

Thanks for reading our
little booklet

We know it's a lot to take in, so for more
information on puberty and periods
visit our website just for girls at

www.becomingateen.co.uk

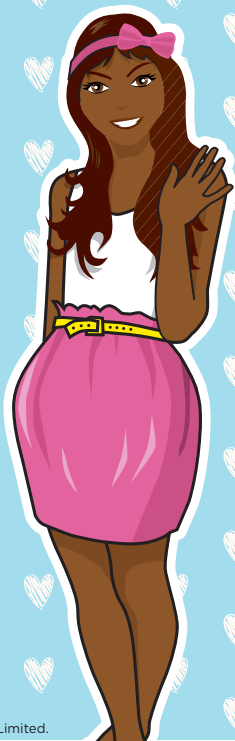
Remember if you have any concerns
or worries you can go online privately
and ask our agony aunt Vicki anything
or you can call our careline on

 **0845 602 0061**

You will also find some helpful
videos on our website, including
a guide to your monthly cycle
and how to use our products.

You can buy all of the products we
mentioned in this booklet online at

www.lil-lets.co.uk



little guide to
becoming a **teen**



The things that every girl should know...



It's not always easy being a girl.
We know... we've been there.
Sometimes it can feel like being
on a rollercoaster of emotions.
Some days you're happy, and
some days you're totally not.



As you get older, your body is changing almost daily, school work's getting tougher and all the time you're trying to juggle the cool stuff like friends, parties and shopping... and still keep your parents happy.

But don't panic because Lib-Lets understands that as great as it is to be a girl, it's not necessarily easy.

That's why we've written this little booklet: to give you lots of help and guidance on what to expect, the products that are available to you and some tips on managing the changes you may be experiencing now, or in the future.

Find out more at www.becomingateen.co.uk

Any questions? Call the careline on 0845 602 0061

Changing body shape

Becoming a teenager, or reaching puberty, is a special time in your life. It's completely natural and it happens to all of us.

During puberty, your brain sends messages to all the different parts of your body telling them to release hormones, and it's these hormones that will make your body mature physically.

One of the first things you may notice is your breasts will start to grow and hair will begin to grow under your arms and between your legs – your pubic hair. It's also a time when your skin may break out in spots for no reason, and you'll probably find that you sweat more. You will start having periods... also known as **menstruation**.

Chances are you'll get pretty emotional too, and for no reason may suddenly feel sad or angry with your parents and friends, maybe even burst into tears. Try not to worry too much. It's all just part of growing up and becoming a woman, and all down to the hormonal changes happening to your body at this time.

As you enter puberty your breasts will start to grow. At first you'll notice quite a small difference, but in time they will become fuller. During this time it's quite normal to feel a tingle in your breasts, or tenderness, and for many girls one breast will grow more quickly than the other one. But don't worry, no-one will notice, it's perfectly normal and in time they will become more or less the same size. (No two breasts are ever the same size.)

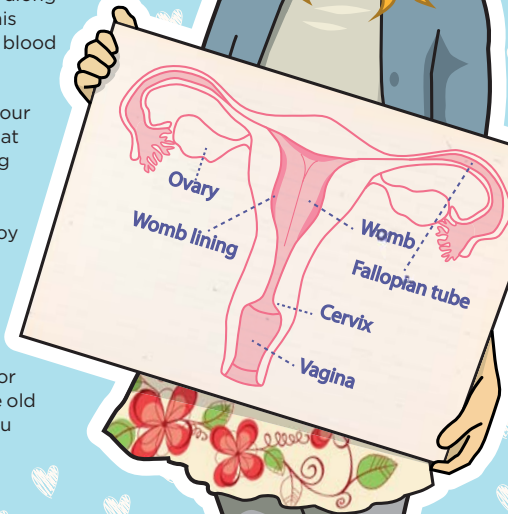
Understanding your reproductive system

It's amazing to learn that every baby girl is born with all the eggs she will ever need to make a baby of her own some day. And the changes we go through during puberty are all geared to preparing you for that particular time in your life. Here's basically how it works...

