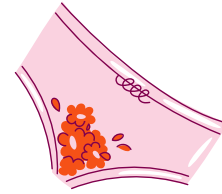


# Getting my Period

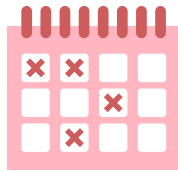
One day I might get my period.  
This means my body is growing and  
changing.



A period is when blood is  
released from the vagina



My period will usually happen  
every month



My period may last between  
between 4 and 7 days



Periods show that my body is  
preparing to be a grown up



People who get periods are not sick  
or hurt. A period is completely  
normal.



The sensation of blood in my  
knickers might feel uncomfortable



But there are pads or special  
knickers I can wear to catch the  
blood



# Getting my Period

I can use pads which stick in  
my knickers



Or I can use period pants which  
absorb the blood



I can choose which I feel most  
comfortable with



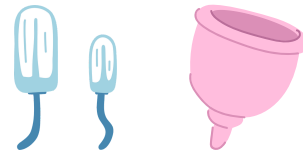
During the day, I should change  
my pad several times



If I'm not sure, I should ask an  
adult I trust



When I'm older I might want to  
use tampons or a menstrual cup



Everyone can choose what is  
best for their body



When I get my period I may feel  
tired



# Getting my Period

My period might give me tummy ache - we call this cramps



I can rest, use a hot water bottle or ask a trusted adult for painkillers to help soothe my tummy



When I have my period, I might feel more cross or upset than usual



Having a period is completely normal. Almost all women have them



I can ask someone I trust if I'm worried

