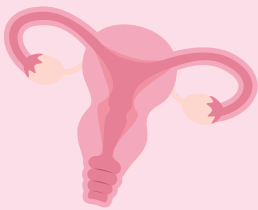


# WHAT IS A PERIOD?



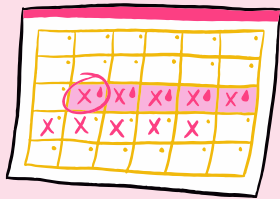
Your period is a healthy and normal part of growing up.

Each month, your body prepares for a possible pregnancy. When pregnancy doesn't happen, your uterus sheds its lining. That lining leaves your body as blood through your vagina. That's your period!

## MOST GIRLS GET THEIR FIRST PERIOD BETWEEN AGES 9-15

It is different for everyone- and that's okay!

# WHAT IS A MENSTRUAL CYCLE?



Your menstrual cycle is the time from the first day of one period to the first day of your next period.

- Most cycles are 21-35 days
- Your period may last 3-7 days
- It may be irregular at first — that's normal!

It can take a few years for your cycle to become regular.

DOWNLOAD A PERIOD TRACKING APP TO KNOW WHEN YOUR NEXT PERIOD IS DUE!



**YOU PERIOD SHOULD NOT**

**Control your life  
Keep you from school  
Cause unbearable pain**

**YOUR PERIOD GUIDE**

GROWING UP COMES WITH CHANGES - AND YOUR PERIOD IS ONE OF THEM. BUT WE ARE HERE TO HELP

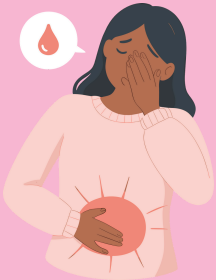


## CHANGES YOU MIGHT START TO NOTICE...



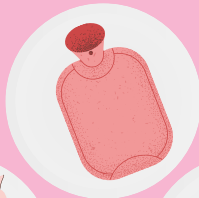
- Hair growth in places you're not used to (under arms & between legs)
- Body develops curves
- You might sweat more
- Skin on your face becomes oily
- Hair becomes greasier
- Breasts start to develop

## WHAT YOU MIGHT FEEL DURING YOUR PERIOD



- Bloating
- Acne
- Backaches
- Mood Swings
- Fatigue
- Changes in appetite
- Sore Breasts
- Lower Abdomen Cramps


## TIPS FOR CRAMPS:



## WHAT DO I USE?

### PADS



- ♥ Worn in your underwear to absorb blood
- ♥ Come in different sizes for light/heavy flow
- ♥ Change every 4–6 hours
- ♥ Do not flush 


### PERIOD-UNDERWEAR



- ♥ Absorbs menstrual blood into special, absorbent fabric
- ♥ Used in place of pads, tampons, or as backup with other products
- ♥ Come in different absorbency levels for light to heavy flow
- ♥ Should feel comfortable and fit snugly against the body
- ♥ Change every 8–12 hours, or sooner if full
- ♥ Rinse and wash after each use

### TAMPONS



- ♥ Inserted inside the body to absorb blood
- ♥ Come in different sizes for light/heavy flow
- ♥ Should feel comfortable — if it hurts, it may not be inserted correctly
- ♥ Change every 4–6 hours
- ♥ Never leave in longer than 6 hours
- ♥ Do not flush 

## WHAT IS NOT NORMAL:

- Bleeding longer than 8 days.
- Soaking through a pad/ tampon every 1–2 hours.
- Large clots (bigger than a quarter)
- Severe pain that makes you miss school.
- Throwing up from cramps.
- Feeling faint or dizzy.
- Periods still very irregular 2+ years after first period.
- No period by age 15.

**TALK TO A PARENT/GUARDIAN, NURSE, OR DOCTOR IF YOU EXPERIENCE ANY OF THESE SYMPTOMS**

