



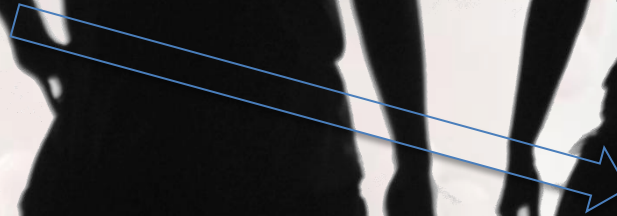
24. From girl to woman

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1. Puberty begins when hormonal activity changes and increases in your brains

2. The hormonal changes in the brains start the hormone production in the ovaries

3. The hormones secreted from ovaries causes the physiological body changes

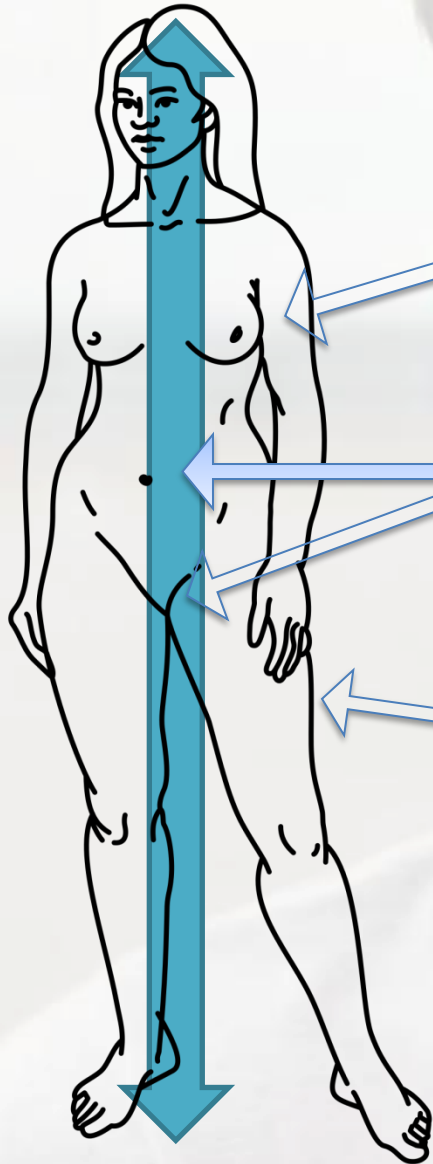


Physiological changes

- When the body of a girl changes into a body of a woman, it doesn't mean that the behaviour has to also change into adults behaviour
- Everyone has the right to get to know the changing body at their own pace
- The main thing is to learn to appreciate your changing body and take a good care of it (hygiene!)

The change involves many stages and lasts almost the whole youth until ~ 22 y.o.

