



Growing up Puberty for Girls Cohen Children's Medical Center

2019



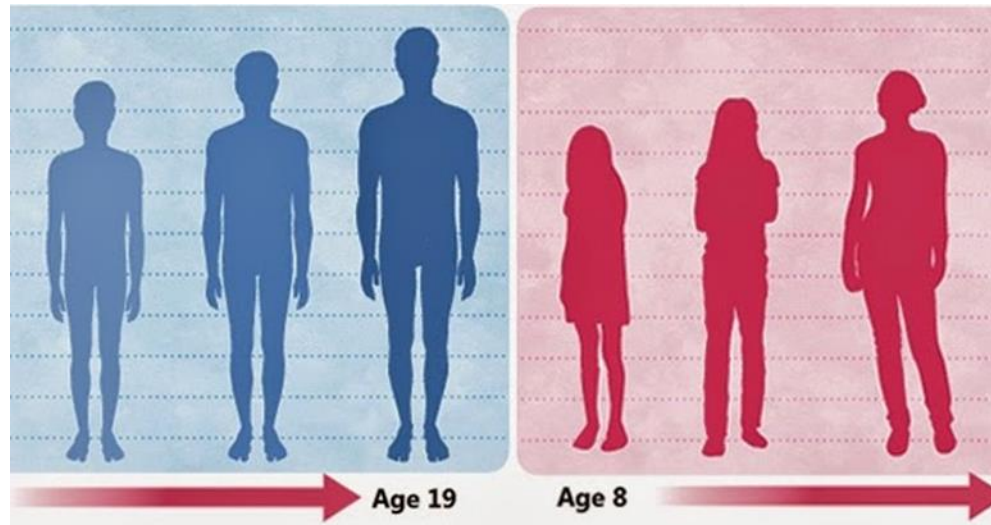
Cohen Children's Medical Center
Northwell HealthSM

What is puberty?

- Puberty is the when your body begins to change and you develop into an adult over a period of time.
- Puberty happens when the hormones in your body begin to increase.
- These hormones are called estrogen and progesterone.
- Boys and girls both experience puberty.

When does puberty happen?

- We are all different so, puberty can happen at different times.
- Puberty for girls happens between 8 to 14 years old.
- Puberty for boys happens between 9 to 15 years old.
- Puberty happens earlier for girls than for boys.



What changes happen to your body during puberty?



What happens to girls during puberty

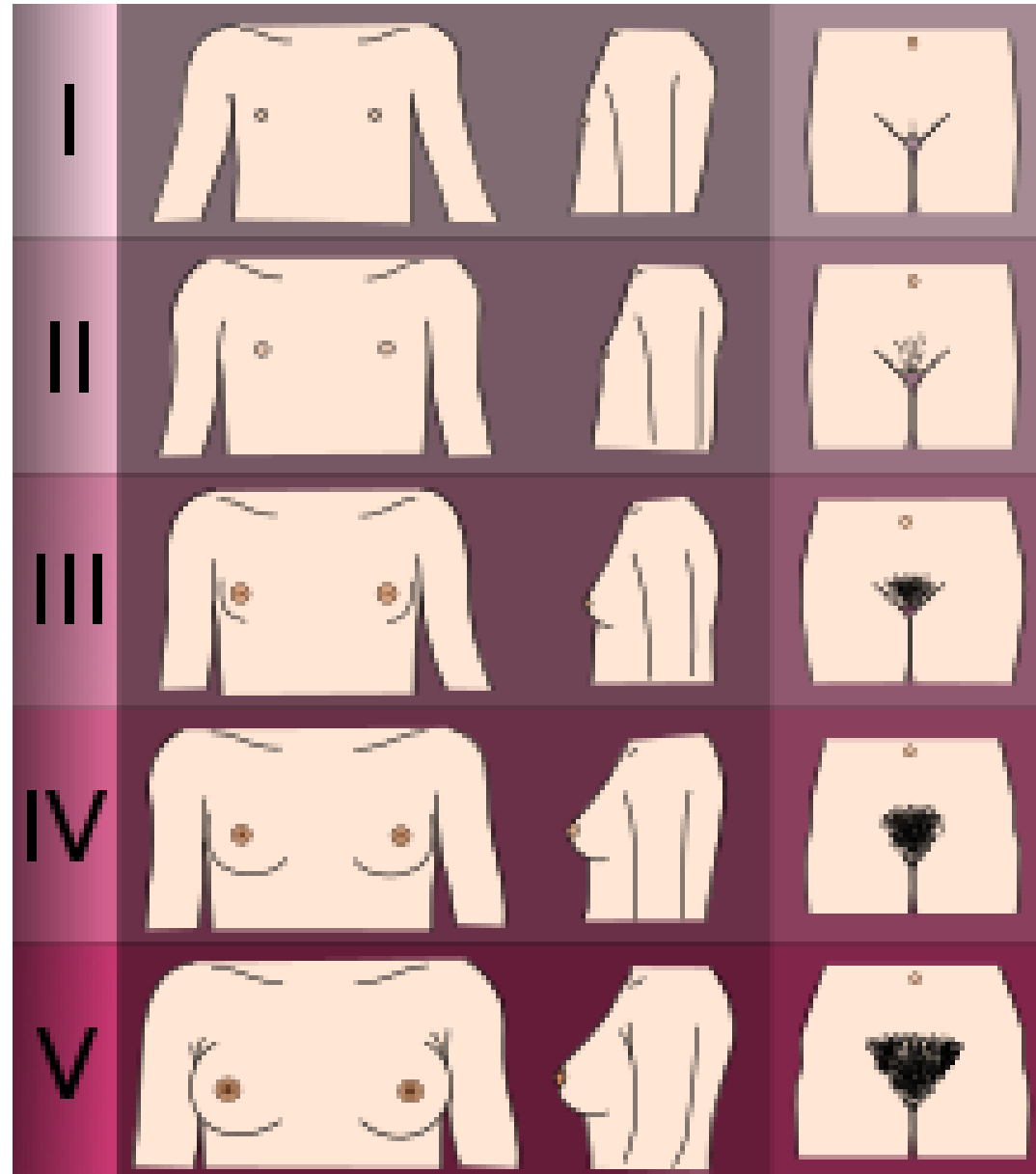
- Breast development
- Pubic Hair
- Body shape
- Menstruation/period



