

Can I understand how a girl's body will change during [puberty](#)?

RECAP - what is puberty?

What is puberty?

Puberty is the time when your body changes from being a child to a young adult.

Your body is preparing itself to be able to reproduce (have a baby).

This is far from your reality now, but it helps you understand what is happening to your body.

Can I understand how a girl's body will change during **puberty**?



egg	sanitary pads/towels	womb/uterus
tampons	ovary/ovaries	vagina
puberty	menstruation/periods	reproduction
vulva		

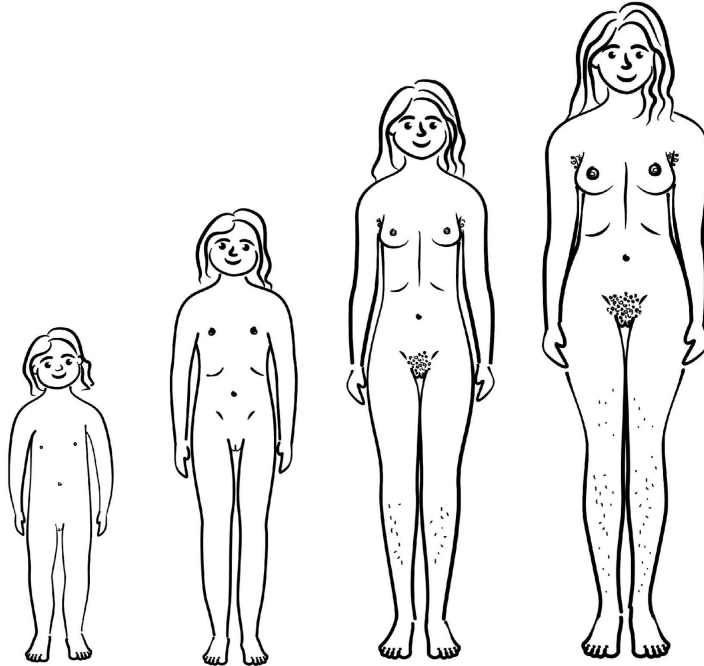
Which of these words have you heard of before?

What do they mean?

Recap - body changes



Write down the changes between the bodies before and after puberty, including any others you know about.



Female Body changes

breasts grow

grows taller

pubic and body hair grows

body produces more sweat and oil

spots may develop

waist and hips change shape

periods start

voice gets deeper

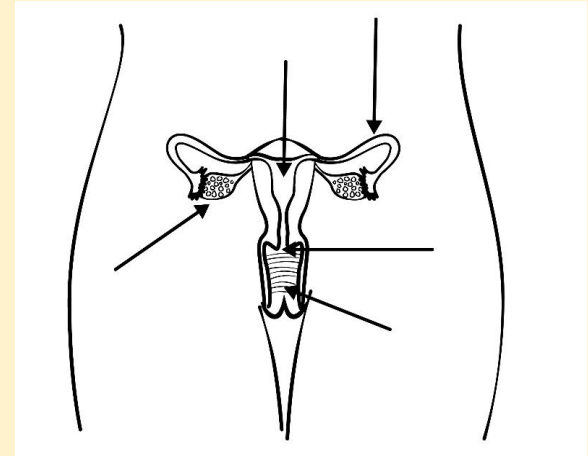
Female genitalia and reproductive organs

Match the labels to the correct part of the pictures.

