The BIG Change

Puberty Guide

Folv guide

Welcome to Puberty is an initiative of the Office of the First Lady of the Republic of Seychelles, in collaboration with the Ministry of Social Affairs, Family and Gender Affairs, Melissa's national trade and WOSITA Foundation.

Melissa's International trade

WOSITA Women Of Seychelles Inspiring Transformative Actions

Elles Foundation

Designed by Creative Vision



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A gentle guide to growing up with confidence

PUBERTY... WHAT'S HAPPENING?!

The real talk about growing up.

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Everything you should know before your first period.

PERIOD CARE & EMERGENCY TIPS

Different period products, tips, and handling accidents calmly.

HYGIENE & SELF-CARE

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MY BODY, MY BOUNDARIES !!

Learning about safety, respect, consent, and trusted support.

CONFIDENCE & SELF-LOVE

Why everybody grows differently and why comparison is unnecessary.



Welcome to Puberty!



My body has been going through these changes and I don't understand what's going on

FINALY!!! i've been waiting so long for this. You have reached PUBERTY, one of the most sacred stages in your life. Puberty usually starts between ages 8–16 for girls

Everybody grows differently — there is no "perfect" timeline

Urhmmm…What's PUBERTY!?

Puberty is your body's way of growing from childhood into adulthood. It can feel exciting, confusing, awkward, emotional and completely new. But one thing is important to remember:

Everyone goes through it differently and that's okay.

This guide is here to help you understand how your body your emotion and the changes ahead with confidence!

During this time:

- Your body grows and develops
- Hormones create physical and emotional changes
- You begin learning more about yourself

Sounds amazing, let's get to it! Xoxo



Changes You may NOTICE

Physical Changes

- Breast development
- Body hair growth
- Body odour
- Wider hips
- Growth spurts
- Sweating more
- Acne or pimples
- Vaginal discharge
- Your period starting

Good Hygiene Habits

- ✔ Shower regularly
- ✔ Wear clean clothes
- ✔ Change underwear daily
- ✔ Use deodorant if needed
- ✔ Wash gently
- ✔ Drink water and eat healthy foods



Vaginal Discharge

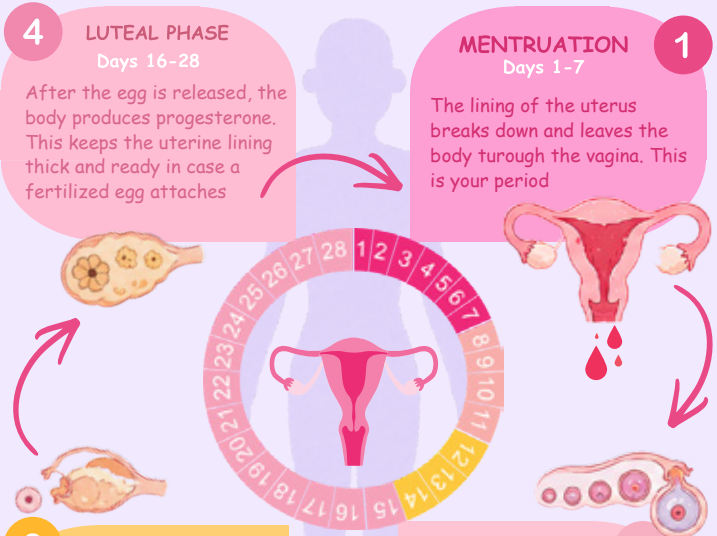
Discharge is normal and helps keep the vagina healthy.

Normal discharge is usually:

- Clear or white
- Thin or slightly sticky
- Sometimes smell funny

The Menstrual Cycle

As grow older,each month your body prepares for potential pregnancy by building a soft uterine lining. If no pregnancy occurs, this lining sheds as menstrual blood, marking the start of your period, and the cycle repeats every month.



1 MENTRUATION
Days 1-7

The lining of the uterus breaks down and leaves the body turough the vagina. This is your period

2 FOLLICULAR PHASE
Days 1-15

A hormone called estrogen helps the egg to grow in the ovary. The uterus starts building a thick, soft lining

3 OVULATION
Days 12 - 15

The mature egg is released from the ovary. This is the time when pregnancy is most likely to happen.

4 LUTEAL PHASE
Days 16-28

After the egg is released, the body produces progesterone. This keeps the uterine lining thick and ready in case a fertilized egg attaches

HOW?

The brain sends signals that controls hormones.

Hormones from the brain help the ovaries release an egg and make estrogen and progesterone

These hormones prepare the uterus every month

All these changes work together in one cycle!



