


NOT SO DIFFERENT!

On accepting every kind of body,
starting with your own




BudBud SEP
Gr. 7

Contents

Letter from BudBud: Not So Different!

Big Changes!

Accepting Your Body's Decisions

Welcome to Acne!

Body Hair Removal

Respecting Differences

Special Conditions

Q&A

Caring For Your Body

Hair Care

Managing Body Odour

Staying Fit

Dear Parents

Next Edition

©The BudBud Foundation, 2021

Printed at Hyde Park Paperworks
Published by the Okolombo Group
Print Edition 1

Typeset in Agenda

0 10 20 30 40 60

Not So Different!

Growing up, everyone's bodies go through many changes — some exciting, some not so welcome. Some people won't look very different at all, some will look like completely different people.

Both girls and boys will go through some of the same changes — some will get pimples, some will get taller, some will put on weight or grow hair everywhere. Other changes are more specific: boys will find their voices cracking as they get deeper, and girls will deal with periods (or already do!).

By this point in your life, you've certainly begun to see some of these changes in your body along with your classmates. It can be a frustrating time, where you feel like you don't control your body like you used to, when strange and unpleasant traits appear, and with no idea of when it will get better, if ever. It can be easy to feel that you're alone in these experiences, even when surrounded by peers of the same age.

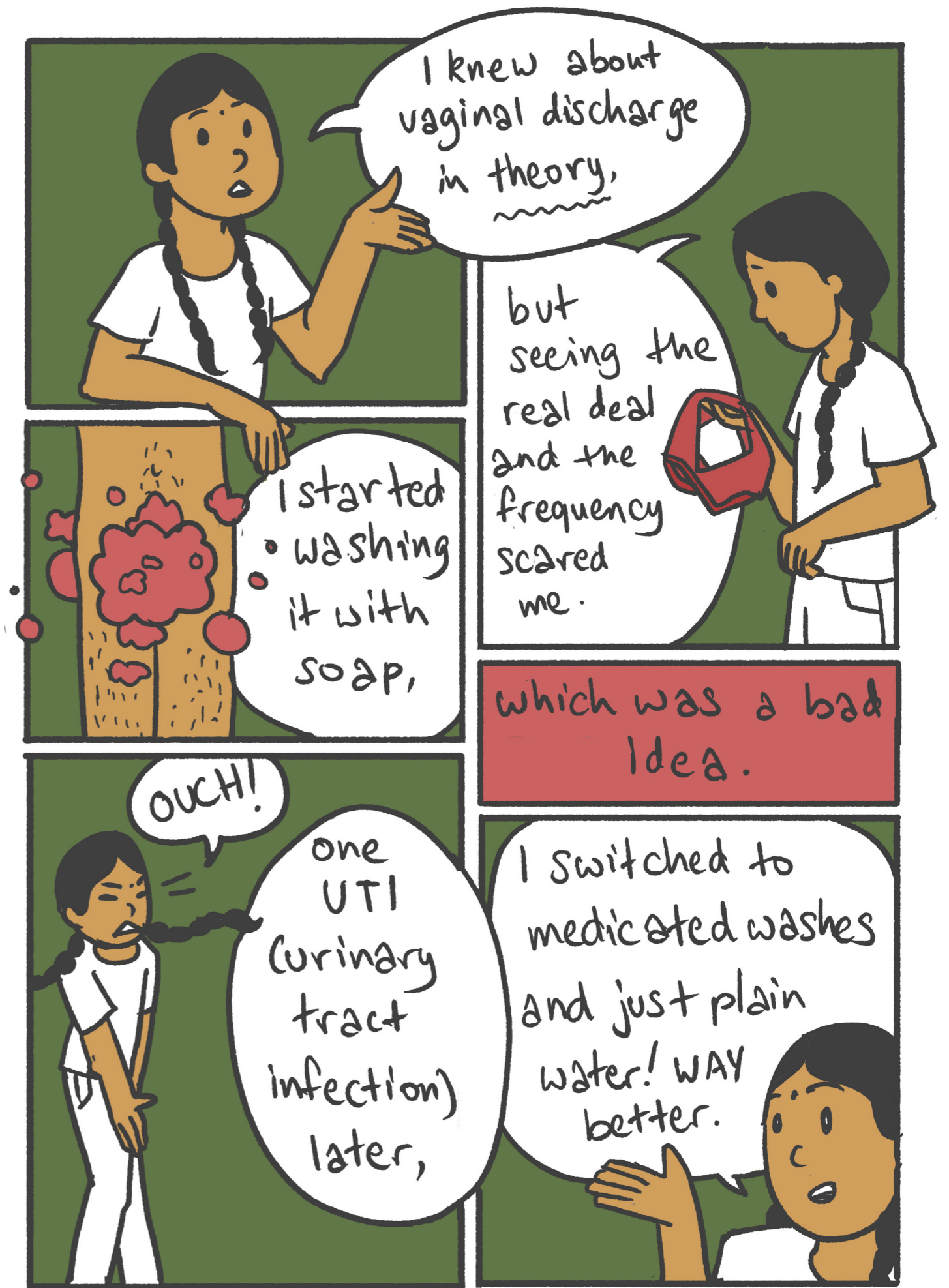
It's important to remember, however, that you are anything but alone — though your set of changes will be unique, everyone around you is struggling with some new thing or the other. Each of your parents and elder siblings have gone through this too, and since most of these changes are hereditary, it's quite likely that they had a very similar experience to yours. If you can, talk to them about it!

