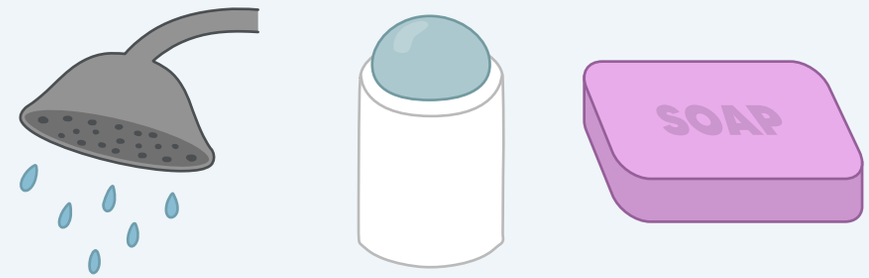
Words you will learn:

hormones	Special chemicals made by the body that send messages to different parts of the body.
erection	When the penis becomes firmer or harder for a short while.
wet dream	When a small amount of fluid, called semen, is released from the penis (often at night).
self-conscious	Worrying about how you look or act around other people.
insecure	Feeling self-conscious, unsure or unsafe.

boys	girls	everyone
deeper voice	breasts develop	grow taller
shoulders broaden	hips widen	body odour
erections	period begins	hair grows under arms and around **genitals**
wet dreams		emotional changes

Hormones cause our bodies to change. We sweat and smell more and our oil glands become active, causing greasy hair and spots on the skin.

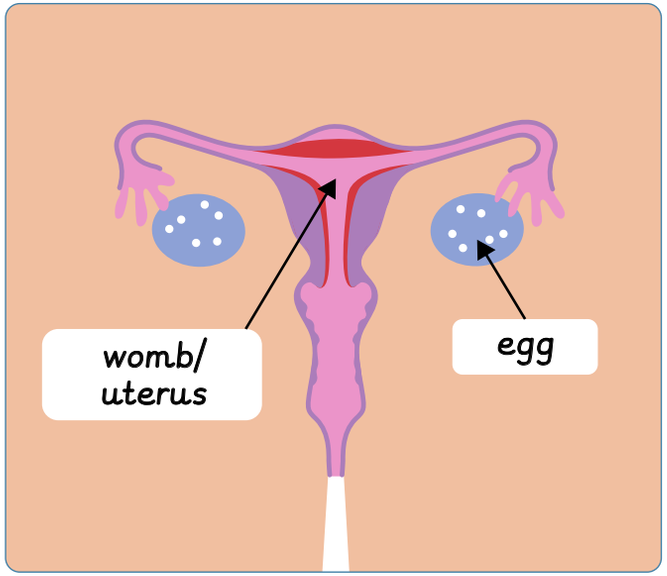
Personal **hygiene** becomes especially important during these changes.



Hormones can affect how we feel during puberty. We might feel more **sensitive** and emotions may feel stronger, change quickly or feel unfamiliar.



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To help manage our feelings during puberty, we can:

- Talk to a trusted adult.
- Write our feelings down.
- Do something we enjoy.
- Talk to a friend.
- Spend time outside.
- Practise mindfulness activities.
- Do gentle exercise.
- Get enough sleep

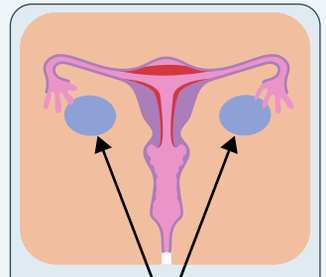
Different period products work well for different people.

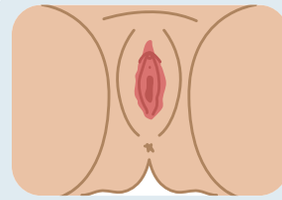

tampon

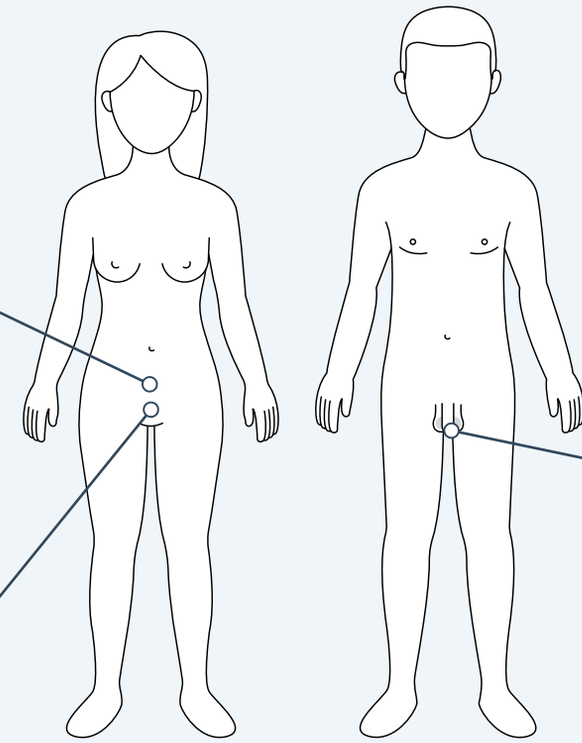

period pad

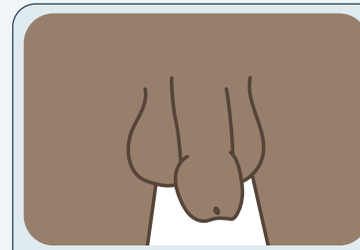

period pants


menstrual cup


ovaries


vulva




penis

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