

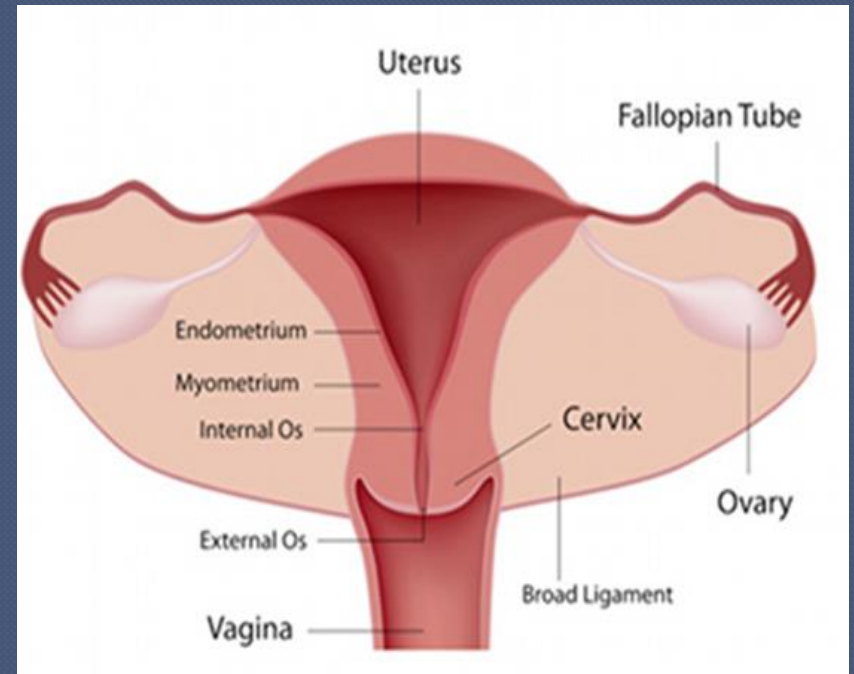
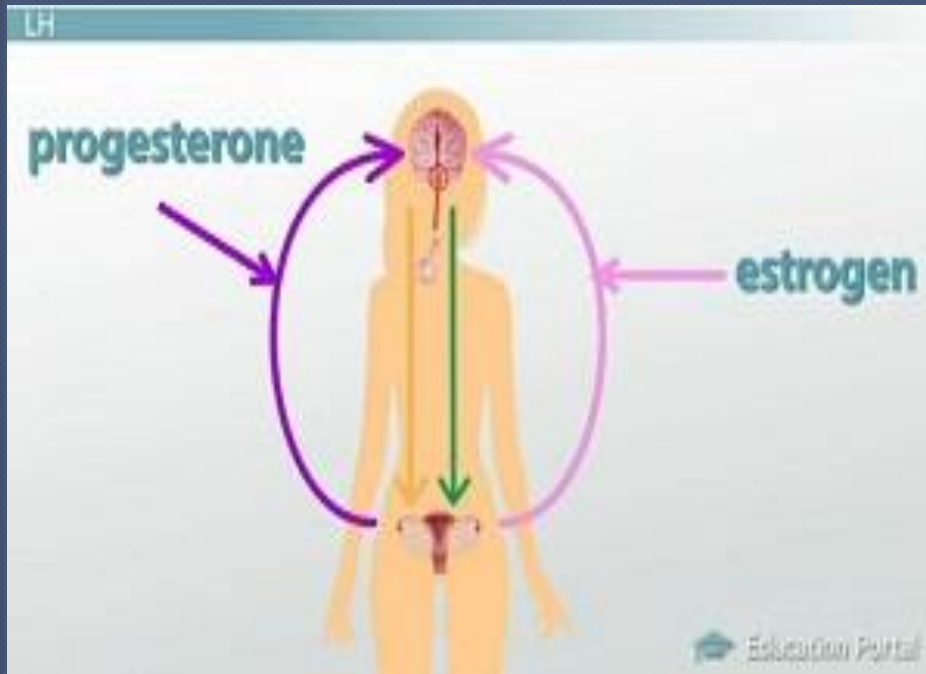
The changing me



