

# YEAR 5 Puberty Problem Page

## A problem shared ...

### Hold The Phone

Dear Problem Page,  
I don't have a phone yet and the only computer in the home is in the living room. I want to chat with my friends on-line when I get back from school but I feel like my mum is always looking over my shoulder. I don't understand why I can't have a phone when everyone else has. R, age 11

### A spot of bother

Dear Problem Page,

I started to get spots on my face and back when I was about 13. It makes me feel ugly and so I started watching videos on my phone that gave advice. The problem is they all say really different things and I don't know which advice to follow. How do I work out which I should try? P, age 13

### Bed Bug

Dear Problem Page,

Sometimes when I wake up in the morning there is a wet patch in my bed, but it isn't wee. It makes a stain so I've tried washing the sheets in the sink but there is nowhere to dry them without my dad seeing. Why is this happening and what should I do? S, age 14

### Sleepover Stress

Dear Problem Page,

I started my periods last summer. I told my carer and she helped me to deal with it and it was ok. Now I've been invited to a sleep-over. I really want to go but I'm worried I'll have my period when I'm there. I don't know if my friends have started yet and I'm too embarrassed to talk to them about it. What can I do? P, age 11

Dear Problem Page

### Puberty Worries

I learnt about puberty in primary school but now I'm 12 and I feel really confused about things and have lots of questions. I haven't got my period but I get this white stuff in my knickers. I don't wear a bra but my nipples hurt. I don't know if these things are normal. I'm really worried. What should I do? C, age 12

Dear Problem Page,

My friends are always talking about the youtubers we like and some of them have started to wear clothes and make-up to look more like them. I think I look really ordinary and could never look that good. None of the youtubers look like me, they all look amazing. It's making me upset. What should I do? K, age 13

### YOUTUBERS

### Mood Swings

Dear Problem Page,  
I used to be a really happy person. Now I'm 13 and I sometimes feel really miserable. I go up and down and people are beginning to notice. At home they keep calling me moody and tell me to snap out of it. Is this normal and how can I stop it happening? I, age 13

Dear Problem Page,

I am in a chat group with others in my class and we message each other after school. Some people have started to make nasty jokes about one of the group members even though she can read it. They would never say those things at school. I don't like it but worry they would do the same to me if I speak up. A, age 12

### Chat Group Bullies