What happens during puberty for both girls and boys?

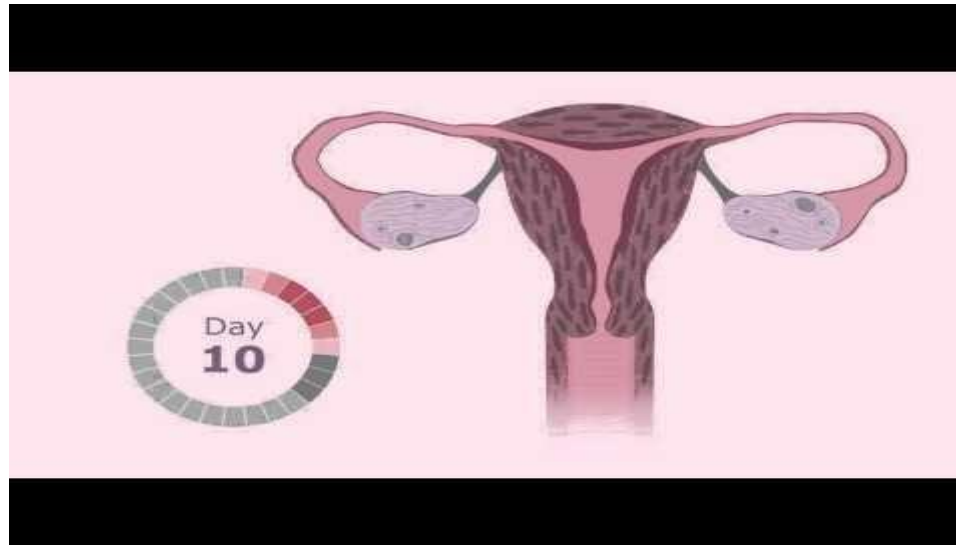
- A growth spurt can happen.
- You may grow as much as 4 inches per year.
- Your sweat glands become more active.
- Sweat can occur in many different parts of your body like your armpits.
- Sweat can smell (BO-body odor).
- Pimples can happen.
- Pimples can happen in many different places on your body.

Female Stages of Development



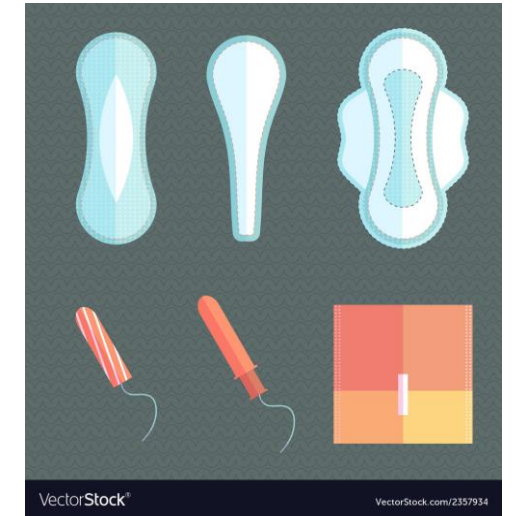
Video

“The Menstrual Cycle”



Feminine protection

- Feminine protection products absorb menstrual flow and vaginal discharge
- You can use pads that absorb the blood externally
 - Pads should be changed at least every 4-6 hours
 - Wrap and throw away in the trash
 - They come in different thicknesses
- You can use tampons that absorb the blood internally
 - These are convenient for girls when they swim and participate in other sports
 - Important to change every 4-6 hours
 - Do not sleep with tampons
 - They come in different absorbencies
- Pantliners can be used to help you feel more in control
- Be prepared until your cycle becomes regular



Will anything else change?

- The answer is yes!
- Your emotions can change.
- This is because of the increase of hormones in your body.

How will I feel?

- You may feel happy one minute and sad the next minute.
- You may feel embarrassed by the changes that are happening.
- Just remember that puberty is normal!

Who can you talk to?

- You can talk to your parents.
- You can talk to your family.
- You can talk to your doctor.
- You can talk to the school nurse.
- You can talk to your teacher.

Your Not alone- Boys go through changes too!

- Pubic Hair
- Changes in body parts
- Body shape
- Voice Change
- Breast development



Show respect for each other

Bodily Autonomy

- Listen to your Body
- How to express physical wants & needs
- How to handle physical rejection
- Respect other people



Thank You

Questions??