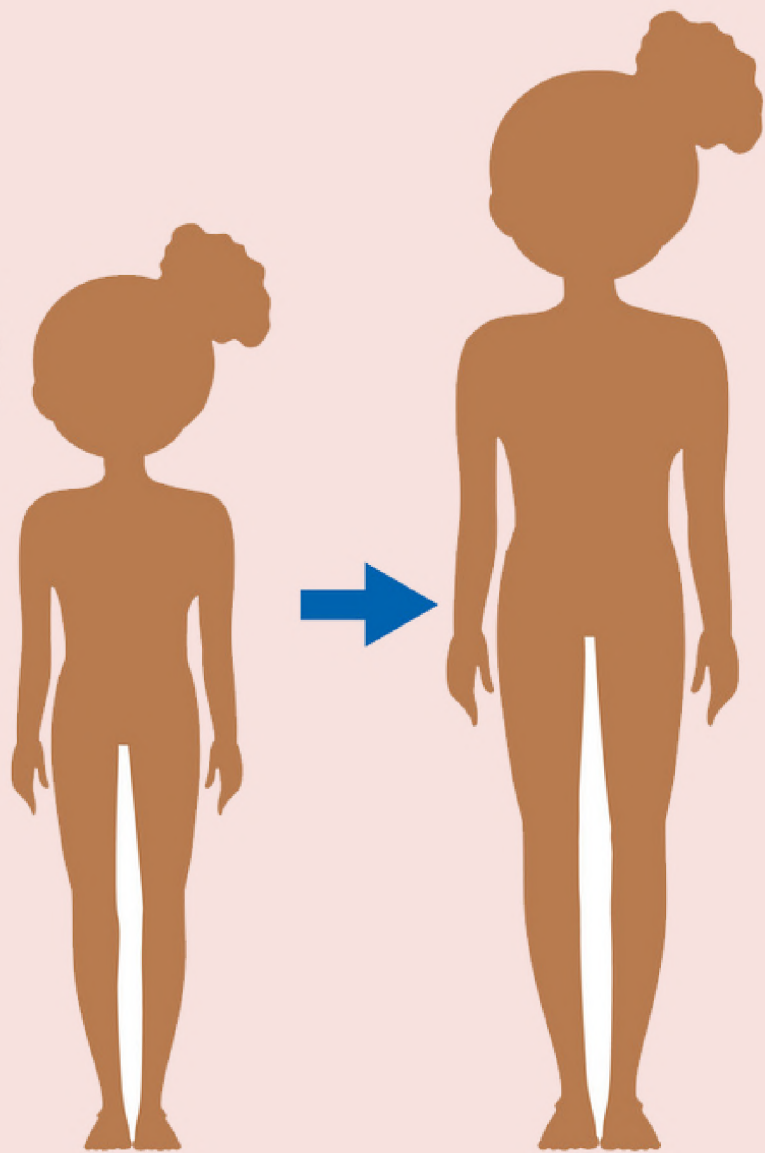




MY GUIDE FOR BECOMING A WOMAN



PUBERTY BASICS

1. What is Puberty?

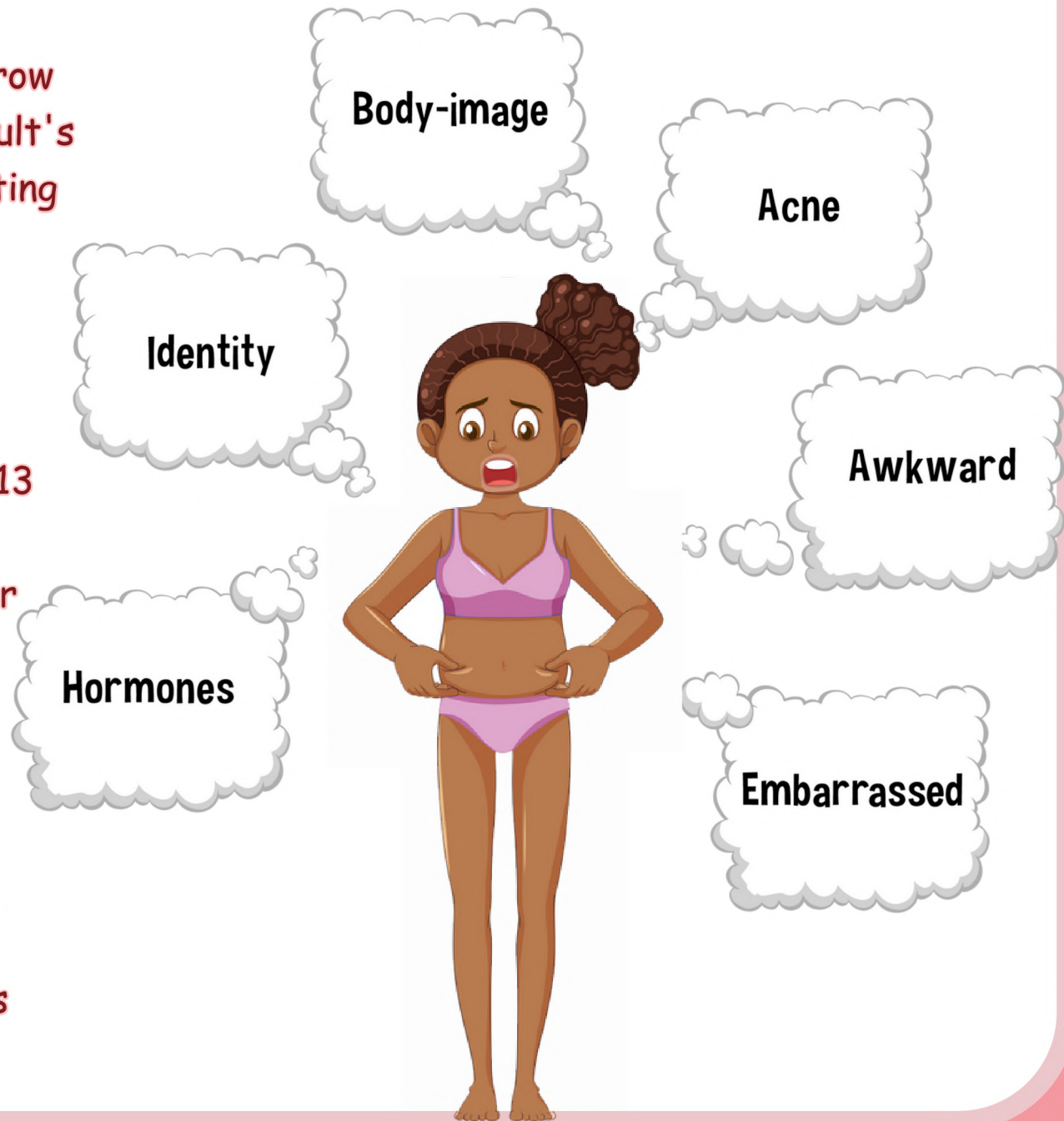
- Puberty is when your body starts to grow and change from a kid's body to an adult's body. It's like your body's way of getting ready to become a grown-up.

