



**lil-lets**  
teens

**THE ULTIMATE GUIDE TO  
BECOMING A TEEN**

[www.becomingateen.com](http://www.becomingateen.com)



# SO WHAT IS PUBERTY?

**Puberty** can arrive as early as 8 years old for some girls, which can be really **confusing** as you might wonder **what's happening to you and why!**

Don't worry, it's completely natural and it happens to **all of us.**

There are  
**LOTS** of  
changes  
you may  
start  
noticing:



- Hair in places that you're not used to (under your arms and between your legs)
- Your body develops curves
- You may sweat more
- The skin on your face may get a bit oilier, which can lead to spots or black heads
- Your hair may also become greasier
- Your breasts start to become fuller
- **AND you'll get your first period!**

# DEVELOPING BREASTS

One of the **first signs** you've started puberty (and one of the most talked about changes) is when you **develop breasts**, which can be noticed up to 2 years before your period arrives.

## When am I going to get mine?

Every girl develops breasts at different times to her friends, some girls notice breasts starting to grow as early as 7 and for others it can be in the later part of their teen years.

## How will I know?

Normally, the first sign is when you develop **'breast buds'** which are small raised lumps behind your nipple area. Breast buds are made up of milk glands, tissue, fat and muscle and it's very normal for one to start showing before the other. It might also take a few months before the second breast starts to develop too. They might also feel a bit tender, especially if they're accidentally knocked. This is very normal as the breasts continue to develop over the next few years.



Find out more at [www.becomingateen.com](http://www.becomingateen.com)

# WHAT HAPPENS TO HOW I'M FEELING DURING PUBERTY?

Not so easy to spot as the physical changes, but your **emotions** may be on a rollercoaster too. **You might:**

- Notice a **change to your moods**; find you're happy one minute then burst into tears the next.
- Be **extra sensitive** to comments made by your family.
- Be **anxious** about how you look or **self-conscious** about how you behave in front of others.
- **Argue** with your parents a lot.
- Start to see others as **more than just friends**.



You might also experience **PMS** or **Premenstrual Syndrome** which is the term used to describe **hormone changes** that happen to some women a week or two before their period. You may notice feeling irritable, tearful, breakout in spots, feel bloated, pains in your tummy, back ache or muscle and joint pains, **BUT this is all completely normal.**

**TOP TIP:** If you're feeling like this, firstly **be nice to yourself** and maybe **chat to your friends or family** about how you're feeling so they **understand** and can **support you**.

## What is **discharge**?



- ▶ **Around puberty**, your body may start releasing a fluid called **discharge**.
- ▶ It's **perfectly normal** and is your body's way of keeping your vagina clean and free from infection.
- ▶ **Discharge is a clear or creamy yellow fluid** that's produced by glands at the entrance to your womb along with normal secretions naturally found on the walls of your vagina.
- ▶ You may start to notice discharge about **6 - 12 months before your first period**.
- ▶ Once you've had your period, you may still keep producing discharge regularly.



fresh feeling  
all day, everyday



super soft  
feel

## Liners, pant liners or panty-liners

are designed for everyday use and absorb discharge to help keep you and your underwear feeling fresh. They are much thinner than a pad and are perfect for when you think your period may be due or at the end of your period when your period flow is lighter. **Lil-Lets teens liners** are made **smaller** and **narrower** to fit smaller bodies.

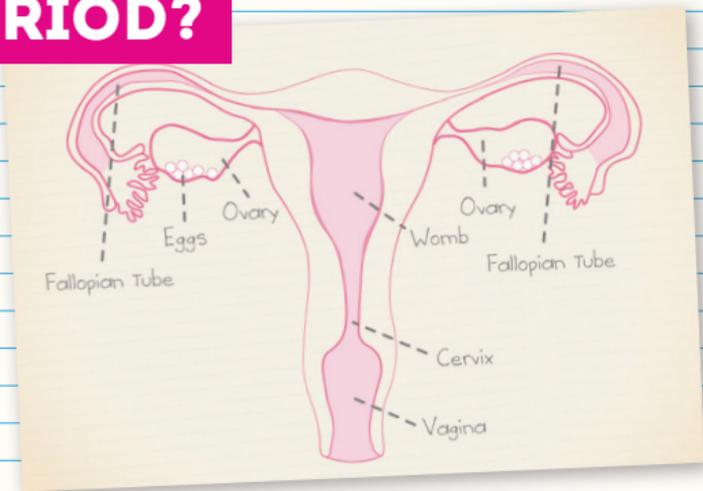


perfect pant protection  
before, during and after your period



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# WHAT IS A PERIOD?



