



GIG
CYMRU
NHS
WALES

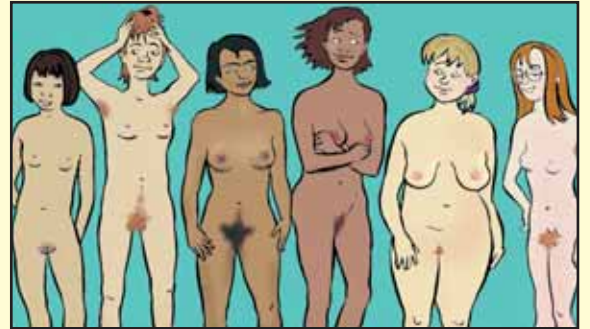
Iechyd Cyhoeddus
Cymru
Public Health
Wales



talking sense about sex

Advice Sheet 3

Talking about puberty in girls



“My daughter started her period aged 9. I realised we hadn’t spoken about it properly so I made sure we talked but I wish I done this a bit earlier.”

Parent of daughter aged 11

Puberty

Seeing your child growing up can trigger a range of emotions. You might feel proud, sad, worried, or a mixture of all these emotions. Remember that you can help your daughter through puberty by making sure she knows what to expect.

“I can’t believe how moody my daughter has become now she’s in her teens, its almost as though a switch has gone on somewhere inside.”

Parent of daughter aged 13

Puberty affects young people emotionally as well as physically. Hormonal changes can lead to mood swings including irritability, tearfulness, and confusion. Extreme feelings of creativity, love, rage and despair are typical of the teenage years because the body is producing high levels of the hormones responsible for these feelings.

Helping build your child’s self-esteem at this time is one of the most useful things a parent can do. Self-esteem is an important factor in how we live our lives; it can inform the decisions we make and the way we treat ourselves and other people.

“As my daughter was talking about celebrities all the time, I decided to start a conversation about the way photographs and advertisements show women and men in a certain way. It was really helpful and has led on to lots of other discussions.”

Father of daughter aged 12

You can help your child understand that everyone is different. Our bodies develop in their own unique way and the idealised way that men and women look on television and in magazines is not realistic.

Sometimes it is easy for teenagers (and adults!) to fall into the trap of thinking ‘if only...’. For example, ‘my life would be perfect if only I were taller/thinner/had muscles/had perfect skin’. Reassure your child that it is what they are like as a person that matters – the things they think, do and say, and how they treat people.

Breasts

Breasts and nipples tingle or itch while they’re developing. Your daughter might worry this is not normal, so let her know it is healthy and it will stop once they’ve grown. Growth can be uneven, so one breast may be bigger than the other.

Periods

A period is bleeding from the vagina that lasts for a few days – usually around four or five days (although bleeding for a longer or shorter time is normal). Girls can start their periods anywhere between the ages of eight and 18 years old. A girl needs to know about periods before she starts them so she will know that what is happening is normal. Make sure she knows how to deal with her period when it starts; have some sanitary products in the house and let her know where they are and how to use them. Explain to your daughter that she may leave some blood on the sheets or on her pants and that it is nothing to be embarrassed about.

If your child asked you: *“Will I still be a virgin if I use a tampon?”*
You could answer: *“Yes. You are a virgin until you have sex.”*

Masturbation

Masturbation is when someone touches, rubs or strokes their own body parts for pleasure. Both girls and boys can do it, and most do at some point. Many people have fantasies while masturbating – this is normal. Most women

masturbate by rubbing/stroking around or on their clitoris and maybe moving their fingers in and out of the vagina. It may feel difficult to talk with your daughter about masturbation, but she should know that it is normal and won't hurt her and that it's not something she need feel guilt about doing.

Sleep

When they are going through puberty, young people need extra sleep. So while it may seem that your child is being lazy, it might really be that he or she is desperately in need of sleep.

Spots/acne

Puberty can cause glands in the skin to be overactive and to produce too much oil. This can lead to blocked pores causing spots or acne, especially on the face. The best thing your child can do is keep their skin clean, and keep healthy generally – eat healthily and get regular exercise. If acne becomes a problem, talk with a doctor.

The information in this advice sheet is taken from *Speakeasy: talking with your children about growing up* (FPA).

