

# Being a girl is not always easy...

Growing up is difficult enough already, but being a girl and going through your teenage years as well can be extra hard!

There are many challenges girls go through. One of those is having to go through **puberty**, a time when our bodies reach sexual maturity and start being able to have babies. Your breasts also develop at this stage, which can be painful... you start to be more aware of your body and how you look...and then there's the start of your periods (menstruation)!

Your **emotions and moods** will change too, and you may find yourself not getting along with your friends, parents or teachers like you used to. It is important not to be too hard on yourself, or on them. It's normal to feel strong emotions and even cry sometimes. Talk to someone close like an older sister, your mom or an aunt. They will understand this more than you know.

One of the things you can do is to prepare for these changes by being aware of them when they happen. The changes are normal, and they show that your body is maturing. They're not something to be ashamed of, or embarrassed about.

**Remember, you are not alone – all girls go through changes as they grow up. It can be tough but it doesn't last forever!**

For more on how your body changes, read our section on:  
[www.bwisehealth.com/category/girl-s-body-guide](http://www.bwisehealth.com/category/girl-s-body-guide)

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