KEY HORMONES

ESTROGEN - Helps the egg grow and the uterine lining building

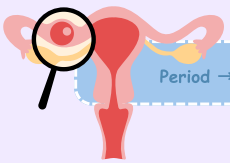
PROGESTERONE - Keeps the lining thick and ready for a pregnancy

QUICK FACTS

- The first period usually starts around age 10-14
- Cycle lenght: 21-35 day (average 28 days)
- period lenght: 3-7 days
- Menstural cycles continue for about 30-45 years

REMINDER

- Every girl's cycle is different
- It may be irregular at first
- It's normal to have cramps, mood swings and feel tired
- Your cycle is a sign that your are healthy



REMEMBER!

Period → Egg Release → Uterus Prepares → Period Again

What to Expect from Your FIRST PERIOD

Your first period may surprise you – it often starts as just a few small spots of brown or red blood in your underwear. In the beginning, it might not come every month, and that's completely normal. You may notice some cramping in your tummy, a little backache, tiredness, mood changes, or even headaches.

A period usually lasts between 3 to 7 days and can be light or heavy ,both are perfectly normal.



Remember, every girl's experience is unique and there is absolutely nothing to be afraid of. If you ever have questions or feel unsure, talk to a trusted adult who can help and also always try to help a friend!

Period Products & Self Care EMERGENCY KIT Check list

- Pads (regular & overnight)
- Panty liners
- Disposable wipes
- Hand Sanitiser
- Spare Underwear
- Painkillers

Choose what feels comfortable for you.

There are different products you can use during your period

Options Include:
- Disposable pads
- Reusable pads
- Period underwear
- Tampons
- Menstrual cups



My BODY My BOUNDARIES!!

Your body belongs to you and no one should ask you to keep a secret about touching.Tell a trusted adult if someone does something that makes you feel uncomfortable, confused or unsafe or if any of these kinds of abuse happen to you, your friend or to someone you know.

WHAT IS CONSENT ??

When someone gives their consent it means they are giving their permission or they are agreeing to do something. It is when you clearly say YES to something you feel comfortable and safe.

You have the right to say NO to everything that makes you uncomfortable.

No one should touch your body without your permission. You can change your mind at anytime and saying yes once does not mean yes all the time.When asking consent you need to listen to the person's words but also their body language and facial expressions.

Always RESPECT the person's answer, when they say YES or NO , even if it sometimes notwhat you were expecting.
Your body belongs to you



YOU are growing into a strong young woman.
Your body deserves care and respect
You are never alone – help and support are always available.

No one should touch your private parts or ask you to touch theirs.
No one should ask you to look or pose for sex pictures.
No one should ask you or force you to do any sexual act.

WHAT IS ABUSE ?

Abuse means treating a person in a way that hurts or harms them. Abuse is never OK.Abuse is never a person's fault.

What Are the Different Kinds of Abuse?

1.Physical abuse : when someone intentionally causes a physical injury. It is Hurting a person's body . It can look like :

- hitting hard with a hand or an object like a belt, especially when the hits leave
- bruises or cuts.
- Shaking, slapping or pushing
- choking or painful grabbing,
- kicking also can be physical abuse.

2.Emotional abuse : when someone is hurting you with mean words or say hurtful things.

- Yelling all the time or acts cruelty
- Making scary threats,
- Calling the child bad names and swears.

3. Sexual abuse : when someone is touching or seeing your private parts or asking you to do the same to them or someonelse. Your private parts are the parts covered by your bathing suit or underwear:breasts, vagina, and bottom for girls; and penis and bottom for boys.

4.Psychological and Criminal Grooming (Abuse)
In a social or legal context, grooming is when an individual builds an emotional connection and trust with a vulnerable person—most often a child or a person at risk—with the ultimate goal of manipulating, exploiting, or abusing them. [1, 2]
How it happens: It can occur online (via social media, gaming platforms, or chat apps) or in person. A groomer might use flattery, give gifts, isolate the victim from friends and family, and enforce secrecy.

Every child has to right to be safe and feel secured. No one is allowed to hurt you. Who can you contact if you are victim of an abuse or a person you know is ?

- A trusted adult
- Your teacher or counselor
- Ministry of education
- Seychelles Police Force
- Social Services
- National Council for Children
- A health professional : MOH or private practitioner
- Elles Foundation



Relationships and Sex

WHAT IS SEX

Sex is a broad range of physical intimacy between people, ranging from touching and kissing to various forms of sexual intercourse. Sexual intercourse is a sexual activity that involves the insertion and thrusting of the penis into the vagina, typically for reproduction or sexual pleasure.