Most of all, remember to be kind to the people around you. Bodies change, often beyond the control of their owners. These changes normally calm down in a few years, but while everyone is dealing with new and uncooperative bodies there's nothing more important than to respect and accept all of them, starting with your own.

Enjoy the edition, and write to us with any questions, feedback, or requests at hello@budbud.in :)

Big Changes!

Puberty years bring about a lot of changes in your body, some more intense than others. A few of the biggest and most common changes are suddenly getting taller or heavier, having your voice change or getting your period, and growing all kinds of hair in all kinds of places.





MY CHANGING VOICE



MY FIRST VOICE CRACK HAPPENED DURING A PERFORMANCE



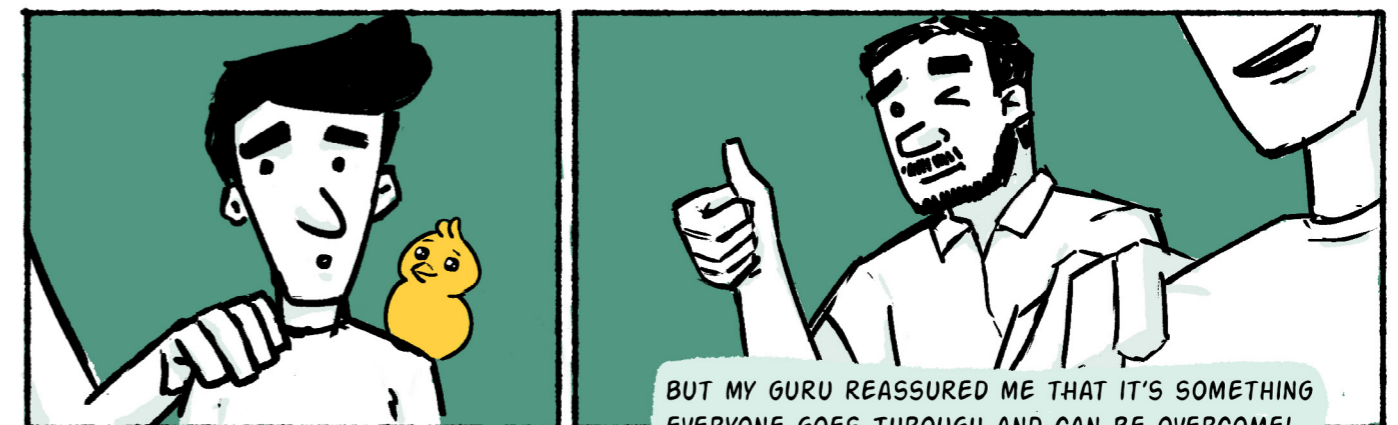
MY VOICE GOT ALL SHRILL AND PITCHY



AND MY CLASSMATES WOULDN'T STOP LAUGHING ABOUT IT



I THOUGHT I WOULD NEVER SING AGAIN



BUT MY GURU REASSURED ME THAT IT'S SOMETHING EVERYONE GOES THROUGH AND CAN BE OVERCOME!



