

# Health Bubble

CHAMP –SHARING TOMORROWS QUALITY HEALTH TODAY



## PUBERTY IN GIRLS

During this time it is important to give factual information when asked questions about sex and sexuality.

Hygiene needs to be stressed during this period of change, when hormones rage and sweat and fat glands develop along with body odours that are not necessarily pleasant.

Explain the various options open to young ladies for sanitary wear during periods, explain pros and cons of each option.



Puberty is the period of time when human beings become sexually mature, in other words, are able to reproduce. Puberty is a process that can take up to five years to complete.



In girls, puberty in most cases begins with the development of breasts, followed by hair growth in the pubic region and armpits, menstruation is usually the last occurrence. On average puberty in girls begins between the ages of ten and twelve.

This is usually a confusing time for girls as hormones rage in the body and their body's begin to change. It is important as an adult who has gone through puberty to give support to the young adult who is now going through the first of many changes that happen in women.



Most teenagers want to do everything, “be cool”, dress in the latest fashion fad, have access to the latest music, have the latest technology and strangers and friends opinions matter more than parent’s. During these turbulent times a parent’s/guardians role should be one of guidance and not criticism. Do not by any means compare your teen to anyone else, least of all, yourself, this in most cases makes the teen feel like they are a failure, which in turn leads to low self esteem and self doubt.

If as a guardian you are not comfortable discussing sexuality with your teenager, you can approach a healthcare professional to speak to them on your behalf. If you take on “the talk”, remember to be open minded and answer questions with facts and not myths.



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