



We're talking about...BOOBS AND BRAS!

By Jo Stowe

I reckon that one of my most embarrassing moments was my first trip to the bra shop. You see, I was the flat-chested one in my group of friends. They all had cute little bras and I was still in vests. I wondered if I'd be without a cleavage for the rest of my days!

At last, it began. First there was a very tender feeling and gradually I could see a change. The down side was that playing football became impossible overnight. Controlling the ball on my chest was no longer an option! So, after an awkward conversation with my mum, it was decided: we were off to the bra shop.

To my horror, the woman in the shop had a very loud voice. "You want your first bra?" she exclaimed surveying my top half. "Ooo, there's nothing there!" Red in the face and flustered, I persuaded my mum that 'fleshy coloured' bras were not the best choice for a thirteen year old girl. We left the shop with two tiny white bras. Despite the trauma, it was worth it!

Whether you have been through this already, or you have it to come, growing up can make you panic. Some adults say it's the best time of your life, but I'm sure they've forgotten the trickier moments. Through the good and the bad, it helps if you can keep your sense of humour. Seeing the funny side of things and being able to laugh at yourself will help to make it a lot less painful.

You are unique. God made you to be you – and no one else can take your place. The Bible tells us that *God makes all things new*. Growing and changing is proof that God is with you every moment of every day. When I was a teenager, I used to find it helpful to tell God about my worries. Why not talk to him about all the things that you experience, the good and the bad? He will always be with you.

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