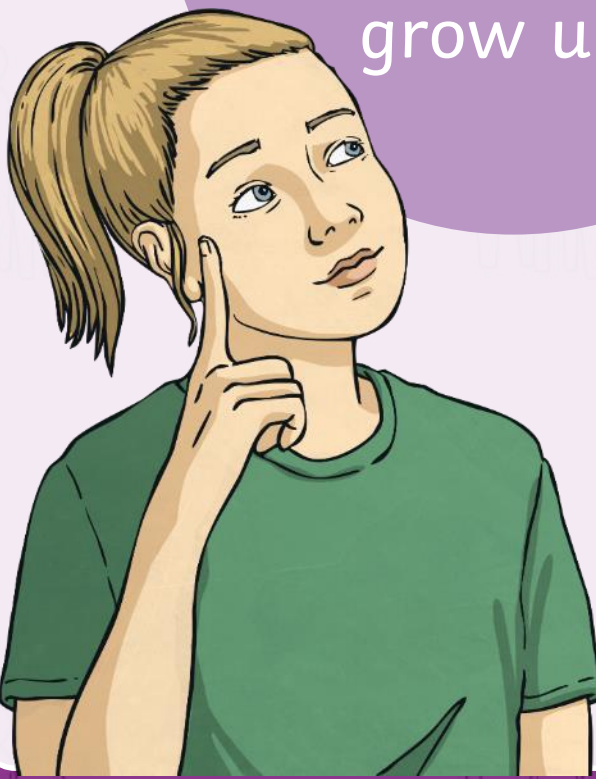


Changes in Girls




A cartoon illustration of a young girl with blonde hair in a ponytail, wearing a green t-shirt. She is looking upwards and to the right with a thoughtful expression, her right hand raised to her chin.

What changes
happen to girls'
bodies as they
grow up?

A cartoon illustration of a young boy with brown hair, wearing a teal hoodie and blue pants. He is standing with his left hand on his hip and his right hand to his chin, looking upwards and to the left with a thoughtful expression.

Why do
these
changes
happen?

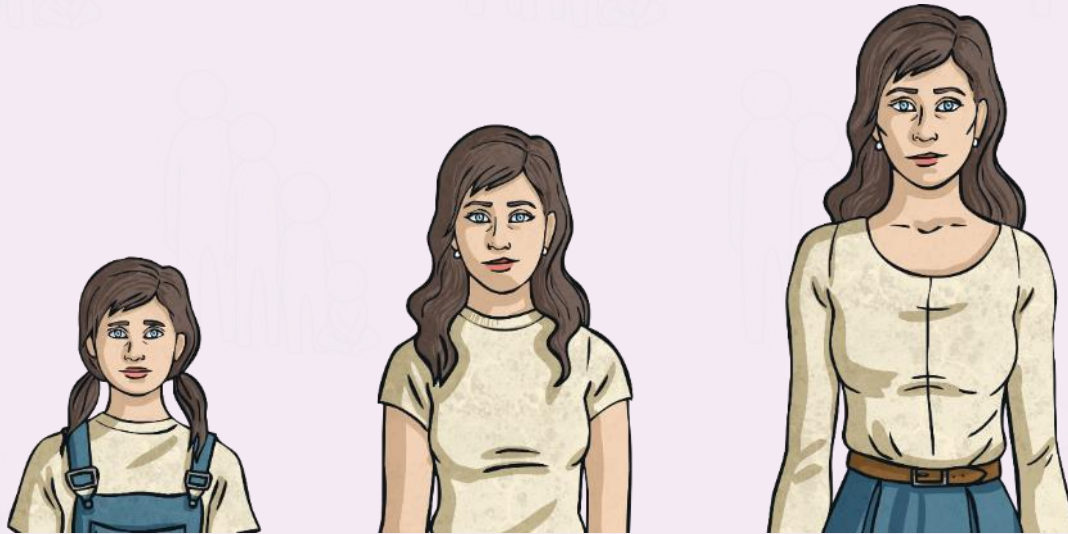


Recap:
What are the
changes that
happen in
boys?

