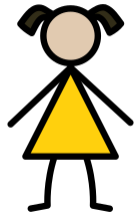


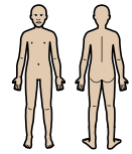
I am growing up.



I used to be a little girl.



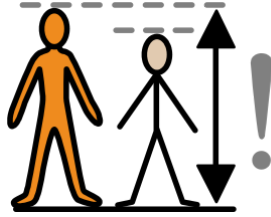
Now, I am a young woman.



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



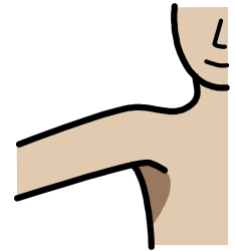
This is a good thing.



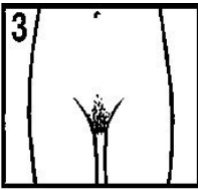
I will get taller



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.



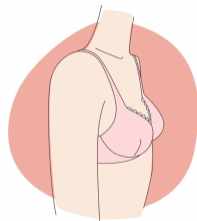
I will use sanitary products.



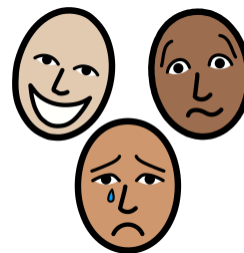
I might get period pains



My hips will get wider



My breasts will grow



My mood will often change



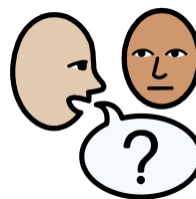
These changes happen to all girls.



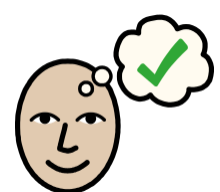
Sometimes, I might feel embarrassed about it.



Sometimes, I might feel proud.



It is ok to ask questions about these changes.



My parents love me and they understand.