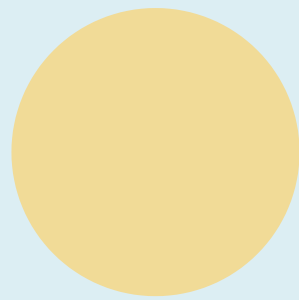


AN ILLUSTRATED GUIDE FOR TEEN GIRLS

My Body, My Story

Growing up, feeling well, and learning when to ask for help.



Notice · Ask · Choose · Grow

Meet Maya

Maya is 14. Lately, her body has been sending new signals—and she has questions.



1

Notice

What has changed in my body?

2

Wonder

Is this normal for me?

3

Learn

What might help me feel better?

4

Ask

Who can help when I feel worried?

Maya's first note: "I don't need perfect words. A question is enough to begin."

My Body Is Changing

Maya notices new changes in the mirror: her shape, skin, body hair, sweat—and feelings that sometimes seem bigger than before.



What Maya notices

- Breast development and body-shape changes
- Body hair, sweat and oilier skin
- Growth spurts and changing emotions
- Clear or white discharge before a first period

What she learns

- Puberty has no single timetable.
- Breasts may grow at different rates.
- Some asymmetry is common while they develop.

A lasting breast lump, skin dimpling, bloody nipple discharge or marked redness is worth checking with a clinician.

Is My Period Late?



MAYA CHECKS HER TRACKER

Often 21–45 days

Teen cycles can take time to settle. Your own pattern matters.

SHE MARKS

First day • flow

She also notes changes in pain, mood and energy.

“Last month it started on the 8th. This month it’s the 16th. Is something wrong?”

WORTH CHECKING

About 3 months without a period

Arrange a health check if there is no clear explanation.

Stress, illness, pregnancy, some medicines, under-fuelling and intense exercise can affect periods. Tracking makes changes easier to notice and explain.

Persistent irregular cycles with excess facial or body hair or severe acne deserve assessment. These signs can have several causes and do not diagnose PCOS on their own.

The School-Bathroom Surprise



1 • Uh-oh

Maya notices a stain before lunch and freezes for a second.

2 • Ask

“Do you have a pad?” Zoe does—and treats it like no big deal.

3 • Reset

Maya cleans up, changes, and returns to class with a backup plan.

Body Fact

Pads, tampons and other products are personal choices. Change a tampon every 4–8 hours and never leave one in longer than 8 hours.

Maya adds two products, spare underwear, tissues and a small bag to her school kit.

More Than Just a Number

“Pain: 7 out of 10. But that number doesn’t show that I left class twice.”

TODAY I NOTICED...

When

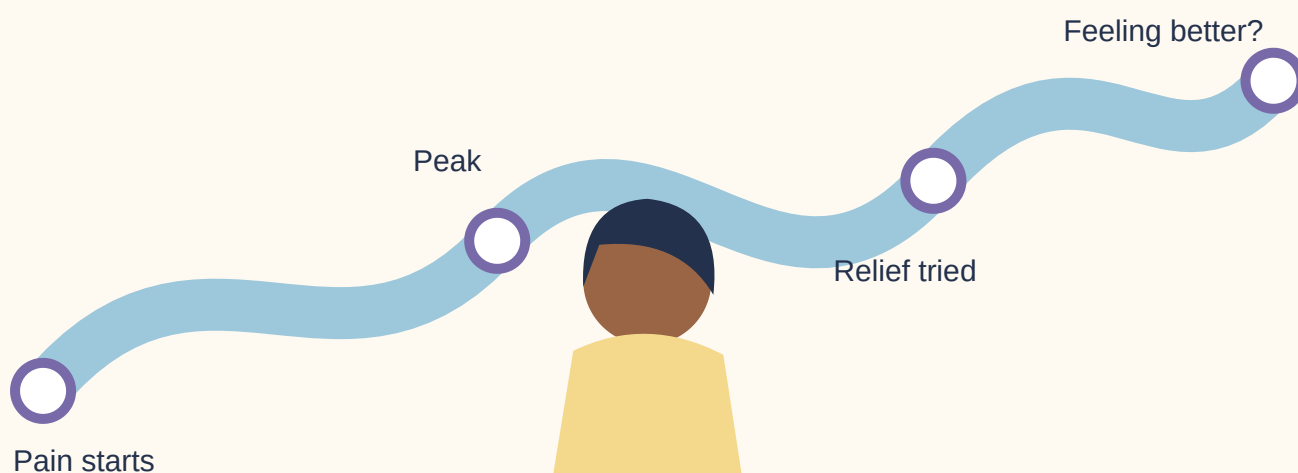
Start time, cycle day and bleeding

What it felt like

Strength, duration and other symptoms

What it changed

Medicine, relief and impact on daily life



Track for about 3 months: start time, pain 0–10, other symptoms, medicine time and relief, and any missed school, sport or exams. Bring the record to appointments.

