

## Problem Pages

Dear Sam,

I am 15 and I haven't started my periods yet. All my friends say they have although I am not sure if they have. My breasts have started to grow but I am really worried there is something wrong with me.

What can I do?

XX age 15

Dear Sam,

Last night I had a wet dream for the first time. I know they are normal, but I am worried what my mum will think as she will see the mess on my sheets. I am also due to go away with school soon and I am worried about it happening there.

What should I do?

XX age 11 ¾

Dear Sam,

I started my periods about 6 months ago. During the first few days of my periods I am getting a lot of pain and my flow is heavy. I have told my mum but she says the pain isn't that bad and I will have to get used to it. I am usually quite good at dealing with pain but this makes me feel really ill and I dread my period.

What can I do?

XX aged 11

Dear Sam,

I think my voice might be breaking, whenever I speak I am not sure how my voice will come out. My dad and older brother keep laughing at me but I am so embarrassed. I went to my new school the other day and I think the teachers will think I am stupid as I didn't answer any questions as I was too worried about my voice.

Will this get any better?

XX aged 11