

Help your teen feel confident

#TeenTalk

49%

of teens are most comfortable having the teen talk with their parents*

*See page 2 for source information.

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More than half of parents in Britain and Ireland say dedicated and readily available information from a trusted source and feeling more prepared by having the right information at hand, would make it easier for them to speak about teenage topics with their teenager*

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*#TeenTalk Survey conducted by One Poll on behalf of Boots and P&G, February 2016.
All stats quoted are representative of parents surveyed in Britain and Ireland.

About #TeenTalk

P&G and Boots have teamed up with teen expert Sarah Newton, to help parents and their teens get talking.

As a parent, you'll understand the challenges of communicating with teens all too well. They suddenly go from wanting to tell you everything, to one word answers.

According to our #TeenTalk research, did you know:

68%

of mums and dads find it awkward to have the #TeenTalk with their teen, with periods ranking as the most awkward topic to approach

19%

of parents said they'd put off the conversation to a later time

78%

of teens admit finding it tricky to approach mum and dad*

*See page 2 for source information.



We've created this booklet to provide you with the helpful tips and tools you'll need to have the #TeenTalk.

Read on, the important thing is to know you're not alone...

Sarah Newton is a Teenologist/Youth Expert with 14 years' experience and regular contributor to Huffington Post, commenting on a number of youth related topics including Parenting Teens, Body Image, Confidence, Mental Health and more. Sarah has appeared on UK Television and radio, and is the author of "Help! My Teenager is an Alien - the Everyday Situation Guide for Parents". She has been described as a catalyst, daring all she meets to break out from social norms and follow their own path - with her very own personal mission to make sure every young person is happy and knows they are OK no matter what! She has featured in Boots WebMD articles including: 12 great things about parenting a teenager, Teenagers and Parties and confidence boosting tips for teenagers.

Starting the conversation with your teen

Many parents find that when the time comes for the first 'teen conversation' to happen, tension and feelings of awkwardness might develop.

Not every child is going to want to talk through everything, and the best thing to do as a parent could be to sensitively ask a question – then listen.

If a child is in mainstream education, these topics have been introduced into a dedicated class since they were 9 or 10 years old. This helps parents to feel comfortable with asking about what they're learning and bring the ongoing conversation at school into the home.

33%

of parents wish they could speak more freely to their teen*

27%

of parents are not confident about having the #TeenTalk*

A good place to start the #TeenTalk is either when you're together in the car or in the kitchen preparing a meal.

*See page 2 for source information.

TOP TIPS

FROM EXPERT TEENOLOGIST SARAH NEWTON

- 1** If you're going to have the Teen Talk, as parents, take the pressure off yourselves - it isn't one big talk, **think of it as an ongoing conversation.**
- 2** Remember what this is about - it's not just a conversation about puberty but actually **it's a conversation about us as a parent** (the most important person in their life) **validating them, honouring them and empowering them with different choices,** for the rest of their lives. If you can remember that, it'll come naturally to relax a little bit.
- 3** **Look out for hooks** - are there other people talking about this? There are always conversations going on in the media and on social media around puberty - you could use that as a conversation starter.
- 4** **Get yourself prepared,** as a parent, by getting all the information, because when you're prepared you'll feel more confident and you'll feel more at ease and then of course, your child will feel more at ease.
- 5** **Ask your child,** how they want to have this conversation - **they will tell you.**
- 6** Don't hold your children to higher standards than yourself. We all have days when we're moaning and not feeling at our best, and if your child does as well, **just give them some space and remember, parents have bad days too!**

KNOWLEDGE IS POWER!

As your pre-teen develops into a teenager they will experience some major physical changes. The changes are completely normal and luckily don't all happen at once! When you're fully equipped with the right knowledge about how your teenager is feeling and the changes they're experiencing, you feel better equipped to support him or her in the way that they feel comfortable.

