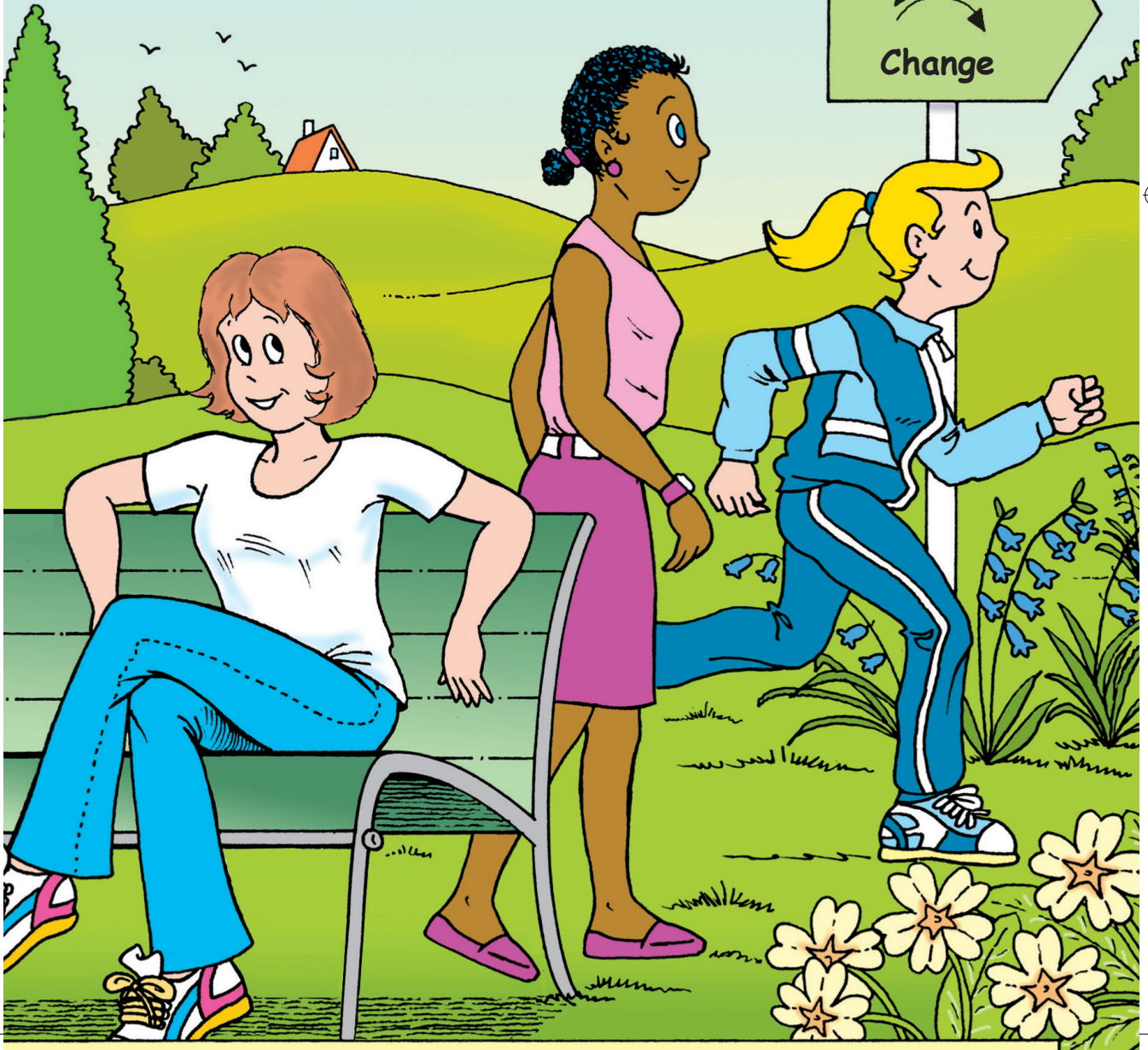
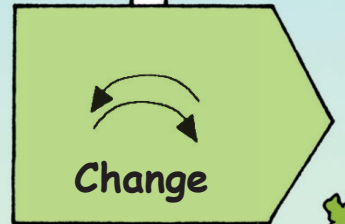
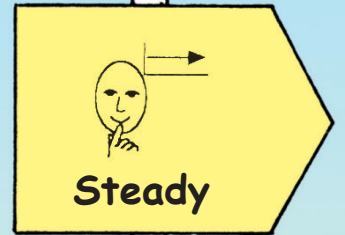