Look at the diagram of what's called the **Reproductive System**. You'll see that there are two ovaries. This is where all those tiny eggs are. You'll also see the two fallopian tubes that connect the ovaries to a place called the womb. Each month, your womb prepares for one of your ovaries to release an egg, and it does this by lining itself with blood and nutrients that will keep the egg safe. As soon as an ovary releases an egg, this egg begins its journey to the womb. If the egg is then fertilised by a man's sperm cell, this is where a baby would grow.

If the egg is not fertilised and a baby is not made then the brain sends a message to your reproductive system telling it that it no longer needs the egg, blood and nutrients that are lining the wall of the womb, and tells your body to release the egg so another one can come along next month. And it's this release of the egg and blood that is called a period.

Importantly, starting your periods is not a sign that you should start having sexual intercourse. In the **UK** it is in fact against the law for a boy or man to have sexual intercourse with a girl under the age of 16. Starting your periods is just nature's way of preparing your body for the future when you're old enough to decide if you want to have a child.



All about... periods

You'll never forget the day you have your first period, it means you are growing up... but it's not as frightening as you might think. The thing to remember is that each of us goes at our own pace, so there's no need to worry if you get your period earlier or later than your friends. Some girls start puberty as early as the age of 8, others at 13 and some later.

One sign you're getting close to your first period is if you notice a white-ish fluid in your underwear. It's called discharge, your body's way of keeping your vagina clean and healthy and it usually starts happening about 6 - 12 months before you get your first period.



Periods happen about once every month as part of the menstrual cycle, which lasts anything from 21 - 34 days.

The first day of that cycle starts with your period, the release of blood from the vagina, which can last anything from 2 - 8 days. The amount of blood released also changes... most girls find that the first two or three days of their period are the heaviest and then during the last few days it gets lighter. The colour of menstrual fluid will also be different during your cycle: in the beginning it will be quite dark and red, and will become a light brown as you reach the end of your period.

Different girls, different periods...

Everyone's period is different and unique to them. Some will have heavy periods; others will have much lighter ones. Similarly some girls experience stomach cramps around the time of their period, whilst others may never get cramps at all. It also takes a while (usually 12 to 18 months) for a period to become regular. So you may get your first period and then not have another one for a few months.

As you get older, your menstrual cycle will become more regular and you may find it useful to keep a diary of when the first day of your period arrives and then again when your next period starts.

If you do this you'll soon get used to how many days your menstrual cycle lasts and can always be prepared by wearing a liner a day or two before your period is due, or having some towels or tampons in your bag, just in case your period arrives whilst you are out and about.

Finding the sanitary protection that's right for you



Towels

We all have different needs when it comes to sanitary protection and with so many options available you may find it pretty confusing. That's why Lil-Lets have a range of teens products including liners, towels and tampons, all specially designed to meet your needs.



Pant liners are designed for everyday use and not only absorb discharge to help keep you and your underwear feeling fresh but are also perfect for when you think your period may be due or ideal towards the end of your period when the flow is lighter.

Lil-Lets teens liners are the only liner designed to be smaller and narrower just for girls and each pack contains four discreet pouches, with four liners inside, ideal for when you are out and about.



A lot of girls choose to use towels when they start their period. Towels are rectangles of absorbent material that you stick to the inside of your underwear. Some have extra material on the sides (called 'wings') that fold over the edges of your underwear to better hold the towel in place.

Towels also come in different sizes for heavier and lighter periods, and should generally be changed every 3 to 4 hours. Once you've removed your towel, wrap it in the new towel wrapper and put it in the rubbish bin. To help make the choice as easy as possible for you, Lil-Lets have a range of teens towels (day & night). These are the only towels specially designed to fit younger bodies, and what's more they are just as absorbent as adult towels, so don't worry, they won't let you down.

They even come in a pretty drawstring bag with ribbons and a removable band, so nobody needs to know what's inside.



