

What's Happening to My Body? A Guide for Girls

Puberty is a time of great change for girls. Your body is changing in many ways, and it can be confusing and even scary at times. This article will help you understand what's happening to your body and how to cope with the changes.

What is puberty?

Puberty is the process of physical development that occurs in boys and girls as they reach sexual maturity. It usually begins between the ages of 10 and 14 for girls, and between the ages of 12 and 16 for boys.



What's Happening to My Body? Book for Girls: Revised

Edition by Arianna Brooks

★★★★☆ 4.4 out of 5

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Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 288 pages



During puberty, your body produces hormones that cause a number of changes, including:

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- Breast development

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- Pubic hair growth

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- Menstrual periods

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- Growth spurt

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- Changes in body shape

Breast development

One of the first signs of puberty is breast development. Your breasts will begin to grow and become more rounded. You may also experience some tenderness or pain in your breasts.



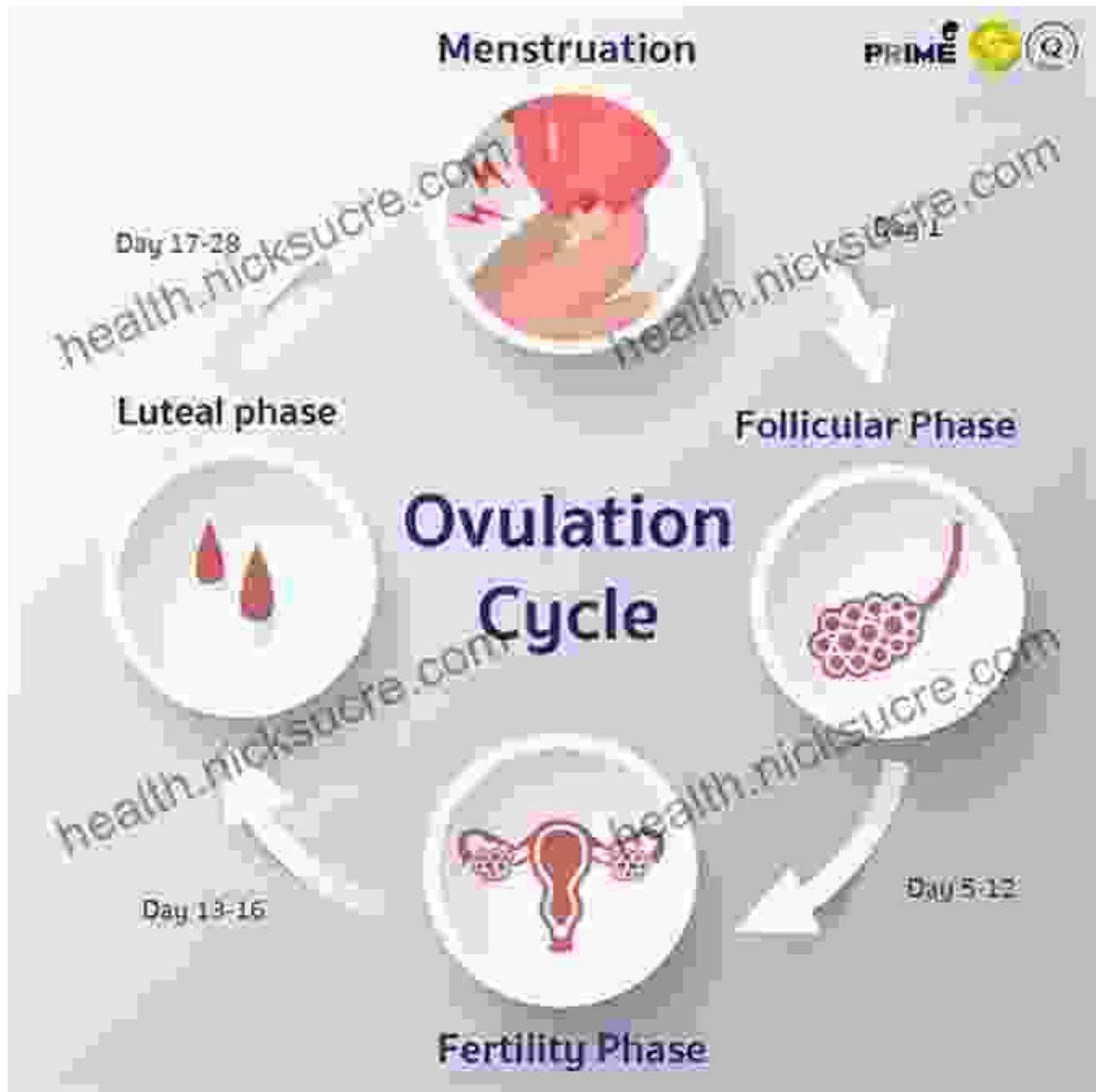
Pubic hair growth

Another sign of puberty is pubic hair growth. Pubic hair will begin to grow around your genitals and pubic bone. It may be dark or light, and it may be curly or straight.



Menstrual periods

Menstrual periods are a normal part of puberty. Your period is a monthly discharge of blood and tissue from your uterus. It usually begins between the ages of 12 and 14, but it can start earlier or later.



Growth spurt

During puberty, you will experience a growth spurt. You will grow taller and gain weight. Your bones will also become thicker and stronger.

Puberty: Growth Spurts

- ***Growth occurs during your sleep.***
- ***Some people grow 4 or more inches a year.***
- ***Girls reach their full height @ about 16 or 17 years old.***
- ***Boys reach their full height @ about 19 or 20 years old.***



Changes in body shape

As you go through puberty, your body shape will change. Your hips will widen and your waist will become narrower. You may also develop a curvier figure.



Coping with the changes

The changes that occur during puberty can be confusing and even scary at times. It is important to remember that these changes are normal and that they are a sign that you are growing up. Here are some tips for coping with the changes:

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- Talk to your parents, a trusted adult, or a healthcare provider about what you are experiencing.

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- Read books or articles about puberty.

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- Join a support group for girls going through puberty.

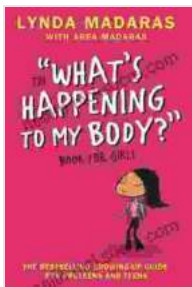
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- Focus on the positive changes that are happening to your body.

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- Remember that you are not alone and that other girls are going through the same changes.

Puberty is a time of great change for girls. It is important to understand what's happening to your body and how to cope with the changes. By following the tips in this article, you can help yourself to feel more confident and comfortable during this time.



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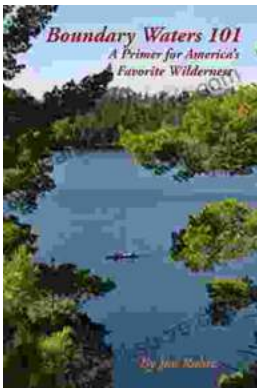
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