2. When Will It Start?

- Puberty usually begins between 8 and 13 years old. But remember, everyone is different, so you might start earlier or later.

3. What Should I Expect?

- You'll notice things like getting taller, developing breasts, and maybe some pimples. It might feel strange, but it's just part of growing up.



TALKING TO ADULTS

Who is a Trusted Adult?

A trusted adult is someone you can talk to about your thoughts, feelings, and questions.

This might be your mom, dad, aunt, teacher, or older sister.

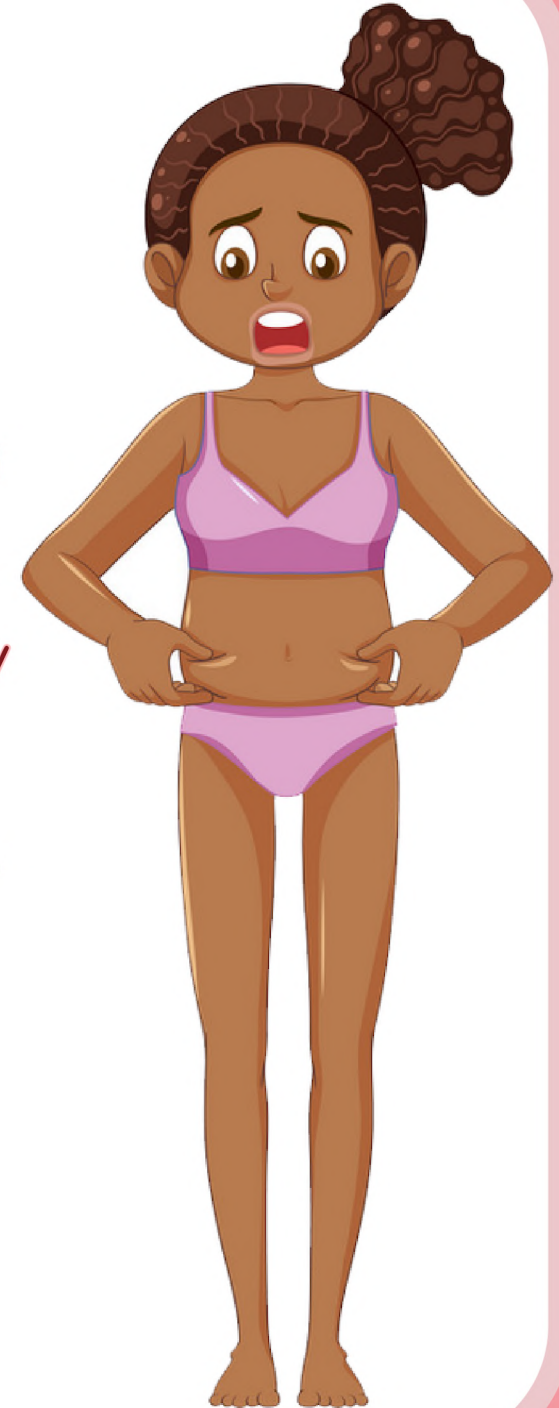


- **Choosing Trusted Adults** - Pick people who are good listeners, who care about you, and who you feel safe talking to. They will help you understand what's happening to your body.
- **Well-Meaning People** - Sometimes people might give you advice, but it's important to trust your feelings. If something doesn't feel right, talk to your trusted adults.