Female Bodies and Periods

Think about yourself or girls you know that are your age.

Now think of women you know, like your mum or an aunt.



What are the differences between the girls you know and the women you know?

Can you list three differences between girls and women?

Female Bodies and Periods

Girls' bodies start changing from around the age of nine, but it can be earlier or later.

The changes don't all come at once, they happen over a few years.

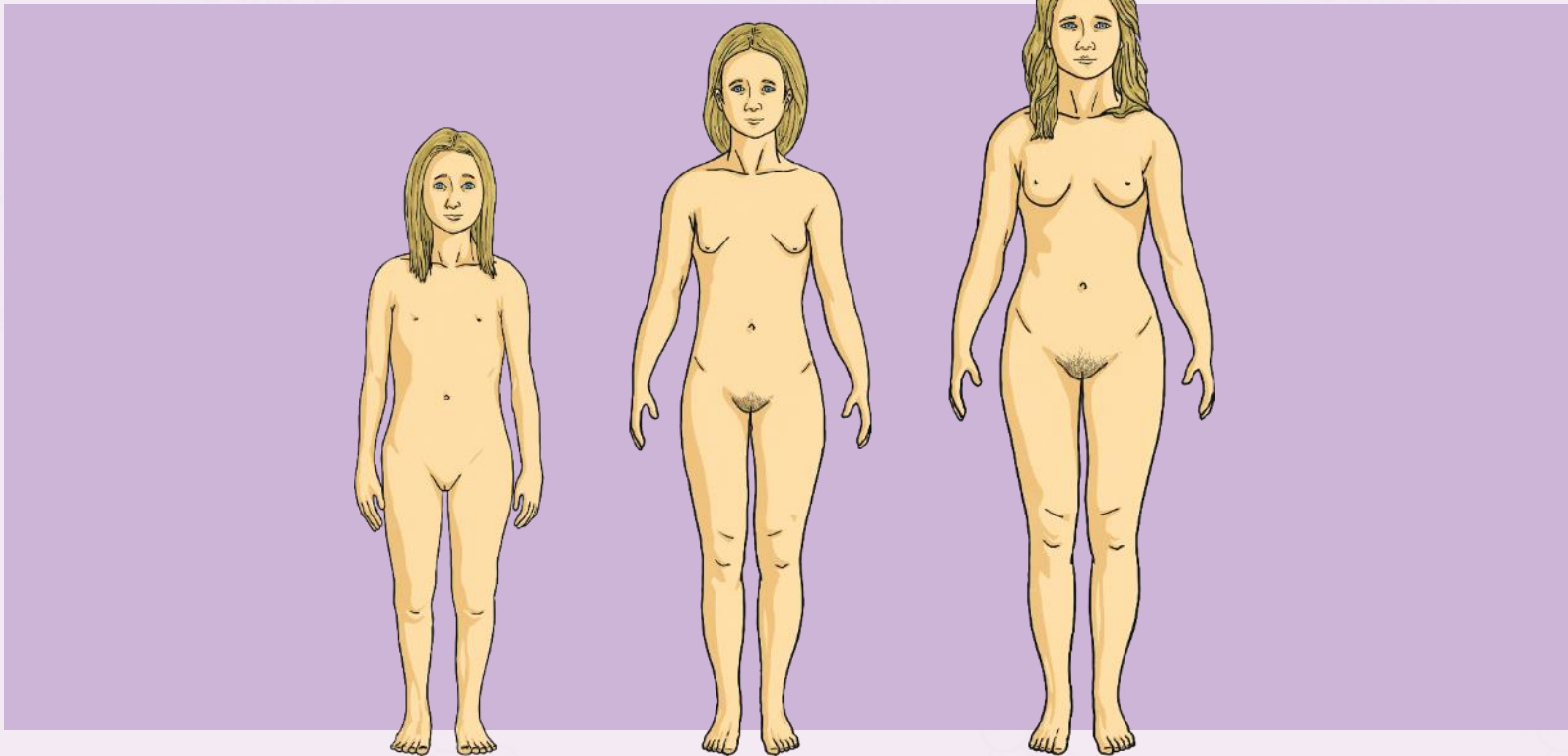
It's good to know about the changes that are going to happen before they happen. That way you won't get any surprises!



