

always changing® and growing up

always

girl's guide

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All the words in **teal bold type** in this booklet are defined in the glossary.

Puberty

YOU'RE A GROWING GIRL

Puberty is a series of changes that your body—and all your friends' bodies—will go through as you grow up. It is a time when you learn to be a better leader, a better friend and a better you: growing independent, growing strong, and growing into a woman. A great way to help build your confidence is to learn more about it with this guide:

- Learn what changes to expect and help to understand them.
- Help to prepare for what's ahead so you can feel more confident.
- Give you helpful tips and answers to questions many girls may have.



It also helps to talk about puberty. It may seem embarrassing—that's normal—but it will help you feel more relaxed and confident. Ask your mom or a trusted adult for their advice and to help answer your questions. They've experienced it, too, so they can help.

To help with the conversation, share the materials you received in class with your parent and ask them to sign below. You can start the conversation with these tips:

- **Keep it Casual**. Find a time when you typically talk to your mom. Ask her about when she was younger what she experienced during puberty.
- **Write it Down**. Sometimes it helps to write down your questions so you can make sure you get all the answers.
- **Be Direct**. Just tell her how you're feeling. Take a deep breath and let her know you might be embarrassed.

I, _____ have reviewed the Always Changing and Growing Up materials with my daughter. I understand that she may have additional questions and I agree to be a resource to help her answer her questions.

Parent Signature: _____

Student Signature: _____

It's not summer vacation, but it is a great journey

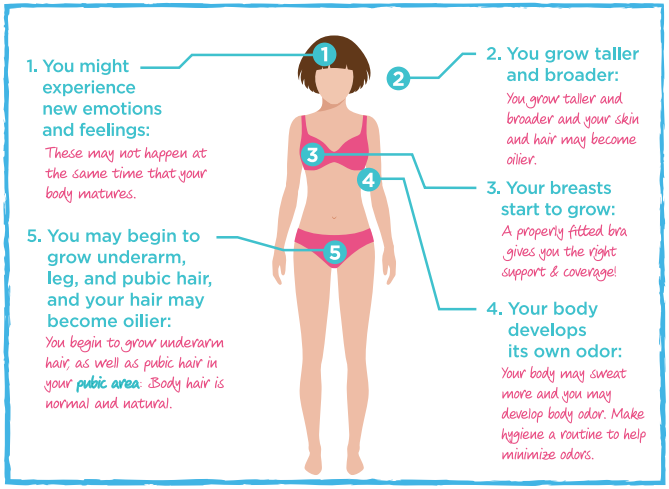
During puberty, you'll experience changes to your body, skin, hair and even your emotions. It may seem like a wild ride sometimes, but chances are you'll be happy with the outcome—the same "you," just a more grown-up version.

WHERE IT ALL BEGINS

Your **pituitary gland**, located beneath the front of your brain, starts puberty. Your pituitary gland sends a signal to two other glands—your **ovaries**—telling them to make a special chemical, or **hormone**, called estrogen. **Estrogen** is the main female hormone that triggers most of the changes you'll see and feel. Boys have a different hormone, **testosterone**, that causes most of their changes.



Your changes - check 'em out



Along with these changes, you'll start to have vaginal discharge and your period will start.

Your brain is changing, too



While changes to your body are obvious, there's a lot of change happening to your brain too, affecting your emotions and confidence. **That's normal, but you have control over whether you listen to the bad stuff or focus on the good.**

BUILD YOUR BRAIN POWER

Your brain is like a muscle: When you take on challenges and practice until you overcome them, neurons in your brain create new and stronger connections. And when your brain gets stronger, your skills do, too.

That means you can get better at pretty much anything-from school, sports, and after-school activities to relationships, small talk, and public speaking! It starts with taking a first step, and not stopping when it gets tough.

Keep doing things #LikeAGirl. It's working!

Take some time to shine up your self-image

A healthy body image depends on a healthy attitude - and that's something you control. As your appearance changes, you may have questions about how you look. Remember that we're all unique and healthy bodies come in various shapes and sizes. Enjoy being you!