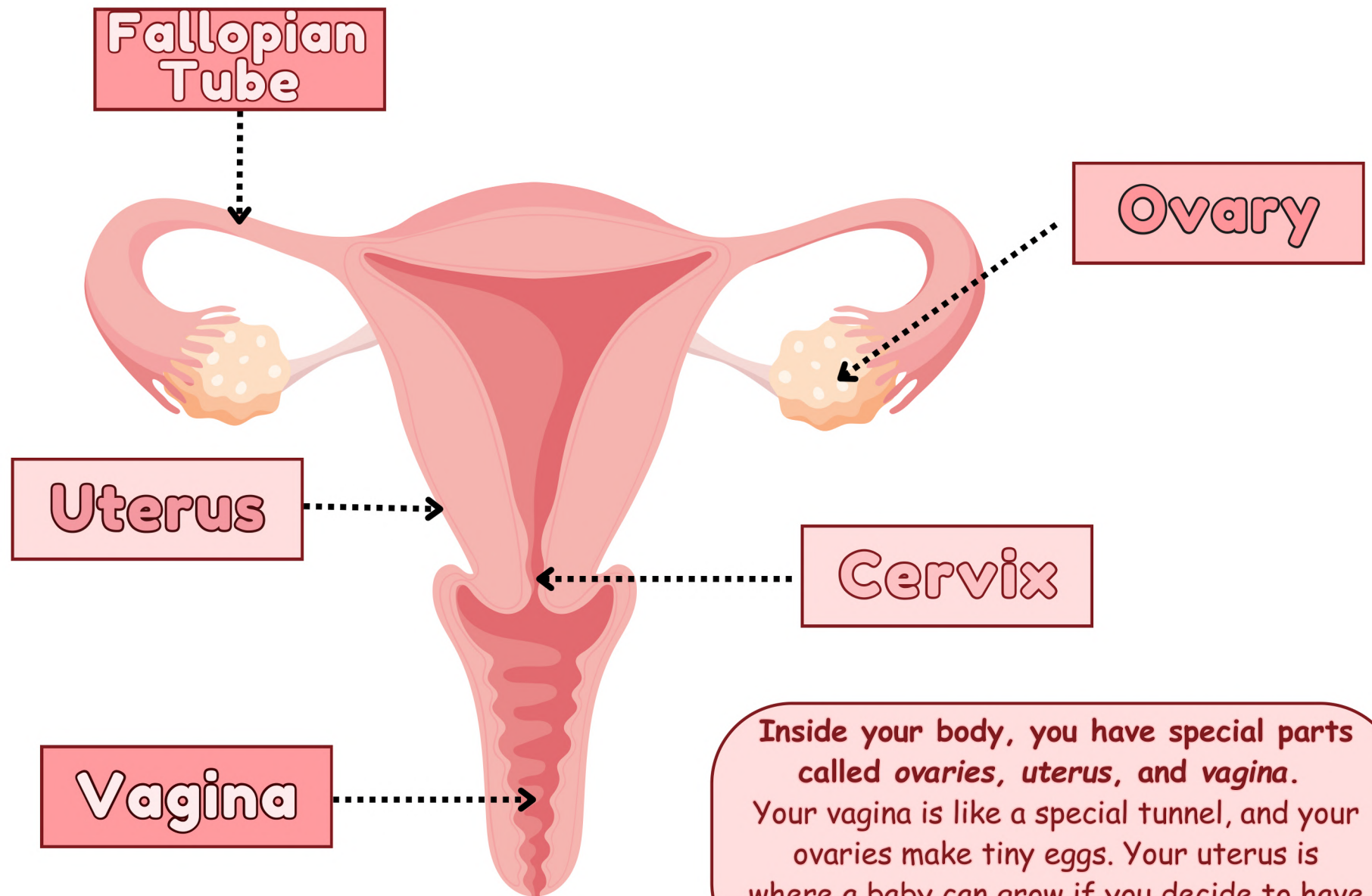
BODY CHANGES

What Changes Will Happen?

- **You'll get taller** suddenly, and your body shape will start changing.
- **Breasts and Nipples** - Your breasts might start growing, and your nipples might get bigger too. It's normal and part of becoming a young woman.
- **Pubic Hair** - You'll notice hair growing down there - that's completely okay and a sign that your body is growing up.
- **Even More Hair** - You might see hair on your legs and underarms too. This is just your body becoming more mature.
- **Curves** - Your hips might get rounder, and your waist will look different. These changes are natural and make you unique.
- **Menstrual Cycle** - Your body gets ready every month in case you decide to have a baby. If you don't, you'll have a period, which is normal.



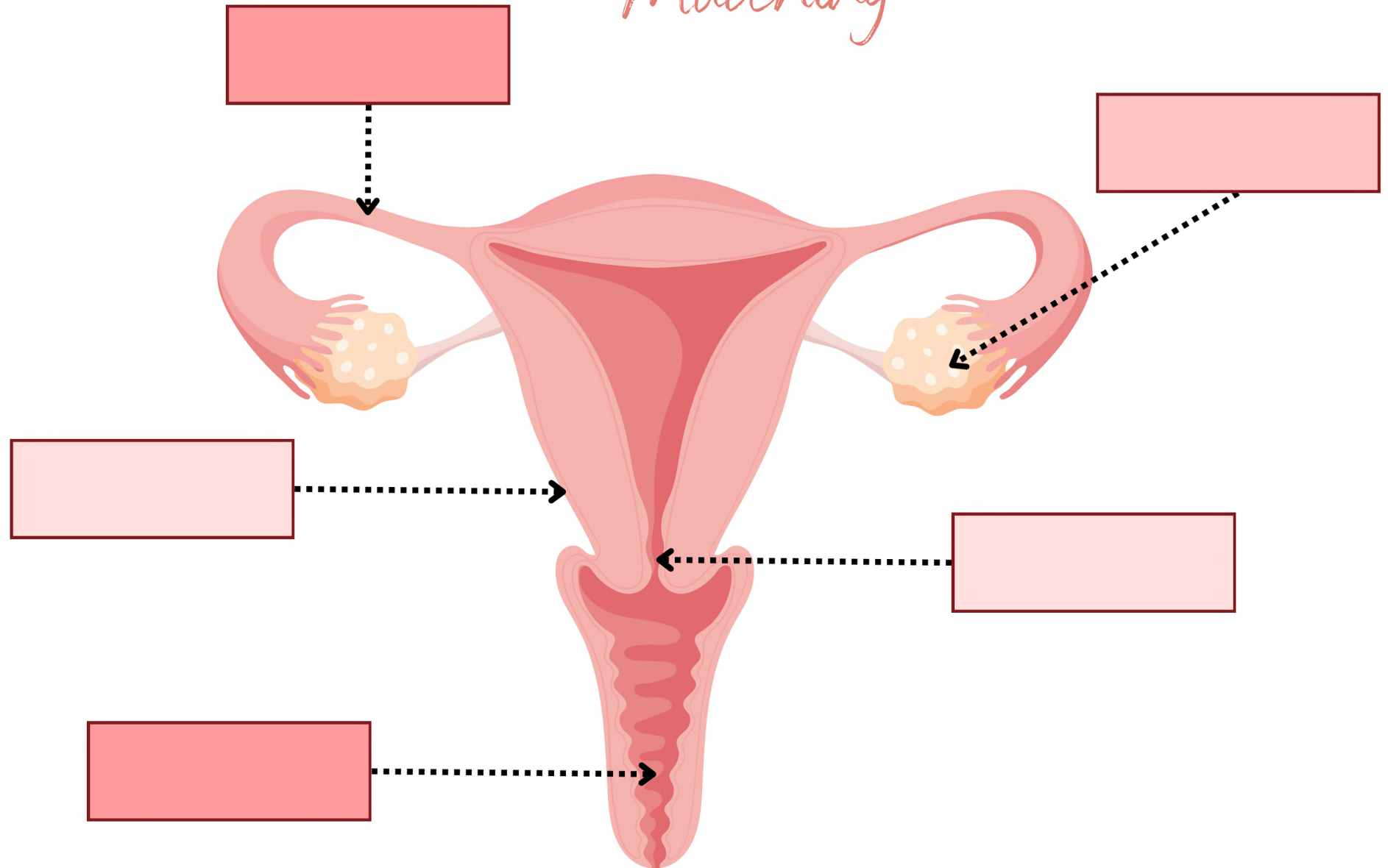
FEMALE REPRODUCTIVE SYSTEM ♀



Inside your body, you have special parts called *ovaries*, *uterus*, and *vagina*. Your vagina is like a special tunnel, and your ovaries make tiny eggs. Your uterus is where a baby can grow if you decide to have one in the future.

