



"Questions, I've got some questions"

Questions, JACK JOHNSON

Frequently asked questions

Is it okay to take a bath or shower when you have your period?

Yes. During your period it is important to keep yourself fresh and clean.

Is there anything you won't be able to do when you have your period?

No. It doesn't have to stop you from doing the things you usually do.

Will anyone notice when you have your period?

No. Not unless you tell them.

How much blood do you lose during your period?

Although you may think you are losing a lot of blood, the average amount for an entire period is about 2 tablespoons (30 milliliters). Your body contains more than 5 quarts of blood, so it doesn't miss the little bit lost during a period - and your body makes up for it quickly.

What are "cramps"?

"Cramps" is a casual expression for some painful discomfort that many women experience caused by the contraction of the uterus.

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Kathy Wagner

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Barbara Burkett
Kimberly Lytle

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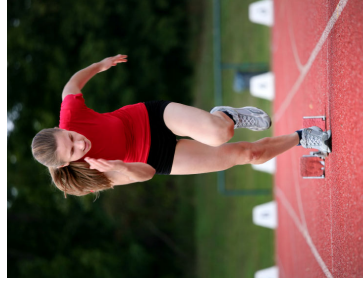
What to do about menstruation?

When you start noticing vaginal discharge in your panties, tell your mom so you can go together to purchase feminine supplies. Feminine products come in all sizes and are designed to absorb various levels of flow. Your mom can help you pick out what is best for you. You could choose pads, pantliners, or tampons.

You might want to start carrying a whatever you choose in your purse or backpack so you will be ready when your period comes.

When your period begins, you will want to keep yourself clean by placing a sanitary pad in your panties to absorb the flow. You should change your pad 3 - 6 times a day. You can also use a tampon to absorb the flow before it leaves your body. Tampons are often used by girls who are active in sports.

Your period shouldn't keep you from exercising, having fun, and enjoying life.



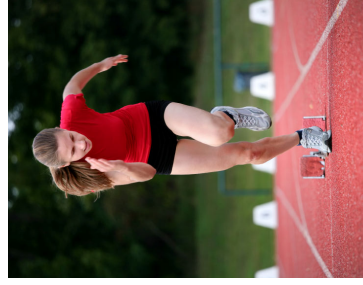
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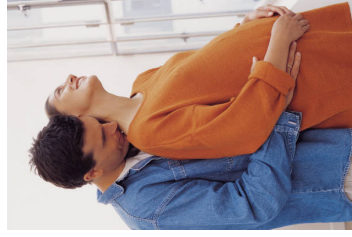
“Let it be said of us that we lived to be a blessing for life.”

The Blessing, JOHN WALLER and TROY DENNING

What is menstruation?

Menstruation is a normal process in a woman's body and occurs for 3-7 days as a part of cycle each month from the teenage years until around 50 years old. These are the years, called the fertile years, that a woman is normally capable of getting pregnant and having a child.

Why does menstruation happen? Each month during the fertile years, a blood filled watery lining slowly gathers in the uterus, or the womb, to provide a 'cushion' for the possibility of cradling a tiny growing baby. When a baby is not conceived in the woman, the lining is not needed, so it is released by the body each month.



This 'period' of menstrual flow is a reminder of the tremendous blessing God has bestowed upon us as women - our ability to carry life within our womb at the right time of our life, i.e. after marriage.

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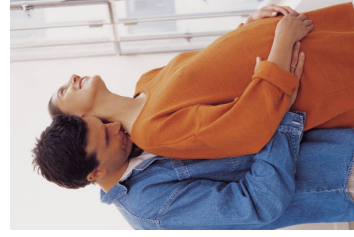
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Introduction

When your parents learned that they became cooperators with the creative power of God and produced YOU - a new, wonderful being - they were no doubt anxious and eager to learn all they could about that segment in their journey through life. They probably consulted books to learn what to expect in pregnancy and childbirth, what changes to anticipate as their little one grew, ideas about child discipline, etc..

