



THE
ultimate
GUIDE TO
BECOMING
A TEEN

www.becomingateen.com

CONTENTS



01. Becoming a Teen
02. My body is changing - is this puberty?
03. What happens to how I'm feeling during puberty?
04. Developing breasts
05. What is discharge?
06. What is a period?
07. Know your flow
- 08-09. Period facts you need to know
10. How to manage your period
11. Using a pad for the first time
12. What are tampons?
13. Busting some myths about tampons...
- 14-15. Using a tampon for the first time
16. How to have 'the chat'
17. Choose what works for you!

BECOMING A TEEN

As you get older, **your body is changing almost daily** and there's a whole load of emotions that come with those changes. Not to mention school work's getting tougher and all the time you're trying to juggle family and friends.



When you put it like that, it's a lot to handle, right? Lil-Lets understands that as great as it is to be a teen, 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, some tips on managing the changes you may be experiencing and the products that you'll need now, or in the future.

MY BODY IS CHANGING - IS THIS PUBERTY?

For some, **puberty can arrive as early as 8 years old**, which can be really confusing as you might wonder what's happening to you and why!



Don't worry, it's completely natural and puberty happens to all of us.



There are LOTS of changes you may start noticing:

- Hair in places that you're not used to (under your arms and between your legs).
- Your body develops curves.
- You may sweat more.
- The skin on your face may get a bit oilier, which can lead to spots or black heads.
- Your hair may become greasier.
- Your breasts start to develop.
- AND you'll get your first period!

WHAT HAPPENS TO HOW I'M FEELING DURING PUBERTY?

They might not be as easy to spot as the physical changes, but your emotions may be on a rollercoaster too.

You might:

- Notice a **change to your moods** - you're happy one minute then burst into tears the next.
- Be **extra sensitive** to things people say.
- Be anxious about how you look or **self-conscious** about how you behave in front of others.
- **Argue** with your family a lot.
- Start to see others as **more than just friends**.

Top tip: If you're feeling any of the above, firstly be nice to yourself and maybe chat to your friends or family about how you're feeling so they understand and can support you.

You might also find these emotions are stronger **a week or two before your periods**. You may notice feeling **irritable, tearful**, breaking out in **spots**, being **bloated**, **pains in your tummy**, **backache** or **muscle and joint pains**. BUT, it's important to remember this is a natural part of your hormone levels changing.

We'll discuss periods later in this booklet.

DEVELOPING BREASTS



One of the first signs you've started puberty (and one of the most talked about changes) is when you develop breasts. This can begin **up to 2 years before your period arrives.**

WHEN AM I GOING TO GET MINE?

People develop breasts at **different times** to their friends and family, some notice breasts starting to grow as **early as 7** and for others it can be in the **later part of their teen years.**

HOW WILL I KNOW?

Normally, the **first sign** is when you develop '**breast buds**' which are small raised lumps behind your nipple area. Breast buds are made up of milk glands, tissue, fat and muscle and it's very normal for one to start showing before the other. It can sometimes take a **few months** before the second breast starts to develop.

Also, it's normal for them to feel a bit tender, especially if they're accidentally knocked. This is because the breasts continue to develop over the next few years.

WHAT IS DISCHARGE?

- Around puberty, your body may start releasing a fluid called **discharge.**
- It's **perfectly normal** and is your body's way of keeping your vagina **clean and free from infection.**
- Discharge is a clear or creamy yellow fluid that's produced by glands at the entrance to your womb along with normal secretions naturally produced by the walls of your vagina.
- You may start to notice discharge **about 6 - 12 months** before your first period.
- Once you've had your first period, you may still keep producing discharge regularly.