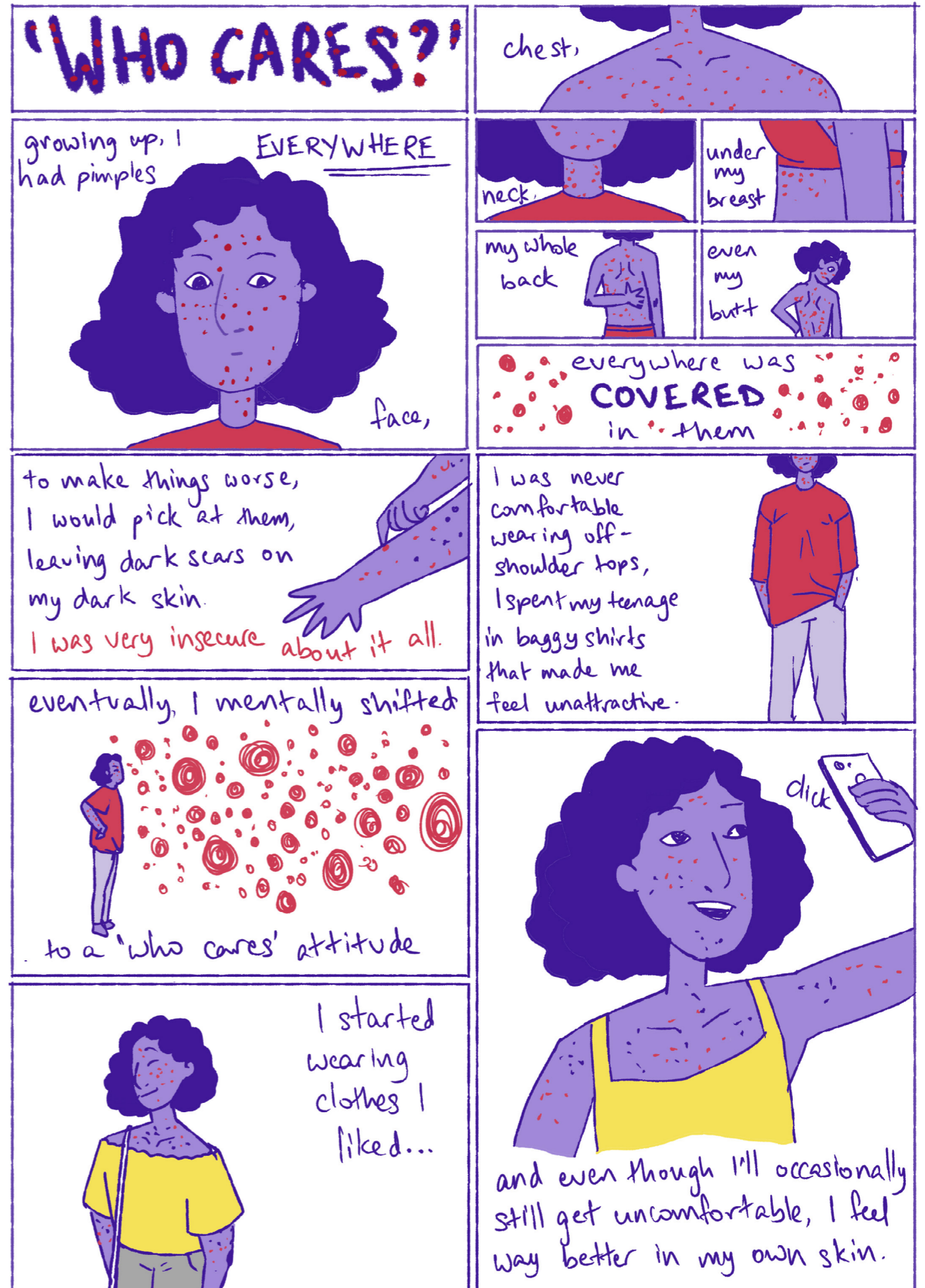
AND SO I DID VOCAL EXERCISES TO EASE MYSELF THROUGH THE TRANSITION AND SOON...



I WAS BACK DOING THE THING I LOVED!

Accepting Your Body's Decisions

Often, your body will also seem to not cooperate with you — no matter what you do, your hair won't lie properly, your pimples won't go away, you won't be able to build muscle or lose that new weight. Everyone faces different challenges, and it's natural to not feel good about these changes. However, the changes are not permanent, and neither are these feelings of embarrassment. Talk to your family and friends if something is bothering you severely, and while all this is happening, remember to be kind to yourself and to others.



Welcome to Acne!

The most abundant and on-the-nose of all adolescent changes. Three-fourths of the population faces the issue of acne at puberty. What exactly is it, though?

Acne can be of four main types:

- **White heads** - these are small, and stay under the skin
- **Black heads** - these show up as black dots on the skin (which, by the way, are not dirt)
- **Pustules** - these are painful, red pimples that are often filled with pus
- **Nodules & Cysts** - These are large, extremely painful pimples that look like boils and scar (best to see a dermatologist if you get these)

Acne is caused at adolescence due to the surge in a new kind of hormone called **androgens**. These stimulate your follicles to produce sebum (natural oils). When this sebum is released from follicles, it leads to oily skin. Sometimes, however, the sebum gets trapped within the follicle, due to build up of dead skin cells, old dried sebum, or even dust particles, at the follicle's opening. When this happens, sebum slowly accumulates within the pore, and this forms a pimple.

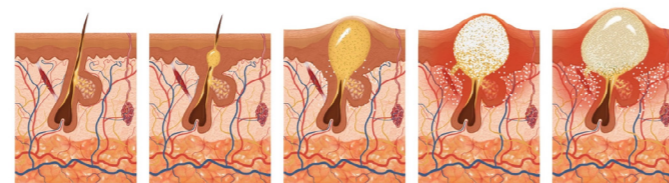
Sometimes, the acne bacteria *Propioni acnes* also get involved, and increases breakouts further.

So, how do you deal with acne? You'd think washing your face is the cure, right? Sure, wash your face, once, twice, maybe thrice a day. **But be careful not to overdo it** - using harsh facewashes, or washing your face too many times a day, will lead to your skin feeling dry, and producing more oils as a result. This too can lead to acne breakouts.

The best would be to get a mild salicylic or acetic acid cleanser, and wash your face twice a day - a little more if you have particularly oily skin. Stay hydrated, avoid excess oily food, eat lots of juicy fruits and do **not** pop your pimples - that will lead to scarring. For bacterium caused acne, antibiotics help. For really severe cases, you should see a dermatologist.

