

Dear teen doctor

Dear Teen Doctor,

I have a big problem. I'm ten years old and, as far as I know, I'm the only one in my class who's started having periods. I'm going to school camp soon and I'm scared I'll get my period when we're away. Can you go swimming when you have your period? Also, I don't know how a tampon works and how often I would have to change it. HELP!!! Thanks, Early starter

Dear Teen Doctor,

Over the Christmas holidays, I developed a big problem, actually two big problems. My boobs. I don't know where they came from, but it's like I woke up one morning and there they were. Don't get me wrong, I know it's part of growing up and being a woman, blah, blah, blah, but do I have to be the only girl in grade five who's wearing a bra? I tried on my summer uniform and they are really noticeable. It gets worse. When school goes back in a few weeks, we'll be having our swimming sports day. Over the holidays I've been wearing a big t-shirt over my bathers, but they won't let you do that at school. Everyone will stare and tease me. What can I do?
Signed Big Boobs

Dear teen doctor

Dear Teen Doctor,

I just found out my mum's pregnant with twins. How did this happen? Will they look the same? What are Siamese twins? Is there a chance she could have Siamese twins? I need some answers because I'm a bit worried about her. And what are the odds of me having to change nappies?!!! Thanks Future babysitter

Dear Teen Doctor,

I'm ten. I think I'm seriously sick. I've just found a lump on the left side of my chest, under the nipple. It's a bit sore as well How can I tell my mother that I've got breast cancer? I can't sleep at night.
Signed Worried sick

Dear teen doctor

Dear Teen Doctor,

I'm a twelve-year-old girl. My family comes from a country where girls aren't allowed to do anything much at all. I've made some good friends at my new school and they've started inviting me out to the movies and to their houses. I'm never allowed to go, and my dad makes a big fuss. He says, 'We don't know these people' or, 'Does that family have any sons?' If they do, he won't let me go. It's ruining my life. What can I do or say to my dad before my friends give up on me? Please help! Signed Fed up

Dear Teen Doctor,

I'm a twelve-year-old boy. My problem is that I'm too embarrassed to use the changing rooms with all the other kids when we have swimming lessons. My family is Jewish, and I've been circumcised. My penis looks a bit different from the other boys and I'm worried they'll laugh at me. Can you think of anything I can do or say that might help me? Yours gratefully, Embarrassed

Dear teen doctor

Dear Teen Doctor,

I'm in grade five at school. My friends all seem to know about sex and how babies are made. I think I know, but I'm not sure. I don't want to look stupid when we do sex ed next term. I can't ask my parents, so can you tell me where I can find this stuff out? Do I google it? I just don't want to look like a complete idiot in front of my friends. Please help, Clueless.

Dear Teen Doctor,

I need your help! Some of my friends have been mucking around on the computer and sending pictures to each other. The pictures are all about sex and show naked women and men. This stuff makes me feel really weird and I don't feel right looking at it. I'm worried that if I tell them to stop, they'll think I'm really lame. How can I talk about it with my friends? Do all young people want to look at this stuff? Please help me! Signed Shocked

Dear teen doctor

Dear Teen Doctor,

I was at a friend's house the other day. He said he had some stuff on his computer he wanted me to see, that his older cousin had shown him. It was a full-on website with naked people doing gross stuff and it made me feel sick. He thought it was really cool, so I was too scared to say I didn't want to look at it. I'm going to his house for a sleepover next week and I'm worried he'll want to look at that stuff again. What do I do? Signed, Grossed out

Dear Teen Doctor,

I've been having some really weird dreams lately, kind of like sex dreams. When I wake up, there's this sticky stuff in my pyjamas. I've heard some of the kids talking at school and they say boys have a thing called a wet dream. Is this what's happening to me? How can I stop them? What if my mum finds out when she does my washing? Signed, Weird dreamer

Dear teen doctor

Dear Teen Doctor,

My dad's gay. I guess most people don't have a gay dad, but it's normal to me. The problem is that some of the boys in my class always make jokes about gay people. They say everything's 'gay' if they don't like it or think it's stupid and say a person's gay if they want to pick on them. I feel bad for the kids being teased, but I pretend to laugh when they make jokes because I don't want them to have a go at me. I'm worried they could find out about my dad. I feel like I'm being mean to my dad for not stepping in to stop these bullies. Please help, Good guy

Dear Teen Doctor,

My cousin started getting her period over the holidays. She said it was awful and told me how it hurts and that there's lots of blood. Now I'm scared about getting mine. How do I stop it from happening? What am I going to do if I get it at school? Can people tell when you're having your period? I was fine about getting it until my cousin freaked me out. Help! Puberty girl

Dear teen doctor

Dear Teen Doctor,

I used to think I was a normal grade six girl, but now I'm not so sure. At night, in bed, I've been touching myself 'down there'. I woke up after a dream one night. I think it was a sex dream and there was a hot, tingly feeling between my legs. I just wanted to touch myself there, so I did. It felt so nice that the next night, I did it without having the dream first. Is this normal? Do other girls do the same thing? Signed Naughty or Nice?

Dear Teen Doctor,

I'm a twelve-year-old guy and I get that I'm going to go through puberty, but I always thought it would happen when I was in high school. I have a full-on mass of pubic hair and I'm even starting to get dark hair on my top lip. None of my mates have any hair. It's really embarrassing when we have to get changed for footy training. I don't want to be old in grade six. HELP ME!!! Signed Freaked out
