



At age 9 or 10, my body naturally begins to change.

A hormone in my body sends a message to the whole body that it's time to grow up. Since every person is different, every person's body will change at a different time.



THE Children's
Health FUND

Healthy B.A.S.I.C.S. (Building Active Strategies to Inform Children in School)

is a project devoted to bringing simple, engaging and culturally relevant health materials to elementary and middle school children.

The English and Spanish brochures were created by clinicians of the National Children's Health Project Network of The Children's Health Fund.

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Healthy B.A.S.I.C.S.

Body Changes Girls



How MY BODY tells me it is changing

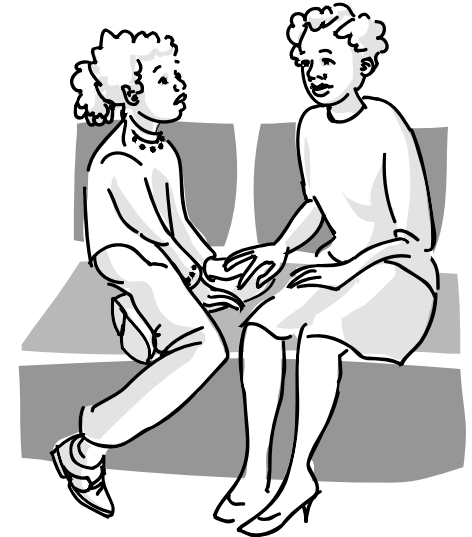
On the OUTSIDE:

- I'm growing **TALLER** and bigger. I need larger clothes and shoes.
- I notice **PIMPLES** on my face. I need to wash my face more often.
- My **BREASTS** are starting to grow and sometimes they feel sore.
- I am gaining weight, because I feel like eating all the time. I need to eat **HEALTHY FOOD**: whole fruits, vegetables, beans and yogurt—not fast food that will make me fat.
- I see **SMALL HAIRS** growing everywhere: on my arms and legs, underarms, and around my private parts (vagina).
- My body smells different and has **BODY ODOR** because I perspire (sweat) more. I need to shower every day and use deodorant under my arms.
- I need to **BRUSH** my teeth after eating so I won't have "bad breath".
- Sometimes when I am in bed, my leg **MUSCLES** ache. I am growing and stretching!



INSIDE I feel different too

- I can't stop what's happening to my body; it's part of growing up. I want to look like the other girls.
- I'm embarrassed about the changes in my body.
- I feel happy sometimes, and I feel worried or lonely sometimes.



It may help to discuss these feelings with your mom or dad. Remember, they are grown up, and they have gone through the body changes too!

Body changes happen to everyone!
It is how you become grown up!