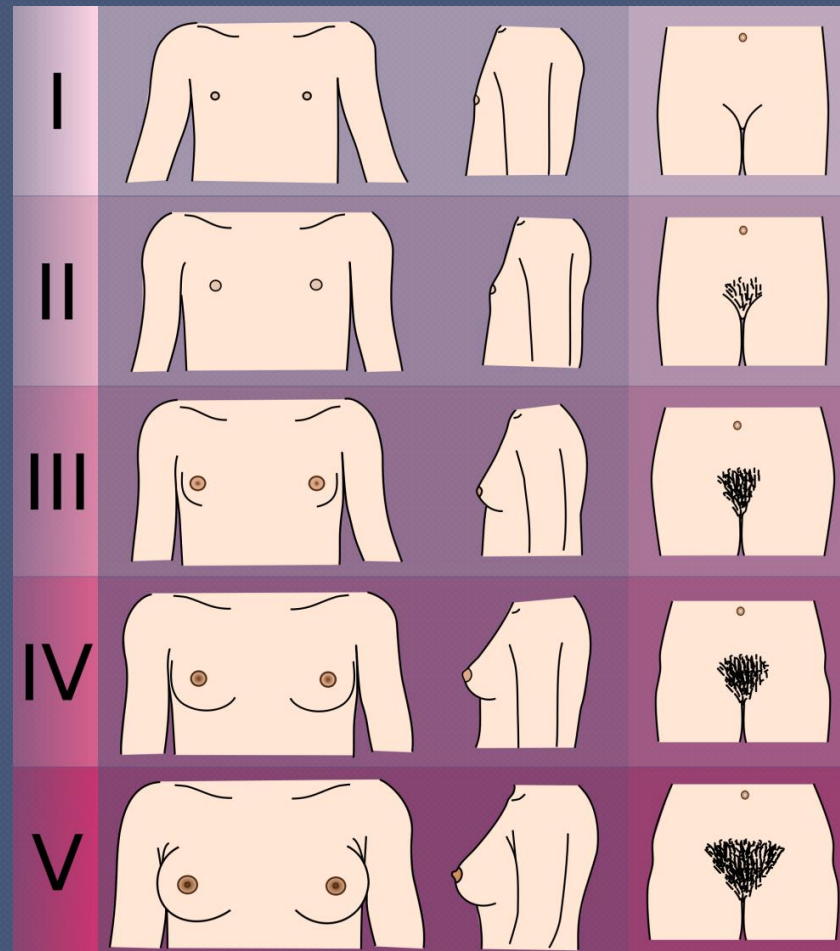
What Is puberty?

- Time of change from child to adult
- When the body reaches maturity
- Emotional changes occur
- Bodies of boys and girls develop and become fertile
- It is due to hormones

