

My hormones and puberty

An Easy Read guide for girls to learn about hormones during puberty.



Easy Read

My hormones and puberty



This guide is for girls.



It is about what your hormones do during **puberty**.



Puberty is when your body changes from a child to an adult.



Puberty can start at 8 years old for girls.

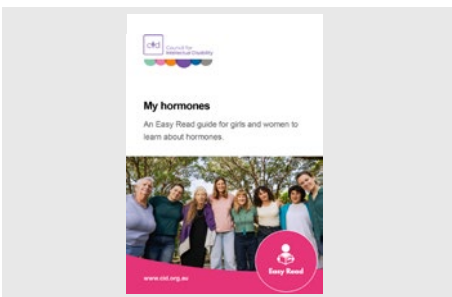


Hormones help the body change during puberty.



We have an Easy Read guide about hormones you can read at

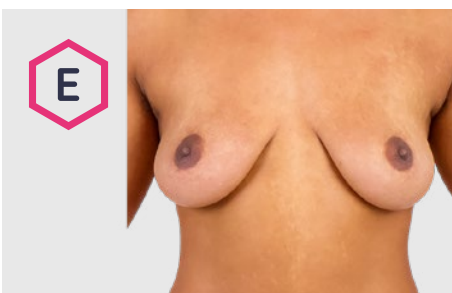
www.cid.org.au/resource/my-hormones



This guide is called **My hormones**.



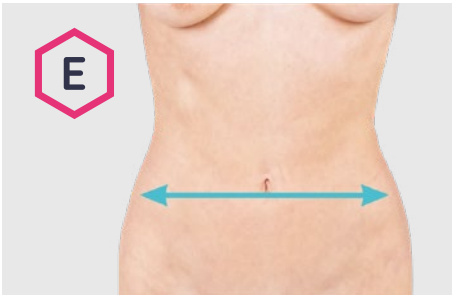
Estrogen is an important hormone during puberty.



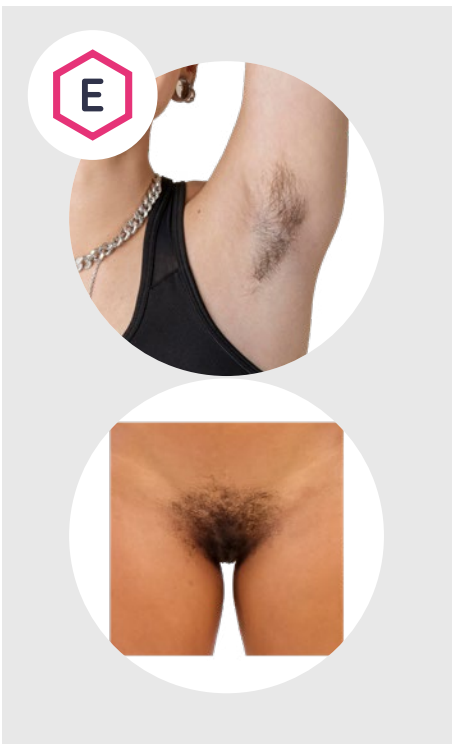
It tells your body to grow breasts



Breasts are also called boobs.

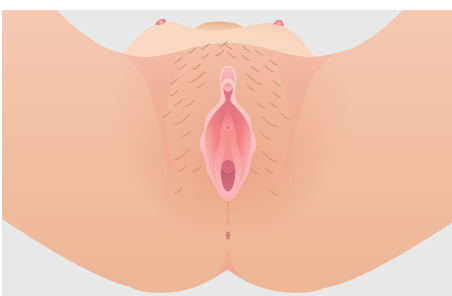


It tells your hips to grow wider.



Estrogen tells your body to start growing hair

- in your armpits
- on your **vulva**.



Your **vulva** is the area outside of your vagina.



Progesterone is another important hormone during puberty.



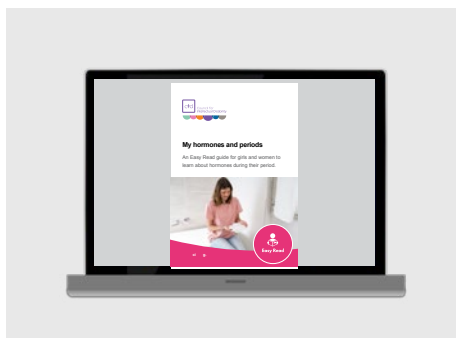
It works with estrogen to start your first period.



Your first period usually happens between 9 to 16 years old.

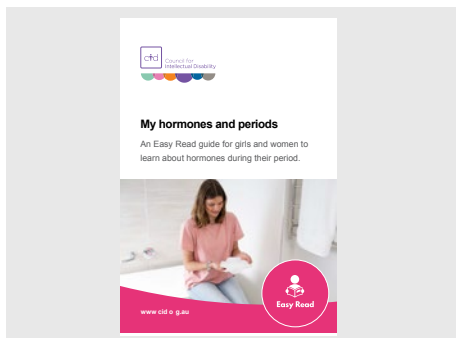


You should talk to your doctor if you are 16 years old and have not had your first period.



We have an Easy Read guide about hormones during your period you can read at

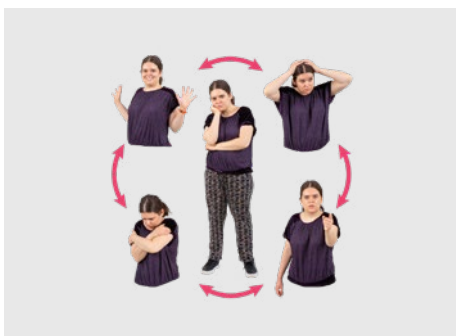
www.cid.org.au/resource/my-hormones-and-periods



This guide is called **My hormones and periods**.



Hormones during puberty can have big changes to your feelings.



The changes to your feelings are sometimes called mood swings.



You might have new feelings too.

Like feeling sexy.



You might have sexy feelings for other people.



Or feel sexy about your own body.



Some changes to your body during puberty
can be surprising.



Like growing breasts.



And these changes might happen at different times to those around you.



Everyone goes through these changes.



You might think about how your body looks different to others.

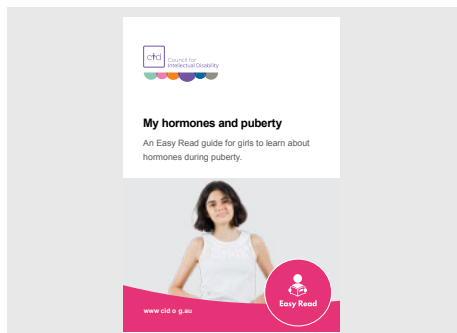


It is important to remember that every body is different.



You should talk to someone you feel safe with about these changes and how you feel.

More information



This guide is not the same as advice from a doctor.

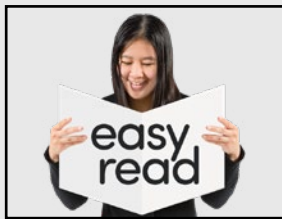


You should always talk to your doctor about your health.

Who did this Easy Read



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