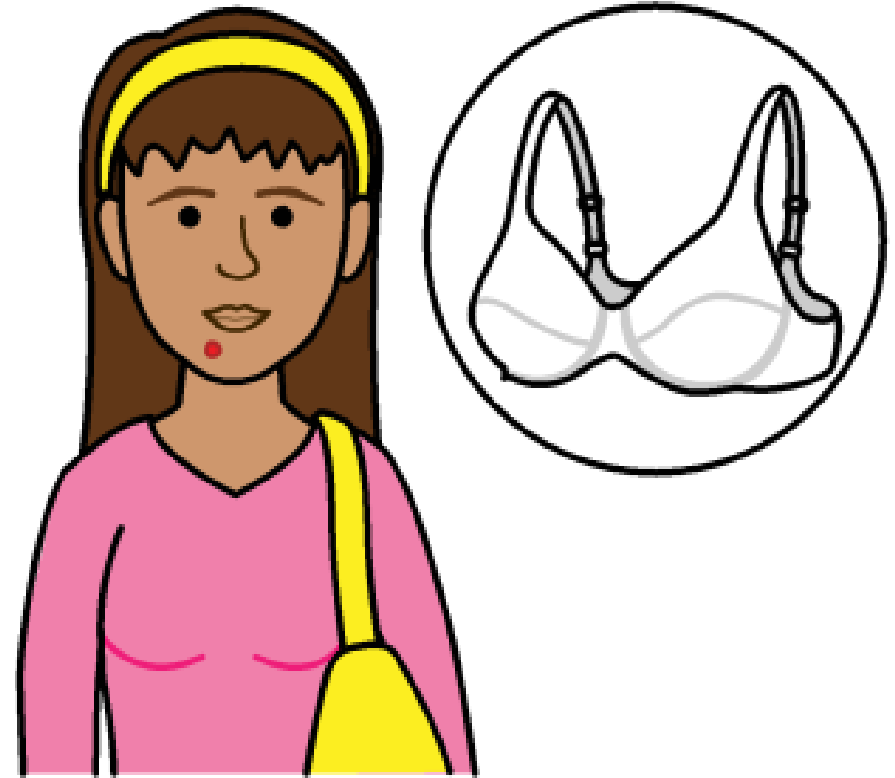
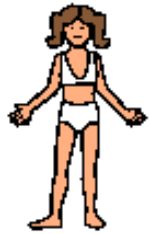




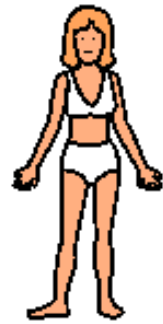
Produced by Bournemouth University students for Linwood School, with support of the Linwood Total Communication Team and Dorset Healthcare July 2018



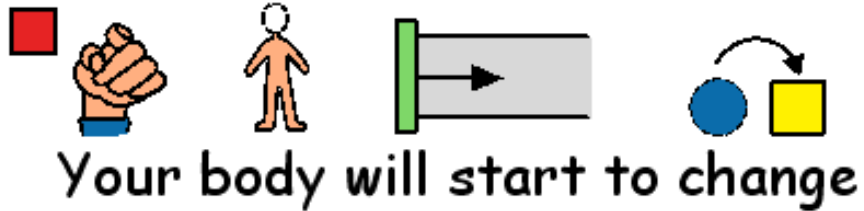
# Puberty for Girls



Girl's body



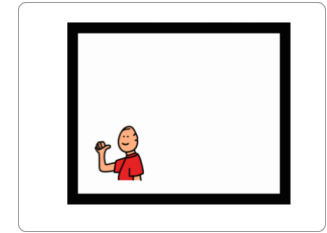
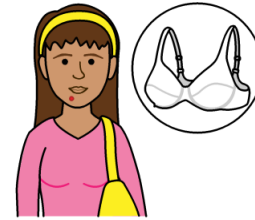
Woman's body



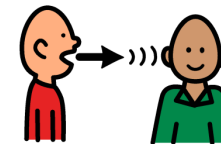
Your body will start to change



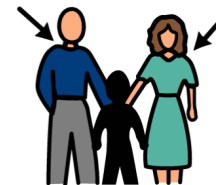
in shape and size.



Puberty is private



Who to talk to about puberty?



parent or carer



brother or sister



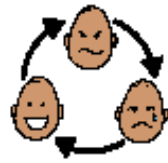
teacher



doctor or nurse



youth worker



Sometimes you may get moody.



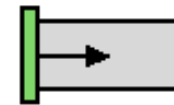
Sometimes you may be sad.



Sometimes you may be happy.



This is OK.



You will start to grow



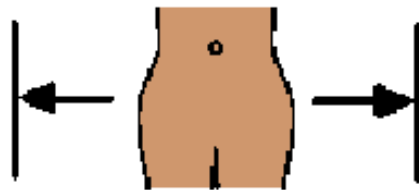
underarm hair



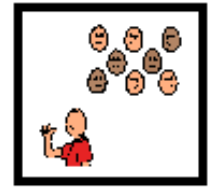
and pubic hair.



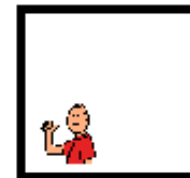
Your breasts will get bigger



and your hips will get wider.



Don't touch your vagina in public.



Remember private places are:



bedroom



bathroom



You may want to touch your vagina.



This is OK in private.



Remember to wash your hands afterwards.



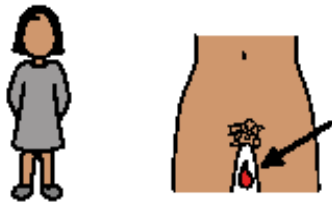
You may get spots on your face



and greasy hair.



You will need to wash everyday.



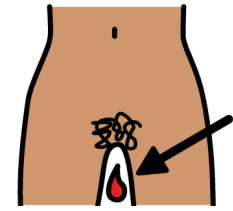
Girls get periods.



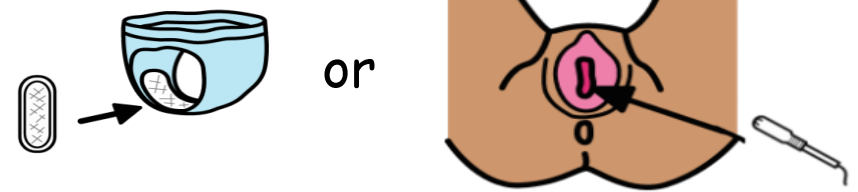
This is when blood comes out of your vagina.



This happens once a month.



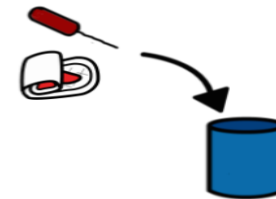
When you have a period



you can wear a pad in your pants  
or a tampon in your vagina



You will need to change it when full



Put used pad or tampon in the bin