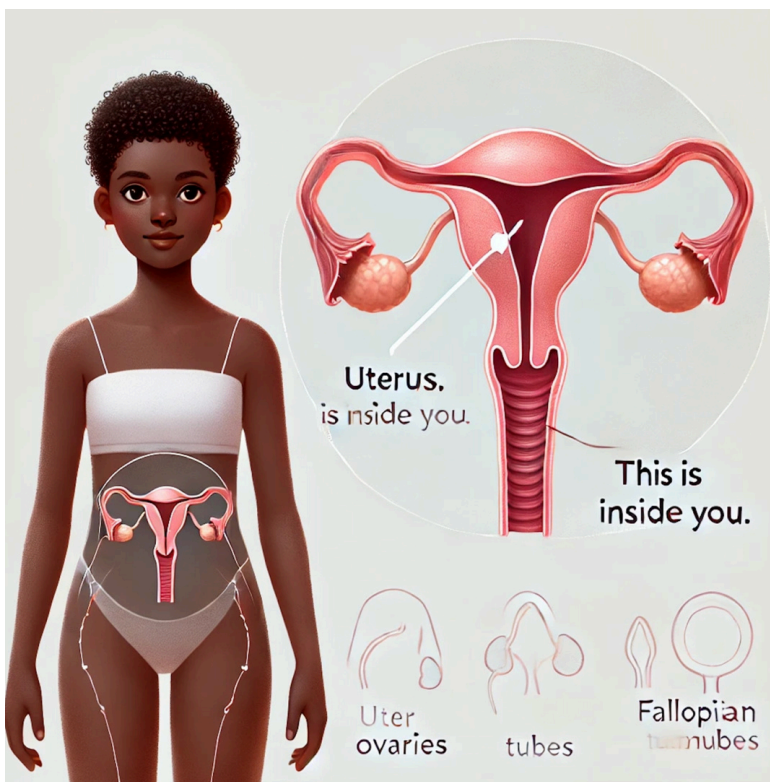




Understanding My **PERIOD**



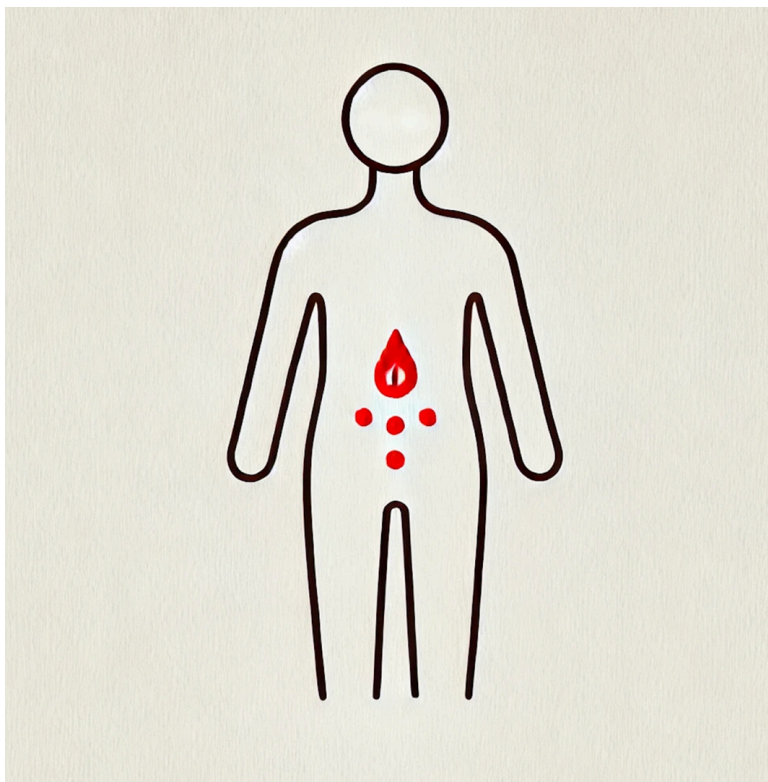
Sometimes, my body
grows and changes
as I get older.

One change is
called a ***period.***



Having a period is a **natural** part of growing up.

What is a Period?



A period happens when blood comes out of my body through my vagina.

This blood is from inside my body and is **not** a sign that I am hurt.

It is my body's way of staying **healthy**.

S	M	T	W	T	F	S



When Will It Happen?

I might have my period *once a month*, and it usually lasts a few days.

Everyone's body is *different*, so my period might be different from someone else's.