Acne usually fades over time, but a few people have it way into adulthood! (Adults can also get acne, especially older women. Its called adult-onset acne and is caused due to hormone imbalance.)

Basically, acne is normal, it's everywhere, and it's nothing to be anxious about or ashamed of. Don't you worry, it'll most likely go away with some care and attention. What's important is loving your body, spots and scars and all- loving it and giving it the time and care it needs to heal.



normal pore whitehead pimple formed

THE EARLY FAREWELL & HOW STEROIDS ARE A BAD IDEA...



My school farewell was coming up and my brother's suit didn't fit me. It was too big. I checked if it fit Saaket, but it was too big for him too. I am sure it would've fit all my other friends, but both of us, for some reason, had remained small and thin.



We started weighing ourselves everyday and decided we will eat a lot of food, but that did not help. There was no weight gain, for either of us. Well, eventually we did gain weight and end up building some muscle, but the farewell was just a little too early, I guess.



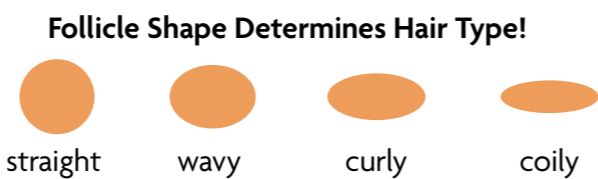
... DONT DO STEROIDS.



Have you ever wondered why you may have curly hair while some of your classmates have straight hair, or vice versa?

This is because of the shape of your hair follicle. The hair follicle is basically the little tunnel or hole your hair grows out from. You have hair follicles all over your body, not just your scalp, and they can be differently shaped over different body parts! While they do change shape over the years, the shape of your hair follicle is majorly determined by **genetics**. If your mum and dad have curly hair, it's quite likely that you'll have curly hair too, because they passed on those genes to you!

Though your base texture is determined by nature, it is possible to change this later, through heat treatments. Using stylers which curl straight hair, or straighten curly hair, are viable options. These can end up damaging your hair if you use them too much, though - so be careful.



Body Hair Removal

There are many methods of hair removal, both for girls and boys. Often, different things are appropriate for different body parts.

Shaving

Razors and Trimmers can both be used for hair removal, and are useful for the face, arms and legs. This only cuts the hair off at the skin level. Shaved hair grows back within days, and can be prickly. Make sure to not cut yourself, and always use shaving cream to avoid razor burn. There are multiple kinds of razors and trimmers, including single-blade shavers, 3-5 blade safety razors, and electronic trimmers that allow for multiple length settings.

Waxing

Waxing uses molten wax to adhere to the hair and then pull it out of the follicle using a strip of cloth or special paper. This is best done by a professional, and can be quite painful. It's ideal to start this as late as possible (14-15 years old), as the hot wax can cause skin issues like boils on young, sensitive skin. This can be used on any part of the body, including arms and legs, torso and face. DIY waxing kits with pre-made wax strips are available, but be sure to check for allergies before using these.

Hair Removal Cream

Hair removal cream, or depilatory cream, uses chemicals to remove hair. This is painless, but the

chemicals can be harsh on young skin. It's very important to ensure you're not allergic, so always do a patch test first and don't use this in any intimate or sensitive areas.

Threading

Threading is used for precise hair removal on the face, especially to shape eyebrows. This is also best done by professionals, and uses a thin cotton thread to trap and pull hair out from the follicle. As with waxing, take your time before beginning this to avoid skin damage.

Epilators

Epilators are small machines that trap your hair and pull it out. These can be painful, but the hair does not return for 3-4 weeks and does not risk as much skin damage as some other methods.

Laser Treatment

Laser is a permanent method of hair removal that involves zapping individual hair follicles with a strong laser in order to deactivate it. It's recommended to wait until adulthood before starting this treatment: it can be expensive, and unhealthy for young skin.

Before trying **any** of these, make sure you speak to an adult. They can help you make better decisions, and can teach you in detail how to use these tools.



Respecting Differences

People are born with all kinds of traits that make them unique. Often, these are not things that can be changed even if one wishes to do so. Part of growing up involves not just observing these differences and traits, but understanding and respecting them too. When required, do your best to accommodate someone with needs different than yours — and at the very least, make sure to always be kind and respectful to everyone around you, no matter how similar or different.



Special Conditions

There is a large variety in the people around us,

Eczema

Eczema is a condition wherein patches of skin become inflamed, itchy, cracked, and rough. Certain types can also cause blisters. Some people outgrow the condition, whereas others will continue to have it throughout adulthood. Over 10% of the population will have eczema at some point in their lifetime, making it a very common condition.

Vitiligo

Vitiligo is a condition in which the skin loses colour in patches. What gives skin and hair their colour are these pigment-producing cells called melanocytes. For people with vitiligo, melanocytes die off in certain areas. This leads to patches of light skin, or white hair. Vitiligo can be hereditary, or due to an auto-immune disease. It's usually harmless, except that it makes you more at risk for sunburn.

