

Growing up healthy: A lesson on puberty and hygiene

**Health Education
School Based Health Center**



PUBERTY

is a time of
growing and
changing from
a child into an
adult.



Puberty usually begins at between the ages of

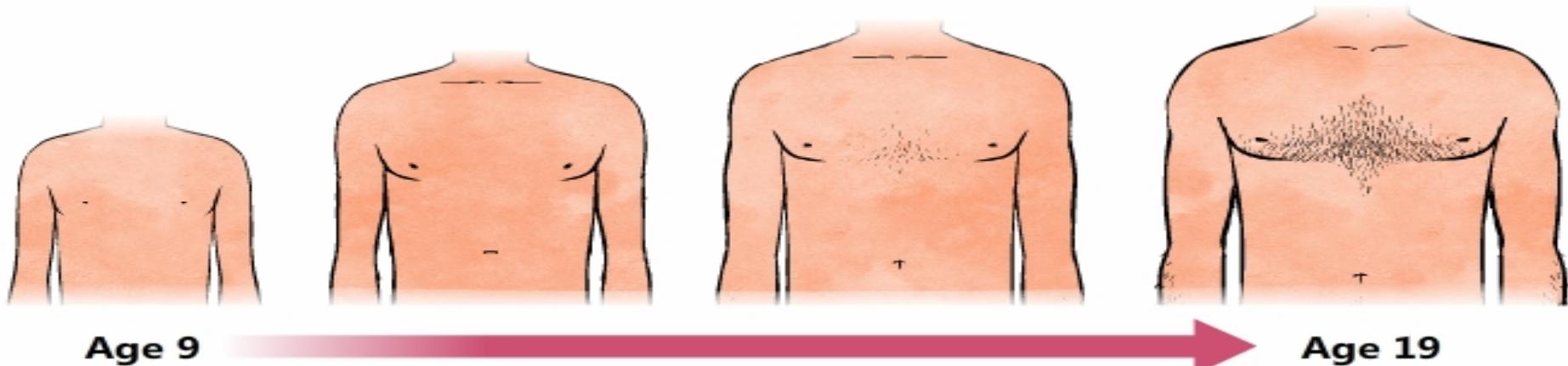
9 -14



Puberty can last until ages

18 - 19





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But everyone is different and grows at his or her own own pace.

