

All Change



Girls

Puberty starts when a gland just beneath your brain - the pituitary gland - sends a signal for your body to start making a special chemical called a hormone. This hormone is called oestrogen (sounds like east-ro-gen), and it is what causes most of the changes you will notice happening to you over the next few years. Only females (girls) have this special hormone; males (boys) have a different one that is responsible for most of their body changes.

You will know when you are starting to go through puberty when you suddenly start to grow taller. You will also notice that your body is starting to grow into a more womanly shape. Don't worry if your friends seem to be growing more quickly than you. You'll soon catch up. Don't worry if this starts to happen to you but not your friends. They'll soon catch up.



Girls go through many changes during puberty

The main ones are:

- your body grows taller
your body grows broader
(your hips, in particular, grow wider)
- your body may sweat more and you may develop body odour
- your skin may become more greasy and spots may develop
- your hair may become more greasy
- your breasts start to grow
- hair starts to grow under your arms, on your legs and in between your legs (the pubic area)
- your periods start