You will soon enter into the time in your life called **PUBERTY** - a time of change when your little girl body will - over time - develop into an adult woman body. You too may be anxious about what to expect in puberty. Just as your parents looked to books for answers, you are provided this guide to help you to learn what to expect during this part of YOUR journey. You will learn:

- ⇒ the changes to anticipate with explanations to help you understand why they occur
- ⇒ the changes are good, necessary, and part of God's plan
- ⇒ an appreciation of the dignity of each human person and his or her body
- ⇒ ideas about self-discipline and modesty



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Human beings are not born mature. Between the ages of ten and fifteen or so, physical change speeds up. The shape and behavior of your body will change. Puberty - this time of physical, mental, and emotional change and maturing - is an exciting time. So get ready for life ahead!!

Changes are good, necessary and part of God's plan to transform your body into a mature adult body and prepare for motherhood.

The changes and development of puberty occur at different times and in different ways. Some young people will grow very quickly, others more slowly, but everyone will gradually mature. That's the way it's supposed to be.

Growing up is good and wonderful but sometimes also *CONFUSING*. So don't hesitate to talk to your mom, older sister, or someone else you trust about what you are going through. It may be embarrassing at first, but they've gone through it and will help you to feel at ease with this transition.



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The Big Question - Period.

So, you've grown taller, your breasts started developing and you went shopping with mom and have a good, comfortable bra and feminine supplies. Your skin and hair have become oilier, but you are taking care of your bodily needs by bathing and shampooing daily. Now what? The big question - When will you get your period, also called menstruation?

Most girls will get their period :

- ◆ About two years after their breasts develop.
- ◆ Within a year or two after pubic and underarm hair began to grow.
- ◆ After vaginal discharge is noticed in the panties.



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Hygiene Health

SKIN & HAIR

During puberty, your oil glands become more active. You may notice that both your skin and hair becomes oilier. You may develop acne. This is caused when bacteria grow in skin pores that are clogged with oil and dead skin cells. Typically, a daily routine of skin cleansing can keep acne in check.

BODY

You may notice increased sweating with accompanying body odor. BOO for B.O.! Sweating is a vital function as it helps to cool the body when it becomes overheated. All humans sweat - even little kids, but their sweat doesn't stink. But come puberty and sweat glands are triggered that produce perspiration that can smell bad when it comes in contact with bacteria on your skin. How do you deal with this?

Did you know that sweat glands are everywhere on your body except your lips and ears?

To fight the oilies on your skin & hair:	Wash your face twice a day with a cleanser and wash your hair daily or every other day. Wash your pillowcase often. Don't squeeze or pop pimples.
To combat body odor:	Shower or bathe OFTEN! Remember to wash your armpits and use a deodorant or antiperspirant.

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YOU ARE UNIQUE AND PRECIOUS!

AN ORIGINAL DESIGN BY GOD OUR CREATOR!

Genesis 1:26-27 reveals the awesome gift of being made in the Image and Likeness of God:

26 Then God said: "Let us make man in our image, after our likeness. Let them have dominion over the fish of the sea, the birds of the air, and the cattle, and over all the wild animals and all the creatures that crawl on the ground."

27 God created man in his image; in the divine image he created him; male and female he created them.

You were made in the Image and Likeness of God.
You should cherish this gift and your uniqueness.

- Respect yourself
- Demand respect from others
- Create your own value system based on the religious teachings of your faith
- Develop God-given talents to serve HIM!
- Appreciate God's gift of possibly becoming a mother



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As you mature, you will experience...

Physical changes

- * Growth spurts - rapid increase in size and weight - (with increased appetite too!)
- * Breast development and rounding of hips
- * Awkwardness or clumsiness as you adjust to your new shape
- * Growth of pubic, underarm and leg hair (Talk to your mom about when she thinks you should start shaving and how!)
- * Perspiration increases with possibly accompanying body odor
- * Oily hair and skin and acne may appear
- * All permanent teeth come into place
- * Periodic appearance of a clear or cloudy discharge in panties
- * External genitals, uterus, and ovaries enlarge
- * First Menstrual cycle - your “Period”
 - Menstrual cycles may occur without ovulation for a year or two
 - Menstrual cycle may be irregular for a few years

GOOD NUTRITION AND HYGIENE ARE IMPORTANT TO STAY HEALTHY!