Female reproductive organs



Changes in girls - body

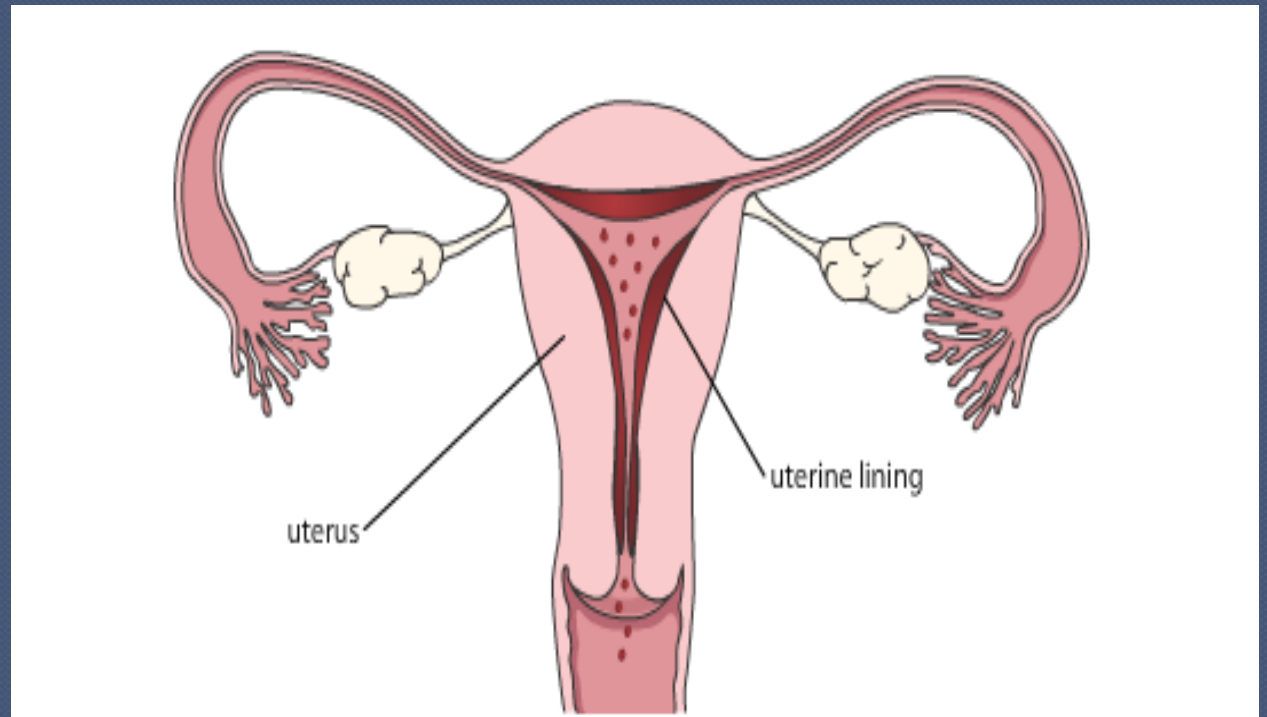


Changes in girls

- ◉ Grow taller
- ◉ Bones grow
- ◉ Hips get wider and more curvy
- ◉ Weight gain is normal
- ◉ Hair and skin become oily and you may get pimples
- ◉ Voice gets a little deeper



What are periods?



What to expect during periods?

- You may get a headache before period starts
- You may experience “ cramps” , nausea, stomach aches, pain in the breast or backaches . Most of you will outgrow this pain eventually.
- The intensity of pain varies from person to person
- Taking rest by lying down or using a hot water bottle on the stomach for relaxation can help ease the pain.



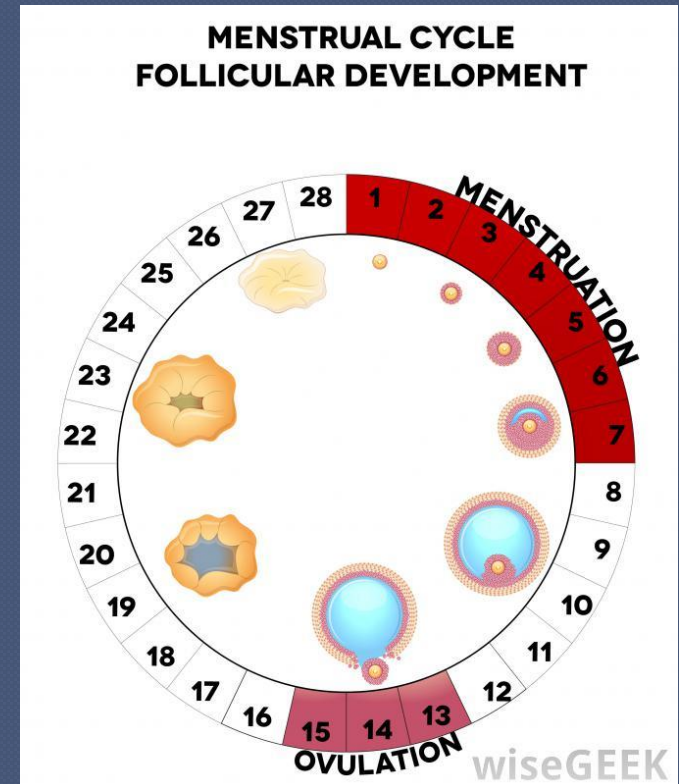
How much will I bleed?

