

# Story About Body Changes for Girls

<p>I am growing up.</p> 	<p>I used to be a small girl.</p> 	<p>Now I am a young woman.</p> 	<p>My body is changing.</p> 	<p>This is a good thing!</p> 
<p>I am getting taller</p> 	<p>Soon I will have more hair on my legs.</p> 	<p>Hair will grow under my arms.</p> 	<p>I will have hair near my vagina.</p> 	<p>I may want to shave my legs and underarms.</p> 
<p>I can ask my mom or another female to show me how to shave.</p> 	<p>My breasts will begin to grow. I will need to wear a bra.</p> 	<p>I will start my period. I will see blood coming from my vagina.</p> 	<p>The blood I see is a sign my body is healthy and working as it should!</p> 	<p>These changes happen to all girls.</p> 
<p>Sometimes I might feel embarrassed about these changes.</p> 	<p>Sometimes I might feel proud.</p> 	<p>If I have questions, I can ask my parents.</p> 	<p>My parents love me and they understand.</p> 	