My Comfort Toolkit



1 • Notice early

Track when pain begins. If periods are predictable, plan treatment before pain becomes severe.

2 • Add warmth

A heating pad or warm bath may help relax tight muscles.

3 • Move gently

Maya tries a short walk, gentle stretching or yoga.

4 • Breathe and reset

Pain is real—not “all in your head.” Stress can amplify pain signals. Try slow breathing, mindfulness or muscle relaxation. You can also replace “I can’t handle this” with “This is hard, but I have a plan,” and break schoolwork into smaller steps.

5 • Use medicine safely

Start ibuprofen or naproxen when bleeding or pain begins—or 1–2 days before a predictable period. If needed, continue as directed through the first 2–3 days. Follow the label, take with food, never combine NSAIDs, and ask first if you have asthma, bleeding or stomach problems.

6 • Speak up

Maya gets help when pain keeps disrupting school, sleep or sport.

When Pain Interrupts My Life

You do not have to wait until the pain becomes unbearable before moving to the next step

SCHOOL

What happened

- “I left class twice because of the pain.”

SPORT

What happened

- “I missed basketball practice again.”

PATTERN

What Maya noticed

- The pain is getting worse
- It sometimes happens between periods
- Correctly used treatment has not helped

SUPPORT

What Maya says

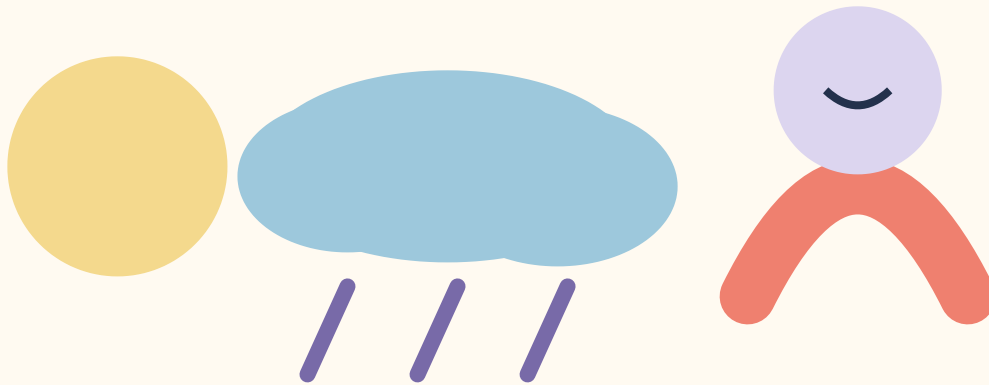
- “The pain keeps deciding what I can do. I need help understanding why.”

Body Fact: Pain that disrupts school, sleep, sport or exams deserves assessment. Mention persistent dizziness or fatigue, pain between periods, and any family history of endometriosis.

Urgent: seek help for sudden severe one-sided pain, fainting, confusion, fever with vomiting, or bleeding that soaks a pad or tampon every 1–2 hours—especially with dizziness or weakness.

My Emotional Weather

“Some feelings arrive in a pattern. Others stay longer than I expected.”



Sunny

Steady energy, easier focus, and feeling more like myself.

Cloudy

Tired, irritable, sensitive or having trouble concentrating.

Stormy

Overwhelmed, persistently low, very anxious or unsafe.

PMS may cause bloating, breast tenderness, headache, fatigue, appetite or sleep changes, and mood symptoms before a period, improving soon after it starts. Track symptoms daily for 2–3 months; seek support if they persist or disrupt life. Maya learns that having cycle-related mood changes does not automatically mean something is wrong with her mental health. But feelings that are intense, last beyond her cycle or interrupt daily life are worth talking about.

Tell someone now if you may hurt yourself or do not feel safe.

The Question I Was Afraid to Ask



Often normal

- Clear or white discharge
- No strong smell
- Changes through the cycle
- No itching, burning or pain



Worth checking

- Strong odour or unusual colour
- Itching, sores or burning
- Pelvic pain or fever
- Pain when urinating

Maya learns

- Wash the external vulva gently
- Avoid douching and scented sprays
- Change out of damp clothing
- Questions about your body are allowed

“Burning when I pee may be a urinary problem.” Fever, vomiting or side/back pain needs prompt care. The vagina cleans itself—more washing is not better.

