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Paul V. Sherlock Center on Disabilities @ Rhode Island College
600 Mt. Pleasant Avenue, Providence RI 02908
401 456-8072 Ph. 401 456-8773 TDD 401 456-8150 FAX
www.sherlockcenter.org
Girls Getting Older
Adapted from the original text, *Puberty and Special Girls* by Rose Stewart, Heather Anderson, and Fay Angelo: FL Angelo, HA Pritchard, and RM Stewart partnership.
Adapted from the original text, *Puberty and Special Girls* by Rose Stewart, Heather Anderson, and Fay Angelo: FL Angelo, HA Pritchard, and RM Stewart partnership.
When girls are ten their body changes. This is called puberty.
Nipples and breasts grow.

Adapted from the original text, *Puberty and Special Girls* by Rose Stewart, Heather Anderson, and Fay Angelo: FL Angelo, HA Pritchard, and RM Stewart partnership.
You may need to wear a bra.
Adapted from the original text, *Puberty and Special Girls* by Rose Stewart, Heather Anderson, and Fay Angelo: FL Angelo, HA Pritchard, and RM Stewart partnership.
You sweat and your body smells.
Adapted from the original text, *Puberty and Special Girls* by Rose Stewart, Heather Anderson, and Fay Angelo: FL Angelo, HA Pritchard, and RM Stewart partnership.

- Every day you need to wash your hair with shampoo.
Every day you need to wash under your arms.
Every day you need to wash your feet.

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Every day you need to wash your vagina and buttocks..
Adapted from the original text, *Puberty and Special Girls* by Rose Stewart, Heather Anderson, and Fay Angelo: FL Angelo, HA Pritchard, and RM Stewart partnership.
Sometimes girls have sexy thoughts and feelings.

Adapted from the original text, *Puberty and Special Girls* by Rose Stewart, Heather Anderson, and Fay Angelo: FL Angelo, HA Pritchard, and RM Stewart partnership.
Sometimes girls touch their vagina when they have sexy thoughts. This is called masturbation.
It is okay to masturbate in your bedroom.

Adapted from the original text, *Puberty and Special Girls* by Rose Stewart, Heather Anderson, and Fay Angelo: FL Angelo, HA Pritchard, and RM Stewart partnership.
Masturbation is PRIVATE.
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These are public places.

Adapted from the original text, *Puberty and Special Girls* by Rose Stewart, Heather Anderson, and Fay Angelo: FL Angelo, HA Pritchard, and RM Stewart partnership.
Talk to your parent or teacher about who can see and touch your body.
The entire book with additional topics related to puberty can be purchased from www.secretgb.com