♀ FEMALE REPRODUCTIVE SYSTEM

Matching

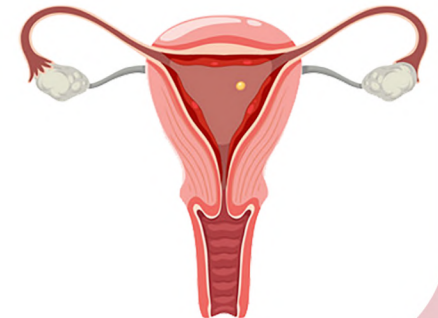
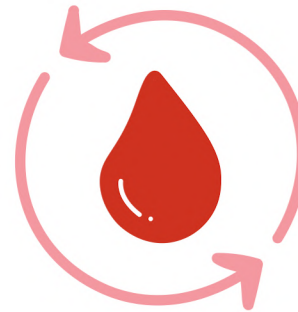
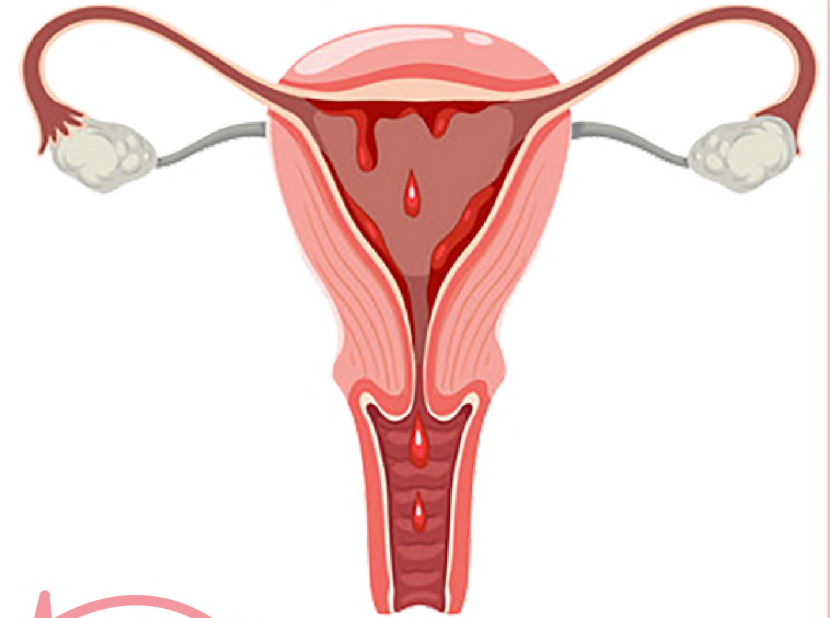


FIRST MENSTRUATION

Most girls get their first period when they're around 12. But getting it any time between age 10 and 15 is OK. Every girl's body has its own schedule.

*There isn't one right age for a girl to get her period.
But there are some clues that it will start soon:*

- Most of the time, a girl gets her period about 2 years after her breasts start to develop.
- Another sign is vaginal discharge fluid (sort of like mucus) that a girl might see or feel on her underwear. This discharge usually begins about 6 months to a year before a girl gets her first period.