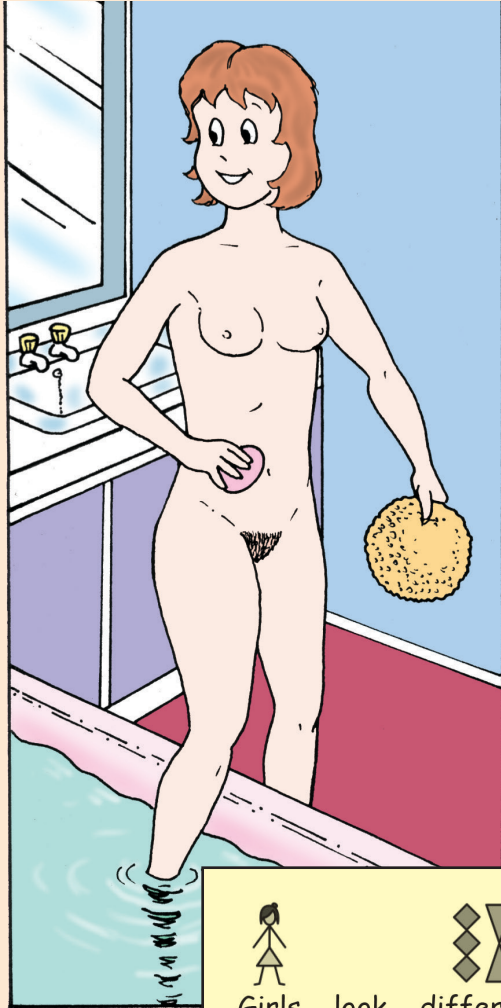


Gloucestershire
Healthy
Living and Learning

GIRLS CHANGE



BODY CHANGES



Girls look different from boys.



