

Girls at Puberty

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There are changes that will be happening to your body at around 8 to 14 years of age. Your body will change and you might not always understand these changes. You might feel awkward or shy about these changes. You might also feel like you're the only one that feel a bit awkward about your body. But believe me, you are definitely not the only one feeling this way. These changes are the most natural thing that could be happening to you and you have absolutely nothing to be ashamed of, no matter what ANY other girl or boy might say. It is normal to feel uncomfortable in your own body during this time of your development. My best advice to you is to try and accept yourself and your body, embrace these changes and never ever compare yourself and your body to anyone else's.

This following section will help you to understand some of the changes that your body will be going through during puberty. When you know what is happening with your body, it will be much easier to embrace the changes and work towards accepting the body that you're in.

Puberty

Puberty is the process of physical changes through which a girl's body matures to become a woman who is capable of sexual reproduction. It is initiated by your hormones. Puberty will result in various body changes. These changes are all natural and nothing to feel embarrassed about. Puberty normally starts at around 10 to 11 years of age and ends at around 15 to 17 years. Menstruation is one of the major signs of puberty. (See page 20-27)

Body Changes

The first change that you will experience in your body is usually the development of your breasts. This development starts off as a hard lump and gradually over time develops into breast tissue. After your breasts, you will start noticing hair in your private area and in your armpits. Your hips will also widen a bit and you will gain some weight in your breasts, hip, bum and thighs. Puberty can also result to an increase in oil secretions by your skin, which can possibly lead to acne in various forms of severity.





Onset of Puberty

Lower protein diets, as with vegetarians, can typically result in a later onset of puberty. Girls that regularly participate in extremely high intensity exercise or girls with a very low body fat mass, such as girls with anorexia, can also typically have a later onset of menstruation. Obesity, on the other hand, can result in an earlier onset of puberty.