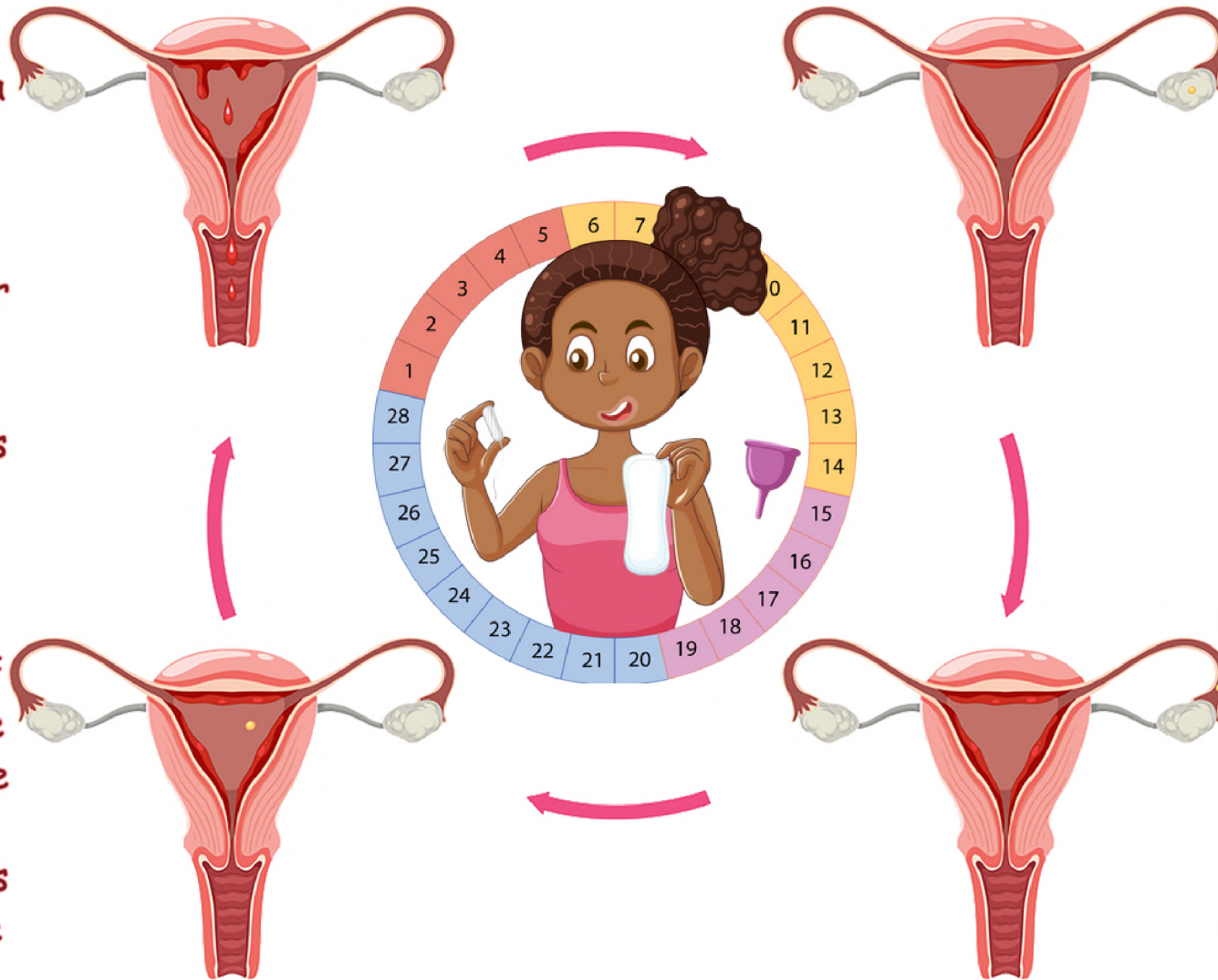
STAGES OF THE MENSTRUAL CYCLE

Menstruation is commonly known as a period. When you menstruate, your uterus lining sheds and flows out of your vagina. Your period contains blood, mucus and some cells from the lining of your uterus.

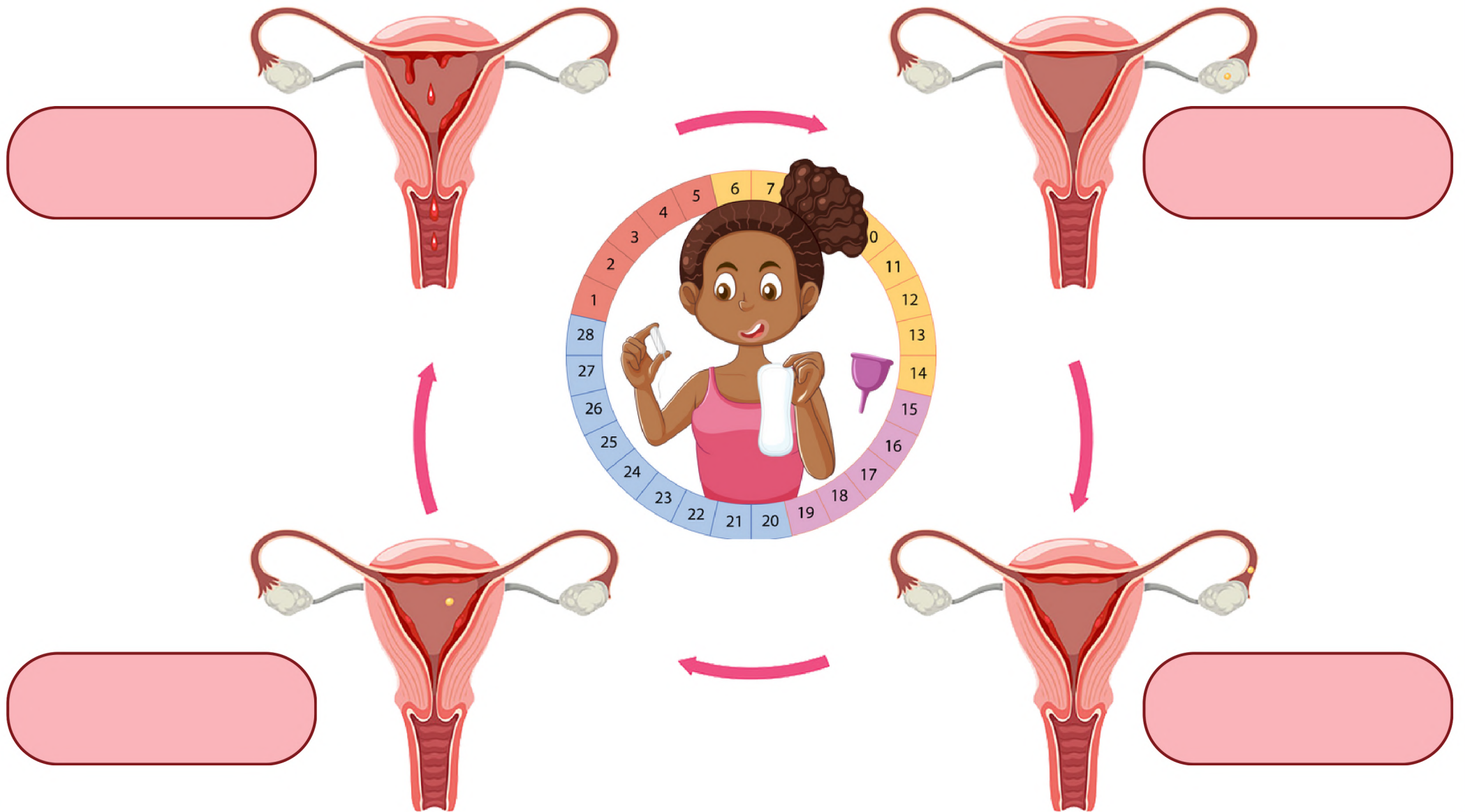
The luteal phase of your menstrual cycle lasts about anywhere between 11-17 days. After ovulation, cells in the ovary, release progesterone and a small amount of estrogen.

The follicular phase starts on the first day of your period and lasts for 13 to 14 days, ending in ovulation.

Ovulation is when a mature egg is released from an ovary and moves along a fallopian tube towards your uterus. This usually happens once each month, about two weeks before your next period.



STAGES OF THE MENSTRUAL CYCLE



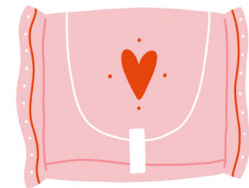
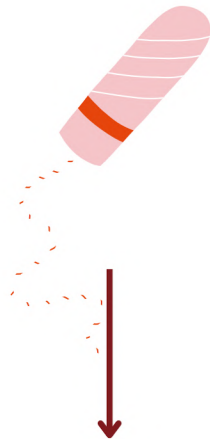
MORE ABOUT PERIODS

- **Your First Period** - Your first period is a special moment. It's a sign that your body is becoming more grown-up.
- **About Pads and Tampons** - You can use pads or tampons to help with your period. Pads go in your underwear, and tampons go inside your body.
- **The Emergency Period Pack** - Carry extra pads or tampons in a pouch, just in case your period starts when you're not at home.
- **Handling Leaks** - Leaks might happen, but that's okay. Just have extra pads or tampons with you and wear dark clothes if you're worried.



