



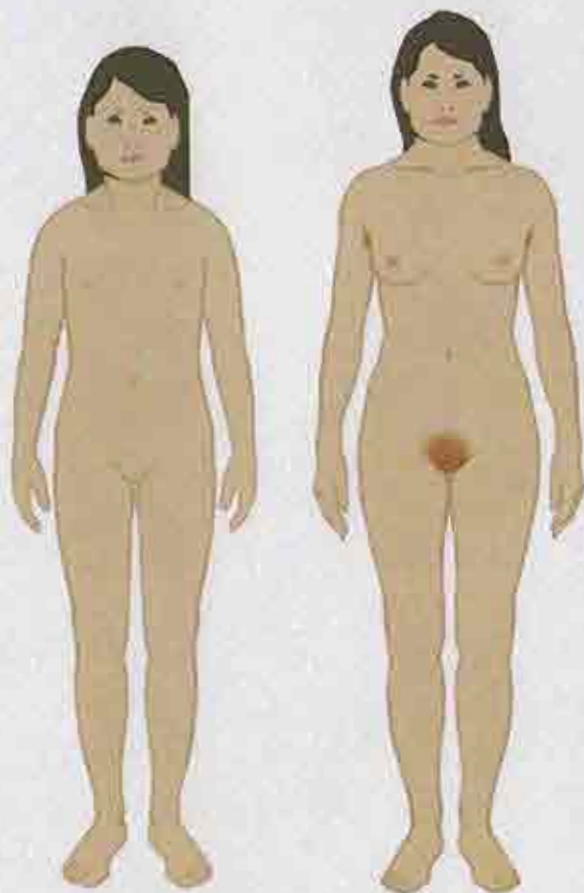
## My Body

My body has changed loads recently. I've started to get breasts and hairy bits now!

picture 1

picture 2

When we grow up we tend to get taller and our bodies change shape. We grow breasts and wider hips. We also grow hair in the bits that our knickers cover. We grow hair on our legs and under our arms, just like in picture 2. Draw how you've changed on picture 1.



## Breasts

Recently, I began to get boobs. When do I need to wear a bra?

(1)



When we are little we don't have breasts. Our chests look like this picture

(2)



When we go through puberty our breasts start to grow.

(3)



This is how breasts look when they are fully developed.

There is no set time when we should start wearing a bra but most people would wear one when their breasts were like picture 2. Bra shopping can be really fun. Remember to ask your mum, your carer, a friend or the shop assistant to help with the size.



## Period Problems



I'm really worried. Lots of friends have started their periods and I haven't.

Don't panic! All girls develop at different times. It's perfectly normal. If you haven't started by the time you are 16, go and see your GP.

I love going swimming. Can I still go if I have my period?



Having your period shouldn't stop you from doing things you enjoy. You can still go swimming when you have your period if you use tampons instead of sanitary towels.



What should I do with a sanitary towel after I have used it?

Make sure that you throw it away in a special sanitary bin. There should be special bins at the toilets at school. At home, talk to your mum about which bin to use. Never put a sanitary towel down the loo!

## Changing Problems



Sometimes before I get my period I get really moody and upset. Is this normal?

Yes! Lots of girls have this problem. It's called Pre Menstrual Tension (PMT). You get it because of all the hormones that are going around your body.

My breasts are way smaller than all the other girls. What's wrong with me?



Nothing! If you look at older ladies, some have big breasts and some have little breasts. It doesn't matter. You are beautiful whether you have big or little breasts.



Since I have got breasts and started my periods I have put on weight. Is this bad?

This certainly isn't bad, it's normal so don't try to diet. We all put on weight when we are going through puberty, it's all part of growing up.