

Date

L.O: to explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally.



SRE Ground Rules

How does a girl's body change during puberty?



Puberty: What Happens to Girls?



You get taller and heavier.



Your bones grow bigger and heavier.



Hair grows under your armpits and around your genitals (pubic hair).



Your face changes shape.



Your voice gets a little deeper.



Your hips get wider and more curvy.



You start your periods.

Partner Talk – What examples can you think of?

Puberty: What Happens to Girls?



Your body sweats more.



Your breasts and nipples get larger.



Your private areas will grow and change.



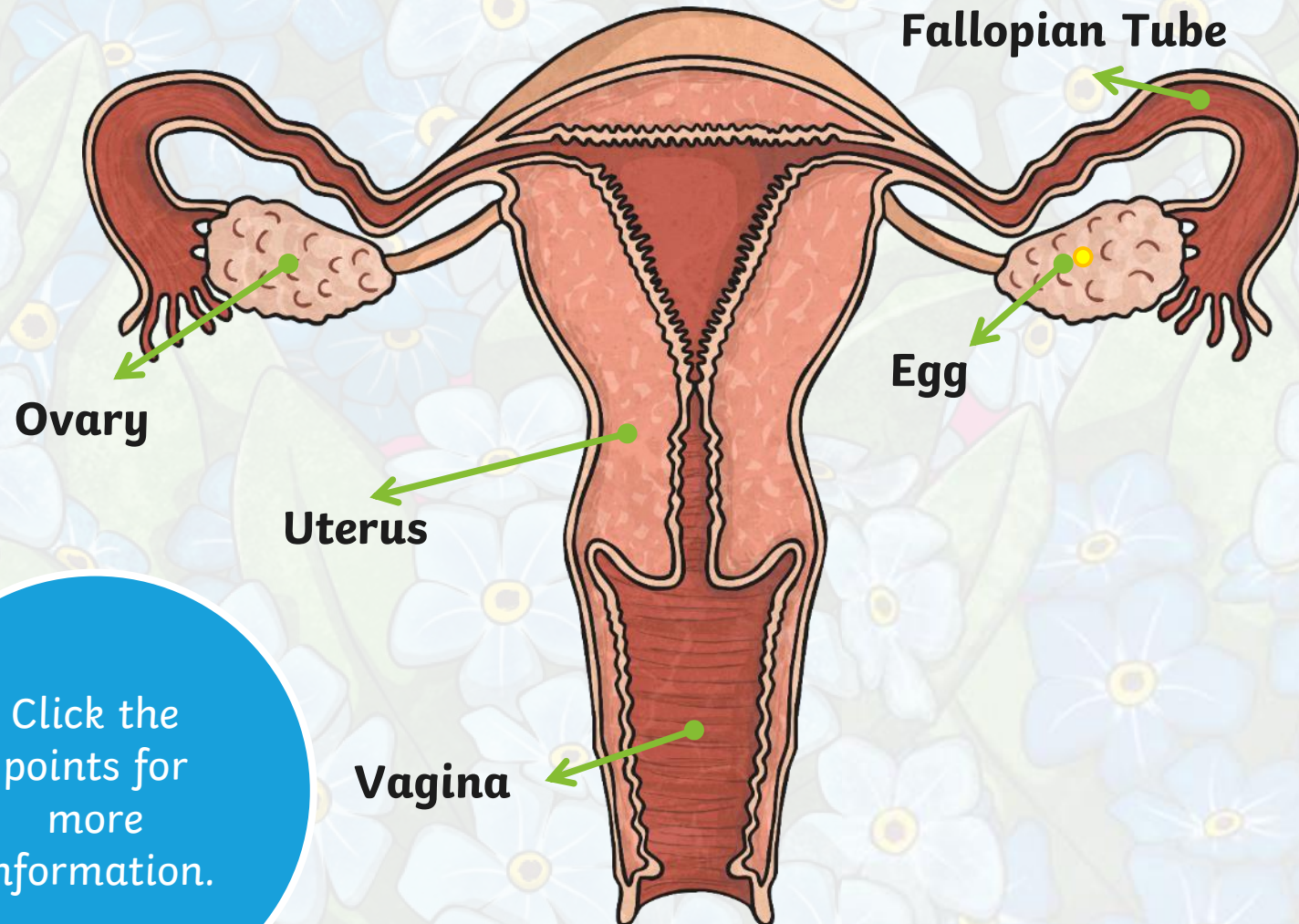
You may have mood swings.



Your hair on your arms and legs grows darker.



