

# CONCLUSION



The body forms the basis for a girl's identity. Girls at puberty are seeking guides. They must be given the opportunity to gain a comprehensive understanding of progression of cyclic events in the female body. Only on this basis they will be able to accept their menstrual periods positively, and understand the effects of contraceptive methods.



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# ADOLESCENCE

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# GIRLS AT ADOLESCENCE

To better understand the life and thoughts of a young girl, it is important to explain the many changes experienced by a girl in puberty. Female gynaecologists have memories of their own experiences, which they can put to good use during their discussions with youngsters.



## Physical development in adolescence

- Girls grow, and the growth spurt always precedes the start of menstruation
- A waist is formed as the pelvis becomes wider
- Girls experience increase in adipose tissue
- The breasts develop
- A cyclic hormonal control loop occurs
- Fertility begins (white discharge/ menstruation)

## PUBERTY PRESENTS MAJOR CHALLENGES

Girls may find their own body becomes unfamiliar, and they are in search of a new identity. This often results in heightened body monitoring and body control. Girls can often lock themselves in the bathroom for several hours, and may be highly sensitive to critical remarks. Girls may suddenly start to suffer from acne, dysmenorrhoea or diffuse discharge. They are preoccupied with, and sometimes in conflict with, their own body. The first menstruation has a very special significance: on the one hand, it is eagerly awaited with certain optimism, because it symbolizes growing up, becoming a woman, being able to bear children. On the other hand, getting the period confronts girls with a loss of cleanliness and control, with pain and limitations in their freedom of movement. Girls feel ashamed many times right after the first menses (so do boys with the first ejaculation...). This can be tackled with such education!

“ The bleeding doesn't stop, and it is unpleasant. ”

“ I keep getting stomach pain, and sometimes backache. ”

“ I think it's stupid that we have to have periods ”