

PUBERTY

a period full of changes



a booklet for
young girls who
will grow into
amazing women

what is puberty?

It's a time in your life when our body changes from being a girl to a woman.

We're talking about stuff like girls developing breasts.

During puberty, **your body will grow faster than at any other time in your life**, except for when you were a baby.



WOMAN

~~GIRL~~

And just so you know; it happens to EVERYONE and it's so natural.

what does puberty

LOOK like?

One of the first things you will notice is that your **breasts will start to grow** and that **hair will grow** under your arms and between your legs - pubic hair.



You might get **spots for no reason** and you'll probably find you **sweat more**.

Bacteria plus sweat produces Body Odour (B.O.).

So, start or end each day with a **WASH**.



Good hygiene is **VERY** important.



Ask your mum, sister or aunt for some advice.

You will also start having **PERIODS...**

... Also known as **MENSTRUATION**

How does it feel having your period?

Well, it's **different for everyone** but here are some common symptoms.

You might experience some or all...

Spots

Cramps

Cravings

Back pain

Headache

Tiredness

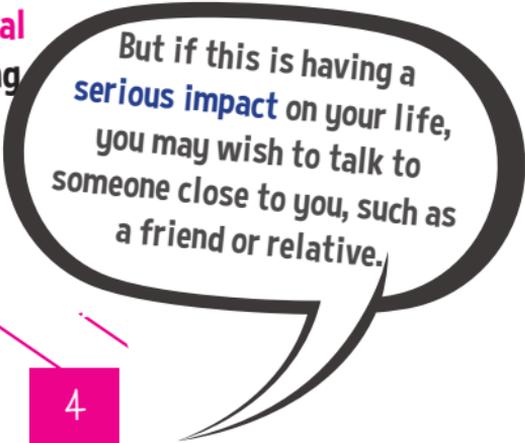
Bloated

Sensitive breasts

Oh, and you might get pretty emotional too and for no reason may suddenly feel sad or angry with your friends and family.

You might even burst into tears for no reason. Don't worry. **It's part of becoming a woman** and all down

to the **hormonal changes** happening to your body.



But if this is having a **serious impact** on your life, you may wish to talk to someone close to you, such as a friend or relative.

Tips to cope

- Hot water bottle
- Exercise
- Listen to your favourite music
- Sleep
- Chocolate (not too much)
- Bath
- Drink lots of water
- Oh, and a favourite of ours is getting into fluffy p.j.'s or tracksuits while doing all the above (well, except the exercise or the bath - you can get into the p.j.'s after that)
- Painkillers (be careful that this is done with adult supervision)



RELATIONSHIPS

What are they?

The word relationship has a general meaning (it can include family or friendships).

People can get closer and as they get older, relationships can become more intimate or sexual.

During puberty feelings of attraction/sexual feelings can start and **people can be attracted to the SAME and/or the OPPOSITE sex.**





GOOD vs BAD Relationships

Every relationship is different: Some will move fast, some won't. You should never compromise and do something you don't feel comfortable with.

Healthy relationships occur when BOTH people:

- Care about each other.
- Understand and respect each other and are responsible for each other.
- Solve problems together and communicate with honesty.
- Share at least some of the same goals and values.

Destructive relationships involve:

- Manipulation and jealousy.
- Negative attitudes and dishonesty.
- Blaming each other for their problems.

It is a good idea to be aware of your **BOUNDARIES**.
What do you expect from a partner/friend?

Frequently asked questions

Q: WHY DOES PUBERTY HAPPEN?

A: So when a girl has her period, her body is just getting rid of a small amount of blood and some unneeded tissue. It is a natural, normal body process for all females as they become women and mature physically.

Q: ALL MY FRIENDS HAVE THEIR PERIODS AND I DON'T. IS THERE SOMETHING WRONG WITH ME?

A: Everyone is different. Some girls get their periods between 11 and 15yrs but others between 8 and 18yrs so don't worry they will come. If you're worried talk to your best friend, mum, older sister or aunt about their experience.

Q: WHAT'S THE DIFFERENCE BETWEEN TAMPONS AND PADS?

A: Pads (sanitary towels) soak up the blood as it leaves your body and tampons fit inside your vagina and absorb the blood before it leaves your body.

Q: WHICH SHOULD I USE?

A: One isn't better than the other. It's for you to decide which you find more comfortable and easy to use.



More frequently

asked questions

Q: WILL I GET LOADS OF SPOTS AND BE SMELLY?

A: Bacteria plus sweat produces Body Odour (B.O.). So, start or end each day by showering or having a bath. You should also be using an antiperspirant deodorant every day after you wash or bathe. That will keep your underarms dry, which keeps smelly B.O. from developing. Using deodorant right after your bath or shower or after washing is the most effective way to use it. Keeping your skin clean and clear may take more of your time now. Your body is a full-on hormone producing machine and that will lead to increased oil production. This oil can clog pores and lead to spots, which nobody wants. Resolve to wash your face at night and morning, and ask your mother, older sister or aunt for some advice on how to care for your skin.



Q: HOW LONG WILL I HAVE MY PERIOD FOR?

A: Some girls may bleed for around 3 days, others up to 8 days. Most bleed for about 4 or 5 days. Your periods may be different each time, especially when you first start.



Women don't just have periods - they are...



War correspondents like Orla Guerin, who is a BBC war correspondent is currently based in Cairo and has previously reported from Kosovo, Jerusalem and Pakistan.



Oscar winning actresses like Saoirse Ronan and Ruth Negga.



Presidents like Mary Robinson who is now a global leader in climate change

Fighting in the 1916 Rising like Constance Markievicz who fought for six days straight as second in command in Stephens Green



Founder of the Irish Women Worker's Union, Rosie Hackett (She has a bridge named after her)

***There are many more fantastic Irish women who made and continue to make waves in the world.**

Inspirational Quotes from Inspirational Women



If one man can destroy everything why can't one girl change it?

- Malala Yousafzai (activist for female education and the youngest Nobel Prize Laureate)

Chose people who lift you up

- Michelle Obama (First Lady, activist, writer, lawyer)



It will never be perfect, but perfect is overrated. Perfect is boring.

- Tina Fey (actress, comedian, writer, and producer)

If you ever feel less important than a man think of the one thing a woman can do that a man can't!
(That's our quote)

Beauty begins the moment you decide to be yourself

- Coco Chanel (French fashion designer and businesswoman)





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