BODY CHANGES

Body odor





**Sweat
more**

Shower daily





Deodorant / Antiperspirant

Grow taller



Gain weight





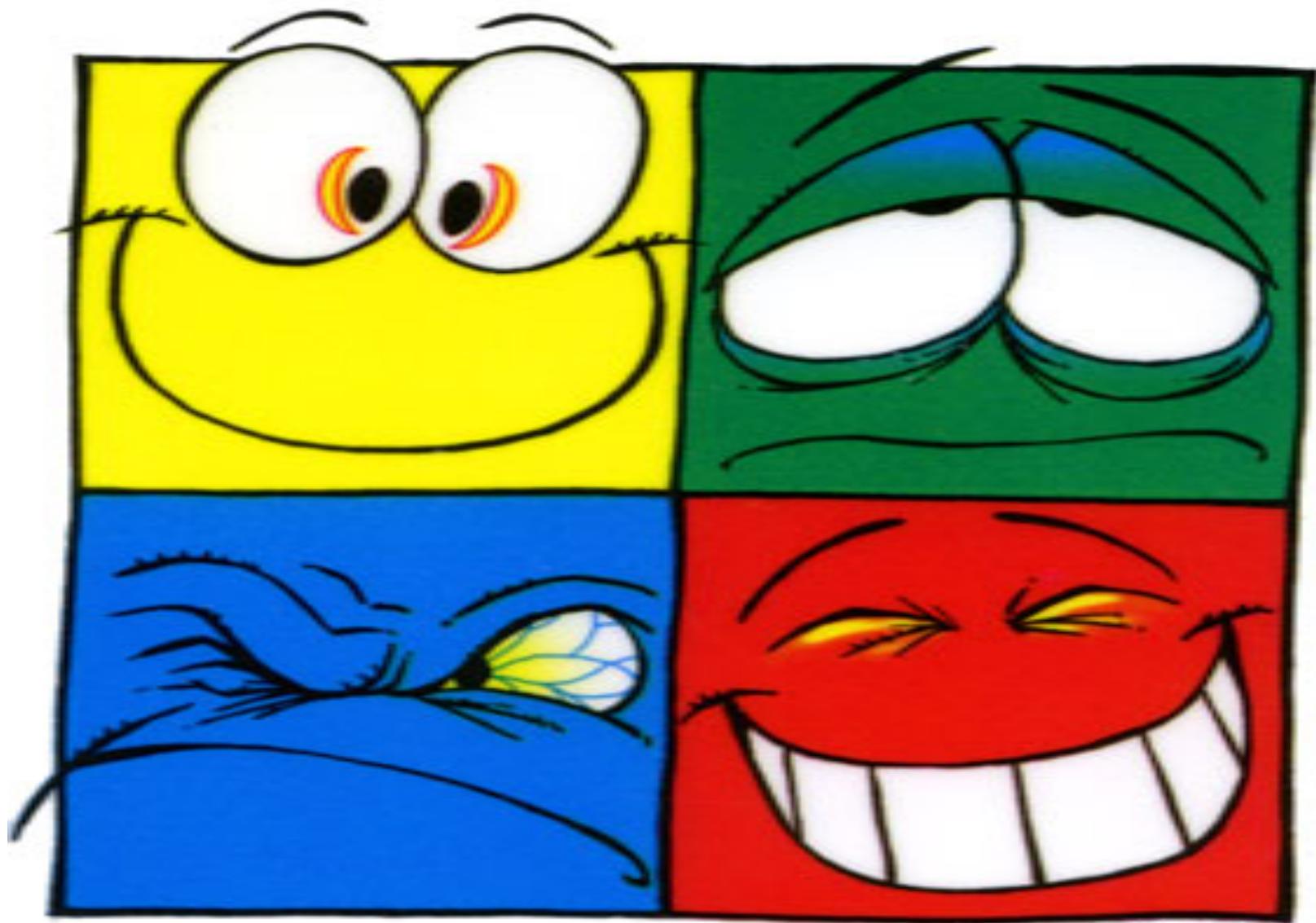
Skin changes



**Wash
face**



Hair grows



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SUBJECT TO MOOD SWINGS

Body changes in boys



Voice deepens



Muscles grow



Genitals (private parts) grow



Body changes in girls



Breasts develop





**Hips
widen**

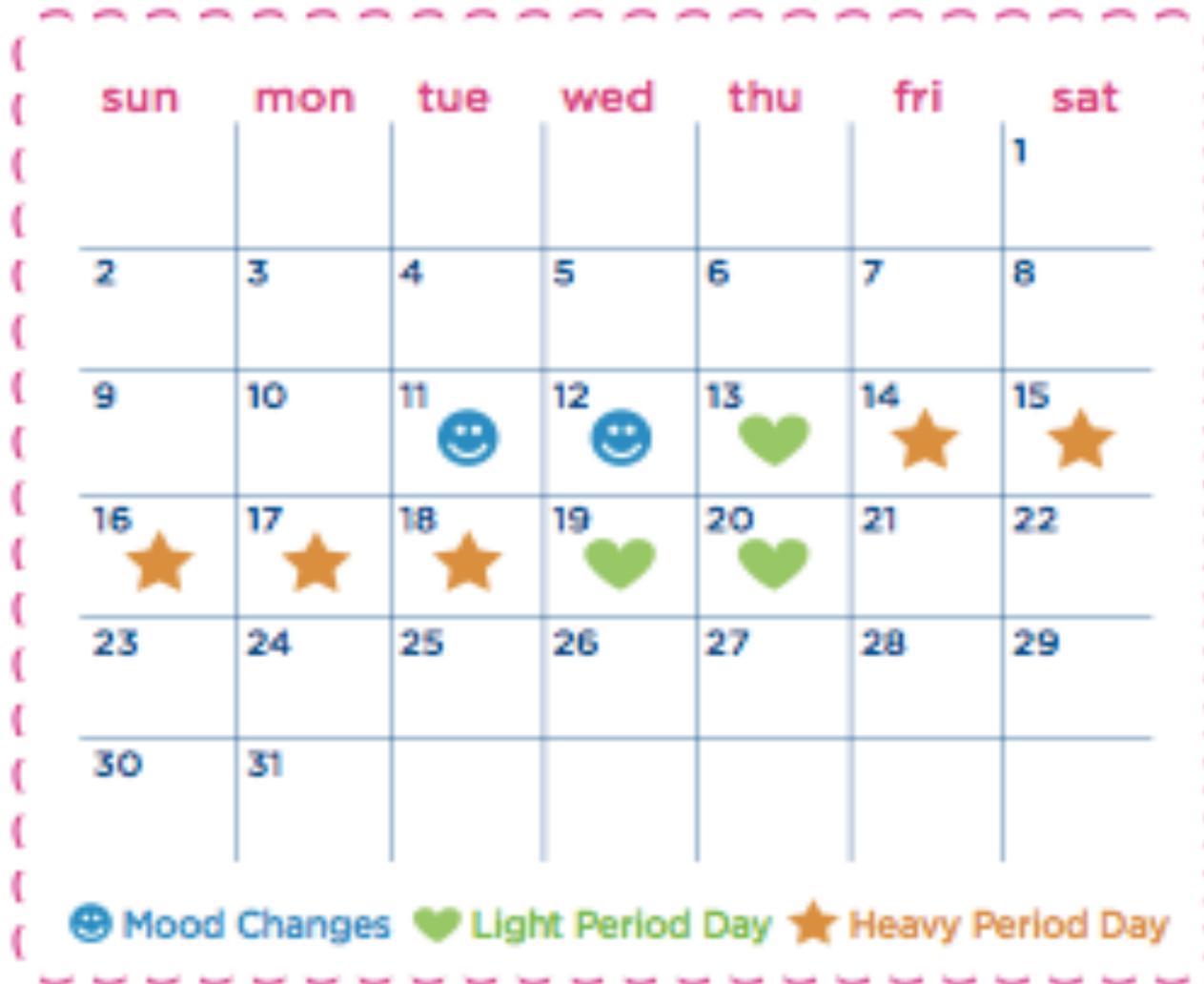
Menstruation begins



Your period is part of a natural cycle (menstrual cycle) that prepares the body's ability to have children.

Using a calendar to track your period

For most girls and women, the period usually happens each month and lasts 3-7 days.



Using a pad



1. Pull off paper strip or wrapper.



2. Attach sticky part securely to center of underwear.



3. For wings, peel off paper strips and wrap around sides of underwear.

Talk to a trusted adult.



Questions?

sbhcquestions@mhhc.org

REMEMBER:

Puberty is a normal and a healthy part of growing up!

