

Module 1: Introduction to Women's Health

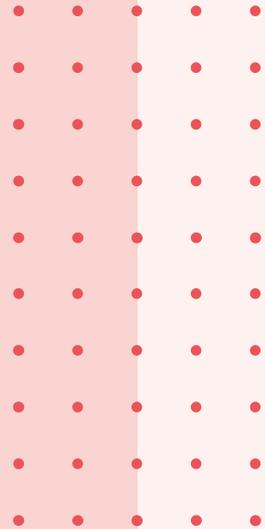


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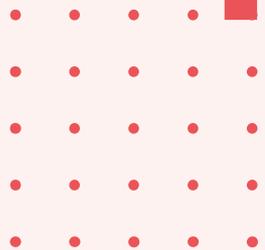
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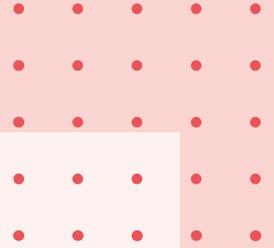
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**Understanding
and Embracing
Changes**

01. What is

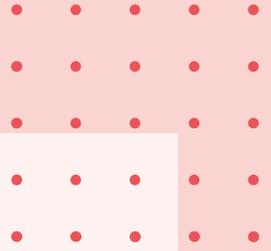
Puberty?



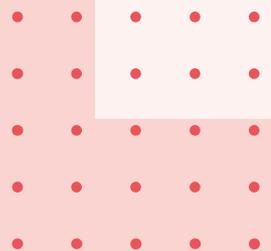


Introduction

Puberty is the time where people's bodies begin to change from being a kid to an adult. It usually starts between the ages of 9 and 13 for girls.



During puberty, a gland called the pituitary gland releases hormones. In girls, this hormone goes to the ovaries, where another hormone called estrogen is made. These hormones prepare a girl to start her period.



02. Physical Changes



Physical Changes



Growth spurts

During this time, people often have growth spurts, which is when your body grows a lot over a short period of time.



Body Shape

Girls body shape also changes during the time of puberty. Girls start to develop breasts and often start their periods.



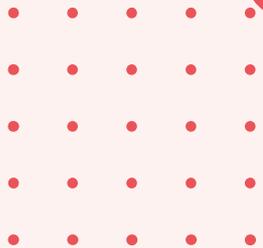
Acne

Some girls also experience acne during puberty. This happens because of the hormones that your body creates during this time.

More Physical Changes

- Body hair growth
- Weight gain & appetite increase
 - Voice deepening
 - Sleep pattern changes

03. Emotional Changes

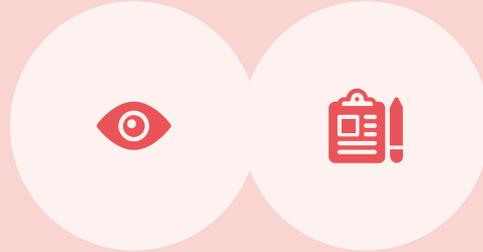


Emotional Changes



Strong Emotions

During puberty, girls often experience strong emotions and can become overly sensitive and easily upset.



Temper

Some girls lose their temper easily, especially with their family and close friends.

Anxiousness

Anxiousness about these changes in your body is also common.



Changes

It is also important to recognize that everybody develops differently, so everyone feels differently about the changes going on in their body.

Importance of Understanding & Embracing the Changes

- Builds confidence & reduces shame
- Prepares for menstruation surprises
- Supports healthy self-image through body changes
- Enables emotional coping strategies
 - Helps detect early health issues
 - Normalizes puberty and opens communication