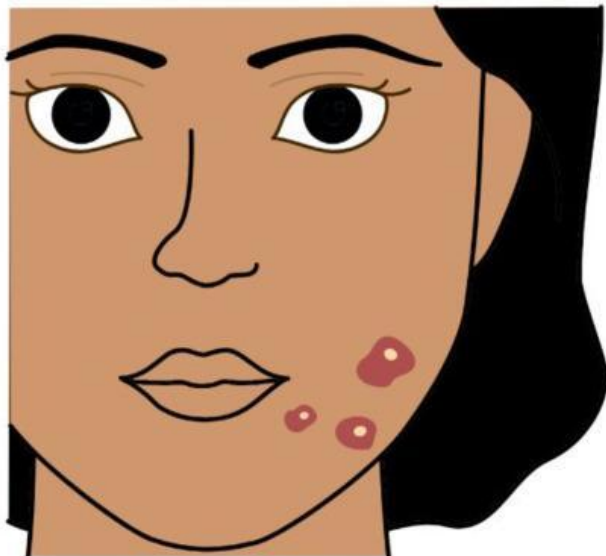




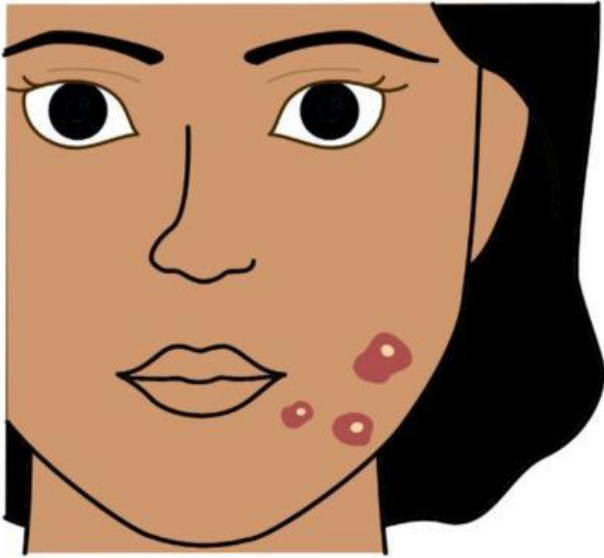
During puberty, I may have



I may feel



or



	scratch wash  I can _____ my face.			
	touch teach  I cannot _____ my pimples.			
	 Who can I talk to? <table border="1"><tr><td>Mummy and Daddy</td><td> Teachers</td><td> Stranger</td></tr></table>	Mummy and Daddy	 Teachers	 Stranger
Mummy and Daddy	 Teachers	 Stranger		



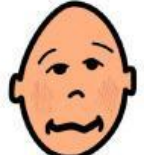
During puberty, I may have



I may **sweat more**.



My underarms might be **smelly**.



I may feel

or

1	shower brush  I can _____ to keep myself fresh.
2	scratch wash  I can _____ my underarms with soap.
3	wet dry  After washing, I will _____ my underarms.
4	deodorant perfume  I can use _____ so I will smell nice.

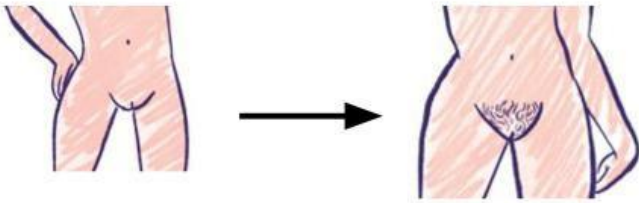
When I am **clean** and **smell nice**, I feel



_____.

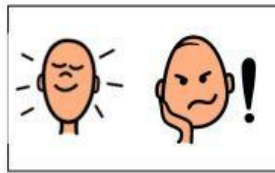
I will be in the _____ Zone.





During puberty,
hair grows on my **privates**.

My private part is called



I may feel _____ or



Hair on my **vulva** may also
make me feel

nice

itchy



LIVEWORKSHEETS

period

menstruation



During puberty, I will start my _____.

I will need to wear a sanitary _____.



I may get stomach cramps.

Cramps can be **painful**.



I need to **tell mummy or teacher**

if I feel pain.



I may have



Sometimes I feel good.

Sometimes I feel upset.



This is okay.



I can use my

Green

Zone tools to **feel better**

feel better  **WORKSHEETS**