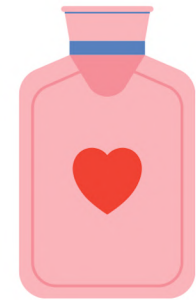
FEMININE CARE PRODUCTS

You can find pads and tampons at stores. It might take time to find the ones you like best, but don't worry, ask an adult for some advice if you are undecided.



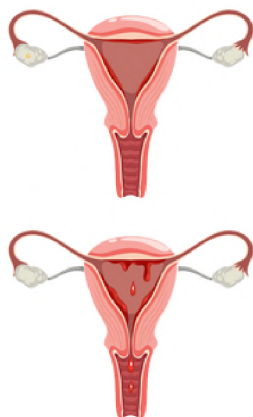
PERIOD PAIN

Period Pain - You might feel cramps or discomfort during your period. This is normal, and there are ways to feel better.

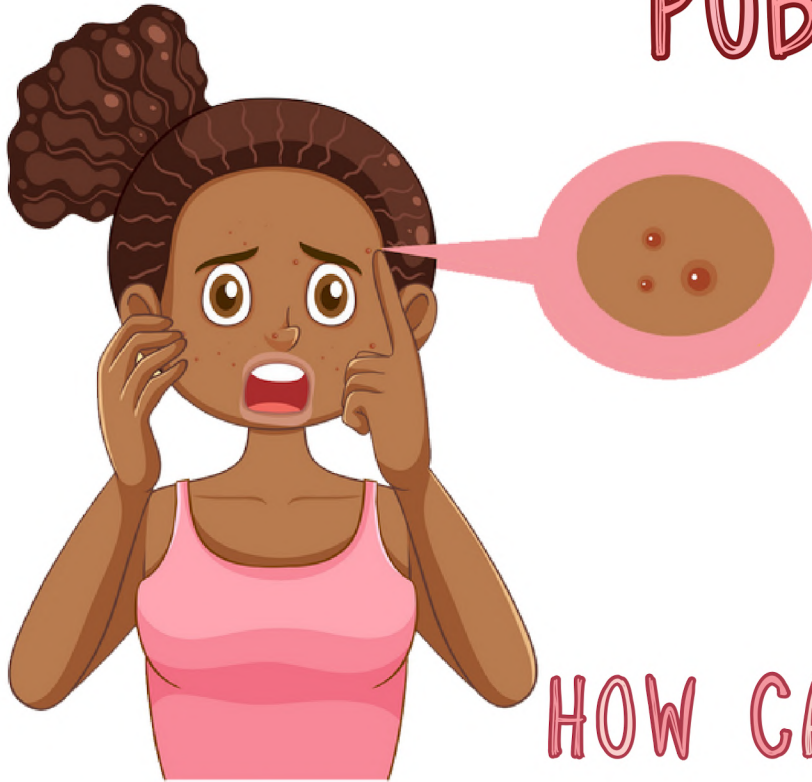


Applying a warm compress or taking a warm bath can help relax muscles and alleviate abdominal pain, even some medicines intended for menstrual pain can be very useful

You'll learn more about periods as you go along. It's okay to ask questions and learn from others.



PUBERTY PIMPLES



It's a simple fact: pre-teens and teenagers are going through changes. And sometimes, those changes result in **acne**:

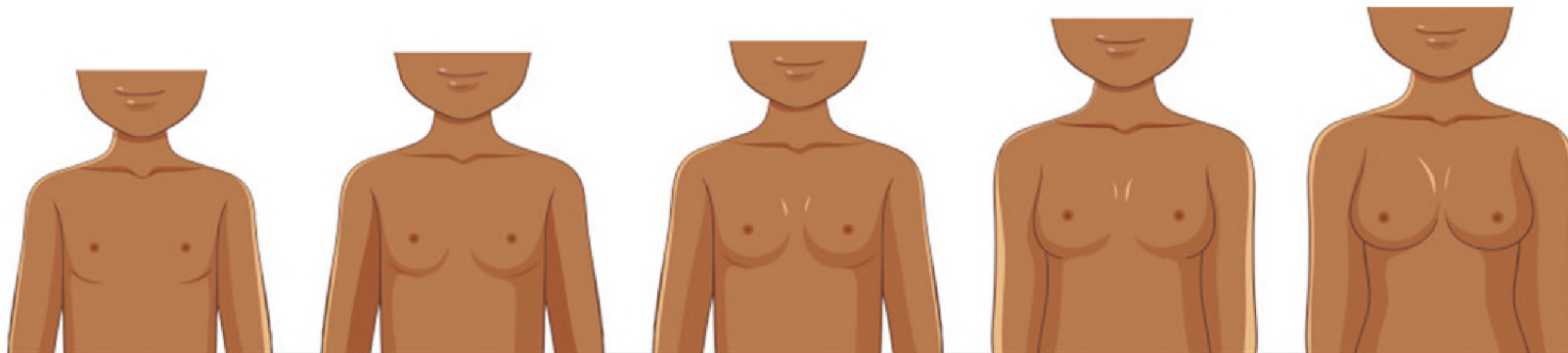
Your hormone levels are going through changes, which can lead to increased oil production in the skin's pores and hair follicles. You might see acne in the form of whiteheads, blackheads, or pimples.

HOW CAN I PREVENT ACNE?

1. **Wash your face once or twice a day** with water and a gentle cleanser made for your skin type (normal, dry, oily, or combination skin)
2. **Do NOT scrub your face with a washcloth or shower loofah;** they will irritate your skin and are prone to bacteria if not washed regularly
3. If you wear **makeup**, be sure to **remove all of it** at the end of the day with an oil-free remover.
4. **Wash your face after exercising** to cleanse your pores of sweat
5. **Avoid touching or picking at your skin** or existing acne to limit irritation and the spread of bacteria from your hands.

BREAST GROWTH

Your breasts might start growing, and your nipples might get bigger too. It's normal and part of becoming a young woman.



