

Aneri- Hi everyone! I'm Aneri and this is Abby. Today we are going to be talking about growth and development in girls. This is also called puberty.

Abby: - Puberty starts anywhere from when we are 8 years old to 13 years old. On average, puberty ends at 14, but everyone is different.

Aneri- By going through puberty, your body is making the change from being a kid to being an adult. There are two main things that change when we go through puberty: our body and our mind. Let's talk about some of the things that change in our body first.

Abby: - When we go through puberty, our body shape changes. What causes this? Our body releases chemicals called growth hormones, starting the whole puberty process. These growth hormones travel through our blood and send signals all over our body to activate development. Neat, right?

Aneri- The first thing that we feel happening to our bodies when we start puberty is our breasts start to get sore or itchy. Don't worry-- this is normal. This means that our breasts have started to grow. As they start to grow, each of your breasts may be different sizes. This is also normal.

Abby: - When our breasts become bigger, we start wearing brassieres, or bras, to help support them. It is very important that the bra is the right size-- if it is too small, you may feel very uncomfortable. If it is too big, your breasts won't get enough support. The easiest way to find out what your bra size is is by measuring your breasts. Once you find out your measurement, you can find out your standard bra cup size (A, B, C, etc.). Let's demonstrate how to measure our breasts so we can find out our cup size.

(We can add this tutorial)

Aneri First, take a measuring tape. Now, start the measuring tape in the middle of your chest and wrap it all around the diameter of breasts until

you reach back where you started. Check the number on the measuring tape.

Abby: - Now, we can look at the table and see what cup size fits with the number that we measured. Now, we know our right cup size!

Aneri Let's talk about the other bodily changes that happen to us as we go through puberty besides our breasts.

Abby: - Another thing that you will notice as you go through puberty is that your hips, thighs, and bottom become larger. This is your body preparing for eventual child birth. With this, you will also notice that you are gaining weight and height very suddenly. Don't worry, all of this is normal! The best thing that you can do during this time is to make sure you are eating well, sleeping well, and exercising.

Aneri- As we go through puberty, we will also start to grow hair in our armpit, legs, and genital area. When you take a bath, make sure to wash these areas so that the hairs don't catch bacteria and other particles.

Abby: That's not all! The hormones that are causing puberty to happen may make your face oily or cause acne breakouts. Acne can sometimes be painful-- but it is never permanent. Make sure to wash your face to prevent breakouts and try not to pick at the bumps to prevent scarring on your face. Also, because of puberty, we start to sweat more. Make sure to stay clean and bathe often!

Aneri- The last and most important thing that happens during puberty is that our period starts. There is never a right time for our periods to start-- some people's starts as early as age 10 or as late as age 15. Your period starting is the last step your body takes to transition from a child to an adult. When your period does start, your body is getting ready for childbirth by starting to produce eggs. Your period is part of a process called the menstrual cycle. The cycle is 28 days long, and there are different stages in the cycle. At the start of the cycle, your uterus starts

to build layers inside of it in preparation for an egg, while the egg matures in the ovaries. Around the 15th day of your cycle, the egg is released from the ovary to the uterus. If it is not fertilized, the egg dissolves in the uterus, and the lining of the uterus is released. This lining is period blood. After it sheds the lining, it starts to build a new one. This cycle will repeat for most of your adult life!

Abby: These are the major things that happen to your body during puberty. Let's recap:

1. Your breasts grow bigger
2. You grow taller and gain weight as your hips, thighs, and legs grow
3. Your face may start to have acne breakouts and oily skin. You may start to sweat more.
4. You grow hair in your armpit and genital area and more hair on your legs.
5. Your period starts.

Now let's talk about what changes are happening to our minds during puberty!

Aneri- During puberty, because of our hormones, we also may start feeling moody, meaning our feelings may change very often. We also start to feel more independent because we start to form our own opinions about what we like and don't like. We also feel like making our own decisions. Make sure to always keep in mind that no matter what you feel, your parents and teachers are older and wiser, and that you should listen to them as well.

Abby: You also may start to feel a strong sense of attraction towards boys or girls. This is called your sexuality. These feelings are also completely normal, and is a natural part of you growing into an adult. Sexuality is what drives reproduction, or sexual activity. Although the

urges are very strong, it is better to be very careful and wait to have sex. Sex can cause unplanned pregnancies, sexually transmitted diseases, or hurt your feelings.

Aneri- Let's recap what can happen to our minds during puberty:

1. Our feelings can change very often
2. We start to form our own opinions, make our own decisions, and feel more independent.
3. We start to feel attraction towards boys, and develop sexuality.

I hope this video was helpful in understanding the amazing process our bodies go through called puberty to turn us into adults!