Liners (also called pant liners or panty-liners)

are designed for everyday use and absorb discharge to help keep you and your underwear **feeling fresh.**

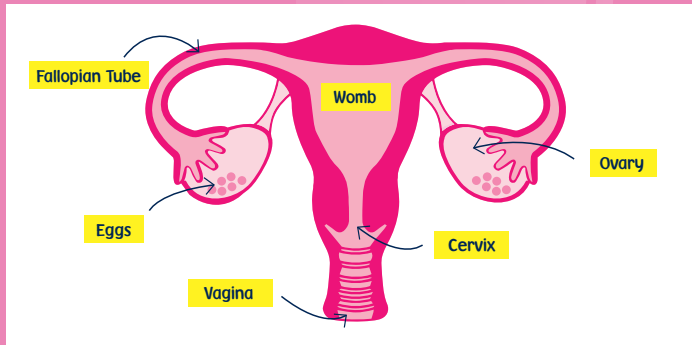
They are much thinner and smaller than a pad and are **perfect for when you think your period may be due** or even at the end of your period when your period flow is lighter. Lil-Lets teens liners are made smaller and narrower to **fit your body.**



WHAT IS A PERIOD?



When you reach puberty, **your body is preparing itself to have children** - even though this might be a long way off, or you may never have them.



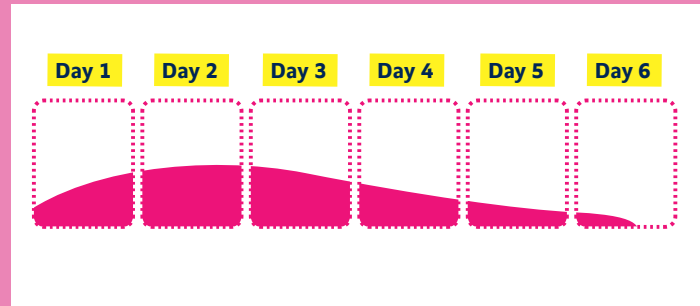
Every month your ovaries release a miniscule egg which, if fertilised by sperm, could make a baby. At the same time, your body also produces blood and nutrients to line your womb in case the egg has been fertilised.

If the egg isn't fertilised, the egg breaks down and as the womb lining is no longer needed, the body releases it. This is what is commonly known as a **'period'**.

KNOW YOUR FLOW!



At times your period can seem totally random but the **average period follows a similar pattern**, with your flow differing from day to day:



DID YOU KNOW?

For most of us, no more than 2 and a half tablespoons (or an egg cup full) of blood is released every month!

PERIOD FACTS YOU NEED TO KNOW



It's really common to have **questions about periods**, here's a few that we get asked all the time...

HOW LONG DO PERIODS LAST?

Your period (the physical release of blood from the vagina) can last anywhere from **2 to 10 days**.



HOW OFTEN DO THEY HAPPEN?

Periods happen about **once every month** as part of the menstrual cycle, which usually lasts between **21 and 34 days**. For the first few years, periods **can be irregular** with both long and short gaps in between them. Be prepared by **carrying some pads or tampons** with you in your school bag or **consider wearing a liner**.

I HAVEN'T STARTED MY PERIOD YET. WHEN WILL I START MINE?

Don't worry. The average age for your **period to start is 13**. But in reality, it's common for them to start anywhere between the **ages of 8 and 18**. As there's no way of predicting when it'll start, it's a good idea to **keep some pads in your bag** for when you're out and about.

WHAT HAPPENS WHEN IT DOES ARRIVE?

When it does arrive for the first time, some people notice either a **tiny bit of blood in their underwear** or **on some toilet tissue**. Although it may feel like an awkward conversation, you need to **talk to a close family member or carer** so they can make sure you have products for this period and the next one.

WHAT DOES A PERIOD LOOK LIKE?




The colour of menstrual fluid can **vary from period to period**, day to day and person to person – our bodies are all so unique! It is normal for it to be sometimes brown in colour and sometimes red.

WILL EVERY DAY OF MY PERIOD BE THE SAME?

Most people find that the **first two or three days** of their period are **the heaviest** and then during the **last few days it gets lighter**. Some people use a higher absorbency pad or tampon during their heavier days and move to a lighter absorbency product in the last few days.

If have any more questions about periods or puberty you can visit www.becomingateen.com



HOW TO MANAGE YOUR PERIOD



We all have different needs when it comes to period products. Like you, **your period is unique** and despite how similar you and your friends might be, you may have completely different needs.