SOME WAYS TO BOOST YOUR SELF-ESTEEM:

1. Find something you do well—like a sport, an art or a school subject—and focus on succeeding at it.
2. Find time each day to focus on you and write down three things about yourself that you wouldn't change.
3. Set realistic expectations. Aim foraccomplishment, not perfection.
4. Concentrate on your abilities and accomplishments instead of your faults.
5. Do a good deed. Making a difference will help you feel like a better person.
6. Move your body with physical activities. You'll unload stress and feel stronger and happier.



Remember: great decision-making skills are learned—no one is born with them!

Things will begin to shape up for you



You know puberty has kicked in when you start growing taller and begin to take on a more feminine shape. Your hips will widen, your breasts will begin to grow and, naturally, you may gain weight and your body fat will increase. With so many changes, you may feel awkward. It's important that you take care of yourself with good nutrition and physical activity.

EAT WELL AND FEEL WELL—INSIDE AND OUT

Eat a range of foods to get all the vitamins and nutrients you need. Try to eat lots of protein (like fish, meat, cheese, milk, eggs and beans). You also need complex carbohydrates (like whole wheat breads, pasta and cereals) and fresh fruits and vegetables.

MAKE GOOD DECISIONS

In addition to the physical changes happening to your body, you'll experience other changes. You're probably starting to earn more freedom at school and at home - and probably more responsibilities, too! As a result, you'll be making more decisions on your own. You'll need to evaluate and make sense of all the influencing factors such as parents, friends, teachers, and things you see in the media. At times, it can be difficult to know what to think and how to act.

Learning to make the right decisions for YOU is an important part of growing up. Take the time to think about your decisions and learn from your results.

Grow your mind with the growth mindset

The growth mindset is simply the belief that your mind can grow and change with practice.[2] Research shows that kids who believe they can get smarter do better on tests and challenges. This chart will help you train your brain to go from a fixed mindset to the growth mindset.

GROWTH MINDSET		FIXED MINDSET
Challenging herself	Embraces the chance	Avoids opportunities
Facing criticism	Learns from feedback	Ignores useful feedback
Making an effort	Sees effort as key to success	Sees effort as useless
Overcoming obstacles	A misstep is a step forward	A misstep is a reason to give up
When others succeed	Finds inspiration in their performance	Feels threatened and upset

PRACTICE MAKES YOU POWERFUL

Practice is more than just doing something over and over again. It's what helps you improve your abilities and discover solutions to problems. It lights up your brain and lifts your confidence.

So what if you try something new and don't get it right the first time? All that means is that you need more practice, a new strategy. Everything you've ever learned took practice. Think about how good it feels to pull it off after hard work and persistence!



How to keep setbacks from stopping you.

AFRAID OF TAKING RISKS?

Follow these 3 steps to set and work towards your goals.

- Be kind to yourself.
- Take time to figure out what went wrong
- Try again. And again. And again.





72%

Write it Down!
In a study on goal setting, participants were 72% more likely to achieve their goals if they wrote them down and shared them with a friend.[1]

Powerful Words help you out

9 OUT OF 10 girls believe words can harm.[4] The good news is that changing your choice of words can change your world. **Try these words:**

YET! Yet is a very powerful word. You can use it to remind yourself that though you haven't accomplished it yet, you will. *"I haven't figured out this math problem, yet!"*[5]

I CAN. Have you ever said things like, "I'm totally going to fail this test" or "I got so many questions wrong?" **Lose the negative talk, and think about how you can study harder and do better next time.**

AND. When you praise yourself, it's easy to add "but"to lessen your success. Try using "and" instead. Instead of, "I'm pretty good at geometry, but I still have a B-," try saying,*"and I'm getting better every week."*[6]



LIKE A GIRL. Only 19% of girls have positive feelings about the phrase "Like a girl."[7] We can change that. Let's make #LikeAGirl mean amazing things! What **do you do #likeagirl?**



Stop the Drop

Many girls drop out of sports at puberty.[8] Studies show that girls who play sports excel in the workplace later on.[9] So stay on the team, and you'll have a lot of fun shooting hoops, spinning, climbing, and throwing #LikeAGirl. Find out what millions of unstoppable girls are doing #LikeAGirl at Always.com/LikeAGirl.

You can't win unless you risk

Your brain needs to leave its comfort zone in order to grow and thrive. Risk-taking can be scary, hard and, well, risky! It can also be exciting, fun, and rewarding. **Everyone has a different "risk zone."** If you're super freaked out by the risk you chose, you're not ready (YET!) to take it.