Physiological changes



The breasts start to form

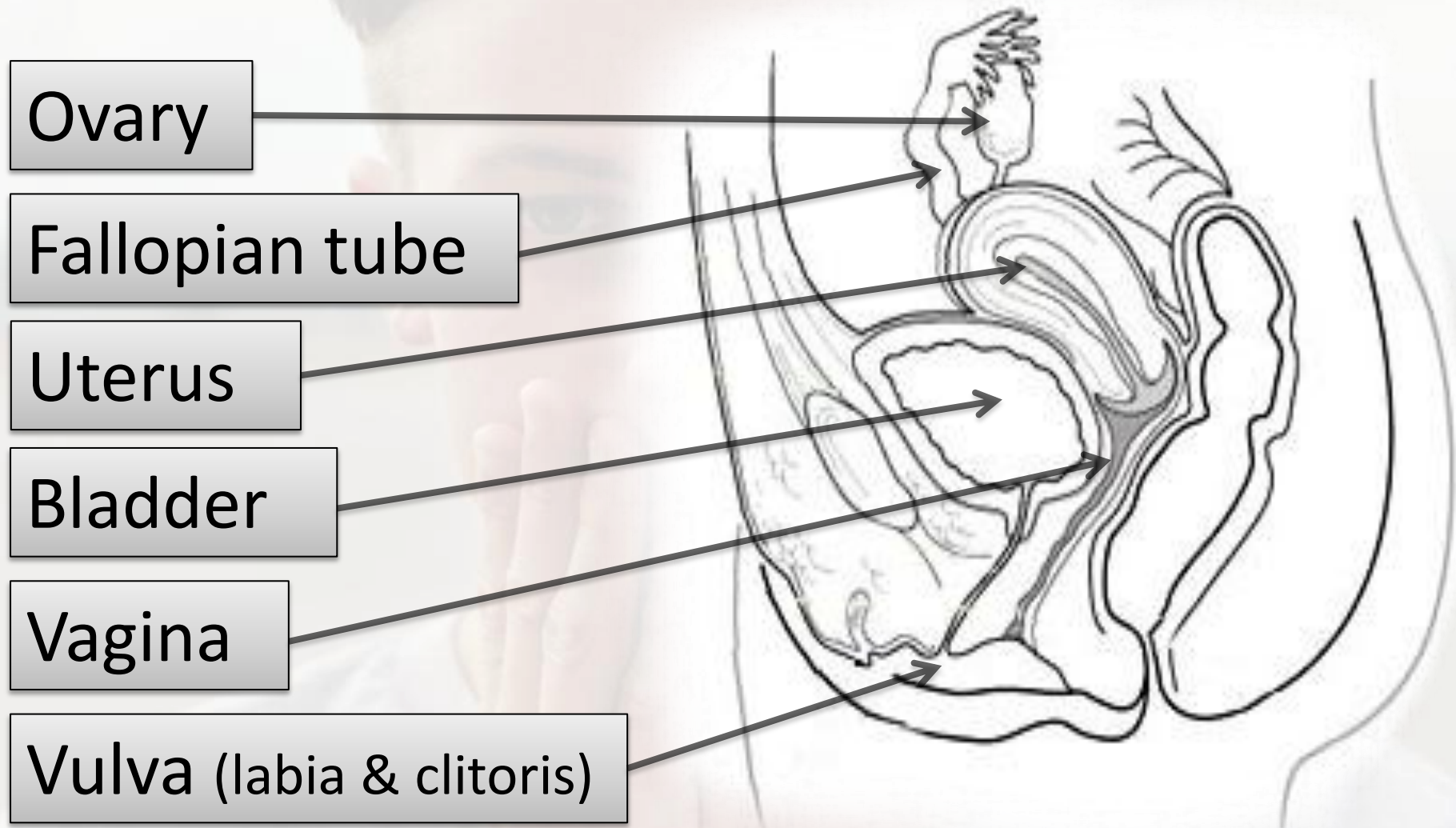
Hair growth

The growth in length

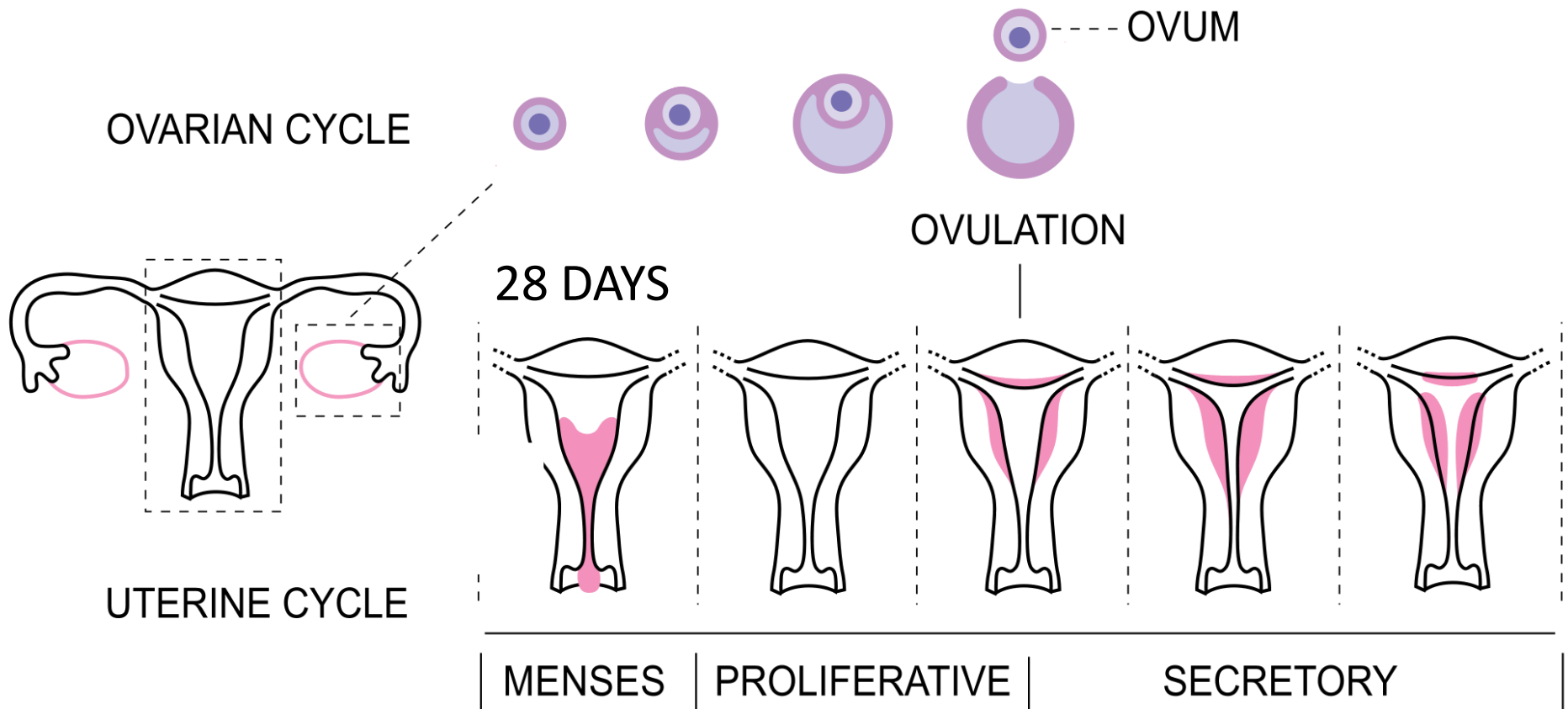
Body shape changes as the fat tissue increases in hips, buttocks, thighs, upper arms and pubis

Lower half of the pelvis (and thus hips) widen

The genitalia



Ovarian and uterine cycle



Homework

- What kind of different menstrual management products are there? Write down three different products.