|  |  |
| --- | --- |
| Deodorant | You can use me under your arms when you get sweaty |
| Body wash / soap | You can use me in the shower or the bath. It’s good to use me everyday. Especially during puberty when people get sweatier and might smell more |
| Crop top/bra | You might choose to wear me as nipples and chest get bigger |
| Razor | During puberty people start growing more hair and some people might choose to start shaving it. Shaving is a choice and is not medically necessary. So you might use me to remove hair |
| Period products | You use me to catch blood about once a month. I come in different types like pads, tampons, menstrual cups, liners and pants |
| Shampoo | You use me on your hair. During puberty some people find that their hair gets greasy, and they might need to wash their hair more. |