



# PREPARING YOUR DAUGHTER FOR PUBERTY & BEYOND

Each download covers the essential, age-appropriate information she needs. Simply select your daughter's age group and topic to receive your download instantly. Following this flow of information, helps her learn as her body changes. Take your time. Focus on your daughter's needs today.

## 8 YEARS OLD

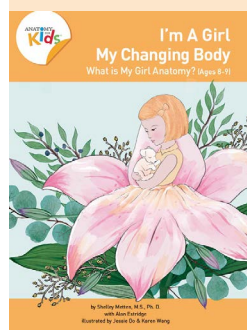


### Early Puberty Signs

- Why do I need to go through puberty?
- Is my body going to start changing soon?
- Does puberty mean I need to start wearing a bra?
- Why do I smell different?
- Am I going to have pimples?
- Why are there little lumps in my breasts?

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## 9 YEARS OLD

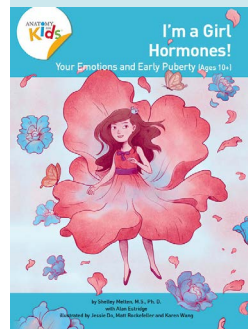


### What is My Girl Anatomy?

- How many eggs are in my ovaries right now?
- What happens to an egg in the uterus?
- How does a baby squeeze through the vagina to get out?
- Where is the uterus and vagina in my pelvic cavity?
- What's a vulva?
- Do I have pubic hair now?
- Does a baby and pee come out the same opening in the vulva?
- Why do I feel so emotional?
- When is my period going to start?

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## 10-12 YEARS OLD



### Your Emotions and Early Puberty

- What is adolescence?
- Why am I feeling so many different emotions?
- Why do I smell different?
- Why do I get pimples?
- What makes me grow taller?
- What is the pelvis?
- How do eggs get from the ovaries to the uterus?
- How does a baby fit inside the vagina?

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### Understanding Your Menstrual Cycle

- Why do I need to have menstrual periods?
- What is a menstrual cycle?
- What does estrogen do?
- What is ovulation?
- What does progesterone do?
- Will I know when my period is going to start every month?
- Why are periods bloody?

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### Preparing for Your First Period

- Where does the blood come out during your period?
- Does pee come out the same place that blood comes out?
- What am I supposed to do about the blood?
- How do you use a pad or period underwear to catch the blood?
- How do you use a tampon to catch the blood?
- Are there other choices?
- Will my period start on the same day every month?

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## 13-14 YEARS OLD



### Similar Puberty Changes

- Do boys feel a change in emotions?
- Do boys want more independence too?
- When is sexual maturity for boys and girls?
- Does a boy's body odor change?
- Do boys get pimples and acne?
- Do boys get breast buds?
- Why do boys grow taller a year later than girls?
- Why do boys have a deeper voice?

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### Eggs and Sperm

- Why is there a limited number of eggs?
- Why is there an endless number of sperm?
- What hormones are in a menstrual cycle?
- What happens at ovulation?
- Where does a period come from?
- Where are sperm made?
- How do sperm get out of the body?

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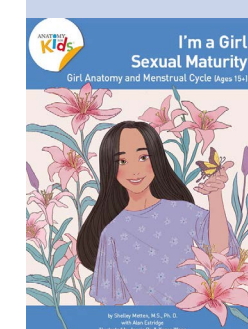


### Becoming Sexually Mature

- When does this happen for boys and girls?
- How do sperm find an egg?
- What is fertilization?
- What are XX and XY chromosomes?
- What are sexual centers in the brain?
- What is the secret to friendship with boys?

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## 15+ YEARS OLD



### Girl Anatomy and Menstrual Cycle

- Girl structures in the pelvic cavity
- What happens to the egg at ovulation?
- How does an egg make its way to the uterus?
- What happens in a pelvic exam?
- What are the two openings in the vulva?
- What is inside a breast?
- What are the stages of the menstrual cycle?
- Does the brain control the menstrual cycle each month?

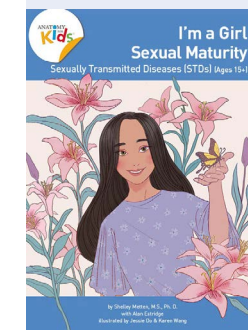
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### Conception and Contraception

- What are the male anatomy structures?
- When in the menstrual cycle can fertilization happen?
- What determines if its a boy baby or girl baby?
- What happens in the first three gestational months?
- Why is abstinence the best way to prevent pregnancy?
- How do condoms prevent pregnancy?
- How does the birth control pill prevent pregnancy?

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### Sexually Transmitted Diseases (STDs)

- How is a viral STD different from a bacterial STD?
- Can chlamydia and gonorrhea be cured?
- Can HPV and genital herpes be cured?
- Can you take a vaccine to prevent an STD?

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