

I am growing up.

I used to be a little girl.

Now, I am a young woman.

In the next few years, my body will be changing.

This is a good thing.

I will get taller

I will have more hair on my legs.

Hair will grow under my arms.

I will have hair near my privates

My period will start.

I will use sanitary products.

I might get period pains

My hips will get wider

My breasts will grow

My mood will often change

These changes happen to all girls.

Sometimes, I might feel embarrassed about it.

Sometimes, I might feel proud.

It is ok to ask questions about these changes.

My parents love me and they understand.