Here's some of the most common types of period products:

PADS



A lot of people choose to use pads (or towels) when they start their period. Pads are rectangles of absorbent material that you stick inside your pants. Most of them have wings that wrap around your underwear to help them stay in place. Pads also come in different sizes for lighter or heavier periods and most people change them every 3 to 5 hours.

Once you've had a few periods and you're used to your flow, you might decide to try tampons. Tampons are made from a cotton like material that is compressed into a small shape. They are worn inside your vagina and absorb the menstrual fluid. They come in lots of sizes to suit different period flows and should be changed every 4-8 hours.

TAMPONS



REUSABLES



There are lots of different reusable options including reusable applicators (to help insert tampons), menstrual cups (which are worn internally and collect the fluid inside them) and reusable/washable pads or pants.

USING A PAD FOR THE FIRST TIME

Firstly, there are **different types of pads**:



Day/Normal - Light to medium flow.

Long - Medium to heavy flow or for those that prefer a long pad.

Night - Very heavy flow or for those who prefer an extra-long pad.

step 1

Open the wrapper and peel the pad away from the wrapper and/or the backing paper (the back of the pad should feel sticky).

step 2

Position it in your pants and push down to ensure it sticks.

step 3

If there are wings, remove the tab to reveal the sticky area on the wings. Fold these around and underneath your pants to hold it in place and keep it secure.

When it's time to remove your pad, wrap it in the new pad wrapper or some tissue and put it in the bin. Do not flush your used pad down the toilet, it could block it!

WHAT ARE TAMPONS?



A tampon is a **great alternative to pads** as they can be worn inside your body, so you're less likely to notice any odour and they're **perfect for being active and going swimming**.



Tampons come in a range of absorbencies to suit the flow of your period and you may need to use up to 3 different absorbencies to manage your flow!

LIL-LETS HAS A HUGE RANGE OF ABSORBENCIES:



lite ●●●●●●	very light to light flow <6g
regular ●●●●●●	light to medium flow 6-9g
super ●●●●●●	medium to heavy flow 9-12g
super plus ●●●●●●	heavy flow 12-15g
super plus extra ●●●●●●	very heavy flow 15-18g
ultra ●●●●●●	extremely heavy flow 18-21g

You need to use the **lowest absorbency** for your flow – for example, if you have a light period, don't use an ultra tampon.

It's important to remember that the **size of tampons** refers to your **period flow** and has nothing to do with the size of your vagina! So, **choose what works for you** and don't be afraid to mix it up a little to suit your period.

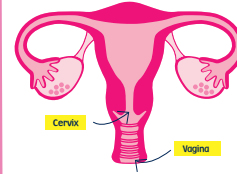
If you want to know more about what tampons and pads are made of, visit www.lil-lets.com

BUSTING SOME MYTHS ABOUT TAMPONS...

As always, it's good to read the facts for yourself and not hear things from others that may not be true. There are lots of myths around tampons, here are just a few:

MYTH #1: THE TAMPON CAN GET LOST INSIDE ME

Reality: Tampons can't get lost they have nowhere to go!



As you can see on this diagram, your cervix sits at the top of your vagina and acts almost like a barrier between your womb and vagina. Your cervix has a tiny hole through which fluid can pass between the womb and vagina and it's way too small for a tampon to pass through.

MYTH #2: YOU CAN'T SLEEP IN A TAMPON

Reality: You can, you just need to change it every 4 to 8 hours

Lots of people think you can't sleep in a tampon, but you can and actually, a lot of people find them more practical than pads as they don't move in the night. If you want to sleep in a tampon you may find that it's best to insert it last thing before bed and remove it as soon as you wake up so you don't wear it for more than 8 hours.

USING A TAMPON FOR THE FIRST TIME

We know inserting a tampon can seem daunting but once you've got the hang of it, it's like riding a bike – **you never forget!** It may take you a **couple of periods** to get **used to the process**, so **wash your hands, take a deep breath and relax!**

HOW DO I INSERT A TAMPON?