“**95%** of parents consider body changes to be the least difficult topic to talk about with their teen*”

FROM GIRL TO WOMAN

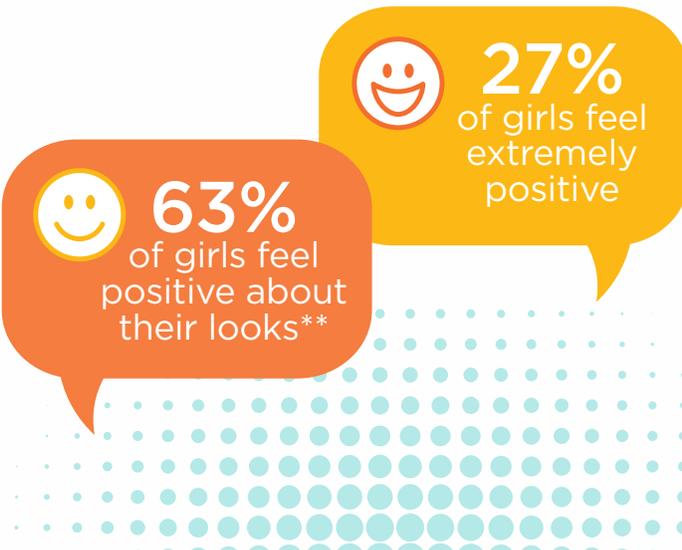
Bear in mind – the changes that take your teen from girl to woman are different for every girl. For some it happens early, for others it takes longer. These changes are known as puberty and usually start between the ages of 8-14 years old.

*See page 2 for source information.

THE CHANGES...

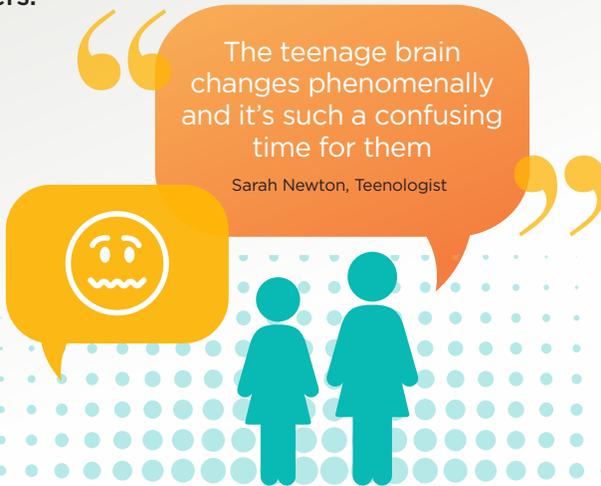
- During puberty, ovaries produce hormones responsible for some changes in your daughter's body. For example, her breasts start to grow - which means it might be time to start thinking about a shopping trip to try on some bras.
- She's becoming taller, and growing body hair. As our bodies develop, our body odour changes too so it's important for teens to find a deodorant they like and maintain good hygiene.
- Teenage girls will also experience changes in their feelings and emotions.
- Girls will experience vaginal discharge, this is a completely normal and healthy part of being a woman. However, if you are concerned contact your GP or speak to a pharmacist.

If you've noticed your teen is experiencing most or all of these, her first period is probably just around the corner. Turn to Page 10 - Road-testing Products for more information on periods and helping to find the right protection for your daughter.



Understanding your teen

Being a teenager is and has always been, a testing but developmentally exciting time. A moment where an overwhelming desire to develop and assert an individual identity is accompanied with a compelling need to belong and be accepted, in particular by peers.



The teenage brain changes phenomenally and it's such a confusing time for them

Sarah Newton, Teenologist

At Boots, we wanted to find out how today's teens are doing. To understand what impacts their health and happiness. To ask them how they feel and find out whether they feel good and if not - why not?

We studied more than 1000 UK teens and pre-teens from across the nation asking them to share, in their own words, how they really feel.*

* Boots UK Teenager Identities & Happiness study 2015 - all stats quoted here take a look at a sample of today's young teenagers (11-17 years old) and what impacts their wellbeing.

The study provides interesting insights into the state and wellbeing of the 11-17 year olds we interviewed and provides valuable information about how we think about and, most importantly, can support our teens.

Teens crave confidence at this age... nearly half of all 14-16 year olds (47%) say they'd like to be more confident. 33% think that would help them fit in better and 57% say that having more confidence would help them feel better about themselves.

Grooming plays a huge role in their confidence, 97% of teens aged 15-17 want clearer skin (42% boys and 55% girls) and this affects the way they feel. 41% of those who want clearer skin say more negative than positive things about themselves.

