Puberty bag - facilitators prompt sheet

**Potential items to include in the bag:**

* **Deodorant/ antiperspirant*–*** during puberty we get sweatier, especially under our arms and in between our legs. People may choose to use deodorant or antiperspirant under their arms to help reduce their body odour.
* **Razor *–*** during puberty people start growing more hair and some people might choose to start shaving it. Hair grows under your arms, on your legs, chest, genitals and face (upper lip and chin) if you have a penis. Hair will grow under your arms, on your legs and genitals if you have a vulva. Shaving is a choice and is not medically necessary. Remove blade if showing this item.
* **Shampoo & soap/body wash –** during puberty people’s hair gets greasier so it’s important to wash your hair more often. We also get sweatier and smellier, so it’s important to have a wash every day. However, we should not wash our genitals with strong perfumed soap as this can cause them to become itchy or sore. Just warm water and/ or unperfumed soap is fine. If you have a foreskin (skin over the end of the penis), gently pull this back to clean underneath when you wash.
* **Underwear &/or socks –** People get sweatier and smellier during puberty so it’s important to change your clothes more often, with fresh pants and socks everyday.
* **Period products –** (facilitator can choose which products to include that are appropriate for the group) girls, and those with a vulva and womb start their periods during puberty. This happens around once a month and means blood comes from a person’s vagina for 3-8 days. They will want to use a product to catch the blood, but they can choose whichever feels best for them.
  + - Pads - made of absorbent material to absorb blood. Have a sticky back - and sometimes wings – to keep them in place in your underwear.
    - Tampons - small tubes of soft cotton, inserted into the vagina with applicators or your finger to absorb blood. Shouldn’t be kept in for more than 8 hours. Don’t worry, they can’t get stuck or lost! They have a string attached to pull them out with.
    - Menstrual Cups - small reusable containers. Inserted into the vagina to collect blood. You empty the blood, wash it, and reinsert.
    - Reusable pads - like pads but made of washable cloth so are reusable.
    - Period Pants - underwear with a built-in layer to catch the blood. You can wash them and reuse.
* **Crop top/bra –**Puberty causes nipples and chests to swell and get bigger for those with vulvas. They may choose to wear a bra or crop top.

**Other key changes to mention**

**For Both**

* Grow Taller (you might feel more achy or tired as a result).
* You may get spots.
* The hormones released in puberty can impact our emotions and feelings. Make sure you are kind to yourself and others. Do things which help you feel positive. Getting enough sleep, doing some exercise and eating healthily can also help.
* You may want more independence and to take some more responsibility for yourself.

**Girls, and those with a vulva**

* Body shape might get curvy, and your hips may get wider.
* You might start to get vaginal discharge- clear/milky liquid in your underwear which keeps the vagina healthy.

**Boys, and those who have a penis and testicles.**

* Your voice deepens (voice breaks).
* Your muscles develop and your chest gets broader.
* Your genitals (penis and testicles) grow larger.
* Your nipples can become sensitive for a short time and may swell.