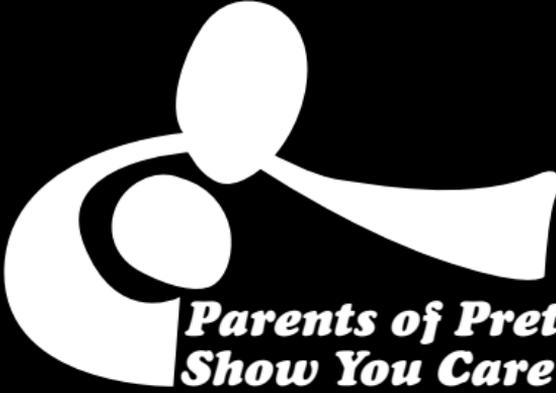




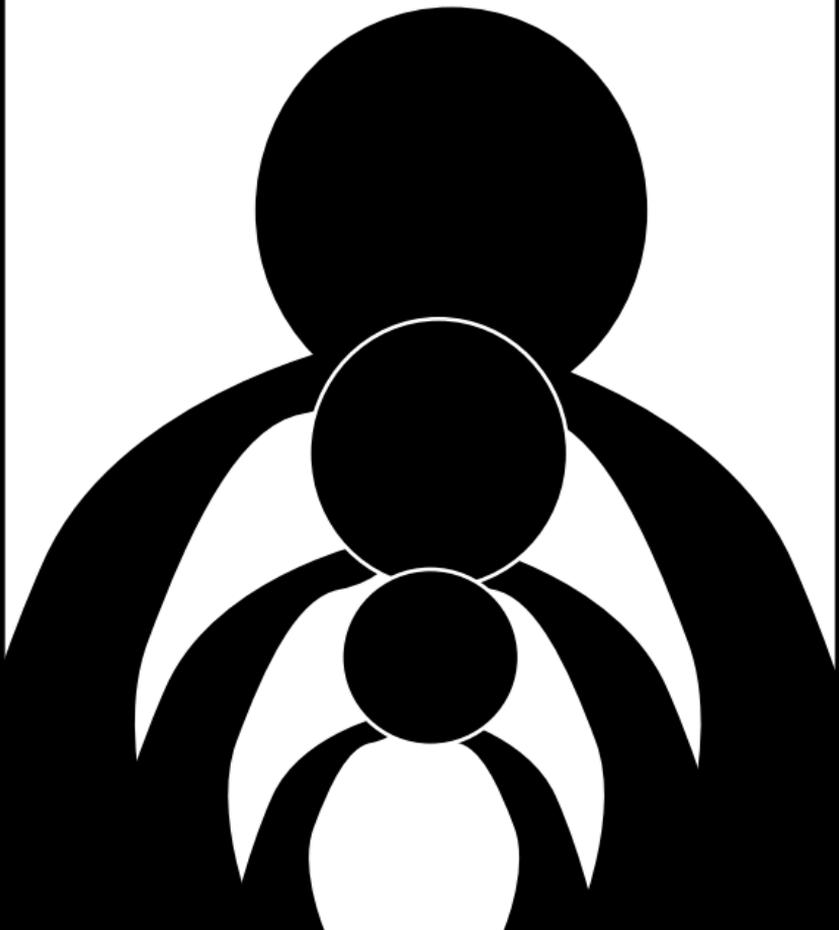
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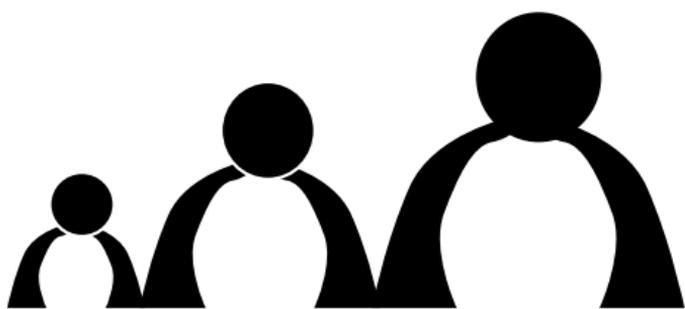
***Parents of Preteens:
Show You Care***

Prepare
**Your Preteens for
Body Changes**



Educating People To Help Themselves

Parents of Preteens: Show You Care



Prepare Your Preteens for Body Changes

Around ages 10, 11, and 12, boys' and girls' bodies change. They are no longer children, but they are not yet teens. They are preteens. One big job for you is to help them feel at ease with their changing bodies.

During these years, preteens grow very fast. Most girls start their growth spurt sooner than boys. Usually preteen girls will be taller and heavier than preteen boys. About this time, girls will start to menstruate. Boys will now be able to father children.

Your preteens may not like how they look when these changes happen. They may feel awkward. Some may feel that they are growing too fast and too soon. Others may think they will never grow up. They may worry that they are not like their friends. To help your preteens, talk with them about their changing bodies. If they take a sex education class in school, talk about what they are learning. The more they know, the more they will be able to cope with their changing bodies.

Ways to Prepare Your Preteens for Body Changes

- Tell your preteens what body changes to expect.
- Explain menstruation to your pre-teen daughter. Tell her what to do before it starts.
- Tell your preteen son that he can now make a girl pregnant.
- Encourage your preteens to ask questions.
- If you cannot answer a question, find someone who can.
- Give your preteens privacy.
- Tell your preteens it is okay to be bigger or smaller than friends.
- Do not tease your preteens about body changes.

Other leaflets in the *Parents of Preteens: Show You Care* series are

- L 249 Tell Your Preteens What You Expect
- L 251 Help Your Preteens Do What Is Right
- L 252 Help Your Preteens Make Friends
- L 253 Help Your Preteens if You Separate
- L 254 Get Help When You Need It
- L 255 Help Your Preteens Succeed in School
- L 256 Boost Your Preteens' Self-Esteem

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P93/R95

Issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, University of Maryland at College Park, and local governments. Thomas A. Fretz, Director of Cooperative Extension Service, University of Maryland at College Park.

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