- The amount of blood lost in 3 to 7 days varies from one girl to another . If you think you are losing a lot of blood , it becomes important to eat food rich in iron so that you don't become anemic.
- Bleeding starts slowly , peaks in day 2 or 3 and slows down in day 4 and usually disappears by day 6. If you have excessive bleeding even on day 6 or 7 it is best to see a **doctor**.



How often will I get my periods

- At first there may not be any pattern to when you will get your next period
- Some girls never have a regular pattern
- Most girls eventually have a regular cycle – they know approximately when their next period will happen
- The length of a cycle is from the first day of bleeding one month to the first day of bleeding the next time it happens
- Each girl is different



Hygiene during periods

- Change napkins regularly
- Remember to take change of napkins whenever going out
- Wash the genital area after each use of the toilet, also after urination
- Keep the area between the legs dry otherwise soreness may develop
- Take bath everyday during menses
- Do not wash insides of vagina with soap or any other product

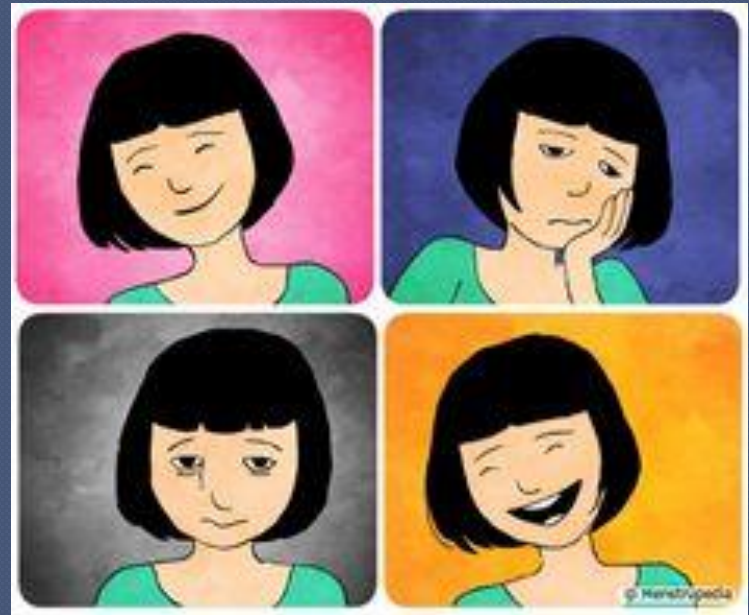
Personal hygiene

- Body produces more sweat resulting in body odor
- Bathe daily with soap
- Wear clean clothes and socks everyday especially after playing

