

Contents

- 3 About this book
- 4 Growing
- 8 What happens at puberty?
- 10 How puberty starts
- 12 Hair
- 14 Breasts
- 16 Bras
- 17 Female sex organs
- 20 Periods
- 26 Male sex organs
- 28 Sex
- 32 Contraception
- 36 Sexually transmitted infections
- 38 Food
- 42 Exercise
- 44 Drugs
- 46 Smoking and drinking
- 48 Keeping clean
- 51 Your feelings
- 52 Glossary
- 55 Index
- 57 Useful contacts