When asked about what boosts their confidence, 12% admitted that lots of likes on social media would raise their self esteem. But 38% would rather have a compliment from a friend, in person.

What our study showed is that today's teens are a switched on, eloquent and passionate group who value their kindness and honesty and their ability to be a good friend. They want to be able to help themselves and each other which is why we want to support parents and carers in having the right teen talk to help their teens feel good.

Road Testing Products

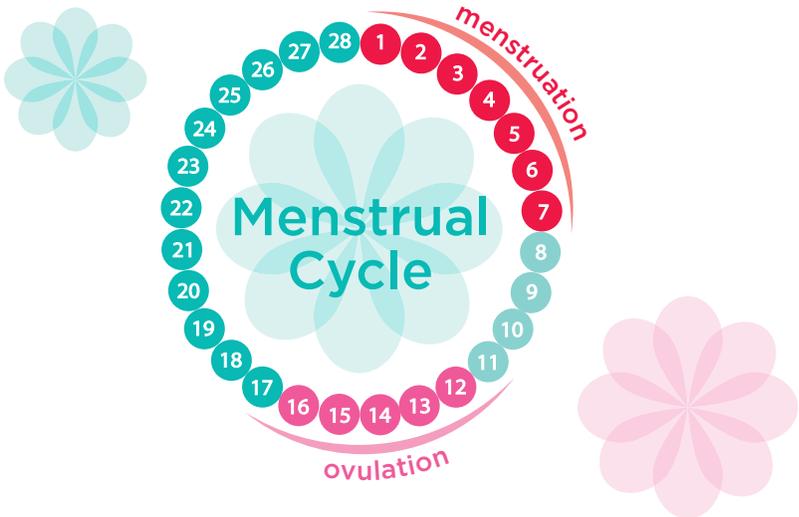
TO FIND OUT WHICH ARE THE RIGHT ONES FOR YOUR TEEN, AND WHEN.

PERIODS AND THE MENSTRUAL CYCLE

Your daughter's period will begin during puberty; it's the days when she'll begin to shed tissue, fluid and blood (also called menstrual discharge) from the lining of the uterus (also known as the womb) in readiness for an egg to be released from her ovaries.

Every girl is different but for most girls and women, it happens once each month and lasts between 3 and 7 days.

The average time this takes is 28 days, but anywhere between 21-35 days is normal. The cycle then starts again.



Among topics like body changes, friendships and education – teenagers and parents consider menstruation to be the most difficult topic to talk about



Every girl is different and it's a good idea to ensure that you both work out what protection might be right for her together and that your daughter is always prepared.

Always Ultra has a great range of ultra thin pads available in different sizes and absorbencies.

Or once she's settled into a bit of a more regular routine with her periods she might want to try Tampax Compak Pearl which gives her the protection and discretion she might be looking for. But the most important thing is to keep the conversation open.

Building Personal Confidence

During this exciting time, the hormones charging around your teenager's body are responsible for lots of the changes already covered. Some of the changes your teen will experience like oily hair and body odour will mean that personal grooming and hygiene become an ever important factor in your teen's daily routine.

Boots has a great range of skincare and haircare products that are suitable for teens and what's more they have experts on hand that can help advise on the right products to try.

SHAVING

Body hair is still an important topic and a new experience for girls going through puberty. So when the time is right for her, it's important to ensure she has all the tools and information she needs to find the right product.

The Venus razor is specifically designed for the curves and contours of a woman's body. To make the experience extra smooth Venus and Olay includes built-in shave gel bars to help retain skin's natural moisture.



HAIRCARE

Long hair? Short hair? Dry or oily hair? Teenager's hair can often be affected by puberty. It is hard for teens to know how to take care of their hair properly and get it healthy and shining.

If your teens hair is in need of some SOS and repair, Aussie's special 3 Minute Miracle Reconstructor Conditioner formula, with Australian Balm Mint extract, not only smells great but also smoothes rough cuticles and helps restore manageability – leaving hair looking soft, shiny and full of life.



ORAL HEALTH

Maintaining a good oral health regime is also really important as your teen is acquiring their last permanent teeth and maybe wisdom teeth too.

As they take more responsibility for their own timetable and diet, they need to ensure that they are developing brushing and flossing habits that fit in with their new schedule.