Alopecia

Alopecia is an autoimmune disease, which causes hair to fall out in small patches. Alopecia occurs when your body's immune system attacks your hair follicles, causing the hair to fall out from the roots. Alopecia can be scary, and currently has no cure. It is often brought about by stress, like a lot of other diseases. Often, people with Alopecia will keep fully bald hairstyles — and look fantastic with them!

Albinism

Albinism is a rare genetic condition, in which people have little to no colour in their skin, hair and eyes. Albinism further causes many issues — it puts you at higher risk of skin cancers, it gives you sensitive skin, and also causes vision problems. Albinism is a genetic disorder, and it is present from birth. Protective clothing, sunglasses, and prescribed eye-glasses are usually needed by albino individuals.

None of these conditions are contagious, meaning you cannot get them by being close to the person. Remember that no matter how different each of you look, every one of you is deserving of respect. We're not that different, after all :)

when I was in school, I had a classmate who was wheelchair-bound. I remember when we were in kg, he used to use crutches, but switched in 4th grade.



our principal explained to us very early on that he had a condition known as muscular dystrophy, which made his muscles get weaker as he grew older. I was really glad she explained it to us — we never knew how to react properly until then.



I remember seeing my classmates change a little after that talk — they spent more time with him, discovering in the process that he loved video games, and that he laughed a lot.



looking back, I feel warm thinking about how most of my classmates tried to include him in their fun. I really respect our principal for how she dealt with the situation — knowing the truth, I think we all strived to be as kind as possible.



Q&A

Email us your questions and concerns at ask@budbud.in, we'll do our best to answer as many as possible. If we aren't able to address yours, don't hesitate to ask your mentor in the next session you have with them!

I have started growing really thick hair on my legs, and everyone in my class makes fun of me for it, saying they look like boy legs. I wanna take it off, but everyone says that will make it grow back even thicker. What do I do?

Hello! First of all, body hair is perfectly normal and healthy. If you up what it does, why it exists, you'll be surprised and pleased with what you discover! It's not at all unnatural for both boys and girls to grow hair on their legs, arms, face, and even tummy and back. It's nothing to be ashamed of!

Saying that, if you do want to take it off, be safe while doing it. There are several methods for hair removal, like waxing, threading, shaving, using hair removal creams, and more. Each have benefits and pitfalls: for instance, while it's a myth that shaving your hair makes it come back thicker, it does come back quickly and can be prickly for a while. On the other hand, waxed hair won't come back for a few weeks, but it can be very painful and dangerous for young or sensitive skin. For your first time, it's normally best to go to a professional, and certainly speak to your parents. Always check for allergies and sensitive skin by doing patch tests before going ahead with anything.

Another thing that may help? Talk to your mum or dad about how they dealt with hair growth during puberty. Hair growth is often genetic, so chances are, they would have faced the same issues when they were your age. Lastly, about the bullying: remember that people who want to bully will bully you for anything, whether it's the presence of hair or the absence of it, for being tall or short or skinny or fat. Before you decide to remove your hair, make sure that you're doing it solely for yourself, and not in an attempt to get the bullies to stop, as that will almost never work. While it's harder said than done, try to stand confidently regardless of the bullying, and it will subside on its own. If it still stays bad, remember that you can always talk to your elders and mentors for help. Good luck!

Hello. I just turned 13, and I still haven't gotten my period. All of my friends have got theirs, and I feel left out, like less of a woman. How do I make it come faster?

Hey! Not to worry. Menarche, or the onset of menstruation, happens in different ages in different people. It is perfectly normal to get yours at 14, or even after! In fact, in older times, it was normal for girls to get their period after 16 or even 18 years of age!

It'll be really helpful to talk to your mother and other elder female relatives, and find out when their periods started, just so you know what to expect. Lots of times, these things are genetic so if they got theirs late, that explains it :)

Moreover, please don't try anything suspicious to make the period 'come faster'. It is very natural for it to come at a later age, but do not interfere with nature or eat/drink anything that may harm you. In the meantime, know that you're not missing out on much!

P.S. I didn't get my period until I was in 11th!