We are all different shapes



and sizes



Your body will



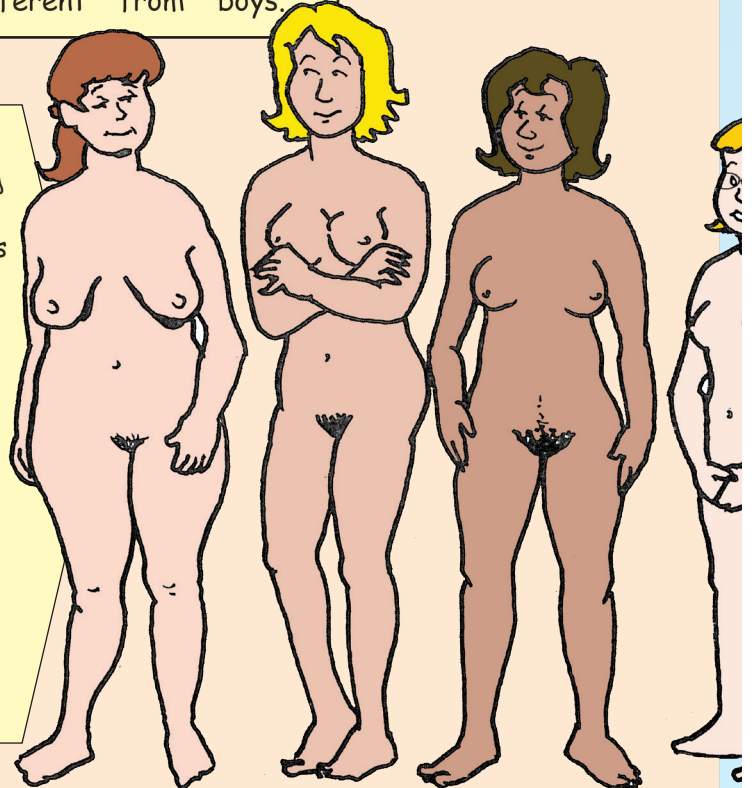
grow and change at the

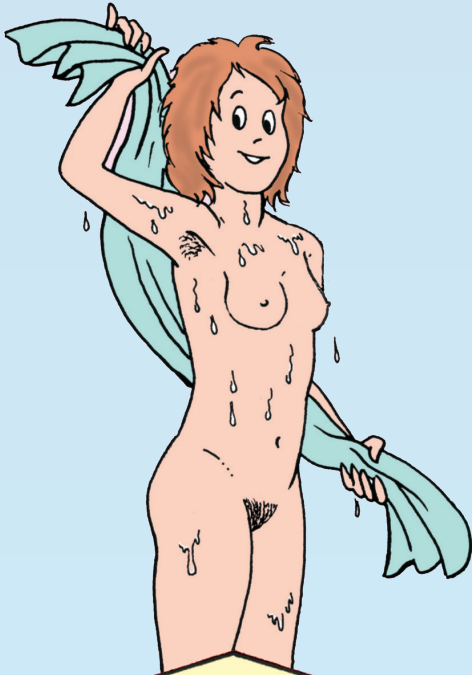


right time for



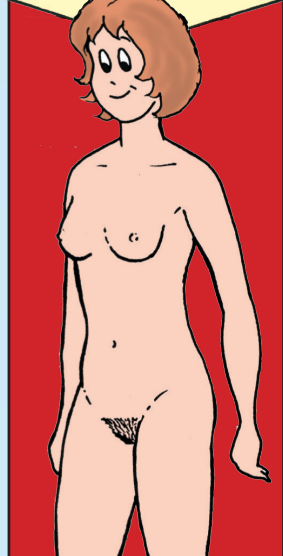
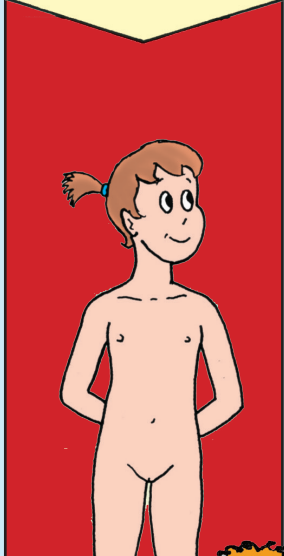
you.



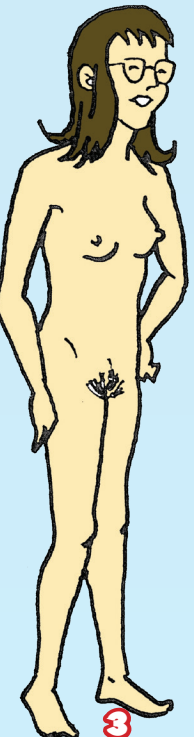
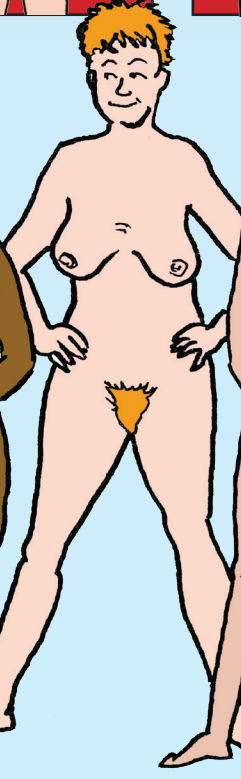
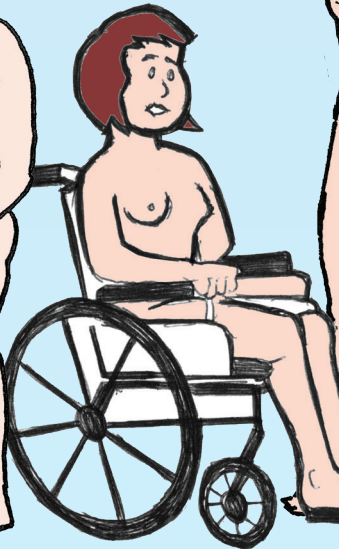
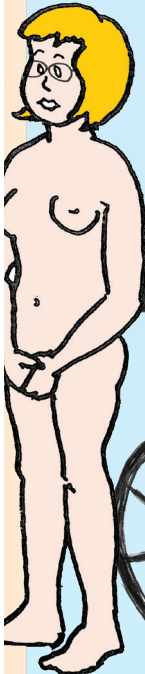


This is what you looked like before.