TO PRACTICE TAKING RISKS, TRY THESE SMALL ONES:

- Speak up in class: ask a question or share your opinion
- Be honest about what you really want
- Volunteer to lead a project

TURN MISSTEPS INTO STEPS FORWARD

Growing up is a journey with missteps along the way. **The point is not WHETHER you make mistakes;** it's what you make of them that matters.

- It's up to you how to interpret your setbacks, whether to give up or keep going!
- Be kind to yourself, the way you would treat a friend going through the same thing.
- Take time and figure out what went wrong, without blaming yourself or anyone else.
- Try again. And again. And again. Know that sometimes you have to keep practicing and trying new ways if you want to succeed.

Starting from the top...

During early puberty, the first stage of breast development happens, called "budding." From there, your breasts grow gradually; you probably won't notice it most of the time. One breast may grow larger than the other—that's okay. Just like your legs and arms, your breasts will never be exactly alike—no one's are.



BREASTS AND BRAS—BOTH COME IN LOTS OF SHAPES AND SIZES

Once your breasts develop, wearing a bra provides support and coverage that can help you feel more comfortable. Plus, bras come in tons of fun colors and designs, so you can find ones that match your personal style. Just make sure your bra fits you properly.

THE SCOOP ON BRA SIZING

Many stores that sell bras have experts who can tell your correct size by measuring you. They do it all the time, so don't feel weird. You can also have a friend or trusted adult measure you using the following guide:

1. Measure around your chest just below your breasts.
2. If it's an odd number, add 5. If it's an even number, add 4. This is your frame size.
3. Now find your bust line size by measuring around your chest over the fullest part of your breasts.
4. Compare your frame size and bust line size to determine your cup size:
   If they are the same, you need an AA-cup.
   If they differ by 1, you need an A-cup.
   If they differ by 2, you need a B-cup.
   If they differ by 3, you need a C-cup.
   If they differ by 4, you need a D-cup.
5. Your bra size is your frame and cup sizes together.

27	chest
+ 5	
32	frame
33	bust line
- 32	frame
1	A-cup

Bra size = 32A

Feeling good in your skin

Of the many things your body goes through during puberty, changes in your skin are among the most noticeable. **Acne** is a natural occurrence during puberty. It starts when bacteria develops in blocked pores and turns into pimples.

Acne can't always be prevented (even by washing all the time), but by making skin care part of your everyday routine, you can help your skin stay as clear as possible. Talk to an adult about finding the right product for you.

3 STEPS TO BETTER SKIN

1. **Clean**—To help get rid of everyday dirt and oil on your face, wash twice daily with a gentle soap or cleanser. It can be medicated or non-medicated. Deep cleanse with a cleanser containing salicylic acid. (Look for "salicylic acid" to be listed in the active ingredients on the back of the bottle.)
2. **Prevent**—To help prevent pores from becoming clogged, use a salicylic acid product all over your face. Make sure to moisturize after each wash so your skin stays hydrated.
3. **Treat**—To help eliminate pimples quickly, use a benzoyl peroxide product to unclog pores.

ACNE DOs AND DON'Ts

- Don't squeeze any pimples—this can cause scars and may even cause more acne!
- Do use hair and other beauty products with care. Look for the word "non-comedogenic" on the label. These products don't clog pores.
- Don't get too much sun. Over time, this can make your acne worse.
- Do wear the proper sunscreen products for your face and your body.
- Don't scrub skin hard. This may actually spread acne or make it worse.
- Do eat a healthy diet and make sure to get regular exercise and proper rest.

Heads up!

YOUR HAIR MAY NEED MORE ATTENTION

Puberty may cause your hair to become oilier, thicker, coarser—even curlier or straighter. The important thing is to develop a routine for taking care of your hair and scalp.

GOOD HABITS FOR HEALTHY-LOOKING HAIR

- Shampoo regularly to help remove deposits such as dirt, skin oils, and styling products.
- If you're African-American, your hair may be dry and delicate. So you only need to wash your hair 1 to 2 times a week.
- After shampooing, use a light conditioner to add moisture, control and strength.
- When your hair is wet, use a wide-tooth comb. A brush may break your hair strands.



Smile!

