


Girls Puberty Story


I used to be a small girl



Now I am a young woman



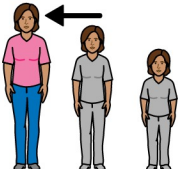
My body is changing



This is a good sign



I'm getting taller



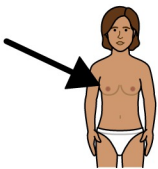
Soon I will get hair under my arms



I will have pubic hair on my privates



My breasts will grow big



Soon I will start wearing a bra



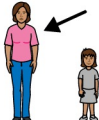
I will put on deodorant




Soon I will get my period



A trusted adult will show me what to do



Sometimes I might feel embarrassed



Sometimes I might feel proud



It's okay to ask questions



My parents love me and understand