When you reach **puberty**, your body is preparing itself for if you want to have children (even though this might be a long way off).

Every month, your ovaries release a miniscule egg which, if fertilised by a male's sperm, would make a baby. At the same time, your body also produces blood and nutrients to cushion your womb in case the egg has been fertilised. If the egg isn't fertilised, the egg and womb lining is no longer needed so the body releases them. This is what is commonly known as a 'period'.

## Did you know?

For most, no more than two and a half tablespoons or an egg cup full of blood is released every month.

# ALL ABOUT... PERIODS

**I haven't started my period yet. When will I start mine?**

**Don't worry.** The average age for a girl to start her period is **13**. But in reality, it is common for girls to start anywhere between the **ages of 8 and 18**. As there's no way of predicting when it'll start, it's a **good idea to keep some pads in your bag** when you're out and about.

**What happens when it does arrive?**

When it does arrive for the **first time**, some girls notice either a **tiny bit of blood in their underwear** or on some toilet paper. Although it may be an awkward conversation, you need to **have the chat with your mum, sister or close family member** so they make sure you have products for this period and the next one.

**What does a period look like?**

The colour of menstrual fluid can **vary from period to period** or **day to day** and it is **normal** for it to be **sometimes brown** in colour and **sometimes red**.

## How long do periods last?

The first day of the menstrual cycle starts with your period, the release of blood from the vagina, which can last **anything from 2 to 10 days**.

## How often do they happen?

**Periods happen about once every month** as part of the menstrual cycle, which usually lasts between **21 and 34 days**. For the first few years, periods can often be irregular with both long and short gaps in between them. **Be prepared** by carrying **some pads or tampons with you in your school bag** or **consider wearing a liner**.



## Will every day of my period be the same?

Most girls find that the **first two or three days** of their period are the **heaviest** and then during the **last few days** it gets **lighter**. Some girls use a higher absorbency pad or tampon during their heavier days and move to a lighter absorbency product in the last few days.



# FINDING THE SANITARY PROTECTION THAT'S RIGHT FOR YOU

We all have **different needs** when it comes to sanitary protection. Like you, **your period is unique** and despite how similar you and your BFF might be, you may have completely different experiences!

We are here to **help you discover what's best** for you and we're confident you will find something in our **Lil-Lets range** to suit you.



**PADS**



A lot of girls choose to use **pads (or towels)** when they start their period. Pads are rectangles of absorbent material that you stick to the inside of your underwear. Most of them have wings that wrap around your underwear to help them stay in place. Pads also come in different sizes for heavier and lighter periods and should generally be changed every 3 to 5 hours.

## How to use a pad

### step 1

Open the wrapper and peel the pad away from the wrapper and/or the backing paper (the back of the pad should feel sticky).

### step 2

Position it in your pants (for long and night pads the back is wider).

### step 3

If there are extra flaps, remove the tab to reveal the sticky area on the wings and fold these around and underneath your underwear to hold it in place and keep it secure.

### step 4

Once you've removed your pads, wrap it in the new pad wrapper and put it in the rubbish bin.



**day**

- Light to medium flow



**Long**

- Medium to heavy flow or for those that prefer a long pad



**Night**

- Very heavy flow and a restful night's sleep or for those who prefer an extra-long pad.

If you like our Lil-Lets teens pads and feel ready to move on from the Lil-Lets teens range, why not try our **Lil-Lets adults pads available in both ultra thin and maxi thick styles.**



## WHAT ARE TAMPONS?

A tampon is a great alternative to pads so lots of girls decide to switch to them once they're more comfortable with their periods. Tampons are made of a 'cotton-like' material and absorb the menstrual blood from inside the vagina.