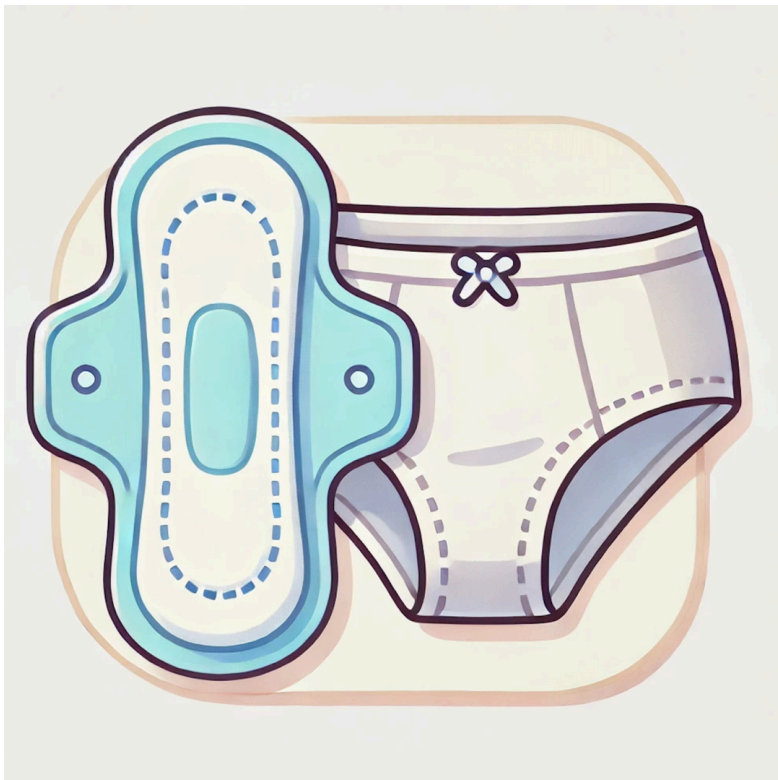
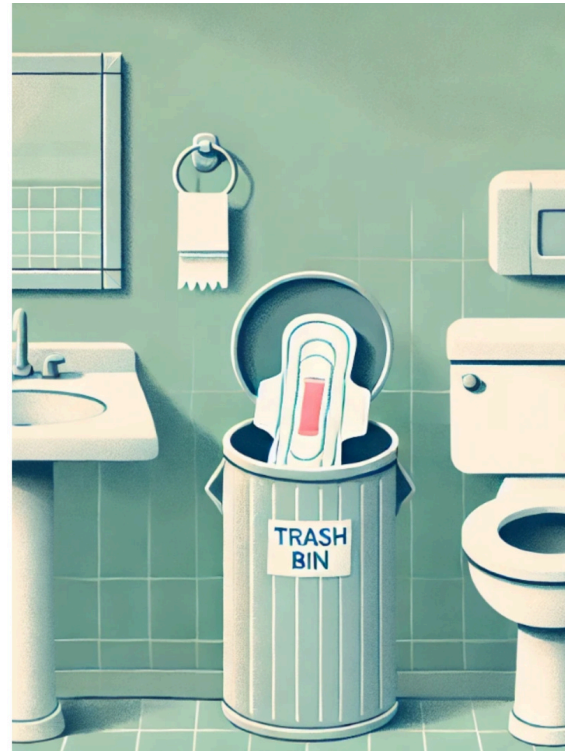
How Will I Know?

I might feel wetness in my underwear, and when I check, I might see blood.

Before my period starts, I might feel a little different, like having a stomachache or being more tired. *This is okay.*

When I need to touch my pad or my underwear, I only do this **in the bathroom**. The bathroom is the right place to check or change my pad.

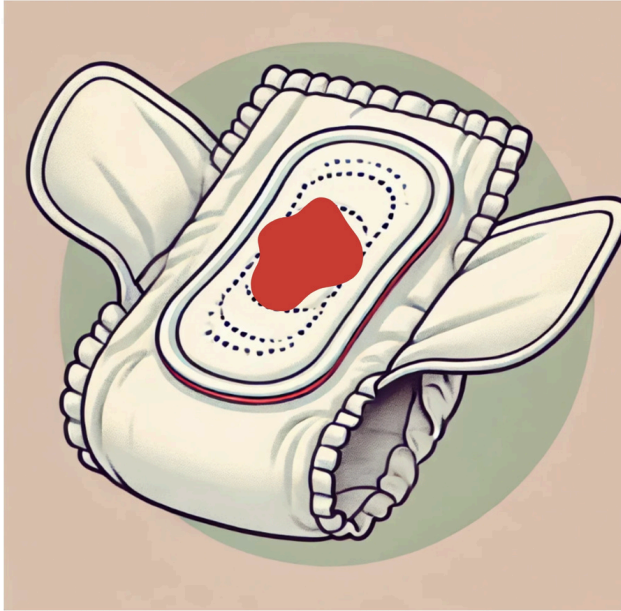
After I'm done, I **always wash my hands with soap and water** to keep them clean. This helps me stay healthy and take good care of my body.



What Do I Do?

When I have my period, I can use a **pad** to catch the blood.

