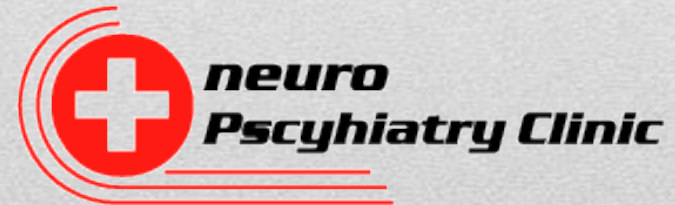


Puberty- facts and figures

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Agenda

Puberty in Teenagers

- What is Puberty

Puberty in Girls

- Puberty in Girls
- Hygiene Tips for Girls

Puberty in Boys

- What is Puberty
- General Hygiene Tips for Boys

What is Puberty?

- Puberty is the time when a child moves through a series of significant natural and healthy changes. These physical, psychological and emotional changes signal a child is moving from childhood to adolescence.
- Puberty starts when changes in child's brain cause sex hormones to start being released in the ovaries in girls.
- Every child is different. Genetics, nutrition and social factors all play a role in the start of puberty in child.

Puberty in girls



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These topics are
covered in workshops

Thank You

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