## Why do people use tampons over pads?

- They're perfect if you love **being active** and going **swimming**.
- Tampons are worn **inside your body** so you are less likely to notice any odour.
- It means you don't have to take a bag with you every time you go to the loo (**they're so small** you can hold one in your hand or put it in your pocket).
- No matter how heavy your period flow is, there is an absorbency size that'll be **right for you**.
- Nobody knows you are wearing one.
- They are **really easy** and **comfortable** to insert once you know how!



smartfit™  
expands all the  
way round for  
amazing comfort  
& protection



Find out more at [www.becomingateen.com](http://www.becomingateen.com)

## Are there different types of Lil-Lets tampons?

All our tampons are SmartFit™, so whether you choose our **applicator** or **non-applicator** tampons, they work in the same way once in place. The only difference is how you insert them.



- The choice between **applicator** and **non-applicator** tampons is simply down to **personal preference**.
- With a SmartFit™ **non-applicator tampon**, you guide it into place using your finger.
- A Lil-Lets SmartFit™ **applicator tampon** comes with a plastic tube that you use instead of your fingers.

**The tube has been designed to push the tampon into place for you.**

- Just like pads, tampons come in a **variety of absorbencies**.

If you feel ready to move on from the Lil-Lets teens tampon range, why not try our Lil-Lets SmartFit™ tampons? Available with and without an applicator, they come in up to 6 different absorbencies to suit your flow.



**lite** ●●●●●● ..... very light to light flow <6g  
**regular** ●●●●●● ..... light to medium flow 6-9g  
**super** ●●●●●● ..... medium to heavy flow 9-12g  
**super plus** ●●●●●● ..... heavy flow 12-15g  
**super plus extra** ●●●●●● ..... very heavy flow 15-18g  
**ultra** ●●●●●● ..... extremely heavy flow 18-21g

# How do I insert a tampon?

Firstly, relax and make sure to wash your hands before and after inserting a tampon.

## Non-applicator tampons

### step 1



Unwrap the tampon and pull the cord away from the base of the tampon, giving it a gentle tug to ensure it's secure.

### step 2



Use your fingertips to guide the tampon into place, aim up and backwards towards your lower back.

## Applicator tampons

### step 1



Make sure the cord is hanging outside the inner tube. Pull the inner tube out until it stops at the bottom of the outer tube.

### step 2



Hold the applicator with your thumb and middle finger just below the rim.

### step 3



Ease in the applicator until you've inserted it as far as the rim of the outer tube. Then using the finger between your thumb and middle finger, push the inner tube inside the outer tube until both rings meet.

### step 4



Gently pull out the applicator, leaving the cord hanging out and you're all done.

Once it's in place **you shouldn't be able to feel the tampon inside you**, that's how you'll know it's **positioned in the right place.**

## How do I remove a tampon?



Relax and give the cord a gentle tug. If the tampon feels slightly held in place (like it's difficult to pull out), leave it a little longer but never leave it longer than **8 hours**. Once removed, the tampon can be wrapped in tissue paper and put in the bin.

Just like anything new, using tampons can take a little bit of practice, but in no time at all you will get used to inserting them and enjoy the freedom they can bring.

### And finally some important information

There is an illness called Toxic Shock Syndrome or TSS. It's a very rare illness that affects a very small percentage of the population including men and women of any age.

You can get TSS from lots of things like burns, insect bites, after you have had any surgery, and occasionally, when you are menstruating and using a tampon. It can start like flu to begin with and other symptoms to look out for include a sudden high fever over 39°C/102°F, sickness, diarrhoea, muscle aches, a sore throat, dizziness or fainting and a rash that looks a little bit like sunburn.

If you have been using a tampon and appear to have any of these symptoms, then you should remove the tampon straight away and tell your parent or guardian that you feel unwell. They should take you to your doctor or hospital to be checked and don't forget to tell them you have been menstruating and using a tampon.

If you have ever been diagnosed with TSS, you should always talk to your doctor before using tampons again in the future.

TSS is extremely rare and it is unlikely you will ever experience it. However, it can be fatal and for this reason you will find a leaflet inside every pack that gives you lots of advice on how to use a tampon correctly.

As ever, it is always good to **read the facts** for yourself and not hear things from others that may not be true.



**Thanks for reading our little booklet.**  
We hope you now feel **super confident**  
and **reassured** about how your **body**  
**changes** during puberty, **what periods**  
**are** and what **products you can use!**

**If you are still unsure or have any questions,**  
you can visit our website to find out more or ask  
our **Agony Aunt Vicki** any questions you may have.



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