

PUBERTY FUN FACTS FOR GIRLS

Some girls are born without a hymen, a thin skin that stretches across the opening of the vagina.

*You only lose four to six tablespoonfuls of blood during the time you get your period.
This small amount will not harm you!*

It is normal to have one breast be bigger than the other

Everyone has to go

through PUBERTY!! Yes, both girls and boys go through this life changing experience. Some changes are the same for both boys and girls such as, growing pubic hair, getting taller, having pimples, and growing body parts! UHHHHHHH!!!!

GIRL FACTS:

- ◇ Girls are born with all the eggs they will ever have.
- ◇ Over a lifetime, a girl will release about 500 mature eggs
- ◇ It is possible to become pregnant before your first period.
- ◇ It is normal to have "spotting" before or after you get your period. This a small amount of blood that is a brownish color.
- ◇ Avoiding caffeine and salty foods has been found to reduce the discomfort that some girls may experience before and during their periods.
- ◇ About half of all women have naturally "lumpy" breasts.
- ◇ The first bra is credited to Mary Phelps Jacobs in 1913. She used 2 handkerchiefs, ribbon and chord - making it also the first self-wrapped gift!

YOU CAN STILL SWIM,
PLAY TENNIS, BATHE,
AND DO ALL THE
THINGS YOU USUALLY
DO WHEN YOU HAVE
YOUR PERIOD.