This is what you look like now.



You will grow hair on your body.



KEEPING CLEAN



You



will sweat



more



This could



make you smell bad.



Use a deodorant.



Wash



under



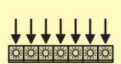
your arms.



It is important



to wash



every day.



Remember



to change



your underwear



and tights every day.

SPOTS



You



could



get spots on your face.



Don't



worry.



Lots of

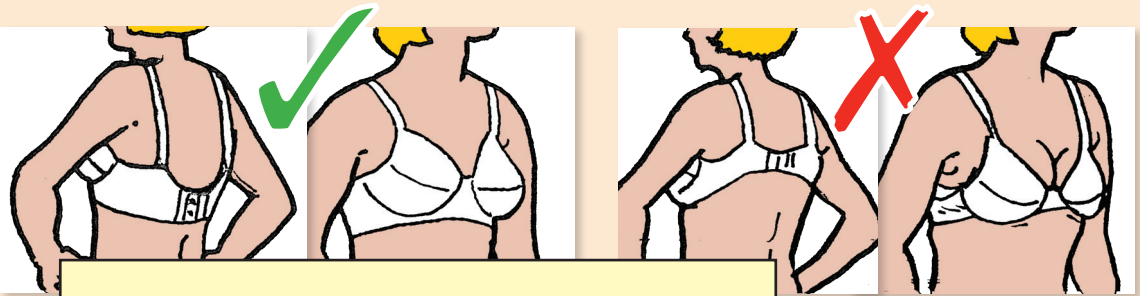


teenagers



get spots.

BRAS



Make sure



your

bra



is a

good



fit.



Ask



a parent



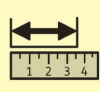
or trusted



adult





to take















you to be measured.

PERIODS

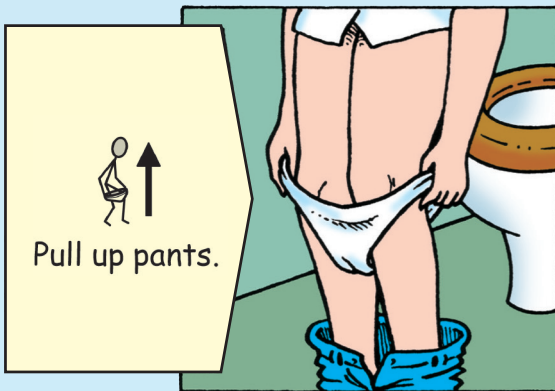
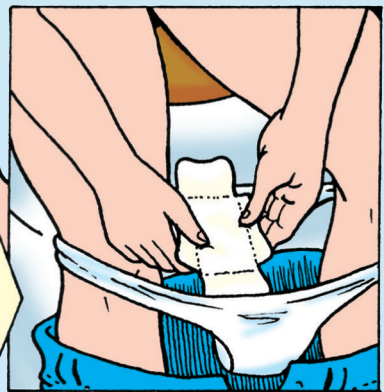
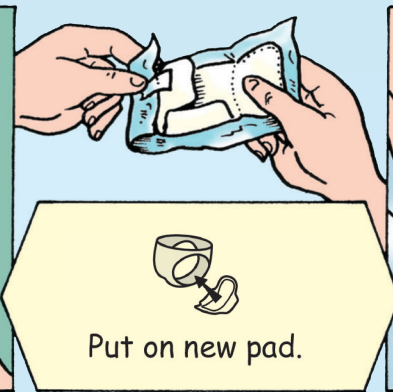
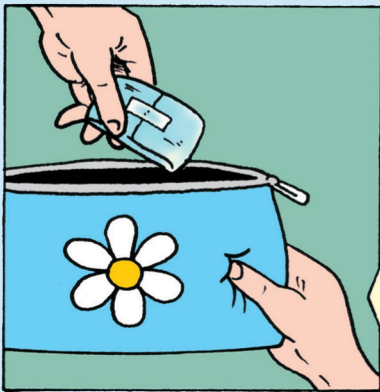
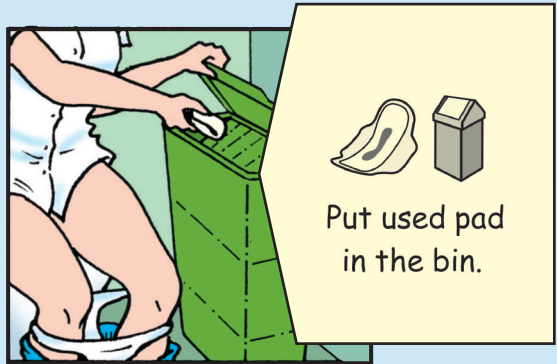
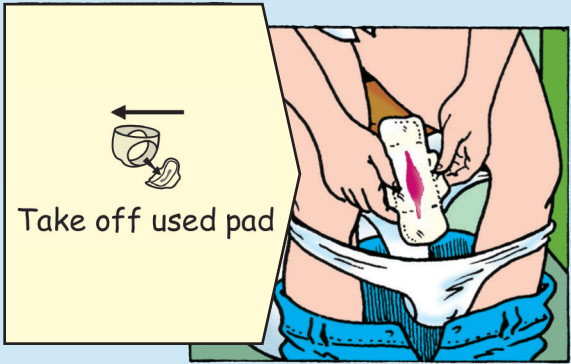


