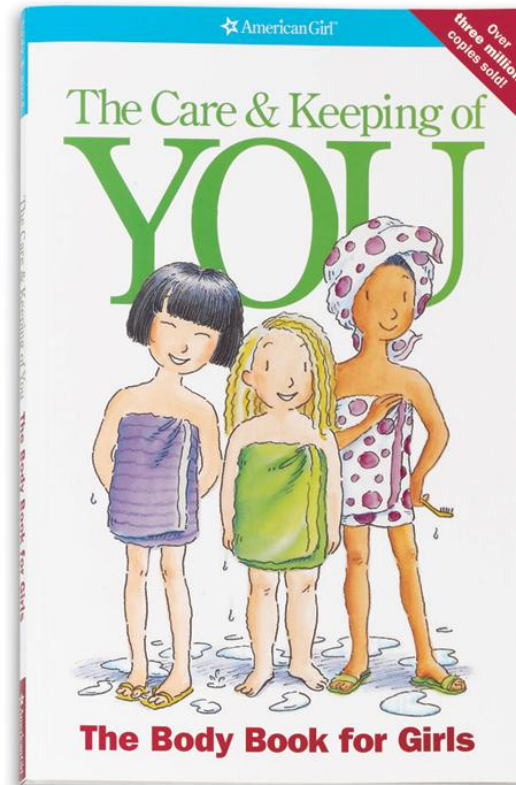
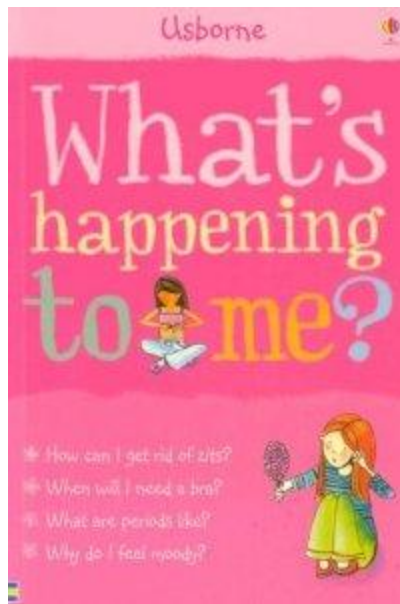
CYBER BULLYING

Cyberbullying is the use of technology to harass, threaten, embarrass, or target another person.

Online threats and mean, aggressive, or rude texts, posts, or messages all count.



Use your resources



Talk to a trusted adult