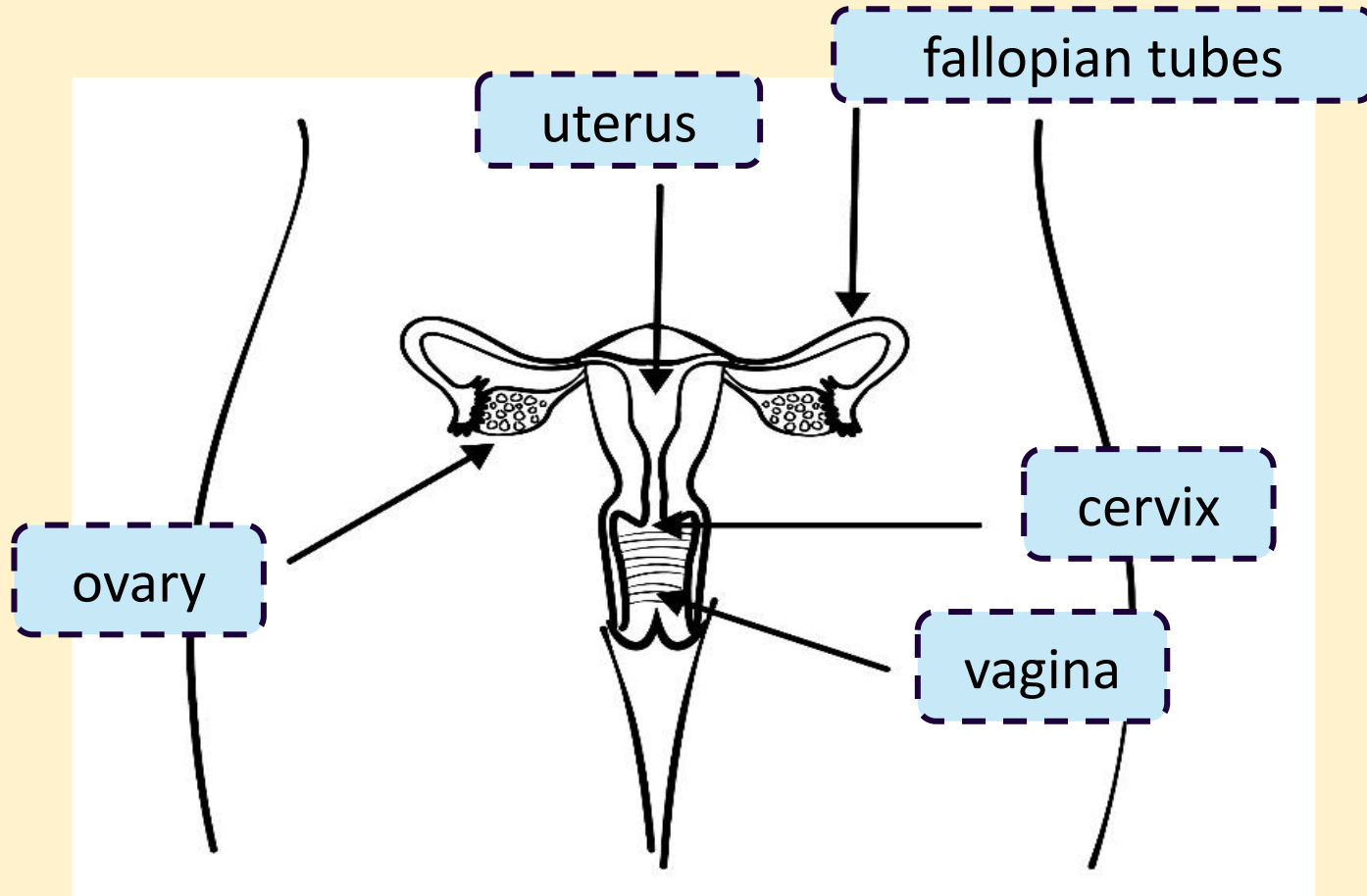
Internal female reproductive organs



uterus	cervix	ovary
fallopian tubes	vagina	



Female reproductive organs



Kelly's diary



Last night I was getting ready for bed and I realised I had started my period...

- What does Kelly mean when she says, “I had started my period”?
- How might Kelly have known it was her period?



Why do boys need to know?



Female body parts and the Menstrual cycle



- What happens during the menstrual cycle?
- Why do periods happen?

Can I understand how a girl's body will change during **puberty**?

The main points:

- ★ The female body has to get ready to have a baby.
- ★ The baby grows in the uterus.
- ★ When a girl's body is ready to have a baby, she starts to **menstruate**.
- ★ If the egg is not **fertilized** by a sperm, it is flushed out with the lining of the womb. This is known as a period.
- ★ This is a normal part of growing up.

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When do girls start their periods?

Usually between 10 and 16 years old.

Breasts and pubic hair begin to develop

Is it ok to comment on people's bodies and the changes they may be going through?

Is it ok to comment on a girl's breasts?



As girl's breasts grow they may start to wear a training bra. Some people will already be wearing these and some choose not to wear bras. Remember, **everyone is different.**

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Most girls lose about 30ml of blood when they have a period.



The items in the images help **absorb** the blood:



How do you think you should respond if you see a girl with items like these?

Additional Information slides

I was afraid that I was sick or had a disease. I was afraid there was something wrong with me.

Anonymous, Indonesia

What happens when a girl gets her period depends largely on where she lives. For some, it is a day for celebration. But for girls who live in places where menstruation is taboo, it can be a agonizing introduction to adolescence.

These girls and boys around the world are shutting down period myths and misconceptions.

*People would stare at me if there was a stain on my clothes [...]
People would be gossiping about me if it happened.*

Positive campaigning in Indonesia

Not just a girl's issue!



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A student reads through the girls' side of the comic book, which was developed to teach both boys and girls about menstruation.

Like in many other countries, menstruation is a taboo topic in Indonesia. Many girls do not learn about it from their mothers or teachers, and find out it on the day of their first period. Bullying and shame are an issue here too. A recent U-report poll found that 11% of girls skip school during their periods because they are teased by boys.

No meat, no rice, no vegetables, no sour foods, no drinking cold water, no sitting on wet ground, and no washing.

These are some of the common myths surrounding menstruation in Afghanistan, where the topic is taboo and girls learn to see it as something negative, shameful or dirty. In some communities, “even women in the family don’t talk with the ones who have their period,” says 18-year-old Mahnaz. “They are not allowed to cook and they are ignored until the period is over.”

But increasingly, menstruation classes in schools are giving girls the courage to talk about their periods. The classes teach girls about menstruation cycles, personal hygiene, diet and anaemia, and how to use pads.

Girls like Mahnaz are getting involved and teaching their parents and neighbours about menstruation too: “I feel a responsibility to campaign for this. All girls (and boys) need to know about it and families should not force girls [to have] negative thoughts anymore.”



Signposting support

If you have any questions or worries about puberty, it is important to speak to a trusted adult – a parent/carer or teacher at school.

Remember that you can post anonymous questions in our question box as well.

It is never a good idea to go looking for answers online as this can often cause confusion and worry.

We are here to listen and support.