STAGE 1

*Preteen.
Only the tip
of the nipple
is raised.*

STAGE 2

*Buds appear,
and breast
and nipple are
raised. The
dark area of
skin around
the nipple
(the areola)
gets larger.*

STAGE 3

*Breasts are
slightly
larger, with
glandular
breast
tissue
present.*

STAGE 4

*The areola and
nipple become
raised and
form a second
mound above
the rest of
the breast.*

STAGE 5

*Mature adult
breast. The
breast
becomes
rounded and
only the
nipple is
raised.*

THE 'FIRST BRA'

Buying a girl's first bra is super exciting! While some tweens and teens have been waiting for this day for as long as they can remember, others may have mixed emotions, including embarrassment, dread, and possibly even a little fear.



Most of us will remember that with puberty comes a number of insecurities, so it's important to navigate this milestone with sensitivity.

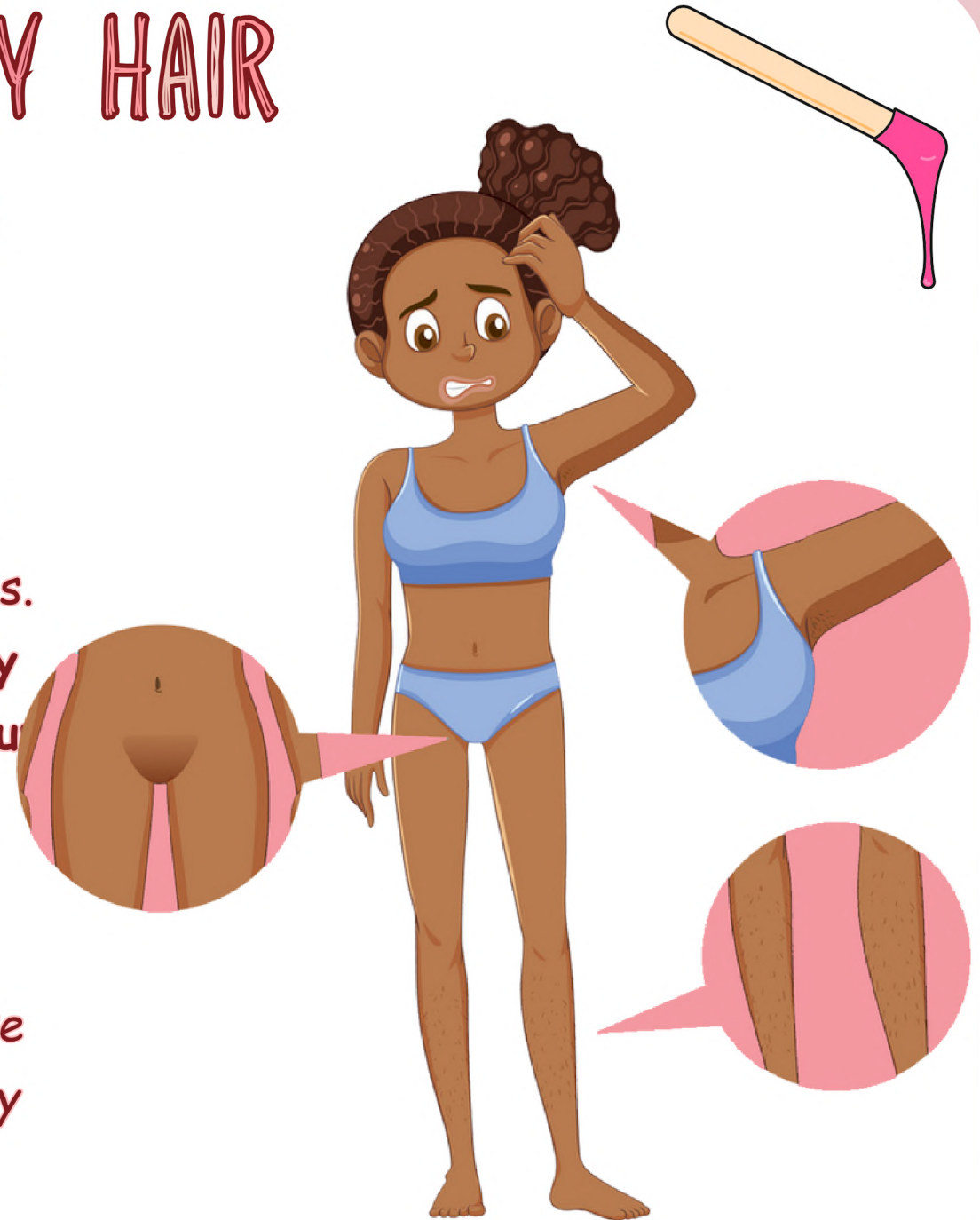
- The best bra for beginners is one that offers the right amount of support while feeling comfortable.
- Growing pains are a part of puberty and it's not uncommon for developing breasts to feel tender and sore. A well-fitting bra may help to reduce this discomfort.

BODY HAIR

You might notice that hair begins to grow in new places on your body, including your underarms and around your private area.

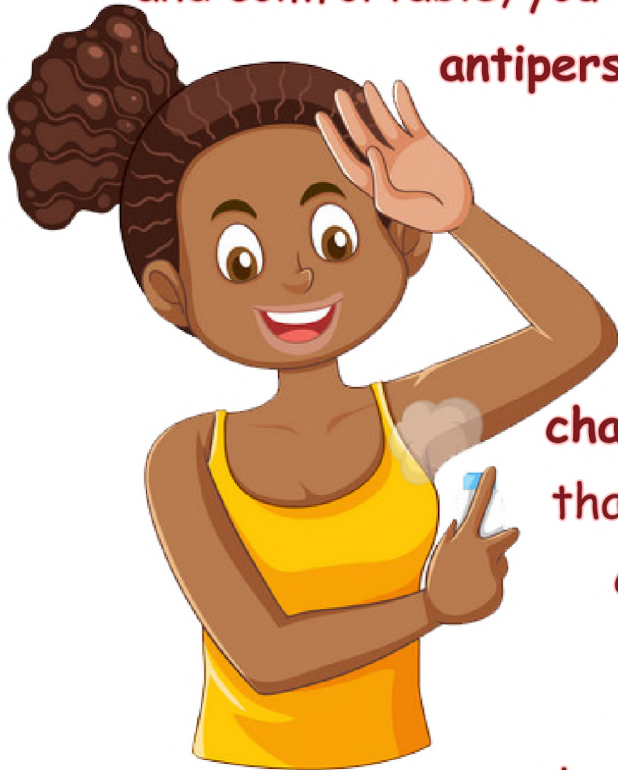
This is completely normal and happens because of the changes in your hormones. Some girls choose to shave their body hair, while others don't, it's entirely up to you and how you feel most comfortable.

