

BLISS PROMOTION

STAGE FRIGHT

I have an audition for a musical theatre school in a couple of weeks, which I'm really excited about, but I've worked out that my period is due at the same time. If I'm stressing about my period while I'm singing and dancing, I'm worried it'll ruin my chance of getting in. What can I do?
Kelly, 15, Liverpool

Wow, it sounds as if you're really talented! You mustn't let Mother Nature hold you back from your dream of being on stage. Why not try Tampax® Pearl? Its Pearl Protect System™ includes the Smooth Touch pearlescent applicator (Tampax's smoothest ever!) and a perfect-fit tampon which gently unfolds width-wise to fit your body shape. Plus the absorbent braid helps to prevent leaks, so you can dance in confidence. Good luck!

For more advice on periods, visit belonggirl.co.uk



Cozzie confidence

We all get the heebie-jeebies when baring all in a bikini for the first time on holiday, but you know what? You don't need to. Kids' coach Naomi Richards has oodles of advice for feeling good in beach garb*

"Being bikini-confident is not about just copying what other people are wearing – it's about choosing the right outfit for you. Your friends may be strutting around in the smallest of bikinis, or even ones that cover most of their bodies, but what suits you best? Wearing the right swimwear for your shape means you'll be able to join in with games and beach activities without hiding behind shorts and T-shirts.

"Look around you. Your friends are all different shapes and sizes, and all of them are normal. What do you love about your body? You won't love everything about it, but appreciate that you have long legs, gorgeous hair or good skin. If you don't feel comfortable in something, you won't feel confident and it will show in your face and your attitude. You don't want to hide away all summer and miss out on all the fun!"

BARE

KISSING CRISIS

Q When me and my boyfriend start snogging, I keep pulling away when I feel him sticking his tongue down my throat. How can I stop freaking out when I sense his tongue, and why doesn't it feel right sticking my tongue in someone else's mouth?
Imogen, 14, by email

A LUCY SAYS: It can be a bit alarming if a partner shoves their whole tongue into your mouth as soon as your lips touch! You're right to pull away if his tongue is too forceful. Tell him you want to try kissing really slowly and gently, with soft kisses and no tongues. If he looks baffled, tell him you get turned on by soft kisses, and suggest you touch the tips of each other's tongues really gently. Train him to relax, and you'll soon be enjoying a passionate snog without the freakish tongue action!

BOTHERS

AM I A FREAK?

Q My dad has mental health problems and I'm worried that I do, too. Sometimes I feel low and want to die, but other times I feel hyper. I used to be afraid of going to school for no reason too. I'm scared that people will think I'm a freak, please help.
Justin Bieber fan, 14

A HELEN SAYS: I am glad that you've had the courage to write about your worries. Your next step is to seek out professional help urgently, whether from your school nurse or your GP. They will be able to offer you the support that you need in complete confidence. Don't try to solve this problem on your own.