 
You will have periods.

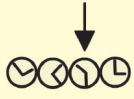
 
You will need to
 
change your pad

regularly.

  
You can use an App on your phone so that you
   
know when your period is due

CHANGING A PAD



MASTURBATION



Sometimes

you may



want to



touch

your



breasts

or



vagina.



This is ok

and can



feel good.



You



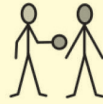
must

do this in a

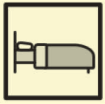


private place

like



your



bedroom

or the

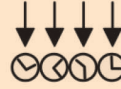


bathroom.



Wash hands.

CHECKING YOUR BREASTS



It is important to check your breasts regularly.



You should do this in the bath or shower.



Feel all over the breast, around the nipple area



and under your arms. If you notice any changes or lumps



you should



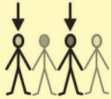



see your doctor as soon as you can.



Ask a parent or carer to help you make an appointment.

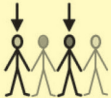



RELATIONSHIPS



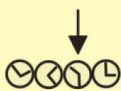








Some boys think girls are nice.



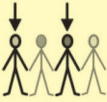








Some girls think girls are nice.

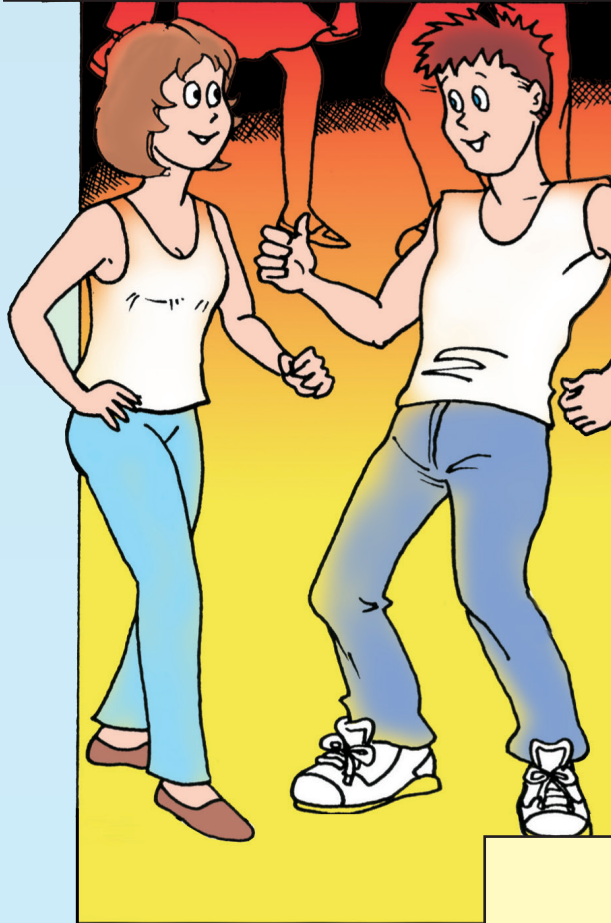








Sometimes you may feel excited when you are













Some girls think boys are nice.