Female Bodies and Periods



Look at the pictures and see if you can spot the changes between the different bodies.



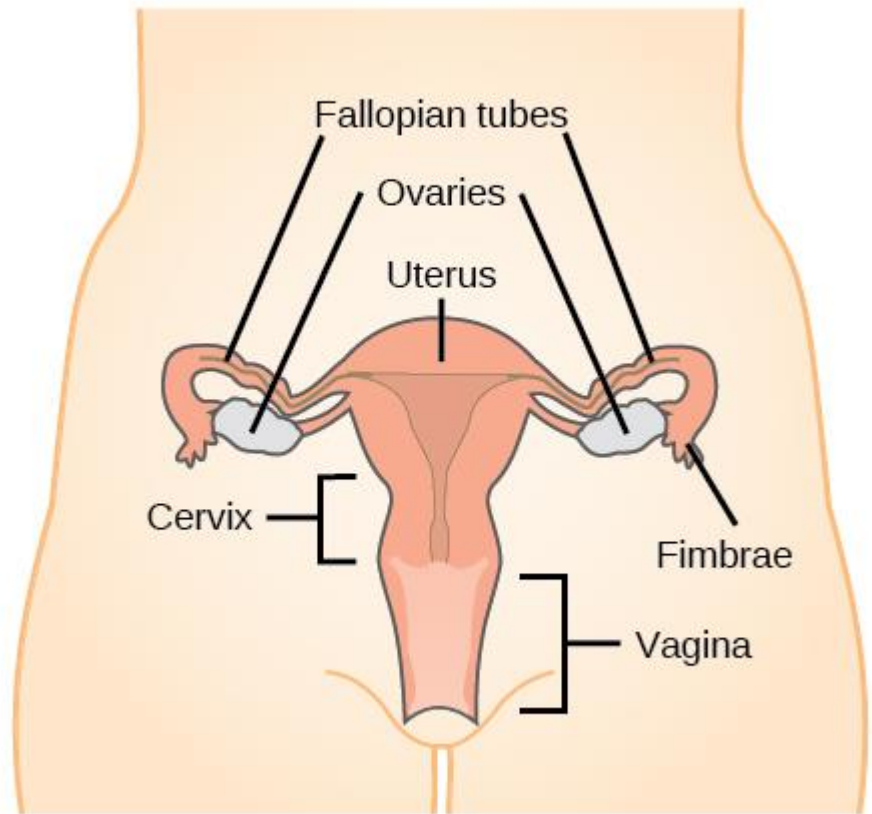
Changes in Girls

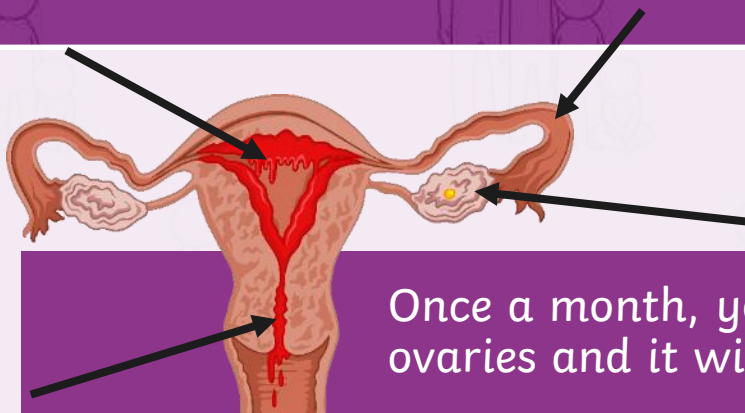
The growing your body does when you are a teenager, from a girl into a woman, is called **puberty**. So, let's take a look at the changes you can expect to see as you become a teenager...



Female Bodies and Periods

It is important to know the parts of the body and the correct terms. We know that male and female bodies have different parts. Let's look at the female body and what the different parts are called.