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Shopping Road Trip!

Proper fitting of bras is important for the right support AND for your comfort. A “BRA SHOP” day with mom can be a fun way to celebrate this part of your journey!

Step 1: Measure for Band Size

Keeping the measuring tape parallel with the ground, measure around your bra directly under your bust after expelling all air from your lungs - you want this measurement to be as small as possible. Round all fractional measurements to the nearest whole number.

If the measurement is even, add 4" if the measurement is odd, add 5"

Step 2: Measure for Cup Size

Standing straight, with your arms at your side, measure at the fullest part of your bust (while wearing a non-padded bra) making sure the measuring tape is parallel with the ground and not binding. Round all fractional measurements to the nearest whole number.

Step 3: Calculate your Bra Size

Subtract your band measurement (step 1) from your cup measurement (step 2). Generally, for each inch in difference, the cup goes up by one size.

Example:

Step 1: 34" under measurement + 4" = 38" band

Step 2: 40" over measurement

Step 3: 40" - 38" = 2" or Cup "B" Your size would be 38B

Source: <http://www.herroom.com/bra-fitting-advice,901,30.html>

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The first exciting step!

The first stage of breast development is called “budding”. At this time, you should start wearing a bra for coverage. Wearing a bra is your first step towards womanhood!

As time progresses, your breasts will continue to grow gradually. They may even grow unevenly. One may become larger than the other for a while; this is normal. But thankfully, they usually end up the same size. As your breasts grow, you will need to buy bras for both coverage and support.

Inside your breasts are small ducts called mammary glands that will enable you to produce milk to feed a baby after birth. Breast milk is formulated by God to be the perfect food for a baby. God has thought of everything to prepare your for motherhood!

VIRTUE ALERT: MODESTY
Bras are *undergarments*! They are not to be seen! This includes showing **THROUGH** your clothes!
Did you know that ecru or tan colored bras DON'T show through white shirts? ECRU, the modest color for you!

Slips are also essential when wearing thin skirts or dresses. Your leg shape should not show through your clothing when light shines

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Emotional Changes

You may experience emotional changes before, during, or after your body matures. You could feel older before you look older, or the other way around. Here are some other things to expect.

- Moodiness** - You may get angry a lot easier. You may cry more - over little and big things.
- Confusion** - You may think like an adult but perhaps still be in a little girl’s body
- Argumentative**
- Needing lots of love**
- Needing acceptance from parents & peers**
- Desiring to become independent**
- Feeling and acting more feminine**

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"Don't worry, Be happy"

Don't Worry, Be Happy, BOBBY MCFERRIN

Why is this happening?

HORMONES! Yuppers, hormones: *the special chemicals that regulate the growth and activity of tissues and organs*. More specifically, it is the **hormone estrogen** (*the female hormone produced in the ovaries*) that is responsible for many of the changes you'll see and feel during puberty.

So you may be asking yourself, what are ovaries? Good question. Ovaries are two small female reproduction glands that contain a woman's eggs.

Did you know that egg cells are present in the ovaries at BIRTH and they are stored there throughout a woman's life?

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"So prepare for a chance of a lifetime, Be prepared for sensational news"

Be Prepared, TIM RICE, THE LION KING

What now?

BE PREPARED! God programmed your reproductive system to mature during your preteen or teen years. He created the changes of puberty so that one day you can bring a new human life into the world when you are married. Although having children is God's plan for marriage, the changes of puberty will happen whether or not you ever get married and have children!

DRESS WITH DIGNITY! The physical changes will not only make you taller but will make you appear more feminine - your hips may become rounder and your breasts will develop. Although growing up is normal and exciting, you will want to maintain a sense of modesty and NOT announce to the world that you are developing into a full-fledged woman with curves!

Every girl responds to and respects her changing body by dressing with dignity. This can be challenging - especially when many styles are immodest - but it is important to remember God's plan for you to reflect feminine beauty, not to distract others by displaying the private, womanly parts of your body.

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