Find out more at [boots.com](https://www.boots.com) and [boots.ie](https://www.boots.ie)

*See page 2 for source information.

FAQs for Girls



WHY DO I FEEL PAIN DURING MY PERIOD?

Some women hardly notice any discomfort during their period, others may experience cramps. You get cramps when your uterus contracts slightly to get rid of its lining. You may feel them during your period in your lower back or even legs. Not to worry! Cramps are normal and there are many ways to get relief, such as lying down if possible at the first sign of pain, gently rubbing your abdomen, taking mild exercise and stretching or taking a warm bath.

For more guidance on pain relief methods visit [boots.com](https://www.boots.com) or [boots.ie](https://www.boots.ie)

SHOULD I TELL ANYONE WHEN MY 1ST PERIOD COMES?

You can if you want to! It's an exciting thing to happen. Remember that all women have periods, so they know all about what to do and how to help you. If you don't already have pads or tampons with you when your first period comes, then you will need to tell either a trusted adult or a friend so that they can give you some pads or tampons and give you some advice.

WHAT IF I'M AT SCHOOL WHEN MY 1ST PERIOD COMES?

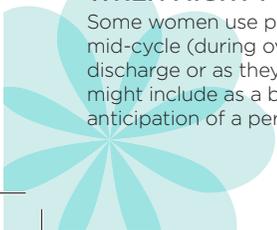
Virtually all girls are taken by surprise when they get their first period – even if they're quite well informed, so don't worry. Some girls carry a pad and some clean underwear in a bag to be prepared just in case. A friend or a teacher are both good places to turn to for help. Most schools keep some spare pads for times like this.

WHAT IS A PANTY LINER?

Panty liners are an absorbent extra layer than can be added into underwear to absorb moisture. They're really simple to use, the paper strip on the back of the panty liner covers a sticky part on the underneath, when removed the liner can be attached securely to underwear.

WHEN MIGHT I USE A PANTY LINER?

Some women use panty liners to manage vaginal discharge, primarily mid-cycle (during ovulation) to manage their increased vaginal discharge or as they feel the need. Other reasons for using pantyliners might include as a back-up when wearing a tampon or as protection in anticipation of a period starting.



WHAT IS A TAMPON?

Tampons are sanitary protection that are worn inside your body. A tampon is made of soft absorbent material compressed into a small oblong shape with a cord securely sewn through it for removal. It's held in place by muscular walls of your vagina and gently expands to absorb your flow.

TOXIC SHOCK SYNDROME

Toxic Shock Syndrome (or TSS) is associated with tampon use and is something you should be aware of once you start your periods, it is a rare but very serious illness which can be fatal. Some of the symptoms of Toxic Shock Syndrome are like the flu, a sudden high fever usually over 39 degrees Celsius or higher, vomiting, diarrhoea, muscle aches, a sun burn like rash, sore throat, and dizziness and/or fainting which can become serious quickly. If you have any of the symptoms shown, you must immediately remove your tampon and go to your nearest Accident & Emergency Department. Remember to tell the doctor that you've been using tampons. You can reduce the risk of TSS by ensuring that you read the leaflet thoroughly, which is included in the tampon pack before you use them, to ensure you use them in the correct way and change them every 4 to 8 hours or more often if needed. If you are in any way concerned that you may have developed Toxic Shock Syndrome it is important you seek help from a trusted adult or a health care professional immediately.

For more questions about tampons, Toxic Shock Syndrome and PMS visit boots.com or boots.ie or toxics shock.com

We have included a teen booklet in this pack, where she can also find out more information and advice.



#TeenTalk

For more information on the topics covered in this booklet,
go to: boots.com or boots.ie

WHATEVER YOUR WORRY

Childline

www.childline.org.uk
0800 1111

Bullying UK

www.bullying.co.uk

Toxic Shock Information Service

www.toxicshock.com

MENTAL HEALTH AND WELLBEING CONCERNS

Youngminds

www.youngminds.org.uk

HAVE CANCER WORRIES?

Teenage Cancer Trust

www.teenagecancertrust.org

Macmillan Cancer Support

www.macmillan.org.uk
0808 808 0000

 Gillette
Venus

always

 AUSSIE

TAMPAX