DON'T FORGET YOUR TEETH

Part of having a healthy body is making sure you keep your teeth clean. To keep them strong and healthy, make sure you brush them properly every morning and every night with a good toothpaste.



Toothpaste helps fight cavities, strengthen teeth enamel and freshen breath.

For best results, brush from gum to teeth and don't forget your tongue. You should also floss daily in between your teeth. A rinse also helps reach places that brushing may have missed.

Getting active!

Daily physical activity and exercise are great ways of keeping your body healthy—they help to make you strong and agile, and they make your heart and lungs work better, too. There are lots of things you can do, either with friends or by yourself—the secret is to find something you enjoy and keep at it. Here are some ideas for getting active:

- Go rollerblading, skating, hiking or swimming with friends.
- Walk up the stairs instead of using the elevator.
- If you go to the beach, walk or jog barefoot on the sand—it's great for your legs.
- Dancing is a great way to burn off calories and have some fun—so turn up the music and get moving!
- Walk, longboard, skateboard or cycle to school instead of taking the bus.
- Take a younger brother or sister to the park or playground and play some ball games.
- When you're texting friends, do some exercises such as tightening then relaxing your stomach muscles. Lift light weights, hold a yoga pose or do a wall sit. Keep connected with friends while being active!
- Find out how to get involved in physical activities at your school—perhaps join a sports team or participate in intramurals with your friends.

Sweating is good for you. So why the big stink about it?

Sponsored by Secret

Everybody sweats, or perspires. It's a normal and important function—it helps regulate your body temperature. But once you hit puberty, sweating can also cause body odor.

Body odor is triggered by your **apocrine glands**—the kind of sweat glands that kick in at puberty. Your other sweat glands—**eccrine glands**—start working at birth. Eccrine glands produce clear, odorless perspiration, but apocrine glands produce perspiration that can smell bad when it comes in contact with bacteria on your skin.

Since a lot of apocrine glands are under your arms, many people use underarm deodorants or antiperspirants. **Deodorants** counteract odor to help you smell better. **Antiperspirants** reduce sweating and underarm wetness. Since these are the main causes of body odor, antiperspirants help prevent odor before it starts.



BODY ODOR BUSTERS

- Shower or bathe daily to wash dirt and oil off your skin.
- Make sure to wash your underarms thoroughly.
- Apply deodorant or antiperspirant at least once a day.
- Wear clothes made of material that breathes, like cotton.
- Always shower or bathe after you exercise. If you can't do it right away, at least change out of your sweaty clothes and into clean ones.

WHEN YOU'RE READY FOR DEODORANT



There are many types of antiperspirants and deodorants. What kind you need or want depends on you. How much you sweat (we're all different), whether you like a more noticeable scent (or not), and even how the product feels can all help you figure out which type is best for you. Talk to your parent about choosing the right product for you.

SECRET® ODOR AND WETNESS PROTECTION OPTIONS

A range of protection for your personal needs. Use this product selector and go to www.Secret.com/Sweat101 for more information.

	 Clear Gel	 Invisible Solid	 Smooth Solid	 Body Spray
Description	Fast-drying 48 hour odor protection and no white marks	Goes on dry for 48-hour odor protection with scents that last all day	Goes on smooth and is mild on skin	Helps eliminate odor to keep you fresh all day

Vaginal discharge—a sign that your period is on its way

Vaginal discharge is a clear or whitish fluid that comes from your **vagina** (an opening between your legs). This type of discharge is healthy and normal. It keeps the vagina from drying out and helps prevent infection. When you notice it in your underwear (a creamy white stain) for the first time, it usually means your first period is coming soon. To avoid getting discharge in your underwear between periods, you can wear a pantiliner (for more info, see pages 31 and 35).

If you have any discharge that is thick, yellowish or darker, smells unpleasant or causes itching or burning, it could be a sign of a vaginal infection. Check with your doctor. Most vaginal infections can be easily treated.

Good hygiene can help protect you from infections:

- **After going to the bathroom, wipe from front to back to avoid spreading bacteria from your anus to your vagina.**
- **Avoid heavily perfumed soaps or shower gels—these can sometimes irritate the delicate skin around your vagina.**
- **Remember, if you're taking antibiotics, vaginal infections are more likely to occur.**

Your period. Celebrate it with an exclamation point!