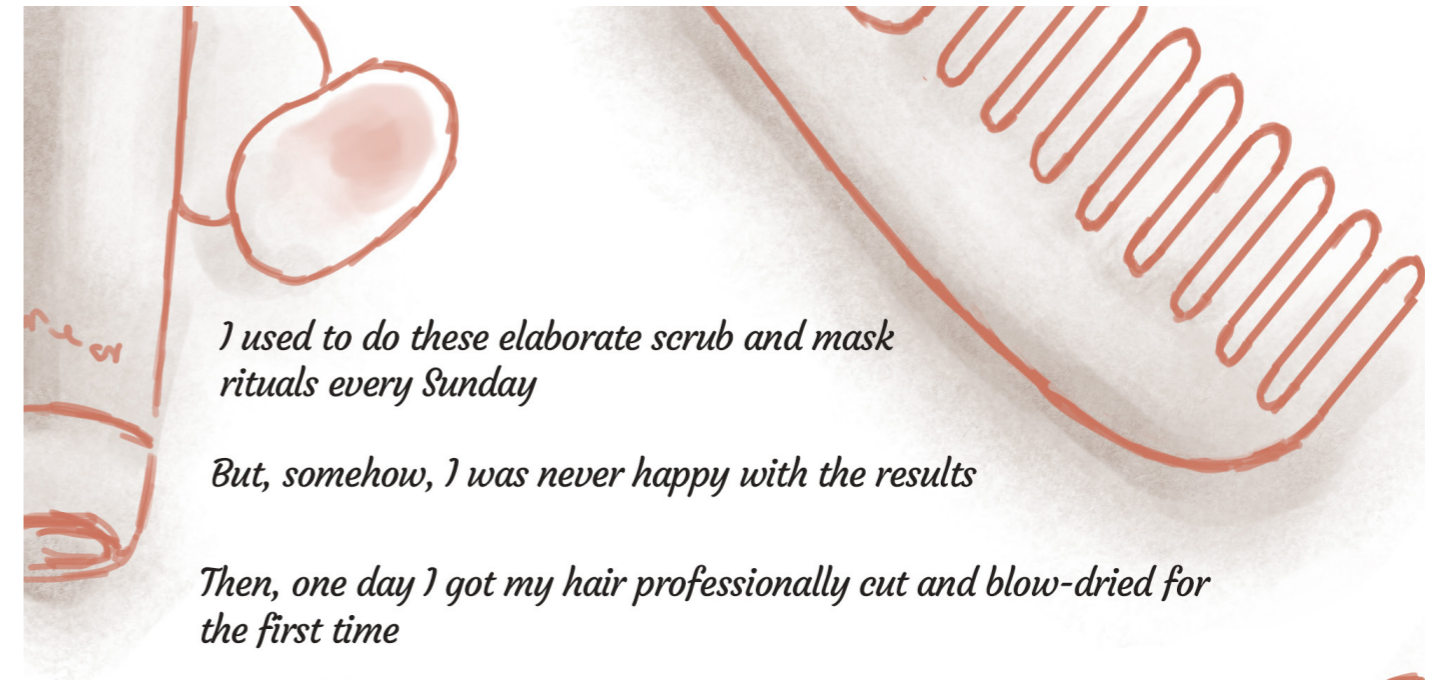
Hi, I'm a 7th grade girl and I haven't developed boobs like my friends yet. I wear a 30A bra and I feel really kiddish around the other girls in my batch. I feel like I won't be as attractive as other girls without them. Can I do anything to make them grow?

Hi :) You know, all kinds of breasts exist in this world, big and small, and each kind is beautiful in its own way. While there's unfortunately no scientifically proven way to increase them other than surgery, I would recommend you don't worry about that at the moment. At your age you're still developing: they might grow later, as late as 12th grade, or they might stay this size, but remember that they don't diminish your beauty in any way.

Some of my favourite celebrity crushes (Rihanna, Kiera Knightly and Taylor Swift) are A and B cups, and are all stunningly gorgeous ladies!

Caring For Your Body

While all this is happening, what can help you feel better in your body is to take care of it well! This means maintaining hygiene, caring for your hair, skin and nails, and generally feeling good in your body! Easier said than done, so here are some tips and experiences to help you out-



I used to do these elaborate scrub and mask rituals every Sunday

But, somehow, I was never happy with the results

Then, one day I got my hair professionally cut and blow-dried for the first time

To that 14 year old me who has never been satisfied with how I looked, a haircut from a salon felt life changing!



I think that the picture of me that was taken on that day was the first one that made me feel genuinely pretty and good about myself.



Hair Care

There are so many different kinds of hair, that there's no one fit for all, when it comes to hair care. Your hair may be straight, wavy, curly or coily, it may be rough or smooth, oily or dry, or anything in between. In this short article, we'll cover the basics.

Washing Hair

Hair needs to be kept clean. Your scalp sheds skin cells and releases oils, your hair traps dust, dirt, pollution and everything else it comes into contact with. It is essential to wash your hair frequently, but this frequency depends on the oiliness of your hair, and the convenience of washing also depends on your hair's length. Generally, hair should be washed every few days, with a mild cleansing shampoo. This could be as frequent as once every two days, for short, oily hair, or upto once a week, for longer, dry hair. Choosing the right shampoo and conditioner for your hair type is also very important. Explore, experiment and see what best suits you.

(Pro tip: you don't have to use the shampoo and conditioner from the same brand and product line, if you use different brands just make sure the ingredients' effects don't contradict and harm your hair.)

Combing/Brushing Hair

Combing or brushing detangles hair, and also helps distribute the oils from the scalp to the length of the hair. It also stimulates the scalp, increasing blood flow to your roots, resulting in healthier hair.