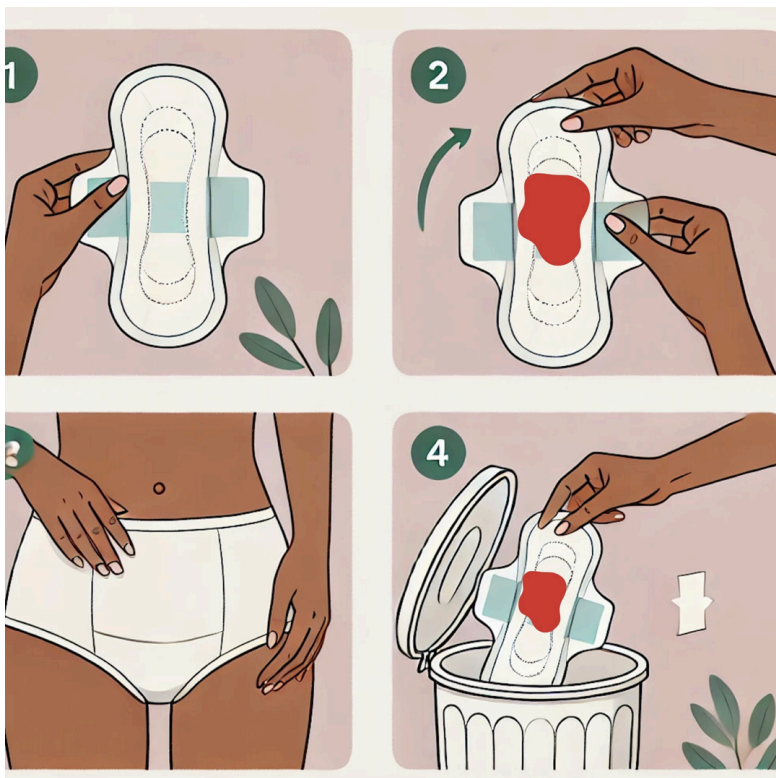
This keeps me clean and comfortable.



Sometimes...

When I use a pull up, I can use a **pad** to catch the blood.

This keeps me clean and comfortable.



I can change my pad in the bathroom when it is full.

I will throw the used one in the trash.

Remember, we only touch our pad or underwear **in the bathroom**. Afterward, we **always wash our hands** to keep them clean and healthy!



How Can I Stay Comfortable?

If I feel cramps in my stomach, I can use a heating pad, take deep breaths, or talk to an adult I trust for help.

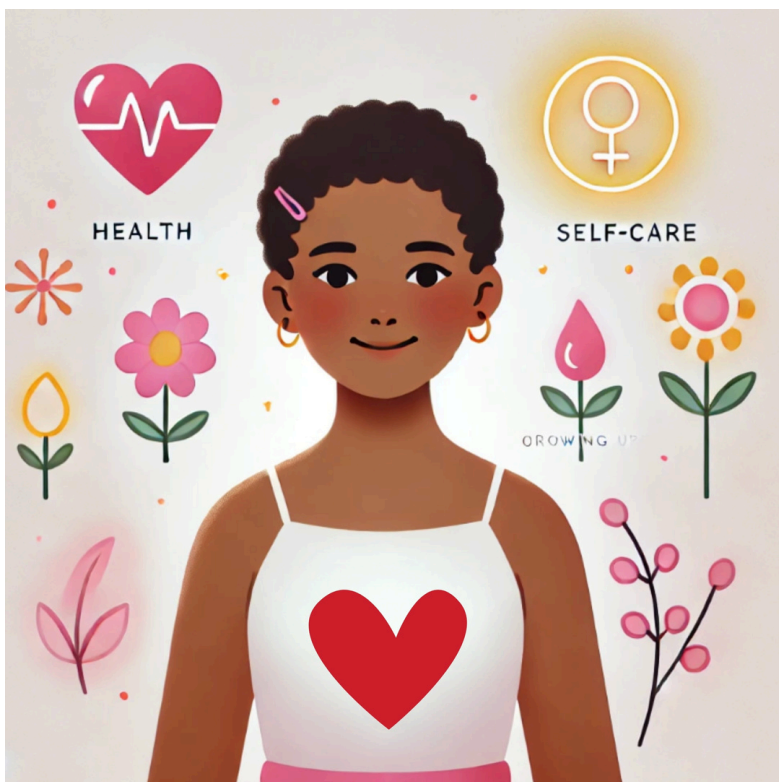
I can also rest and drink water and tea to feel better.



Who Can Help Me?

If I have questions or feel worried about my period, I can talk to my caregiver, teacher, or another adult I *trust*.

They can help me learn more and feel prepared.



Why is This Important?

Having my period means my body is working the way it should.

It is a sign that I am growing up and taking care of myself.



What Can I Remember?

My period is a *normal* and healthy part of life. I can be ready by **keeping pads in my bag** and knowing what to do.

I am learning about my body and how to take care of it. I am doing a great job!