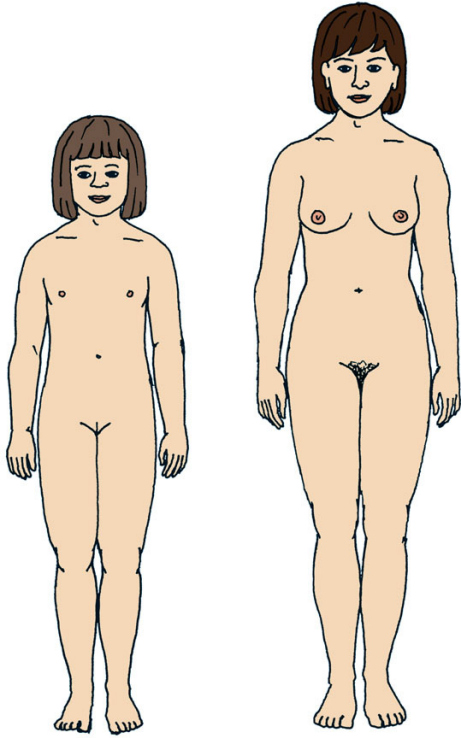


PUBERTY



When your body changes from being a girl to looking more like a woman it is called puberty. It means you are growing up. In some families girls have a special party to celebrate.

All girls go through puberty. It is normal. Most of the time it happens when you are about 12 or 13 years old but you might be a little bit younger or older. Puberty lasts for about 3 years. If it doesn't happen you need to see a doctor.

Boys go through puberty as well. It means that are becoming more like a man.

Lots of changes happen to your body and to your feelings.

You are in charge of your body. An important rule about your body is that you own it. No one may touch your body unless you want them to and you say that they can.

You also need to look after you body. It is up to you to keep it clean. You need to have a bath or a shower every day. You need to wash your hair at least once a week. It is good to use deodorant under you arms.

Talk with someone you trust about the changes that happen to you during puberty.

PUBERTY

Where can you find out more

Family Planning NSW Healthline

You can speak to a nurse about puberty and periods.

There are lots of fact sheets available on the web site.

There is a library where you can borrow books. They will post them to you.



1300 658 886



www.fpnsw.org.au

Other fact sheets in this series you may want to read

ASKING QUESTIONS ABOUT YOU

HAVING YOUR PERIODS

GROWING UP