

Key words	
<b>Puberty</b>	The time when a child becomes an adult, and able to make babies.
<b>Emotional Wellbeing</b>	How well people are able to process their emotions and cope with life challenges.
<b>Menstruation</b>	Menstruation (also known as a period) is the regular discharge of blood and other tissue from the inner lining of the uterus through the vagina.
<b>Hormones</b>	Chemicals that increase in the body during puberty.
<b>Oestrogen</b>	The female hormone
<b>Testosterone</b>	The male hormone
<b>Personal hygiene</b>	maintaining cleanliness and grooming of the external body.
<b>Self-esteem</b>	The way we feel about ourselves
<b>Peer Pressure</b>	Direct/ indirect pressure/ a feeling that you must do the same things as other people of a similar age and social group in order to be liked or respected by them.
<b>Mood Swings</b>	A sudden or intense change in a person's emotional state. A person's emotions may fluctuate over time as a result of hormonal and emotional changes.
<b>Sexual Maturity</b>	The stage of your life when you can have children.

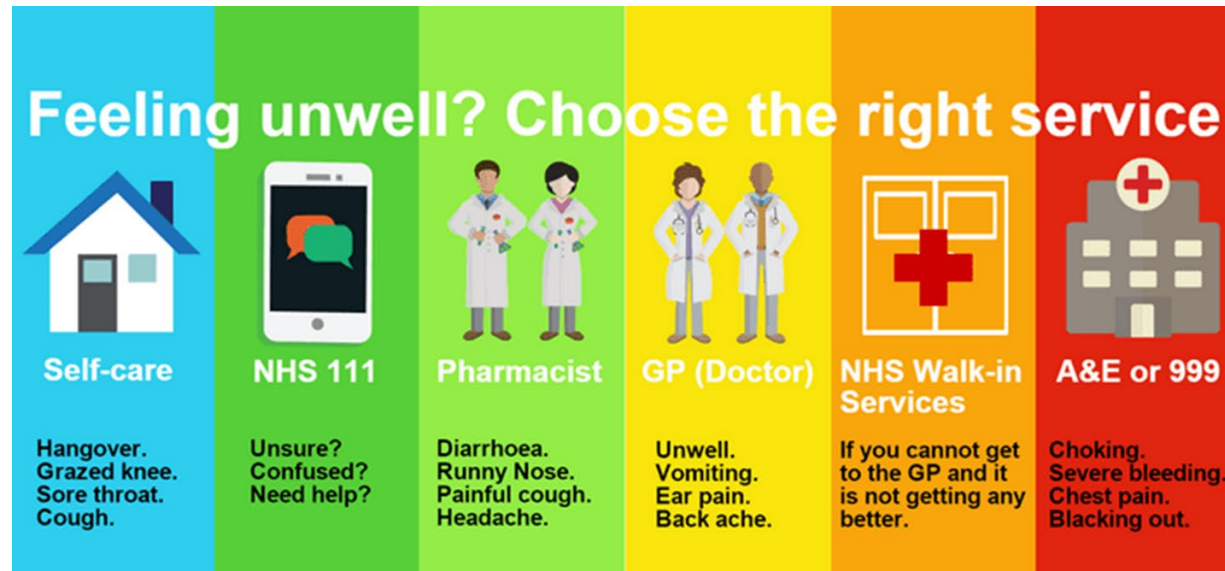
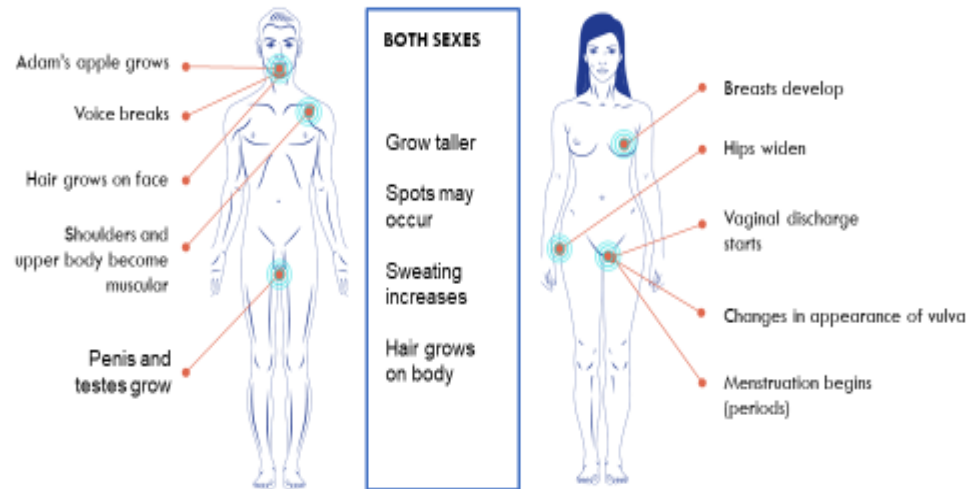
Top 10 Personal Hygiene Tips	Sources of support
<ol style="list-style-type: none"> <li>1. Shower Regularly</li> <li>2. Use Deodorant or Antiperspirant</li> <li>3. Wash Your Face Twice a Day</li> <li>4. Keep Your Hair Clean</li> <li>5. Wear Clean Clothes</li> <li>6. Maintain Oral Hygiene</li> <li>7. Trim Nails Regularly</li> <li>8. Practice Menstrual Hygiene</li> <li>9. Take Care of Private Areas</li> <li>10. Stay Hydrated and Eat Healthy</li> </ol>	<ul style="list-style-type: none"> <li>• Parents or trusted family members</li> <li>• Any trusted person in school</li> <li>• Your doctor or nurse</li> <li>• NHS Live Well Website <a href="https://www.nhs.uk">Live Well - NHS (www.nhs.uk)</a></li> <li>• <a href="https://always.co.uk">always.co.uk</a></li> <li>• <a href="https://tampax.co.uk">tampax.co.uk</a></li> <li>• <a href="https://childline.org.uk">childline.org.uk</a></li> <li>• <a href="https://www.brook.org.uk/your-life/puberty">www.brook.org.uk/your-life/puberty</a></li> </ul>

