



Words you will learn:



boundaries

Rules that keep people safe or comfortable.



period

When blood comes out from the vagina as part of the menstrual cycle, usually about once a month.



permission

Asking before you do something and waiting for a yes.



physical changes

Changes that happen to your body as you grow up.

One **trusted adult** I could talk to is...



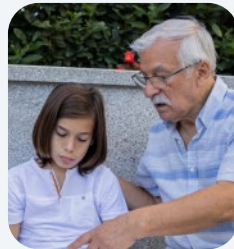
parent or
carer



school nurse



teacher



family
member
(grandparent,
aunt, uncle)

Puberty is when your body starts to grow and change from a child into an adult.

How will I grow and change?



skin



voice



hair



body shape



height



emotions and
feelings

Everyone's body grows and changes differently.
No one looks exactly the same and that is what makes us unique.

Be respectful about your own body and other people's bodies. Unkind comments about someone's body can hurt their feelings.

- Is it kind?
- Is it needed?
- Would I like someone to say that about me?

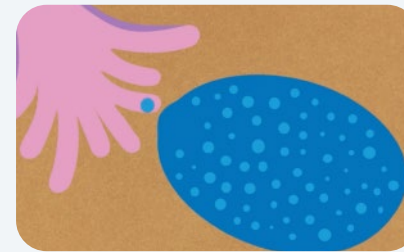
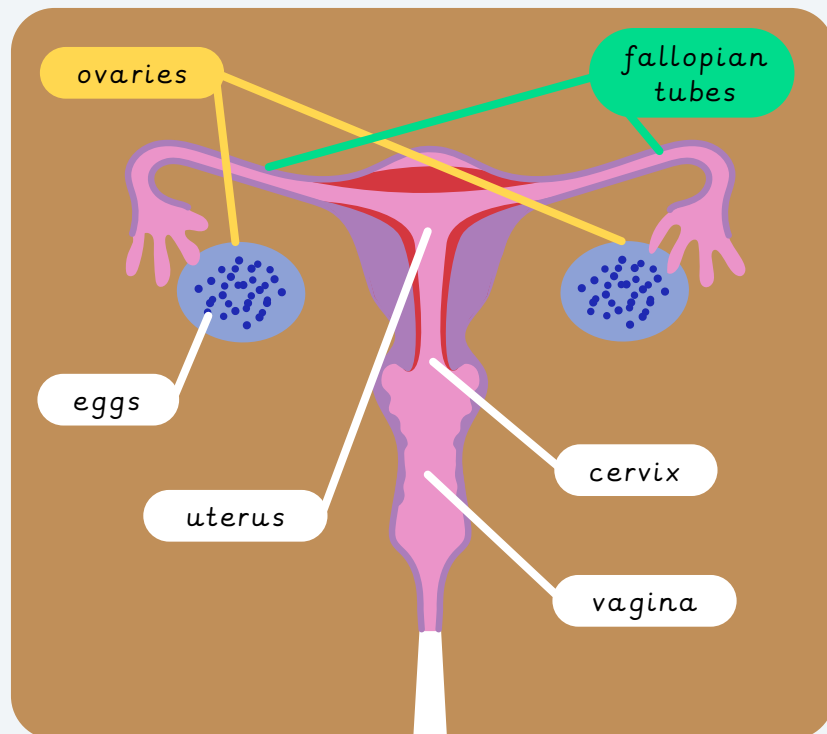


During **puberty**, girls start their periods.

A **period** is when blood comes out from the vagina as part of the menstrual cycle, usually about once a month.

Periods can start at any time between the ages of 8 and 17.

The bleeding can last for 3 to 7 days.

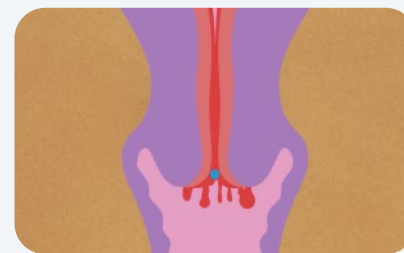


Egg released from ovary



Travels down fallopian tube

Lining of the womb leaves the vagina as blood, along with the egg



Lining of womb thickens