If you decide to shave, make sure to use proper techniques and tools to avoid any irritation.



SWEATING

It's completely **normal** to notice that you're **sweating more**, especially in places like your underarms. This happens because your body is adapting to the hormonal shifts taking place. Remember that everyone experiences this, and it's a natural part of growing up. To stay fresh and comfortable, you can wear breathable clothing and use **antiperspirants** or **deodorants**.



CURVES

As you go through puberty, your body goes through various **changes**, including the development of **body curves**. You might notice that your **hips** become **wider** and your **breasts** begin to **grow**. These changes are a normal part of transitioning into a young woman.

It's important to be **kind to yourself** and to know that these changes are all part of the beautiful process of becoming who you are **meant to be**.

INSIDE YOUR BRAIN

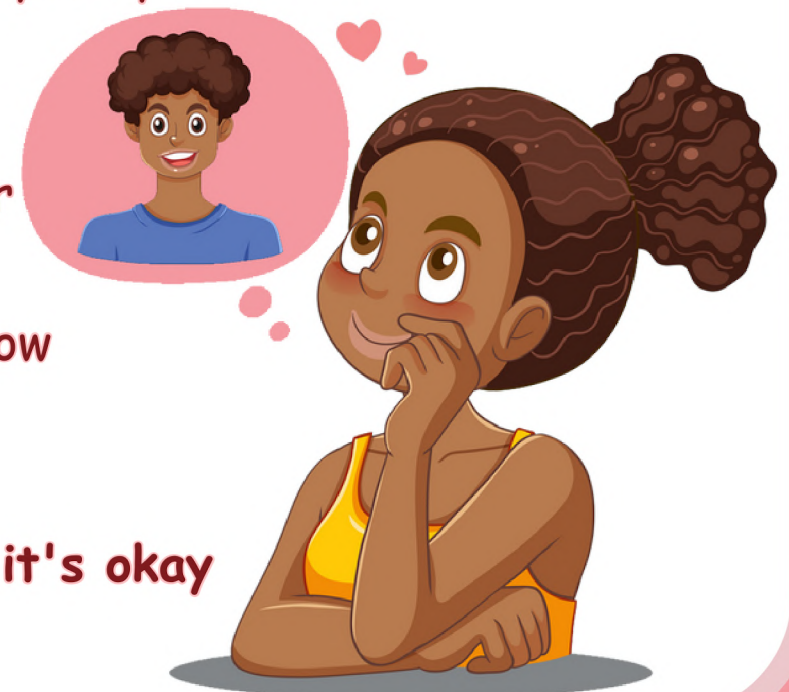
YOUR BRAIN IS CHANGING TOO, WHICH CAN MAKE YOUR FEELINGS STRONGER AND SOMETIMES CONFUSING.



- **What This Means for You** - You might feel different emotions and think about things in new ways.
- **How Parents Can Help** - Your parents can support you by listening and understanding your feelings.
- **Liking Someone** - It's normal to have feelings for someone.

These feelings are part of growing up and getting to know yourself.

- **Protecting Your Body** - Your body is yours, and it's okay to say NO if something doesn't feel right. - !!!



LOOKING AFTER YOU

- **How to Care for Your Changing Body** - Eat healthy foods, drink water, and take care of your skin. This helps your body stay strong.
- **Facts About Pimples** - You might notice pimples on your skin. Keep your face clean, and they'll go away over time.
- **About Sleep, Exercise, and Play** - Getting enough sleep, being active, and having fun are important for your health and happiness.
- **Bad Hair Days** - Your hair might not always look the way you want, and that's okay. Everyone has days like that.
- **Tricky Questions** - If you have questions you're not sure about, ask a trusted adult. They're there to help.



THE FUTURE

More Conversations - As you continue to grow, you'll have more important talks about life and becoming an adult.

Becoming an Adult - Puberty is just the beginning. You're becoming a unique adult, and you'll discover more about yourself. You have a bright future ahead of you. Keep learning, growing, and chasing your dreams!

Puberty To-Do List - Remember to keep learning, taking care of yourself, and enjoying the journey of growing up.

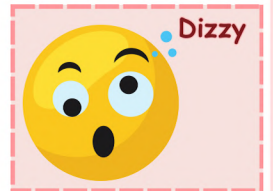
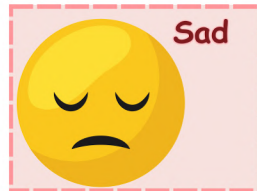
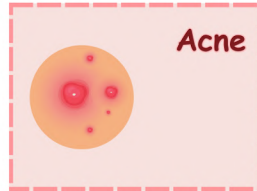
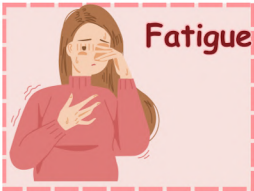
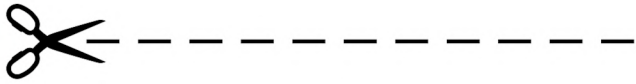


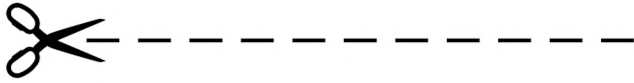
Remember, puberty is a time of change and growth. You're not alone - many girls are going through the same things. It's okay to ask questions and talk to your trusted adults whenever you need help or information.



MAP YOUR MENSTRUAL CYCLE

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	32	33	34	35





FALLOPIAN
TUBE

UTERUS

VAGINA

OVARY

CERVIX

MENSTRUATION

FOLLICULAR
PHASE

LUTEAL PHASE

OVULATION
PHASE

SANITARY
PAD

INTIMATE
SOAP

MENSTRUAL
CUP

TAMPON