

**LEAH**

If it feels like the pressure is too much, it's OK to take a step back. It's OK to think you want it and then when you're going for it you're like actually I'd rather wait a bit longer. You know, don't feel pressured into doing anything.

**CHLOE**

And the other one, like it's OK to talk about it.

**LEAH**

You can talk about it, like you said me and you are sisters. Talk about it with your mum, your dad. You know, if you're worried about something medical, you know, talk to your doctor, talk to your GP, you know what I mean, it's OK to ask questions and, you know, sometimes you might get a funny look but you sort of have to be strong enough to say I'm doing it regardless.

END OF RECORDING

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