



# DISCOMFORT TALKING ABOUT PUBERTY

**“I entered puberty at age 9. My pubic hair has been growing since then, my breasts started to develop, and hair appeared under my armpits. I have whitish discharges, and I wonder when I’m going to have my first period. When it arrives, how do I tell my mother? I find it embarrassing to talk to her about this, but I don’t want to talk about it with my big sister either.”**

**What does this person feel?**

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**What are their concern?**

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**What can this person do for reassurance?  
What advice would you give them?**

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**Who could this person talk to if they have questions?**

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