



PUBERTY AND PERSONAL HYGIENE

Your whole body is changing!

Often, starting around age 10 to 12, you'll begin to see the first signs of puberty. Puberty is triggered by the release of hormones in your body (estrogen, progesterone, testosterone). Among other things, these hormones are responsible for the transformations you'll be going through. Don't worry! These changes will happen gradually over several years. Everyone has a unique experience and the changes will occur at their own pace.



Here are some of the main changes :

Growth
(height, weight, shape)

Sweating and body odours

Sebum
(oily skin and hair)

Genital organs
(size, colour, hair)

Deepening of your voice

Acne



Psychological changes
(independence, intimacy, emotions, romantic awakening)

Sexual awakening
(new physical sensations and responses)

Visible hair
(face, armpits, legs, pubic area)

Typical female body

- Development of breasts
- Beginning of vaginal discharge
- Beginning of ovulation and menstruation
- More frequent spontaneous erections of the clitoris and vaginal lubrication

Typical male body

- More noticeable changes in voice and hairiness
- Beginning of sperm production
- More frequent spontaneous erections of the penis and ejaculation (sometimes during the night)

Personal hygiene tips for puberty!



- **Wash your body** with soap every day.
- **Wash your hair** regularly (at least once a week or more often depending on your type of hair).
- Use **mild, unscented soaps**, especially for washing the genital organs. Avoid washing the inside of your vagina. The vagina is a self-cleaning organ.
- Wear clean clothes and change your clothes every day, especially after physical activities.
- Choose the option best suited to you :
 - **Managing armpit odours** : deodorant, antiperspirant, washing your armpits with a washcloth more often during the day, especially after physical activity.
 - **Your hair** : keep it, cut it, shave it or remove it : hair helps protect your skin.
 - **Menstruation** : menstrual pads, period underwear, tampons, menstrual cup. See the manufacturer's instructions to find out how often to change them. Think about keeping a period kit in your handbag in case your period starts when you're not at home!

More health advice

- **Brushing your teeth** at least twice a day will keep your breath fresh and your mouth healthy.
- Getting **enough sleep** (9 to 11 hours a night), participating in **physical activities** (at least one hour a day) and getting enough **healthy food** will help you grow and learn better.