Twist the tampon's outer wrapper to open, then unravel and gently tug the string to check it's secure.



Get into a comfortable position (**we recommend squatting or sitting**). The rounded end of the tampon is the top, so place this at the opening of your vagina.



Aiming towards the lower back, use your index finger to ease the tampon into your vagina. **Keep pushing until you reach your knuckle.**



You'll know it's in the right place when you can no longer feel it. If it feels a little uncomfortable, push it in a bit further and **don't worry, you can't push it too far!**



The string should hang outside your body ready for when you want to remove it. Then **wash your hands** and you're ready to take on the world, **even on your period.**



HOW DO I REMOVE A TAMPON?



Remove your used tampon **before inserting a new one** and don't forget to **remove the last tampon** at the end of your period.

To remove your tampon, first **wash your hands**. Then **relax** and give the cord a **gentle tug**. If the tampon feels like it's difficult to pull out leave it a little longer but **never leave it longer than 8 hours**. Once removed, the tampon can be wrapped in tissue paper and **put in the bin**. Remember, always be a binner, not a flusher!

SOME IMPORTANT INFO



There is an illness called Toxic Shock Syndrome or TSS. It's a very rare but serious illness that can sometimes be fatal. It affects a really small percentage of the population including men and women of any age. People can get TSS from things like burns, insect bites or using internal period products (like tampons and menstrual cups).

When recognised quickly TSS can be treated successfully and most people make a full recovery. TSS can start like flu to begin with. 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 internal period products and appear to have any of these symptoms, then you should remove straight away and tell your parent/carer that you feel unwell. They should take you to your doctor or hospital and don't forget to tell them you have been menstruating and using a tampon or menstrual cup. If you have ever been diagnosed with TSS, you should always talk to your doctor before using internal period products again in the future.

TSS is extremely rare and it is unlikely you will ever experience it. You can also reduce the risk of TSS by alternating pads and tampons/menstrual cups.

HOW TO HAVE 'THE CHAT'



Okay, so now you know about the changes you're expecting and some ways to manage them, you may be wondering how you talk to your parents or carer about them.

We know it may seem like an **awkward conversation** but they will be expecting to have it with you, so they may be more prepared than you expect.

Plus, they've been through puberty too so it's nothing to be embarrassed about.

Why not start by asking a parent/carer/family member about their experiences? For example:

- When did they get their first bra?
- Who was their first boyfriend/girlfriend?
- When did they have their first period? What was it like?

By asking about their experiences, it'll be easier to move the chat onto you and how you feel about these new phases in your life.

CHOOSE WHAT WORKS FOR YOU!

We're confident you'll find something in the Lil-Lets range to suit you:

TEENS RANGE



Our teens pads and liners have been designed to be smaller and narrower to fit your body perfectly.

NON-APPLICATOR TAMPONS



Perfect for when you're active and on the go, and they come in six absorbencies.

CARDBOARD APPLICATOR TAMPONS



Our specially designed cardboard applicator has a rounded tip for easy insertion.

SUPER SOFT PADS



Pads with a super soft cover and stay-put wings for added confidence.

ORGANIC PADS & TAMPONS



Pads, tampons and liners made with certified organic cotton and dermatologically tested.

REUSABLE RANGE



A sustainable range that includes a reusable applicator and a menstrual cup - both great alternatives to disposable products.

Thanks for reading our little booklet.

We hope you feel **super confident** and **reassured** about how your body changes during puberty, what periods are and what products you can use.

If you are still a bit unsure, have any questions or need some advice, get in touch with us;

Text or WhatsApp us on

0116 326 1967

OR



+44 (0)845 602 0061

letstalk@lil-lets.com



www.becomingateen.com

We're here for you!

Remember, whether you're a teen or a parent/carer, in all our years there's **nothing we haven't been asked before**. We deal with all contact **confidentially**, and puberty and periods are **completely natural**, so there's really **nothing to be embarrassed about**.

Get in touch any time and **we'll help as best we can**.

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