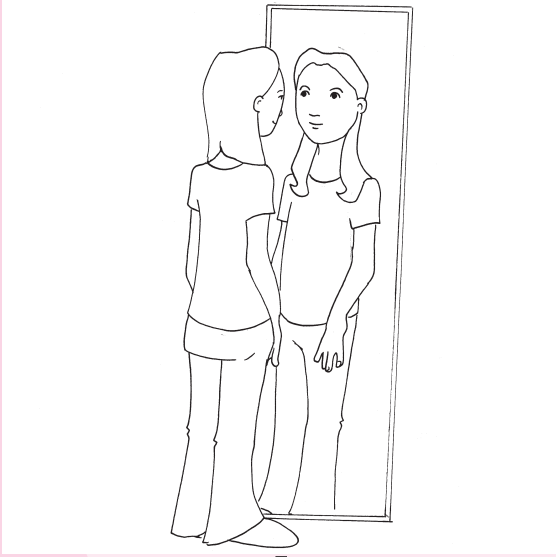
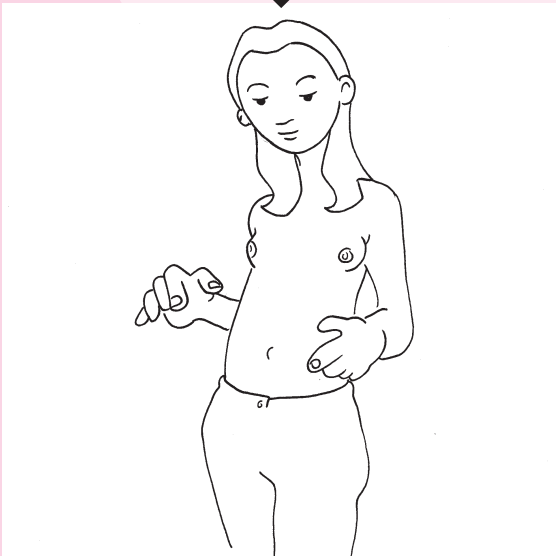


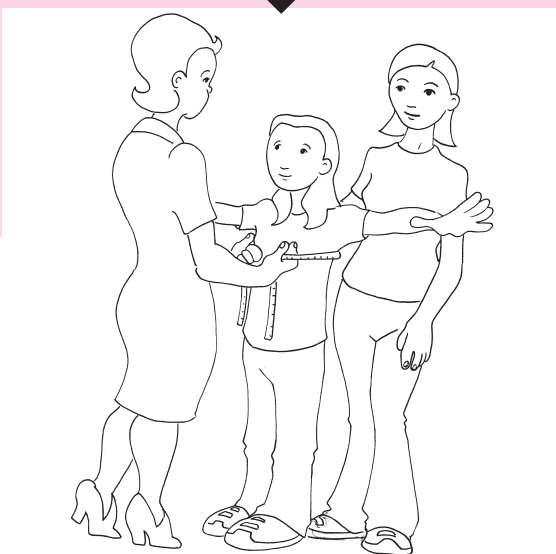
## Julie grows up



- Julie looks in the mirror. She sees she is starting to grow up.
- Ask if any of the children are growing up.

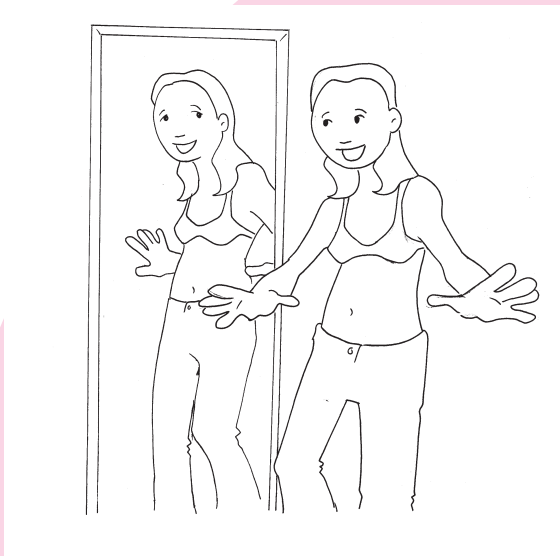


- One day Julie notices her chest is growing
- Discuss how breasts will develop

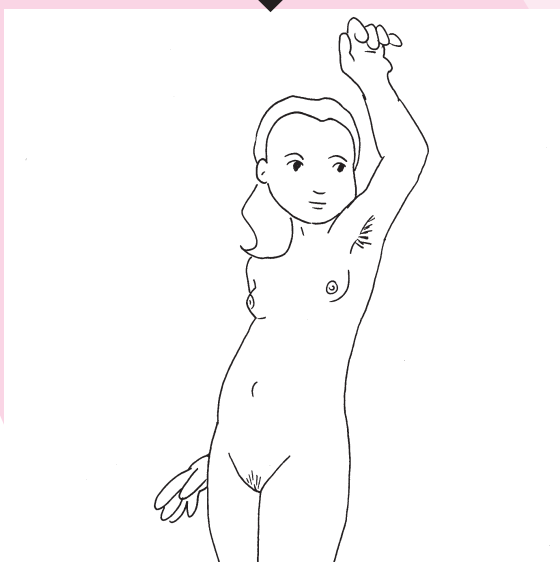


- Julie goes to get a bra
- Discuss this (the right size?)

## Julie grows up



- Discuss how getting a bra is another sign of growing up

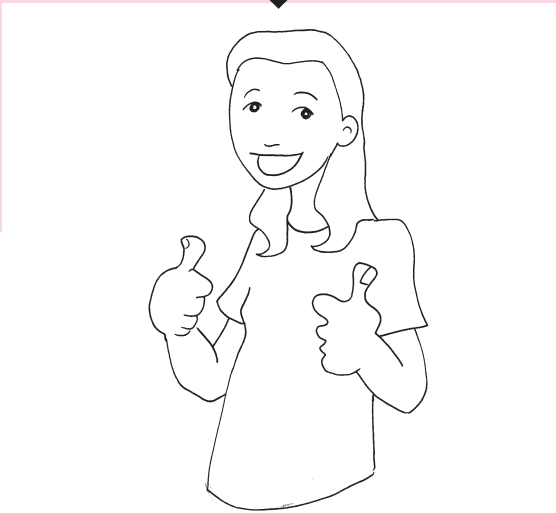


- Julie notices some hairs under her arms and between her legs
- Discuss this is a sign of growing up and they need to keep clean



- Discuss how Julie's mum tells her about one day there will be blood on her pants. It will come out of her vagina for a few days every month. It is called a period

## Julie grows up



- Explain how pads fit into pants/knickers

- Explain how having a period is nothing to worry about

- Julie feels good about growing up