The alternative to using towels is tampons. So how do they work? Tampons are made of a 'cotton like' material and absorb the menstrual blood just like towels do, but they do this from inside the vagina. The advantage of using a tampon is that they are really discreet, so nobody will know you are wearing one. Tampons also allow you to continue swimming when on your period.

Lil-Lets offer two different types of tampons and whether you choose to use our applicator or applicator free tampons, you will find that for your first time it's easier to insert when your flow is at its heaviest. Just like towels, tampons come in a variety of absorbencies, from lite for a very light flow to ultra for an extremely heavy flow. Remember your flow can change from day to day so always use the lowest absorbency to meet your needs.

Lil-Lets
absorbency
chart



lite 000000 - very light to light flow
mini 000000 - light to medium flow
regular 000000 - light to medium flow
super 000000 - medium to heavy flow
super plus 000000 - heavy flow
super plus extra 000000 - very heavy flow
ultra 000000 - extremely heavy flow

Just like anything new, using tampons can take a little bit of practice, but in no time at all you will get used to inserting them and enjoy the freedom they can bring. Why not check out our videos on how to insert and remove a tampon at www.becomingateen.co.uk



Applicator Free Tampons



Applicator free tampons are really easy to insert, they are shorter and narrower for the perfect fit and because they are so small they are ideal for popping in your bag or purse for when you are out and about. Simply twist open the wrapper to unwrap and pull the cord away from the base of the tampon, give a little tug to make sure it is secure and hangs freely. Get into a comfy position and using your fingers guide the tampon into the vagina, pushing upwards towards your lower back.

For applicator tampons, pull the smaller inner tube out until it comes to a stop. Now get into a comfy position. Make sure that you can see the cord hanging freely from the inner tube but do not pull it. Holding your fingers at the base of the outer tube, place the tip of the applicator into your vagina gently pushing it toward your lower back, until you've inserted it as far as the base of the outer tube. Use your finger to push the inner tube into the outer tube until the raised rings meet, now gently withdraw the applicator.

Applicator
Tampons



No matter which Lil-Lets tampon you use, once inserted the cord will hang outside of your body, so when it's time to remove, simply relax and pull on the cord.

Things to remember about using tampons

- You have three openings between your legs and a tampon is inserted into the middle one, your vagina.
- You can't lose your virginity by using a tampon.
- It's absolutely fine to leave a tampon in when you use the loo.
- Don't use a tampon if you don't have a period.
- Tampons should be changed every 4-8 hours, or more often if needed. It is fine to use a tampon at night, just pop in a fresh one before you go to bed and remove it when you wake up.
- Make sure you wash your hands before and after inserting your tampon.
- Always remove your tampon at the end of your period and never insert two tampons at the same time.
- There is no way a tampon can get lost inside you as the opening to the womb is smaller than the tip of a match stick.
- It's a good idea to switch to towels and liners from time to time... and lots of girls use towels at night.
- Tampons should be wrapped in tissue and disposed of with normal household waste or in the cubicles provided in public toilets.



And finally some important information

There is an illness called Toxic Shock Syndrome or TSS. It's a very rare illness that affects a very small percentage of the population including men and women of any age.

You can get it from lots of things like burns, insect bites, after you have had surgery, and, occasionally, when you are menstruating and using a tampon. It can start like flu to begin with and other symptoms to look out for include a sudden high fever over 39°C / 102°F, sickness, diarrhoea, muscle aches, a sore throat, dizziness or fainting and a rash that looks a little bit like sunburn.

If you have been using a tampon and appear to have any of these symptoms then you should remove the tampon straight away and tell your parent or guardian that you feel unwell. They should then take you to your doctor or hospital to be checked and don't forget to tell them you have been menstruating and using a tampon.

If you have ever been diagnosed with TSS you should always talk to your doctor before using tampons again in the future.

TSS is extremely rare and it is unlikely you will ever experience it. However, it can be fatal and for this reason you will find a leaflet inside every pack that gives you lots of advice on how to use a tampon correctly.

As ever, it is always good to read the facts for yourself and not hear things from others that may not be true.

