



During puberty, I may have

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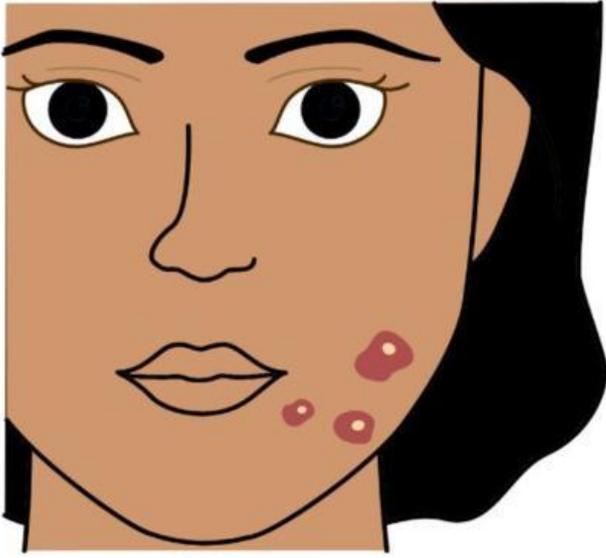
I may feel



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or

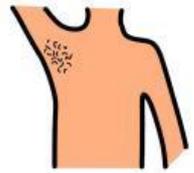
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	<table border="1"><tr><td>scratch</td><td>wash</td></tr></table> 	scratch	wash
scratch	wash		
	I can _____ my face.		
	<table border="1"><tr><td>touch</td><td>teach</td></tr></table> 	touch	teach
touch	teach		
	I cannot _____ my pimples.		
	 Who can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



During puberty, I may have



I may **sweat more**.



My underarms might be **smelly**.



I may feel

or

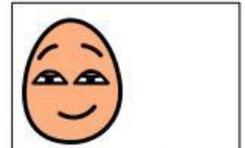
1	<div style="display: flex; justify-content: space-around; border: 1px solid black; padding: 2px;"> <span>shower</span> <span>brush</span> </div>	
I can _____ to keep myself <b>fresh</b> .		
2	<div style="display: flex; justify-content: space-around; border: 1px solid black; padding: 2px;"> <span>scratch</span> <span>wash</span> </div>	
I can _____ my underarms with <b>soap</b> .		
3	<div style="display: flex; justify-content: space-around; border: 1px solid black; padding: 2px;"> <span>wet</span> <span>dry</span> </div>	
After washing, I will _____ my underarms.		
4	<div style="display: flex; justify-content: space-around; border: 1px solid black; padding: 2px;"> <span>deodorant</span> <span>perfume</span> </div>	
I can use _____ so I will smell nice.		

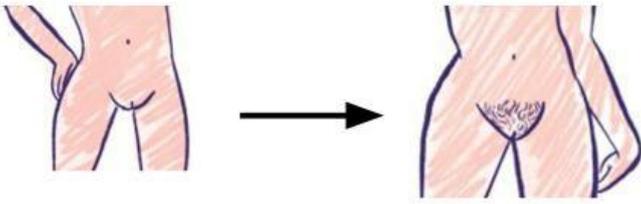
When I am **clean** and **smell nice**, I feel



\_\_\_\_\_.

I will be in the \_\_\_\_\_ Zone.

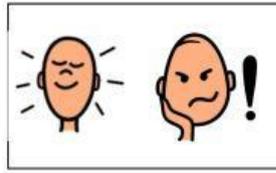




During puberty,  
**hair** grows on my **privates**.

My private part is called

\_\_\_\_\_



I may feel \_\_\_\_\_ or

\_\_\_\_\_



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

nice

itchy



period

menstruation



During puberty, I will start my \_\_\_\_\_.

I will need to wear a sanitary \_\_\_\_\_.



I may get stomach cramps.

Cramps can be **painful**.

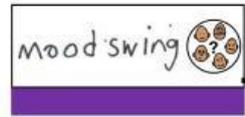


I need to **tell mummy or teacher**

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**

