





young woman.



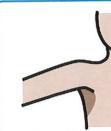
In the next few years, my body will be changing.



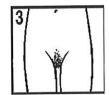
This is a good thing.



I will have more



Hair will grow under my arms.



I will have hair near my privates



My period will start.



hair on my legs.

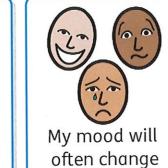
I will use sanitary products.



I might get period pains









These changes happen to all girls.

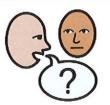


Sometimes, I might feel embarrassed about it.



grow

Sometimes, I might feel proud.



It is ok to ask questions about these changes.



My parents love me and they understand.