For straight or wavy hair, combing regularly is very important. It'll not only keep your hair healthy, combing once or twice a day will also make your hair look neat and tidy. For curly or wavy hair, however, combing causes frizz. To avoid that, use a wide-toothed comb, or comb before washing your hair only and use your fingers to disentangle otherwise. To stimulate your scalp, have head massages instead :)

Oiling Hair

Oiling your hair is a fantastic way to keep it healthy. There are many kinds of oil that can be used to oil your hair, including almond, coconut, mustard, or herbal oils. A little experimentation will help you figure out what kind of oil and what frequency of

use suits you best. Often, oiling overnight before washing the next day really helps add shine to hair and manage frizz.

Hair Masks

Certain home remedies can really help deal with hair damage, excessively oily or dry hair, split ends, or to help promote hair growth. Hair masks should be massaged into clean hair and left for 15-20 minutes before being rinsed off completely, preferably with cold water. Raw egg, yogurt and honey, and olive oil and avocado are great for hair in different ways - a quick google search or asking your parents will give you many more, too!

Hair Styling

There are lots of ways to style your hair, and what looks best depends on hair length and texture along with face shape. It's not necessary to have a fancy cut in order to make it look good - what's most important is to have your hair well-managed so that it looks healthy and doesn't get in the way of your day-to-day activity. Your school will likely have guidelines for how you should style your hair while you attend it, and it's best to stick to them while you're in school :)

Homemade Hair Masks



honey + coconut oil for dry hair



brown sugar + honey for itchy scalp



apple vinegar + lemon for oily hair

Managing Body Odour

Many of you will notice that you've started to sweat more than you used to as younger kids! As a natural part of growing up while your hormones are disrupted, your body might produce more sweat and oils than usual. These aren't harmful at all provided you keep clean, but you might notice that you have more body odour than before. Not to worry! Body odour is something everyone has, and can be managed with a few simple steps.

Showering Regularly

Keeping yourself clean and washing yourself every day (or even twice a day in the summer) with antibacterial soap can help keep body odour under control.

Wear Clean, Breathable Clothes

Wearing light materials like cotton that help sweat evaporate and washing clothes regularly helps prevent you and your clothes from smelling bad. If you want to go an extra step, certain fabric softeners help washed clothes smell even nicer!

Oral Hygiene!

Making sure to brush twice a day and use mouthwash helps prevent **halitosis**, or stinky breath. If you feel the need, carry mints to freshen up your breath in the middle of the day.

Diet

Eating healthy can make a huge difference when it comes to reducing body odour. Avoiding foods like garlic, onions, and other strong-smelling things can help greatly, along with avoiding fast and junk food.

Using Scents

Using scents consistently helps you mask body odour when in public. The most affordable scents are deodorants, which are pressurized gases with scents suspended in them, while more expensive options are colognes and perfumes. Take your time exploring which scent you prefer if any, but these are completely optional. Remember to use not more than 2 or 3 quick sprays!

PATCHY BEARD



I used to think that my hair needed to be on point

And by on point I mean, TikTok on point

So I spent a long time on perfecting my hairstyle

I even bought a hair dryer!



The good thing is that after all that experimentation, I finally know a very low maintenance routine for keeping my hair looking healthy!

Varieties of Trimmers and Shavers



Staying Fit

Part of feeling good in your body is keeping it healthy. At this age, staying physically active can help boost growth, ward off all kinds of conditions in the future, and help you feel gorgeous, too!

The most important part of any exercise regimen is being consistent with it — the following are some popular ways to make sure you're keeping healthy.

Sports

Participating in any kind of active sport can help you stay fit, form friendships, and at the same time feel good and in control of your body. However, this isn't always for everyone, so there are plenty of other options too!

Athletics

Solo athletics are a great way to explore and push the limits of your body. Apart from keeping you very physically fit, they help with personal goal-setting and give you something to focus on other than studies :)

Swimming

Swimming can be a fantastic way to keep in shape, being both very fun and physically demanding — just make sure that you're swimming in safe waters with adult supervision.

Gymming

Going to a gym if you have access to one is a great outlet for pent-up energy. It allows you to work on developing your body exactly the way you want, and it's a huge confidence boost to see your body change the way you want it to as a result of your hard work.

Dancing

Practicing any rigorous form of dance regularly, be it classical or hip-hop or contemporary, helps tone your body and keep you in shape while giving you great posture and balance in daily life. Being an art form, it allows for self-expression and can overall be a whole bunch of fun!

Not everything works for everyone, so it's best to figure out which you enjoy the most and then keep at it :)

After puberty, I started to put on weight



Tujhse shaadi kon karega?

So much that even my mom told me to eat less

I was upset

But not with being fat



I was upset at the way society hated my fat



So I started working out intensely



Today, I am as fat as I was then



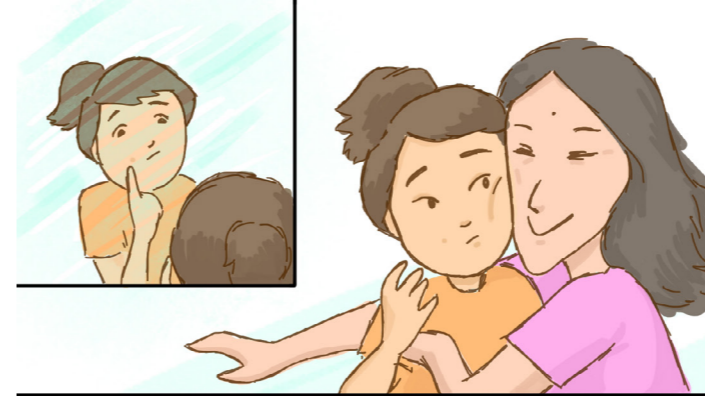
But I'm way fitter.