Other useful resources

- FPA has a range of booklets for young people about growing up and sex and relationships – see www.fpadirect.org.uk. Before sharing a book, leaflet or website with your child, have a look at it yourself first so you can ensure that it is appropriate.
- Helplines and websites for young people
www.askbrook.org.uk Tel: 0808 802 1234
www.likeitis.org
www.nhs.uk/Livewell/Sexandyoungpeople
- Helplines and websites for parents
www.fpa.org.uk/helpandadvice/parentsandcarers
www.familylives.org.uk Tel: 0808 800 2222

Glossary

Vagina: The part of a woman's sexual organs that connects the uterus to the external genitals. Where the penis goes during sexual intercourse between a man and a woman.

Clitoris: A small fleshy bump, where the lips (labia) meet above the vaginal opening, which is very pleasurable to touch.



GIG
CYMRU
NHS
WALES

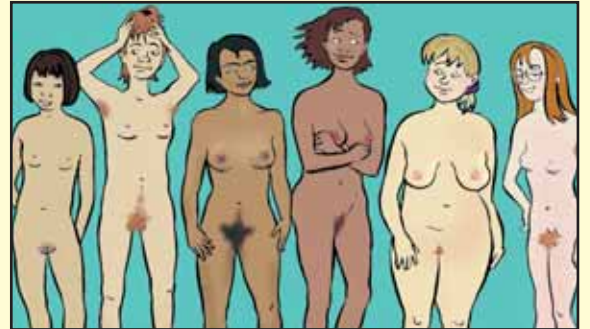
Iechyd Cyhoeddus
Cymru
Public Health
Wales



siarad synnwyr am ryw

Taflen Gyngor 3

Siarad am effeithiau'r glasoed ar ferched



“Dechreuodd mislif fy merch pan oedd hi'n 9 oed. Sylweddolais i nad oedden ni wedi trafod y peth yn iawn felly fe wnes i ofalu ein bod yn ei drafod. Ond byddai'n well gen i pe baen ni wedi gwneud hynny'n gynt.”

Rhiant merch 11 oed

Y glasoed

Mae gweld eich plentyn yn aeddfedu'n gallu bod yn brofiad emosiynol. Efallai y byddwch yn teimlo'n falch, neu'n drist neu'n bryderus, neu gyfuniad o'r tri. Cofiwch y gallwch helpu'ch merch i wynebu'r glasoed trwy ofalu ei bod yn gwybod beth i'w ddisgwyl.

“Mae fy merch yn ei harddegau erbyn hyn ac alla i ddim credu pa mor oriog ydi hi. Mae fel pe bai rhywun wedi troi switsh ymlaen ynddi.”

Rhiant merch 13 oed

Mae'r glasoed yn effeithio ar bobl ifanc yn emosiynol yn ogystal ag yn gorfforol. Mae newidiadau yn yr hormonau'n gallu achosi iddynt fod yn oriog, yn flin, yn ddagreuol ac yn ddryslyd. Gall pobl ifanc yn eu harddegau gael teimladau eithafol – creadigrwydd, cariad, ffyrnigrwydd ac anobaith, er enghraifft – am fod y corff yn cynhyrchu llawer o'r hormonau sy'n achosi'r teimladau hynny.

Un o'r pethau gorau y gall rhieni ei wneud yw helpu i feithrin hunan-barch eu plentyn yn y cyfnod hwn. Mae hunan-barch yn rhan bwysig o'n bywydau ni i gyd; gall effeithio ar y penderfyniadau a wnawn a'r ffordd yr ydym yn trin ein hunain a phobl eraill.

“Gan fod fy merch yn sôn am sêr teledu ac ati trwy’r amser, penderfynais i ddechrau sôn am y ffordd y mae ffotograffau a hysbysebion yn dangos dynion a menywod. Roedd hynny’n help mawr ac mae wedi arwain at lawer o sgysiau eraill.”

Tad merch 12 oed

Gallwch helpu’ch plentyn i ddeall bod pawb yn wahanol. Mae ein cyrff yn datblygu yn eu ffordd unigryw eu hunain a does gan bobl go iawn ddim cyrff delfrydol fel y rhai a welwn ar y teledu ac mewn cylchgronau.

Mae’n hawdd i bobl ifanc (ac oedolion!) syrthio i’r fagl o feddwl ‘Byddai fy mywyd yn berffaith pe bawn i’n dalach/deneuach/fwy cyhyrog/pe bai gen i well croen’. Gallwch sicrhau’ch plentyn mai cymeriad sy’n bwysig – y pethau y maen nhw’n eu dweud a’u gwneud, a’r ffordd maen nhw’n trin pobl.

