

Puberty Problem Page Activity

I'm 11 years old and I've noticed that some of my friends are starting to grow breasts. My best friend has even started wearing a bra but my chest hasn't changed at all. Is there something wrong with me?

I get really hot at school. Even when I'm not running around, I get hot and I've started to notice that my underarms are getting sweaty and smelly. They didn't used to smell and I'm not doing anything differently so what's changed?

Last night, I think I wet myself in my sleep, which I found really embarrassing because I'm 12 years old and I haven't done that since I was a little boy. The funny thing is, the wet patch on my pyjamas felt all sticky – why would that be?

My skin is getting greasy and sometimes I get spots I squeeze or pick them to make them go away but that makes them go all scabby. I don't like how they look and I feel like everyone is looking at me when I go out. What can I do?

I'm a bit worried about my penis. The end of it gets very swollen and I don't know what to do. It's too embarrassing to tell my Mum.

This morning, I woke up and there was blood in my knickers. Later on in the day, when I went to the loo, there was even more and I'm really worried. I asked my sister and she said, 'That's just what happens to girls,' but I still don't understand – please help!