## Emotional Changes

Feeling overly sensitive  
Looking for an identity  
Feeling uncertain  
Peer pressure  
Conflicting thoughts  
Mood swings  
Feeling conscious about self  
Getting sexual feelings

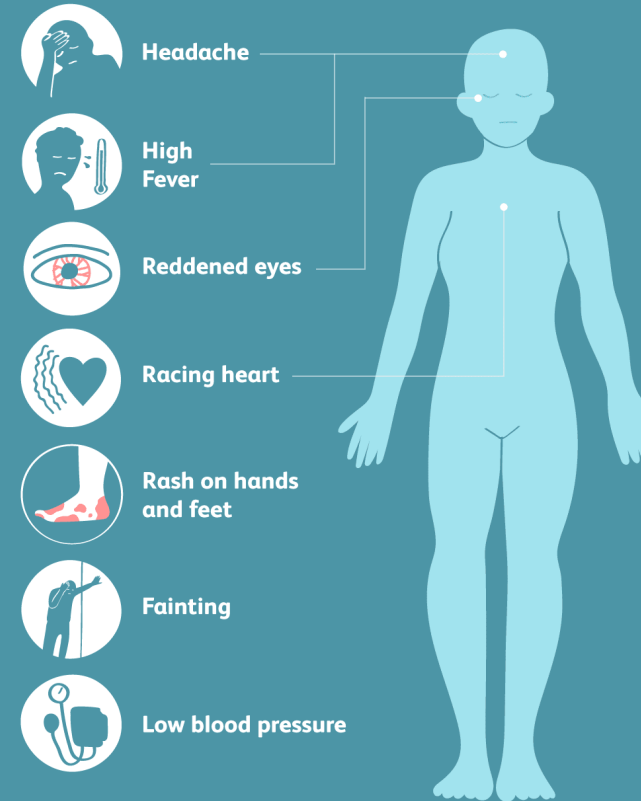
## Things to remember

- Puberty begins at different times for different people
- Changes will happen at different rate and in a different order for different people
- Everyone goes through puberty you are not alone
- Good diet and exercise can help deal with some of the physical changes
- Puberty is very normal despite feeling abnormal



## Toxic Shock Syndrome

### Common Symptoms



Toxic Shock Syndrome is a rare but deadly disease caused by toxins in the bacteria entering the bloodstream, often through tampon or menstrual cup use

Do not wear a tampon for more than 8 hours and avoid wearing a tampon with a higher absorbency than you need.

If you can wear a tampon for 8 hours without needing to change it switch to a lower absorbency!