Bronnau

Weithiau, pan fydd bronnau a thethi’n datblygu, maen nhw’n cosi neu’n teimlo fel pe bai pinnau bach ynddyn nhw. Efallai y bydd eich merch yn poeni am hyn ond gallwch ddweud wrthi ei fod yn normal ac y daw i ben pan fyddant wedi tyfu. Gall un fron dyfu’n gynt na’r llall am gyfnod hefyd.

Y mislif

Yn ystod y mislif, mae merch yn gwaedu o’r wain/fagina am rai dyddiau – pedwar neu bum diwrnod fel rheol (ond gall fod yn fwy neu’n llai na hyn). Gall y mislif ddechrau pan fydd merched rhwng wyth a deunaw oed. Mae angen i ferch wybod am y mislif cyn iddo ddechrau fel y bydd yn gwybod bod popeth yn iawn. Gofalwch ei bod yn gwybod beth i’w wneud pan fydd y mislif yn dechrau; trefnwch i gael tyweli mislif neu dampons yn y tŷ. Gofalwch ei bod yn gwybod lle maent a sut i’w defnyddio. Esboniwch wrth eich merch efallai y bydd gwaed ar gynfasau’r gwely neu ar ei nicys ac nad oes angen teimlo embaras am hyn.

Pe bai’ch merch yn gofyn i chi: *“A fydda i’n dal yn forwyn (virgin) os defnyddia i dampon?”*

Gallech ateb: *“Byddi. Byddi di’n dal yn forwyn nes i ti gael rhyw.”*

Mastyrbio

Mae mastyrbio’n golygu cyffwrdd, rhwbio neu anwesu eich corff eich hunan i gael pleser rhywiol. Mae merched a bechgyn yn gallu ei wneud ac mae’r rhan fwyaf yn ei wneud rhyw bryd. Mae llawer o bobl yn cael ffantasiau wrth fastyrbio – mae hyn

yn normal. Mae'r rhan fwyaf o ferched yn mastyrbio trwy rwbio'u clitoris neu o'i gwmpas, ac efallai symud eu bysedd i mewn ac allan o'r wain. Gall fod yn anodd i chi siarad â'ch merch am fastyrbio ond dylai gael gwybod ei fod yn normal, na fydd yn gwneud drwg iddi ac nad oes angen teimlo'n euog am ei wneud.

Cysgu

Mae angen mwy o gwsg ar bobl ifanc yn eu glasoed. Felly, yn hytrach na bod yn ddiog, efallai bod gwir angen y cwsg ychwanegol ar eich plentyn.

Plorod/acne

Yn y glasoed, weithiau mae glandiau'r croen yn orweithredol ac yn cynhyrchu gormod o olew. Gall hyn flocio'r tyllau mân yn y croen gan achosi plorod neu acne, yn enwedig ar yr wyneb. Y peth gorau i'ch plentyn ei wneud yw cadw'r croen yn lân a chadw'n iach yn gyffredinol – bwyta'n iach a chael digon o ymarfer corff. Os bydd acne'n broblem, dylai sôn wrth y meddyg.

Daw'r wybodaeth ar y daflen gyngor hon o *Speakeasy: talking with your children about growing up (FPA)*.

Adnoddau defnyddiol eraill

- Mae gan FPA nifer o lyfrynnau i bobl ifanc am dyfu i fyny, a rhyw a pherthnasoedd – ewch i www.fpadirect.org.uk. Cyn rhannu llyfr, taflen neu wefan gyda'ch plentyn, cymerwch gip ar eich pen eich hunan er mwyn gwneud yn siwr y bydd yn addas.
- Llinellau cymorth a gwefannau i bobl ifanc
www.askbrook.org.uk Tel: 0808 802 1234
www.likeitis.org
www.nhs.uk/Livewell/Sexandyoungpeople
- Llinellau cymorth a gwefannau i rieni
www.fpa.org.uk/helpandadvice/parentsandcarers
www.familylives.org.uk Tel: 0808 800 2222

Geirfa

Gwain/fagina : Y rhan o organau rhyw menyw sy'n cysylltu'r groth â'r organau rhywiol allanol. Dyma lle mae'r pidyn yn mynd yn ystod cyfathrach rywiol rhwng dyn a menyw.

Clitoris: Bwmpyn bach meddal lle mae'r gweflau (labia) yn cyfarfod uwchben y wain. Mae cyffwrdd ag ef yn deimlad pleserus.