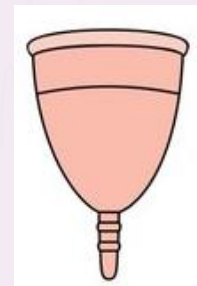
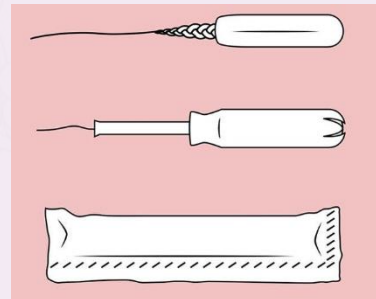


Once a month, your body will release an egg from the ovaries and it will travel down the fallopian tube.

Your womb will prepare itself for the egg by creating a protective lining made of blood. If the egg is not used, the lining is not needed and begins to break up.

For a few days, the protective lining will come out of the body through the vagina. This is called a period or menstruation.

Girls and women will use sanitary towels, tampons or special cups to collect the blood. The amount of blood leaving the body is very small and very normal!



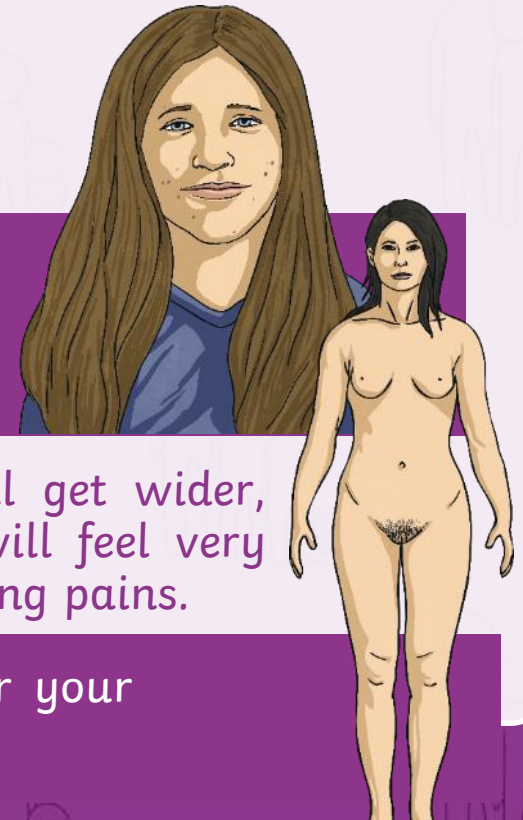


Your body starts to sweat more and your hair may become more greasy.

Washing more often is a good idea and you might want to start using a deodorant to keep you smelling fresh.

You may get spots on your face or other parts of your body, such as your chest, back or shoulders.

This is called acne. Never pick spots. Keep the area clean and maybe try some special treatment for acne.



Your breasts will grow bigger and your hips will get wider, giving your body a curvier shape. Your breasts will feel very tender during this period. These are similar to growing pains.

You grow more hair on your body, such as under your arms and around your genital area.

Changes in Girls

Many people experience mixed up feelings and mood changes. This is caused by chemicals in our bodies called hormones. It can be very difficult for children and their parents to deal with.



One minute you're having fun with all your friends and the next you feel like you just want to be on your own. This can feel strange and confusing, but others will be going through these mood changes, too – you're not alone.

Why do These Changes Happen?

What causes these changes in our bodies?

Our body starts to produce **hormones**.

The female hormone is called **oestrogen** and is responsible for the changes that happen in girls, such as breasts growing and starting periods.



Activity

Today, you are going to write about the changes that girls go through during puberty. Think about everything we have learnt in the lesson today. Use the word mat to help you.

Example:

Girls begin puberty around the age of 9 but it can be earlier or later than this. During puberty, girls produce a hormone called oestrogen which causes lots of changes to the body. Girls start to grow breasts and their hips get wider. Girls also grow more hair under their armpits and in their groin. Once a month, girls will have a period. This is when an egg is released from the ovaries and travels to the uterus. The uterus lines itself with blood ready for the egg. If the egg is not used, the blood is slowly released through vagina, which can take a few days. Girls use sanitary towels, tampons or special cups to collect this blood. During puberty, girls will start to sweat more and may develop acne.