

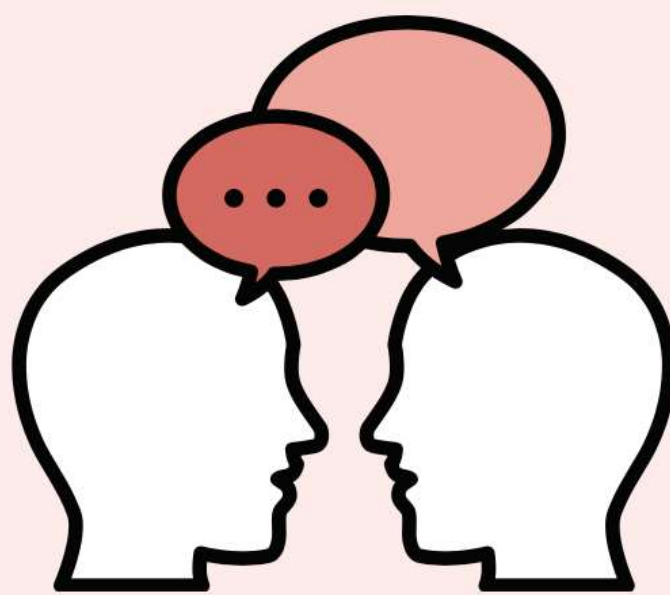
## WHAT DO I NEED TO KNOW ABOUT PERIODS?

When you start your period it might not be regular but over time it should happen roughly once a month

Your period lasts between 3 and 8 days and is usually heaviest on the first 2 days

You lose 2 or 3 tablespoons of blood per period

You can use sanitary towels, tampons or menstrual cups



### MORE INFORMATION

If you are worried about puberty starting earlier or later you can speak to a doctor or an adult you trust

Visit [childline.org.uk](http://childline.org.uk) for [kidshealth.org](http://kidshealth.org) for more information online where you can find the answers to lots of questions you may have



# Puberty in Girls





## WHAT IS PUBERTY?

Puberty is when you start to change from a child to an adult

Hormones (which are chemicals produced by your body) cause these changes and affect how your body looks and how you think

It is all part of growing up and it happens to everyone!

## WHEN DOES THIS START TO HAPPEN?

Between the age of 8 and 14  
The average age for girls is 11



## HOW WILL MY BODY CHANGE?

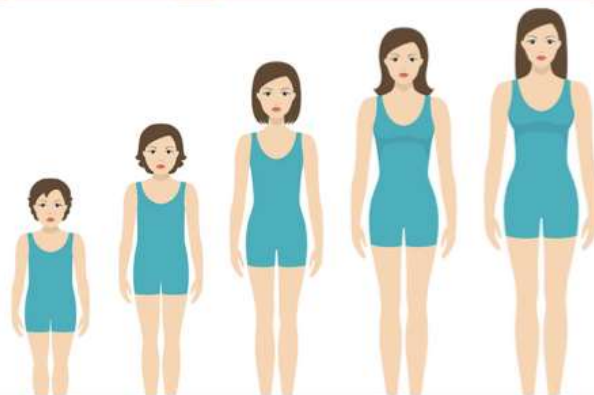
The first sign is usually breasts developing and getting bigger, they may be sore!

You will grow hair on your armpits and private 'pubic' areas and your legs might get hairier

You will start your period

You might get more sweaty and notice more spots on your face

You will grow taller and gain some weight



## WHY DO I FEEL GRUMPY?

Puberty can also affect how you feel and your mood



You may feel grumpy or tearful, sometimes for no reason!

You may also develop new feelings for people and be attracted to them and having sexual thoughts

You may want more independence and be concerned about your appearance