Being healthy feels good!

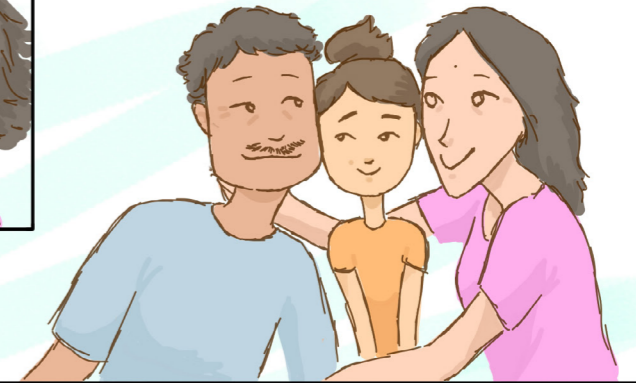
Dear Parents,

As you're likely well aware, your children are going through a difficult phase in their lives where they are not just seeing changes in their own bodies, but also in those around them. We request you to remember what it was like being of this age, address their curiosity rather than suppress it, and listen to them. We want to work with you to encourage kids to be kind to those around them no matter how they look — and very importantly, we want to request you to help them feel confident in their own bodies while they grow. Thank you for your support!

My mom sometimes does this thing



Do you look more like Dad or me?



Let's see . .

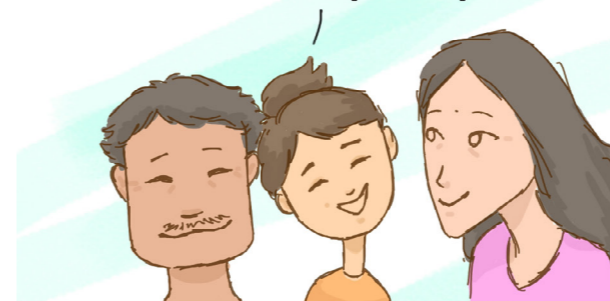
Hmm.. your eyes are like dad's



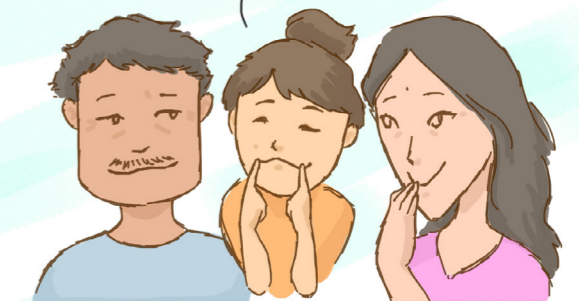
But your smile is like mine



Hahaha they really are!



That's coz dad smiles like thiiis

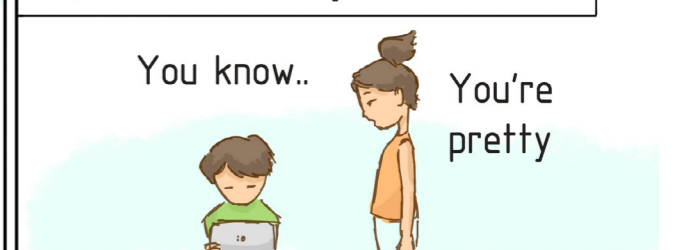


Together, those eyes and that smile makes a very pretty face



So, I tried it on my little brother

You know.. You're pretty



???????????



We need to tell all children that they're pretty!!

Next Edition!

To our contributors this time, thank you so much for your help in making this edition as lively as possible. We look forward to your wonderful contributions to next month's edition as well!

Prompts

In the next edition, we will be exploring

Personal Identity Development

in teenagers. Adolescence is a time when children are exploring their newfound selves, and a crisis of identity is not uncommon when they are unable to decide who they are, or what kind of person they want to be.

We hope to use your stories encourage teens to be patient with themselves, to remember their self-chosen core values when it comes to defining their identity, and to not worry about fitting into existing boxes. Here are some prompts, to get you started!

Do you remember feelings of finding it difficult to fit in with your peers? How did you manage these feelings?


Was there a time in your life when you found yourself unsure about your actions or the kind of person you were becoming? Did you make any changes in yourself accordingly?

Did you have a falling out with your friend group when you were younger? How did you cope with it, and did you make up later or find other friends that suited you better?

Tell us any story that comes to mind about finding your identity, dealing with loads of media influences, and choosing your close circle!

We look forward to your very valuable advice for this new adolescent generation to help each of them grow to become wonderful people.

Email us as many stories, drawings, or comics as you'd like to contribute at hello@budbud.in!

the 
BudBud
foundation