

# Adolescence and Puberty

Watch from 1.08 to 6.19 – sweat

Watch 10.42 to 11.23 – hair

Watch 18.28 to 21.15 - spots

<https://www.bbc.co.uk/iplayer/episode/b0759l4k/operation-ouch-specials-dont-panic-about-puberty>

# What is puberty?

- Adolescence is the stage of growth and development between childhood and adulthood
- Puberty is when a child's body begins to develop and change as they become an adult and are able to reproduce
- Puberty usually happens between ages 8 and 14 for girls, and ages 10 and 15 for boys



# What happens in puberty?

Hormones are chemicals that your body produces to send messages around your body. During puberty, your body will produce hormones which start these changes:

**Girls : The body produces progesterone and oestrogen with start the changes of puberty**

***Usually starts between 8 – 14 years***

Grow taller

Body changes shape e.g. hips get wider, breasts start to develop

Grow additional body hair

Hair on arms and legs gets darker

Might sweat more – notice a change in the smell of your sweat

Spots

Greasy hair

Periods

You might get overwhelmed and feel emotional more

You can get tummy pains/ cramps or back ache

# Periods

- Your period is when you lose a small amount of blood from your vagina. It normally lasts for about 3-8 days and will happen once a month, but it might not always be regular when they first start.
- Periods are completely normal, and most girls and people who are biologically female will start their periods during puberty. Lots of people will start their periods around the age of 12, but it could be earlier or later than that.
- Some people worry about getting hurt, but periods are safe and losing the blood isn't something that will hurt you.

# What can I do to help myself?

- Wash regularly and put clean clothes on after a shower. Make sure you clean your face, under your arms, your private parts using warm/ hot water and soap.
- Use deodorant or antiperspirant (*Deodorant will help keep you fresh, whilst antiperspirant helps to control sweat. Perfumed body sprays just smell nice!*)
- Wash your face – don't pick at spots or squeeze them, just keep your face clean.
- If you have aches and pains, have a warm bath, hug a hot water bottle or ask an adult for some paracetamol.
- Don't be scared of any changes that are happening – they are normal. Talk to a parent, an older sibling or one of us if you are worried.

# 4 FACTS ABOUT PUBERTY

- You'll experience both physical and emotional changes.
- Puberty doesn't happen all at once, it takes a few years.
- You're not alone, and people can go through puberty differently.
- It's okay to ask questions when you're not sure.