Getting your period is probably the biggest change you'll experience during puberty. It's a very normal, healthy and positive part of growing up! It's part of a natural cycle (the **menstrual cycle**) that prepares the body to have children.

A QUICK DEFINITION

Your period is when you shed tissue, fluid and blood (also called menstrual discharge) from your uterine lining. It leaves your body through your vagina. For most girls and women, it usually happens each month and lasts between 3 and 7 days. It may come as a surprise when you get your first one—that's okay. A lot of girls aren't quite prepared.



THE WHOLE STORY

The complete explanation may sound like science class. But understanding the menstrual cycle will help take the mystery out of your period. Plus, it will also help you predict when your period will come each month once your cycle starts.

THE PHASES OF THE MENSTRUAL CYCLE

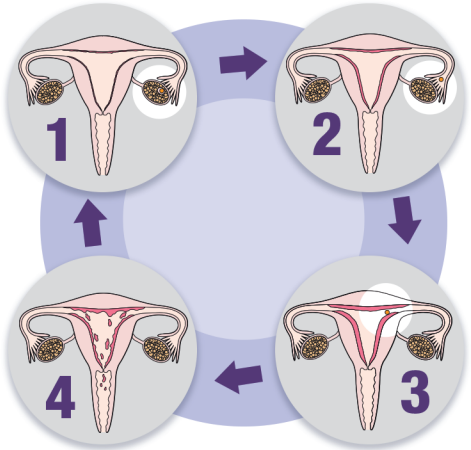
1. **Pre-Ovulation**—Females have two ovaries that contain thousands of eggs (**ova**). Estrogen tells an ovary to release an egg every month. (Only one ovary releases a single egg each month.) At the same time, the soft lining (**endometrium**) of the **uterus** (the place where a baby can grow) starts to thicken.
2. **Ovulation**—This occurs when a mature egg is released from the ovary. After the egg is released, it travels through the **fallopian tube** to the thickening endometrium. If a **sperm** (the male reproductive cell) **fertilizes** the egg, a baby develops.
3. **Premenstrual**—If the egg isn't fertilized, it breaks down and the endometrium isn't needed. As a result, hormone levels drop, causing the endometrium to shed.
4. **Menstruation**—The endometrium leaves the body through the vagina as a reddish fluid containing blood. This is a period.

THE CYCLE REPEATS ITSELF

A complete menstrual cycle runs from the first day of one period to the first day of the next. The average time this takes is 28 days, but anywhere between 21 and 35 days is normal. Then the cycle starts again.

1. An ovary gets ready to release an egg.

2. The egg is released. The endometrium starts to thicken.



4. The endometrium is not needed and most of it is shed through the vagina.

3. The egg travels through the fallopian tube to the thickening endometrium.

Period tracker

Everyone's menstrual cycle is unique. Use this calendar to keep track of your unique cycle and help you prepare for your next period.

Using X's, mark the days on which you have your period each month. Use 1, 2 or 3 X's to show the level of flow for each day.

X light XX medium XXX heavy

Count the days from the first X of one period to the first X of the next. This is the length of your menstrual cycle. Try to work out when your next period will start. Check to see if you were right!

Want to know when you can expect your period?

Go to **Always.com** and use our Period Calculator!

Year 20 ___	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
January																															
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November																															
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WHEN WILL YOUR PERIOD START?

Most girls get their first period between the ages of 9 and 16, but there is no "right" time. Your period will start when your body is ready. If you haven't started by the time you're 16, you may want to talk to your doctor.

As a rough guide, your period will probably start:

- About two years after your breasts begin to develop.
- Within a year or so after you've developed pubic and underarm hair.
- After you start to notice some vaginal discharge in your underwear.

Being irregular is a regular thing.

In the beginning, your period may be irregular. You could have one period and then wait as long as 6 months for the next one! Or one period may last one day, while the next one lasts 10 days. This happens to a lot of girls. Oftentimes, it takes a while before a girl's body settles into a regular cycle. In fact, it may take up to 2 or 3 years.



SOME POPULAR QUESTIONS ABOUT YOUR PERIOD

Is it okay to take a bath or shower when I have my period?

Yes. During your period is an important time to keep yourself fresh and clean.