Food, Sleep, and Energy



SLEEP — Teens need 8–10 hours. Before a period, keep steady bed and wake times, avoid all-nighters, reduce late screens and limit afternoon or evening caffeine.

FUEL — Regular meals and iron-rich foods support energy, blood and concentration. Ask before taking supplements.

MOVEMENT — Exercise should support health, not feel like punishment. Recovery and enough food matter too.

SUPPORT — Food rules, intense exercise or body worries taking over your thoughts deserve help. Under-fuelling can contribute to fatigue, missed periods and weaker bones.

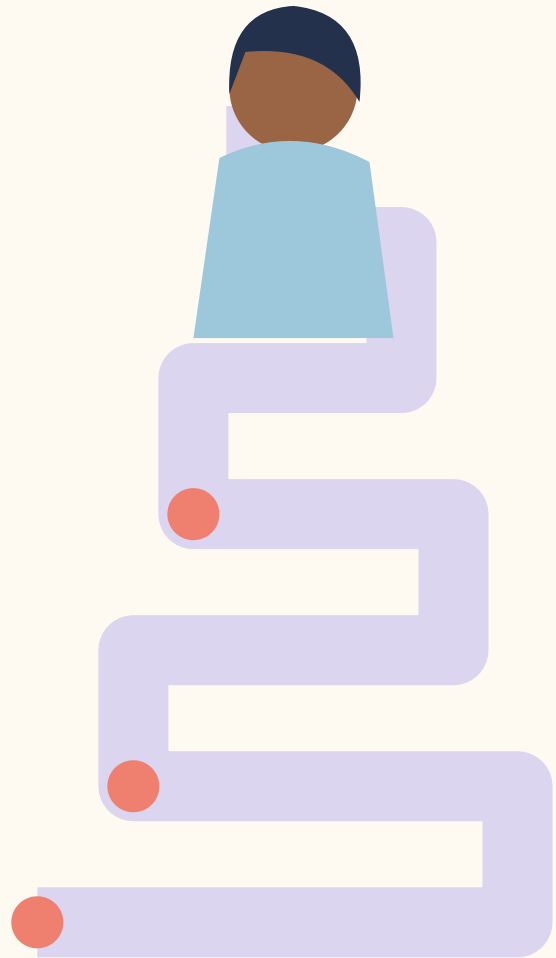
I Don't Have to Do This Alone

Draft · 9:42 PM

"I'm fine. Never mind."

Sent · 9:47 PM — "Can we talk? I haven't felt like myself lately."

Reply · 9:48 PM — "Of course. I'm here with you."



Maya's reminder

Reaching out early is a strength, not an overreaction. You do not need perfect words to begin.

In Canada, call or text 9-8-8 for suicide crisis support. For immediate danger, call 9-1-1.

If you are outside Canada, use your local crisis or emergency service.

My First Health Conversation

Before we begin

“Can this visit be private?”

Maya asks what will stay confidential and what may need to be shared for safety.

The answer

“I’ll explain privacy first.”

A caring clinician welcomes questions and explains each step.

Maya’s list

“I brought three questions.”

Symptoms, privacy and HPV vaccination are all okay to ask about.



Clear. Ongoing. Specific.

Silence or freezing is not consent.
Someone too intoxicated to understand or choose cannot consent.

Body Fact

Early adolescent reproductive-health visits are often mainly conversations. An internal pelvic exam is usually not needed unless symptoms indicate it.

HPV protection

HPV vaccination helps prevent several cancers. Ask which doses are recommended in your local schedule.

Maya’s next step: ask the clinician to explain confidentiality and its limits before sharing private information.

THE JOURNEY CONTINUES

My Body, My Next Step



WHAT I NOTICE

WHAT HELPS

WHO I CAN TALK TO · WHAT I CAN SAY

“This started on _____. It happens _____. It affects my _____. I tried _____. I need help with _____.”

When I will ask for help

- Pain or bleeding interrupts life
- Symptoms keep worsening
- I feel unsafe
- Something feels very different from usual

Maya's closing note

“I don't need to understand everything at once. I can notice, ask questions, and remember that my health matters.”

For education only—not a diagnosis or a substitute for personal medical care. Sources: ACOG · CDC · FDA · HealthLink BC · Government of Canada.

NOTICE · ASK · CHOOSE · GROW

MY BODY DESERVES ATTENTION. MY QUESTIONS DESERVE ANSWERS.