**Starting Puberty for Girls**

I am starting a stage of life called puberty. Puberty happens to all of us, and we can’t stop it. During puberty, I may start to grow taller. Girls start to get taller before boys do. This means I may have to wear different clothes and shoes as I am growing.

During puberty, my breasts will start to grow. At first, my breasts are little bumps or mounds under my nipples. These are called breast buds. My breast buds may feel tender or sore. Sometimes, they may rub on my shirt and feel uncomfortable. I can start to wear an undershirt or sports bra to protect my breasts and give them support. This can make me feel more comfortable.

During puberty, I will also start to see hair growing on the place my bathing suit bottom covers in the front. This is called pubic hair. All girls’ public hair is curly. To take care of my public hair, I will continue to wash with soap and water like I always do. This hair doesn’t need to be cut like the hair on my head because it only grows very short.

I will also grow hair under my arms in my armpit. Like public hair, this hair will only grow short. It won’t be curly. Most women shave the hair off their arm pits, but some do not. It is my choice. The arm pit is one place where a girl sweat. During puberty, my sweat glands make more sweat and it often smells bad. I need to wash with soap and water to keep my armpits smelling clean. I can also use deodorant, which will keep the sweat down and help me smell nice.

During puberty, my skin may be oily and develop acne. Acne can look like tiny black spots or blisters called pimples. Like other blisters I get on my body, I need to leave the pimples alone so they will heal. I can take care of my pimples by washing my face with soap and water one time a day. The best time for me is \_\_\_\_\_\_. My family member might tell me I have to use medicine on the pimples too for a short time. I will use the medicine as I am supposed to, so my acne heals.

During puberty, my body is changing. I am growing up. It will be important for me to wash my body daily with soap and water to stay clean and fresh. When I get dressed, I will need to start wearing new clothes, like an undershirt or sports bra, and put on deodorant. Since my body is changing during puberty, it might feel different or look different. This is normal. It happens to every girl. It’s important to talk to a trusted adult if I have questions about what I feel or see as new changes to my body occur.