Is there anything I won't be able to do when I have my period?

No. It doesn't have to stop you from doing the things you usually do. You can still go to school, help at home, see your friends, play sports and so on.

Will anyone notice when I have my period?

No. Not unless you tell them!

How much blood will I lose during my period?

The average female loses about 4 to 12 teaspoons of menstrual fluid during her period. But only a small amount of that is blood. Since your body contains more than 5 quarts of blood, it doesn't miss the little bit lost during a period—and your body makes up for it quickly.

SOMETIMES YOUR PERIOD BRINGS UNINVITED GUESTS—CRAMPS

A lot of girls and women experience "period cramps" caused by the contraction of the uterus. If you get cramps, you may feel aches in your abdomen, your lower back or even down your legs.

WAYS TO PUT CRAMPS IN THEIR PLACE

- Take a warm bath, unwind and listen to some tunes.
- Place a heating pad or heat wrap on your abdomen. Then kick back, relax and read a magazine or watch TV.
- Do some mild exercise that you enjoy, like walking your dog or riding your bike with a friend.

If cramps continue to be a problem for you, make sure you check with an adult before taking any kind of medication.

WHAT IS PREMENSTRUAL SYNDROME (PMS)?

PMS refers to the symptoms some girls and women experience 1 to 14 days before their period. These symptoms are caused by changing hormone levels and may include: headaches, backaches, food cravings, depression, moodiness, breast tenderness, pain in the joints, general tiredness, and weight gain or a bloated feeling. Skin blemishes may also flare up.

Here are a few things you can do to help relieve PMS:

- Exercise regularly.
- Limit caffeinated drinks, like colas.
- Avoid salt.
- Ask your doctor for remedies.
- Some symptoms can be treated with over-the-counter medication. Ask a trusted adult if there's a medication you can take to help relieve aches, bloating or other PMS symptoms.



What to use during your period

Period protection refers to the products girls and women use to absorb their menstrual flow or to stay feeling fresh, comfortable and confident every day.

THERE ARE 3 TYPES OF PERIOD PROTECTION

(You'll find more details about these on pages 29 to 36.)

- Pads
- Pantiliners
- Tampons

WHERE TO BUY THEM

You can find pads, pantiliners and tampons in many places like supermarkets, drug stores and discount stores. Talk to your mom or a trusted adult to help you determine what products you will need.

What is right for you?

Some girls and women prefer pads and pantiliners, some prefer tampons, and some like to use pads on some days and tampons with pantiliners on others. We recommend you start off with pads and pantiliners, and if you want to use tampons, talk to your mom, school nurse or another adult you trust.

Pads are worn in your underwear during your period to absorb your menstrual flow. A pad has a soft, cotton-like layer on the top and a sticky tape on the back to keep it firmly placed in your underwear.

It's important to choose a pad that will be the best fit for you. That's why pads, like Always®, come in different shapes, lengths and absorbencies (protection levels). There are two important things to consider when choosing the right pad for you: flow and coverage. First, your flow can be light, medium or heavy (sometimes depending on the day). Second, you want to be sure the pad is long enough to cover enough of your underwear so you won't have to worry about leaks.

To find the pad that works best for you, ask someone like your mom or a school nurse for help, see pages 30 and 36, or go to **Always.com** to learn more about the different types of pads.

HOW TO USE A PAD



1. Pull off the paper strip that covers the sticky part on the back.



2. Attach the sticky part securely to the inside center of your underwear.



3. When you need to change your pad, just pull it off to remove it.

TYPES OF ALWAYS® PADS

Always Radiant™ and Always Infinity®

An absorbent thin pad made with a soft cover that feels incredibly light. Look for the Always Radiant and Infinity pads in a box.



Ultra Thin. A thin pad that provides great protection and comfort without the bulk of a maxi pad. Look for the green Always bag.

Maxi. A thicker pad with a close body fit and gentle, panty-hugging shape for comfort. Look for the blue Always bag.

LENGTH AND ABSORBENCY RANGE:

SLENDER: For light to moderate flow. Shorter pad from front-to-back and side-to-side than Regular, making them ideal for girls with a small panty size.

REGULAR: For moderate flow, average length and width, based on a small panty size.

LONG SUPER: For heavy to extra-heavy flow with longer length for added front-to-back leak protection.