Thinking About Relationships & Sex? In Seychelles, the legal age of consent is 15 years

Under 15 = cannot legally agree to sex or any sexual activity

Before you engage in sex, ask yourself:
Am I legally allowed?
Am I ready?
Am I feeling pressured?
Do I understand the risks?
Am I doing this for myself?





DANGERS OF UNPROTECTED SEX

Unprotected sex significantly increases the risk of unintended pregnancy and transmitting or contracting Sexually Transmitted Infections (STIs) like HIV, chlamydia, gonorrhea, and syphilis. Some STIs can lead to long-term health complications, including chronic pain, pelvic inflammatory disease, and infertility if left untreated.

What are STIs?

Infections passed through sexual contact or exchange of bodily fluids.

- HIV
- Syphilis
- Trichomonas
- Chlamydia
- Gonorrhoea·
- Human PapillomaVirus : HPV
- Hepatitis B and C
- HTLV-1

How can you get an STI?

Unprotected sex
Close contact with body fluids and skin to skin
You can catch some STI just by having some touches on your private part
Sharing needles whilst using drugs
Non-sterile syringes used for tattoos / piercings
Sharing personal items such as toothbrushes / razors
Mother to child transmission

Self-Esteem

Having a positive image of yourself makes you feel confident and capable.
It also helps you face challenges and overcome obstacles.

Sometimes we have a low self-esteem because we have made a mistake or done something wrong, but don't worry it happens to everyone!Let's build our self-esteem together :

Complete theses sentences, write them on a paper and repeat them every time you feel a bit low, sad or unsure about yourself :

I will pursue my dreams of.....

As young women, there is often pressure to always present ourselves at our best. However, what truly matters is how we feel. Embracing confidence in our own skin and radiating beauty from within is essential.

My best piece of advice is that you can achieve anything you set your mind to. Don't allow others' judgments to restrict what your body, mind, and soul are capable of accomplishing. You are young dream big, believe in yourself, work hard, and you will achieve your goals!

Clara Lepathy
Creative Director

I am good at .....

I am AMAZING because i can...

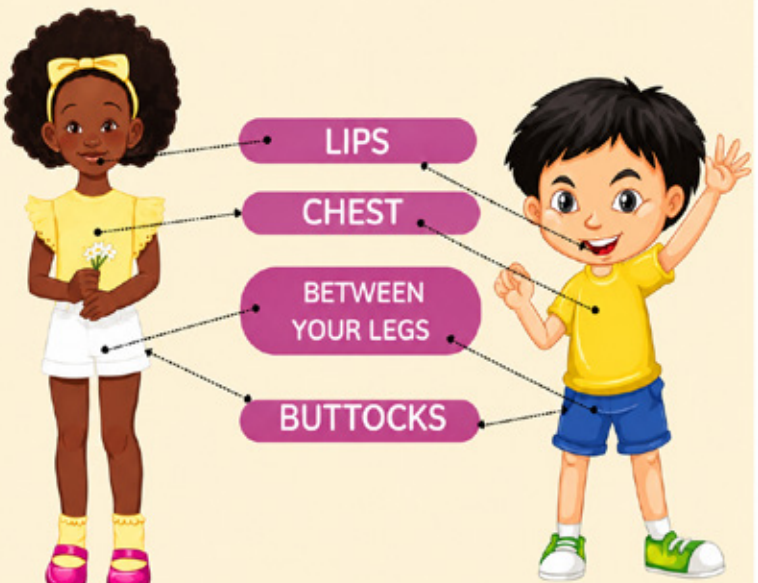
Self-esteem is how you feel about yourself and who you are. Each of us have our own achievements , ambitions, personal qualities and abilities.

I am worth it and i am deserving of love
I am



BODY SAFETY FOR KIDS

DO NOT LET ANYONE TOUCH YOU ON YOUR :



IF ANYONE DOES, FOLLOW THESE STEPS

NO	GO	TELL
SHOUT "NO" LOUDLY	AWAY FROM THE PERSON	TRUSTED ADULTS

Puberty is a significant milestone for young girls and should be experienced joyfully. Body changes are normal—a period of growth that should be embraced with self-awareness and self-esteem. Life as a teenager going through puberty should be enjoyable and shared in the spirit of childhood.

Womanhood and motherhood experiences have their own time; there is no need to rush. Learning boundaries can help prevent feelings of pressure. It is hoped that young girls will appreciate the content of this leaflet and the puberty pack, as both are intended to provide support during this important phase of life.

Veronique Herminie, First Lady
Republic of Seychelles
September 2026