Some boys think boys are nice.

with someone. This is ok and is part of growing up.

HEALTHY RELATIONSHIPS



Being listened to



Feeling good about yourself



Trust



Having fun



Feeling happy



Respect



Having a choice

UNHEALTHY RELATIONSHIPS



Not being listened to



Feeling bad about yourself



No trust



No



fun



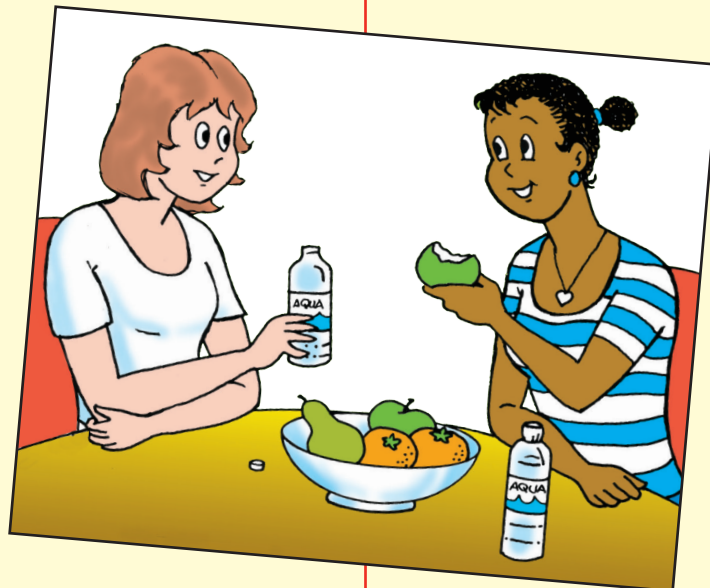
Feeling scared



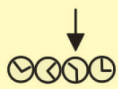
Being made fun of



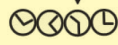
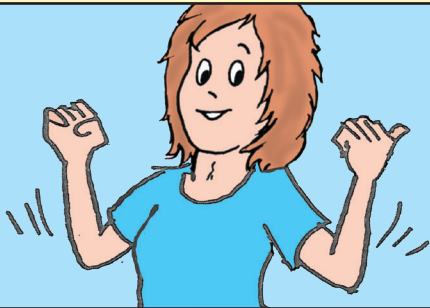
No choice



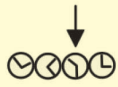
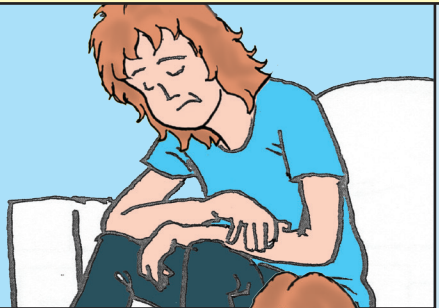
EMOTIONS



Sometimes you just feel happy.



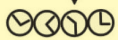
Sometimes you just feel sad.



Sometimes you feel angry



with your friends.



Sometimes you want to shout at your Mum and Dad.



Your moods may



change often.

CHOICES AND RESPONSIBILITIES



Growing up and sex are normal parts of life.



You may feel excited when you think about someone you know



or someone famous. You may imagine kissing or touching them.



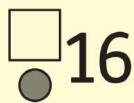
This is okay. One day you will probably want to have sex.



This should be when it feels right for



you and your partner. It is against the law to have sex with



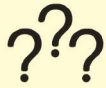
someone who is under sixteen,



Remember, if you do not want someone to touch you say 'NO!'.



And if you touch someone and they say 'NO!' you must STOP.



If you have any questions about relationships and sex or



need more help ask a parent or carer or a trusted adult

e.g.



like your teacher or the school nurse.



If you have any questions or need more help



ask a parent or carer, your teacher or



the school nurse .



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publichealth@gloucestershire.gov.uk