OVERNIGHT: For extra heavy flow/overnight use. Longer than Long Super.

HOW OFTEN TO CHANGE A PAD

Change it every 4 to 6 hours or more often if your flow is heavy. Also, if you're wearing a smaller pad or one with less absorbency, you may need to change it more frequently. Your pad may begin to leak if you wear it too long.

Pantiliners can be part of your daily hygiene routine, like brushing your teeth, to help keep you feeling clean and confident.

A pantiliner is worn on the inside of your underwear like a pad, but most are smaller and thinner than pads and can feel invisible.

Pantiliners are great for:

- Vaginal discharge
- Absorbing perspiration from sports or daily activities
- Light period days
- Extra confidence when you're getting used to tampons

PANTILINER TYPES

Girls and women are all different shapes and have different levels of natural moisture. That's why pantiliners, such as Always®, are available in different lengths and absorbencies. (See page 35 for more information.)

HOW OFTEN TO CHANGE A PANTILINER

You can wear one daily and change it as often as you need to feel fresh and clean. To dispose of it, treat it like a pad.

To feel fresh all day, try pantiliners.

Tampons provide protection that is worn inside your body, in your vagina, during your period. A tampon is made of soft absorbent material compressed into a small oblong shape with a string securely sewn through it for removal. It is held into place by the muscular walls of your vagina and gently expands to absorb your flow before it leaves the body. Many girls first start using tampons when they want to go swimming while on their period. Some girls find them more comfortable to wear when they're active in sports during their period. But the choice is up to you.

HOW DO I CHOOSE A TAMPON?



Tampons come in different absorbencies. Choose one with the minimum absorbency needed to control your flow. For your first time, try Tampax® Pearl Active Plastic™ lites; they offer our slimmest applicators and are designed to protect you—even when you run, swim, jump and dance.

HOW DO I PUT IN A TAMPON?

It's easy with just a little practice. Check out the instructions in the box or visit Tampax's YouTube channel for a helpful video. Try using the lightest absorbency for the protection you need. Tampax offers absorbencies from lite to super plus.

HOW OFTEN SHOULD I CHANGE A TAMPON?

It depends on how heavy your flow is, but a tampon should be changed regularly, about every 4 to 8 hours. Although a tampon can be worn up to 8 hours, never leave a tampon in for longer than that. If you sleep longer than 8 hours, plan to use a pad instead. Use tampons ONLY during your period. If you think you may be starting soon, use a pantiliner to help keep you clean and confident.

SHOULD I USE TAMPONS IF I'M INVOLVED IN SPORTS OR DANCE ACTIVITIES?

Tampons are a great choice for athletic activities because they allow you to move fully and comfortably. Of course, tampons are the only suitable form of period protection for swimming, since they are worn inside your body.

WHAT IS TOXIC SHOCK SYNDROME (TSS)?

TSS is a very rare but serious disease associated with using tampons. Be sure to read and keep the leaflet that comes with every box of tampons and talk to an adult if you have questions. The most important thing to know is that if you get a fever and feel sick while you are using a tampon, take it out right away. Tell an adult you are worried about TSS and contact your doctor. Tell the doctor you've been using a tampon so you can get the best treatment quickly.

BE READY AT SCHOOL

Until your cycle becomes regular, your period may take you by surprise—especially your first one. So it helps to be prepared, particularly at school.

- Use a pantiliner daily to always feel fresh and protected.
- Prepare a locker or backpack "emergency kit." Keep a pantiliner, a pad and a pair of clean underwear in a discreet bag.
- Keep a pantiliner or a pad in your purse.
- You can use toilet paper or tissue until you can get a pantiliner or a pad. Your period won't start all at once, so you have a little time.
- Ask a friend, a school nurse or a teacher for help. Most schools keep extra pantiliners or pads for times like these.



Which always® product is made for you?

Always® has different products to fit your body type, menstrual flow and preferences. If you need help choosing what's right for you, use the following product guide or go to **Always.com** to learn more about our products.

always® Perfect products for teens on your period days and every day.

ALWAYS® THIN DAILIES LINERS

Perfect for feeling clean on your light days and in between.



ALWAYS RADIANT™ TEEN PADS

An absorbent thin pad made with a soft cover that feels incredibly light. Look for the Always Radiant and Infinity® pads in a box.



