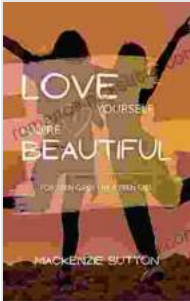


All the Things You Need to Know About Puberty: A Guide for Teen Girls by Teen Girls



Love Yourself, You're Beautiful: For Teen Girls By A Teen Girl by Janet Evans

★★★★★ 5 out of 5

Language	: English
File size	: 1416 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 61 pages
Lending	: Enabled



Puberty is a time of major physical, emotional, and social changes for girls. It can be a confusing and overwhelming time, but it's also a time of growth and discovery. This guide, written by teen girls for teen girls, provides all the information you need to know about puberty, from physical changes to emotional changes to how to cope with all the ups and downs.

Physical Changes

- **Breast development:** Your breasts will begin to grow and become rounder. You may also experience some tenderness or pain in your breasts.
- **Pubic hair growth:** You will start to grow pubic hair around your vulva. This hair may be dark or light, thick or thin, curly or straight.

- **Underarm hair growth:** You will also start to grow underarm hair. This hair may be dark or light, thick or thin, curly or straight.
- **Menstrual periods:** You will start to have menstrual periods. Your period is the shedding of the lining of your uterus. It usually lasts for 3-5 days.
- **Body odor:** You may start to notice that you have more body odor. This is because your body is producing more sweat.
- **Acne:** You may start to get acne. Acne is a skin condition that causes pimples.
- **Growth spurt:** You will experience a growth spurt during puberty. This means that you will grow taller and gain weight.

Emotional Changes

- **Mood swings:** You may experience mood swings during puberty. This is because your hormones are changing.
- **Irritability:** You may feel more irritable than usual during puberty. This is because your hormones are changing.
- **Sadness:** You may feel sad or down during puberty. This is because your hormones are changing.
- **Anxiety:** You may feel anxious or worried during puberty. This is because your hormones are changing.
- **Self-consciousness:** You may feel more self-conscious during puberty. This is because your body is changing.
- **Increased independence:** You may feel more independent during puberty. This is because you are becoming more mature.

How to Cope with Puberty

- **Talk to someone you trust:** If you are feeling overwhelmed by puberty, talk to someone you trust, such as a parent, teacher, counselor, or friend.
- **Get regular exercise:** Exercise can help to reduce stress and improve your mood.
- **Eat a healthy diet:** Eating a healthy diet can help to improve your overall health and well-being.
- **Get enough sleep:** Getting enough sleep can help to improve your mood and energy levels.
- **Avoid caffeine and alcohol:** Caffeine and alcohol can worsen mood swings and anxiety.
- **Find healthy ways to cope with stress:** There are many healthy ways to cope with stress, such as yoga, meditation, or spending time in nature.

Puberty is a challenging but important time in a girl's life. It is a time of growth, change, and discovery. This guide has provided you with all the information you need to know about puberty, from physical changes to emotional changes to how to cope with all the ups and downs. Remember, you are not alone. There are many people who can help you through this journey.

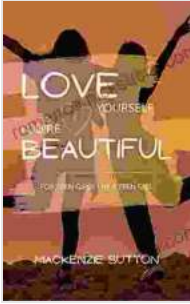
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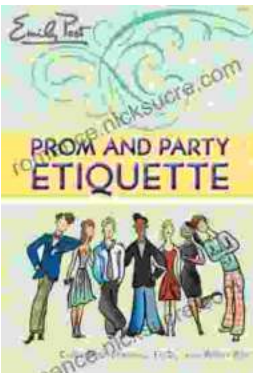
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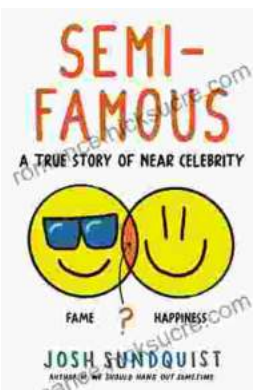


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