

**Pubic Hair**

**Voice Breaks**

**Menstruation**

**Semen**

**Growing Taller**

**Hips Widen**

**Facial Hair**

**Erection**

**Tampon**

**Breasts**

**Hormones**

**Wet Dream**

**Ovulation**

**Masturbation**

**Sanitary Towel**

**Clitoris**

**Testicles**

**Sperm**

**Underarm Hair**

**Penis**

**Feeling Moody**

**Vagina**

**Womb**

**Fallopian Tube**

**If you get spots during puberty it's because you have a bad diet.**

**Myth!** The changes in hormone levels in your blood mean you're more liable to spots - but you can help by eating well and washing and cleansing your skin thoroughly.

**Girls get hairy legs, just like boys do.**

**Truth!** Girls and women do grow hair on their legs, though probably not so much as boys. You might not realise it, since they often shave their legs because they think they look better without hair.

**A girl should avoid having baths when she has a period.**

**Myth!** Keeping clean is more important than ever when you have a period, so bathing and hair washing are the right thing to do - and swimming and other forms of exercise are fine too.

**Most boys have wet dreams at some time during puberty.**

**Truth!** Wet dreams are a very common part of the way the body adjusts to new feelings and to changes like starting to produce semen. It usually settles down after a while - there's nothing wrong with it.

**Boys can always control when they get erections.**

**Myth!** As your system starts to respond in new ways, erections can happen at strange times and for no particular reason. It can be embarrassing but most people understand it's quite normal.

**Boys usually start puberty later than girls.**

**Truth!** There are huge differences between one person and another in the age at which puberty starts, but on the whole the age for boys is later than for girls. Of course some boys can start early and some girls can start late - but everyone gets there in the end.

**Masturbation (playing with yourself) is bad for you.**

**Myth!** It's absolutely normal for boys and girls to discover about their bodies and what feels nice by masturbating. Lots of people do it and it isn't bad or unhealthy, although it is a very private thing.

**A girl might have one breast bigger than the other.**

**Truth!** It's not uncommon for one breast to be slightly bigger than the other - the same is true of other body parts such as feet. Always remember there's no such thing as a 'normal' shape or size for breasts, penises or anything else - everybody's different!

**A girl can't get pregnant before she starts her periods.**

**Myth!** The release of the egg from the ovary (ovulation) happens before she has a period, so it is possible there could be an egg in the fallopian tube to be fertilised just before she has her first period. If that was the case she wouldn't know about it.

**It's against the law to have sex with someone under the age of 16.**

**Truth!** Anyone who has sex with a boy or girl under the age of 16 is breaking the law. The law is there to protect young people from being pressured or taken advantage of by older people - it doesn't mean as soon as you're 16 you'll be ready to have sex.

**You can't expect adults to understand what it feels like, going through puberty.**

**Myth!** There isn't an adult alive who hasn't been through puberty themselves, so parents, carers, teachers, uncles and aunts all probably remember very well what it felt like for them...

**It's normal to have rapid changes of mood during puberty.**

**Truth!** The hormones that cause the changes at puberty can have a big effect on your moods: up one minute and down the next. It can feel a bit out of control but it will settle down after a while. Do try to talk to the adults around you about your feelings.