ALWAYS® PADS

A range of panty protection for *your* period needs. Always pads come in different lengths and absorbencies—and some are also available in Fresh/Scented. Use this product selector to find what's right for you:

	Slender	Regular	Long/Heavy	Overnight
Radiant™				
Infinity® stylish & absorbent				
Ultra Thin thin & absorbent				
Maxi thick & absorbent				

shorter pad & daytime protection — **longer pad & overnight protection**

FOR WHEN YOU'RE READY...

Tampons are a good option to use for protection when you run, swim, jump or dance. Talk to an adult and consider a tampon with the following:

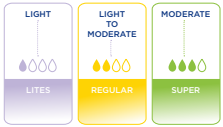


- Plastic applicator for comfort and easy insertion
- A range of absorbencies so you can use the lightest level for the protection you need

Consider trying Tampax® Pearl Active Plastic™ lites.

SO WHICH ABSORBENCY IS RIGHT FOR YOU?

Tampons are made in different levels of absorbencies. Why? Because girls have different flows that change each day of their period! Generally, your period is heavier at the beginning of your cycle and lighter at the end. We recommend starting with a regular absorbency tampon. Then when you're used to tampons, start varying your absorbencies.



Glossary

Acne An inflammatory disease of the sebaceous glands that causes pimples to break out, especially on the face.

Antiperspirant A substance used to reduce perspiration under the arms in order to prevent body odor.

Apocrine glands Sweat glands (mostly under the arms and in the genital area) that produce perspiration that can mix with bacteria to cause body odor. Apocrine glands become active during puberty.

Deodorant A substance used under the arms to counteract or mask odors caused by perspiration.

Eccrine glands Sweat glands (all over the body) that produce clear, odorless perspiration. Eccrine glands are active at all ages.

Endometrium The soft, spongy lining of blood and tissue that thickens inside the uterus. It nourishes a developing baby during early pregnancy, or else it is shed during menstruation.

Estrogen The female hormone produced in the ovaries that is responsible for many of the changes that take place in females during puberty.

Fallopian tubes Two tubes through which eggs travel from the ovaries to the uterus.

Fertilize When a male sperm joins a female egg to form an embryo (the beginning of a baby).

Hormones The special chemicals that regulate the growth and activity of body tissues and organs.

Menstrual cycle The time measured from the beginning of one period to the beginning of the next.

Menstruation The monthly process of shedding the lining of the uterus that passes out of the body through the vagina.

Ova The eggs found inside the ovaries. They are the female reproductive cells.

Ovaries Two glands, one on either side of the uterus, that contain a woman's eggs and produce the hormones estrogen and progesterone.

Ovulation The periodic release of a mature egg from one of the ovaries.

Period protection The products girls and women use to absorb their period flow and to stay fresh, comfortable and confident.

Pituitary gland A small gland beneath the front of the brain that is responsible for triggering the production of hormones that start puberty.

Premenstrual syndrome (PMS) A combination of emotional and physical symptoms such as tension, worrying, breast tenderness and bloating. These may occur and last 1 to 14 days before a period starts.

Progesterone A female hormone that causes a soft, spongy lining of blood and tissue (endometrium) to thicken inside the uterus. It also prepares the body for pregnancy.

Puberty The stage of life when human males and females develop physical and emotional changes and become capable of reproduction.

Pubic area The V-shaped area between your legs where your legs meet your torso.

Sperm The male reproductive cell.

Testosterone A male hormone that is responsible for many of the changes that take place in males during puberty.

Uterus The female organ lined with soft, nourishing tissue that carries a baby until it is born.

Vagina A flexible passageway leading from the uterus to the outside of the body through which menstrual fluid flows.

Vaginal discharge A clear or whitish fluid that comes from your vagina. It's the way the vagina cleanses itself and helps prevent infection.

Got girl questions?

Check out BeingGirl's YouTube Channel presented by Always® and Tampax®

WWW.YOUTUBE.COM/BEINGGIRL

Your destination for puberty and period advice!

- Find out what to expect when it comes to getting your period with the "Period Diaries" videos.
- Feel empowered to be confident and unstoppable with Always #LikeAGirl and Tampax videos.

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Secret

American Association for Health Education

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