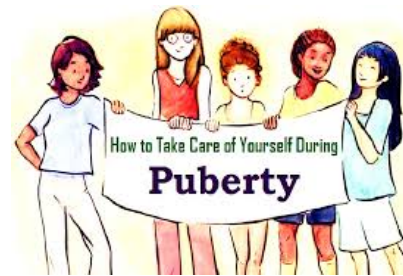


Key words	
<b>Puberty</b>	The time when a child becomes an adult, and able to make babies.
<b>Menstruation</b>	Menstruation (also known as a period) is the regular discharge of blood and other tissue from the inner lining of the uterus through the vagina.
<b>Hormones</b>	Chemicals that increase in the body during puberty.
<b>Oestrogen</b>	The female hormone
<b>Testosterone</b>	The male hormone
<b>Self-esteem</b>	The way we feel about ourselves

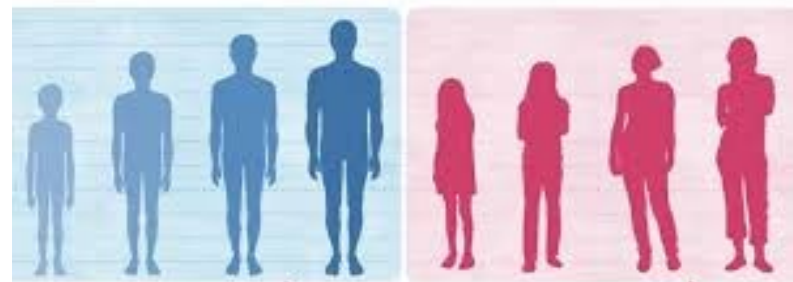
Physical Changes	
Everyone can have pubic hair and more body odour	
<b>Girl</b>	<b>Boy</b>
Breasts grow	Facial / Body hair
Hips get wider	Produce sperm, erections, possibly wet dreams
Start periods	More muscular and taller
Produce eggs	Testicles and penis grow
Clitoris and labia get bigger	



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

Symptoms of PMS: Pre-menstrual Syndrome	
Tender breasts	Headaches
Mood swings	Stomach cramps
Tiredness	Spots
Food cravings	Difficulty concentrating

Sources of support
<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</li> <li><a href="http://www.nhs.uk">Live Well - NHS (www.nhs.uk)</a></li> </ul>



Things to remember
<ul style="list-style-type: none"> <li>Puberty begins at different times for different people</li> <li>Changes will happen at different rate and in a different order for different people</li> <li>Everyone goes through puberty you are not alone</li> <li>Good diet and exercise can help deal with some of the physical changes</li> <li>Puberty is very normal despite feeling abnormal</li> </ul>

Hygiene
It can be an issue during puberty. It's very important for body image (confidence), social reasons (pleasant to be around) and health reasons (avoiding lice, athletes' foot etc)
<b>Pay particular attention to</b>
HAIR (which can get greasy at this age)
TEETH and MOUTH (breath can smell)
FEET and GENITAL AREAS (wash thoroughly)

# Puberty