The Female Reproductive System



Click the
points for
more
information.

What Are Periods?

Periods (menstruation) happen due to the hormones changing in your body.

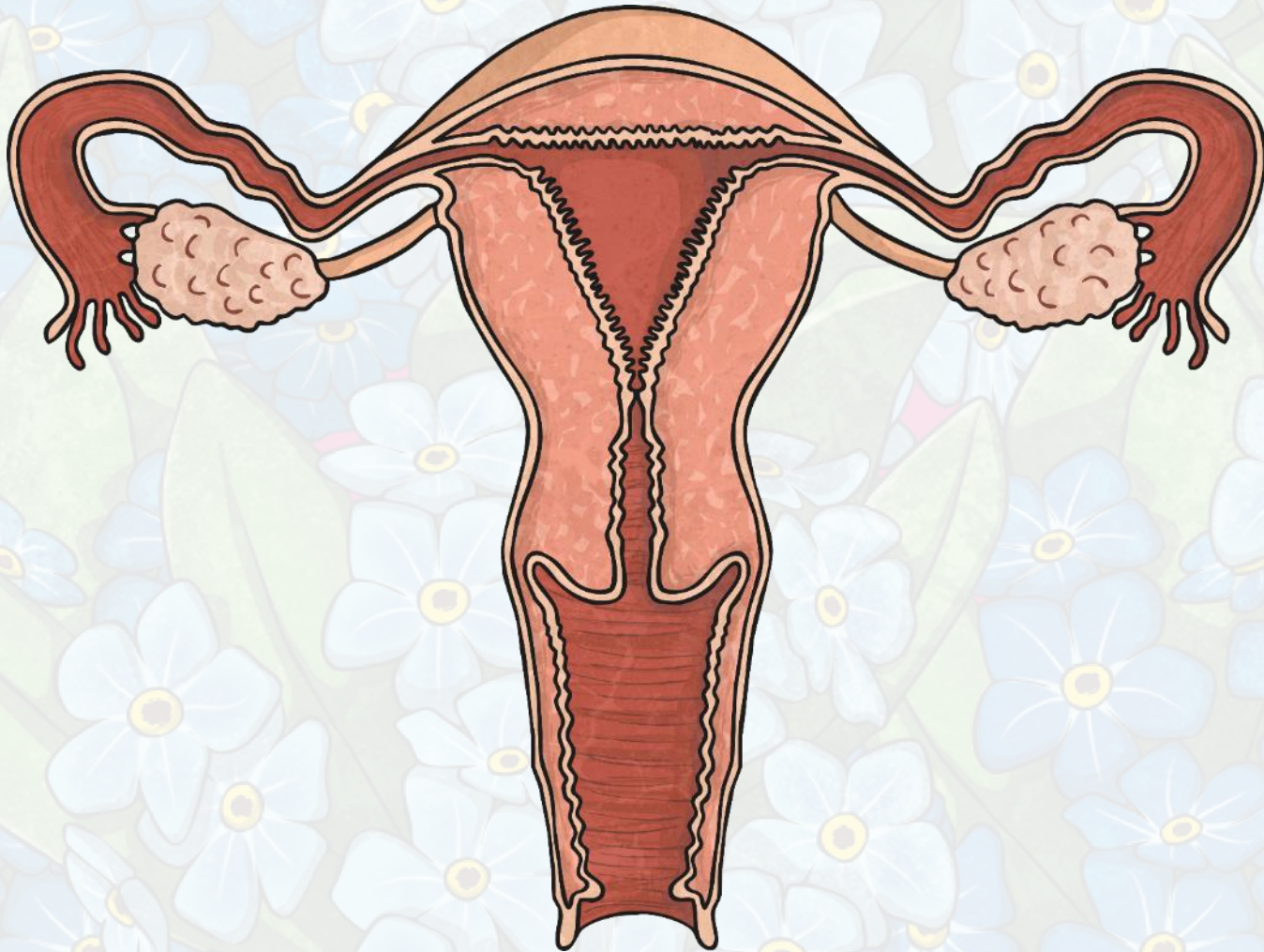
When puberty is reached, an egg is released each month from her ovaries and this causes a period.

The egg moves from the ovary and along the fallopian tube and down into the uterus (womb).