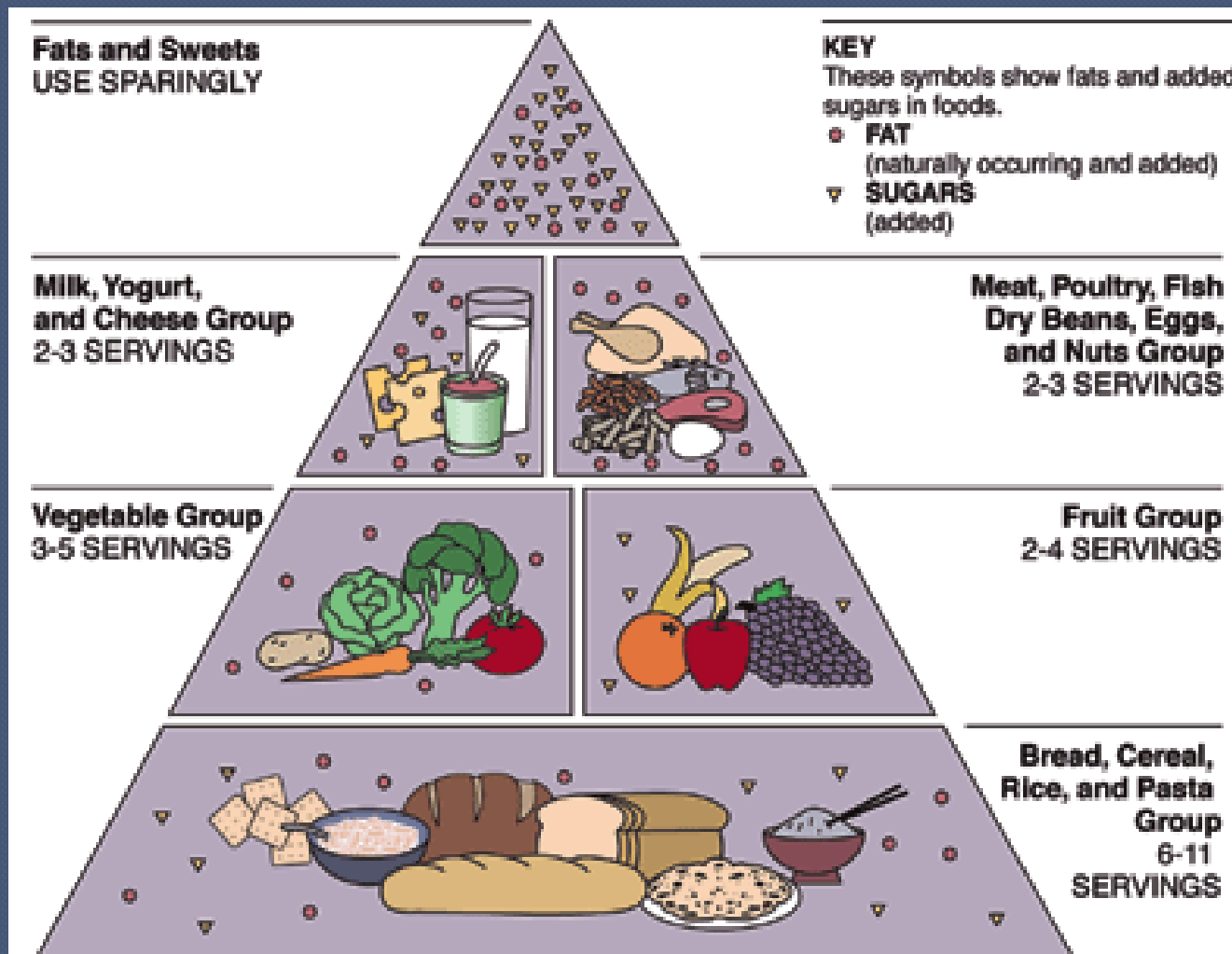


Mood changes

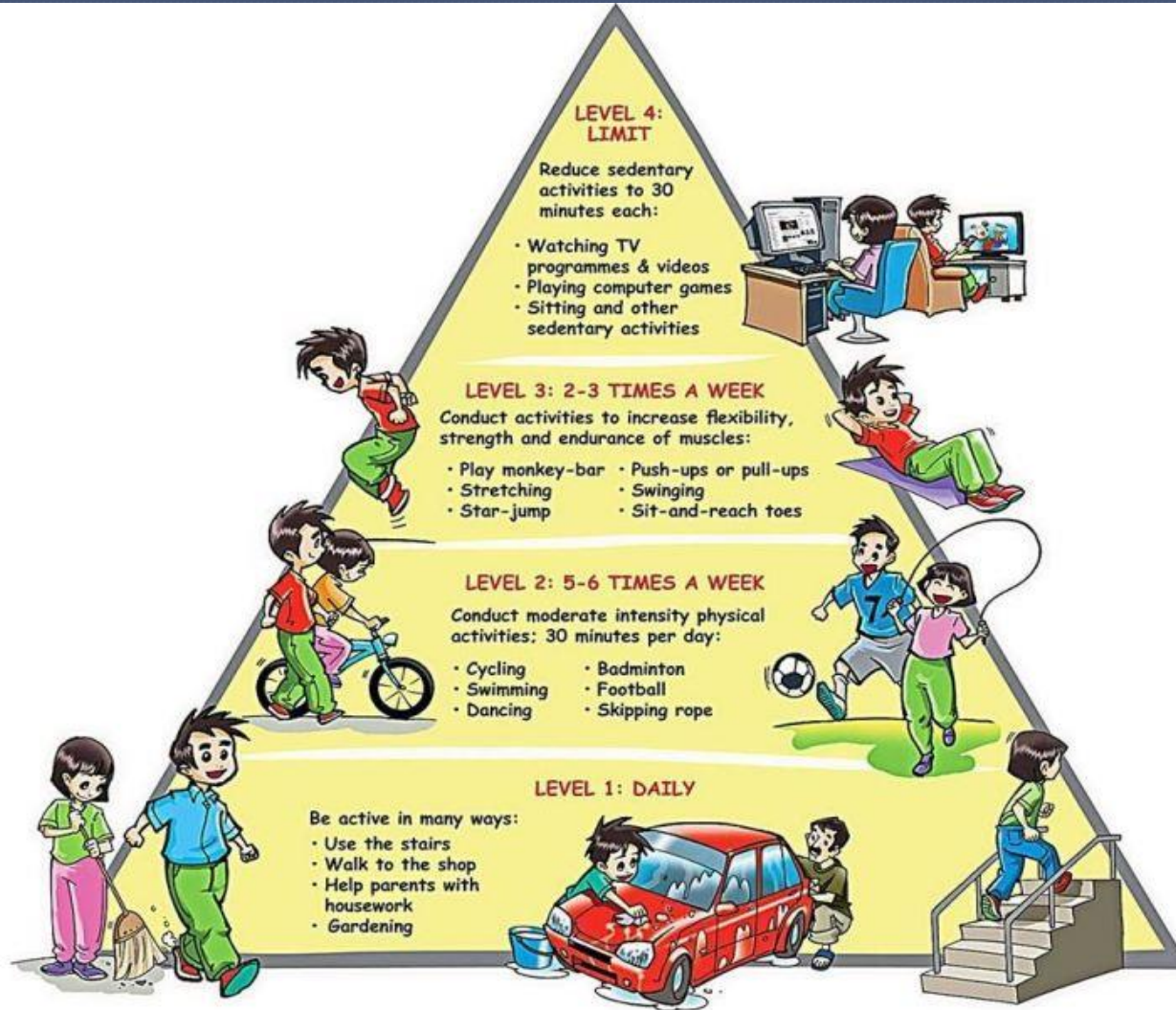
- Feelings may change day to day – self conscious, fear, peer pressure, emotional
- Caused by hormones
- They are a part of growing up !



Nutrition



Exercise



HPV vaccine



Who should I ask ?

- Friends: They're going through the same thing too, so don't be embarrassed to talk things through with each other
- Parents: They went through it too, so they do understand
- Teachers, school counsellors or other adults in school: They are always around to talk to and discuss individual worries



????Quiz????

1. Puberty is when a child's body changes into an adult body - **TRUE**
2. Girls mature quicker than boys - **FALSE**
3. Puberty can change how we look, sound, feel and even smell - **TRUE**
4. Puberty starts at the same time for everyone - **FALSE**
5. All boys develop chest hair - **FALSE**

5. In puberty one side of our body can develop faster than the other- **TRUE**

6. In puberty both girls and boys develop hair on their sex organs - **TRUE**

7. Adolescents are people who are moody and have spots - **FALSE**

8. All girls develop big breasts during puberty - **FALSE**

9. Everybody goes through puberty - **TRUE**

Thank you