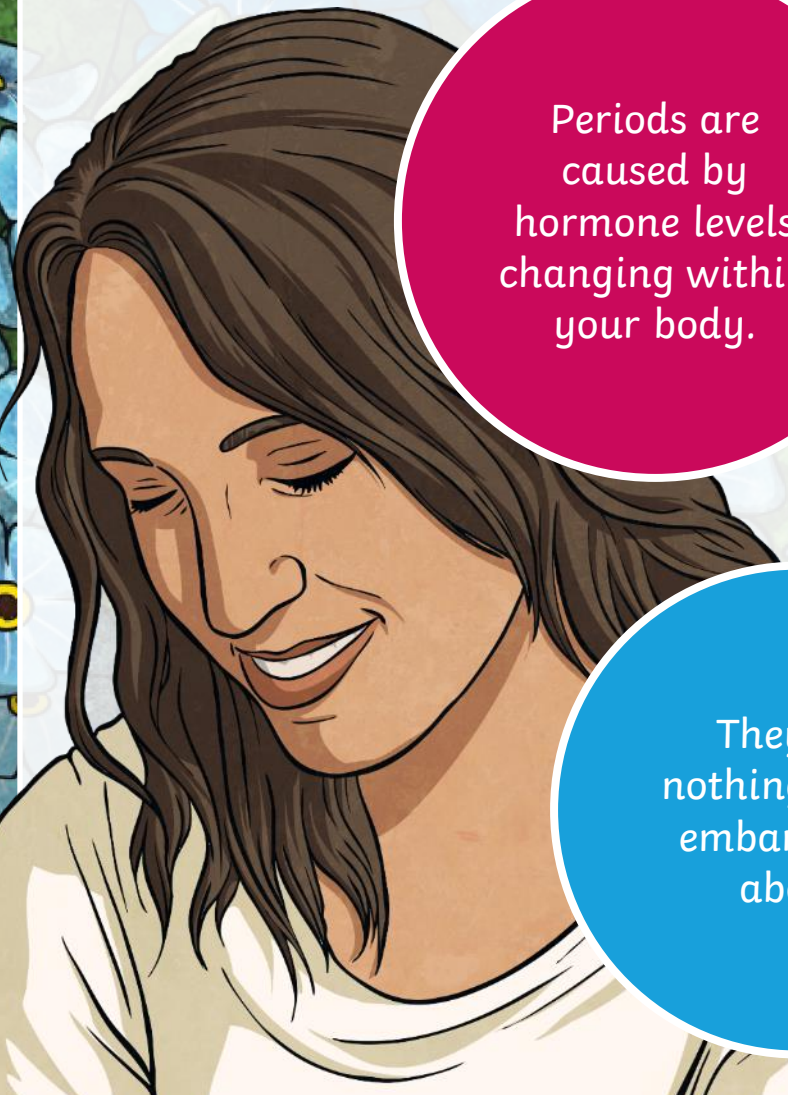
Even before birth, a girl has 1-2 million tiny eggs (ovum) in her ovaries.

Each month, the lining of the uterus and the egg leaves your body through your vagina; this is called a 'period'.

What is a period?



Why Do Periods Start



Periods are caused by hormone levels changing within your body.

It is nature's way of preparing women's bodies having a baby when they are older.

Periods are a normal part of the female reproductive cycle.

They are nothing to feel embarrassed about.

Partner Talk – What questions do you have about periods?

When Will My First Period Start?

Usually between 10 to 16 years old;

about 2 years after your breasts develop;

after you grow pubic hair;

after you start to notice vaginal discharge.

Remember –
Every girl is
different!



What Symptoms Will You Have?

Many girls will experience PMS (Pre-Menstrual Syndrome). The symptoms can include:

**difficulty
concentrating**

**stomach
cramps**

**feeling
bloated**

**tender
breasts**

**mood
swings**

tiredness

**food
cravings**

headaches

spots

Partner Talk – What could you do to help ease some of these symptoms if they occur?

PMS - Things You Can Try!

**Eat a well
balanced
diet.**

**Take part in
some gentle
exercise.**

**Use a hot
water bottle
or use a heat
pad.**

**Have a nice
warm drink.**

**Massage
your
stomach.**

**Have a
warm
bath.**



During Your Period: What Happens?

Bleeding can last between 3 and 8 days.

Your first period may be so light, you may not even realise that you are having one.

Blood flow may be heavier in the first few days.

Periods happen once a month but your body takes time to get into a routine so for the first year or so the time between each period may vary.

How much blood do you think you'll lose during your period?

Only 2-3 tablespoons worth!



What products can I use during my period?





Any questions?

**We can write it down
anonymously!**



Plenary

Tell your partner as many girl's changes during puberty as you can remember.