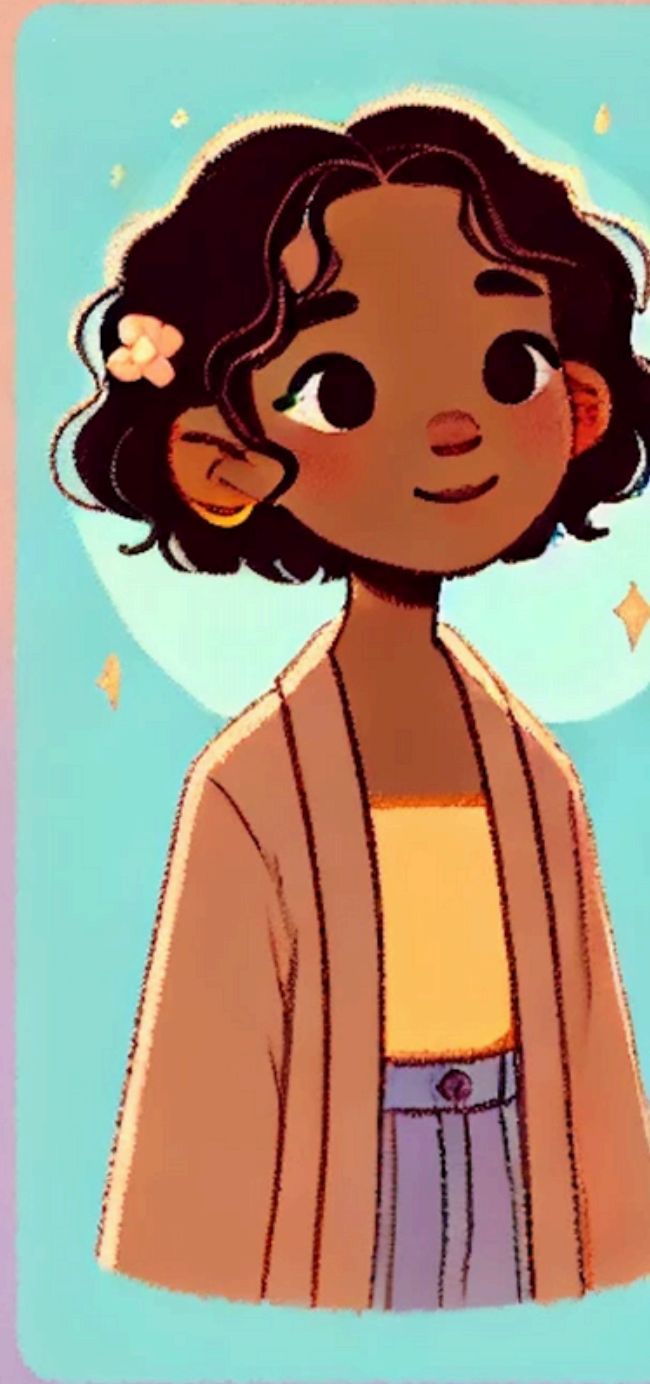


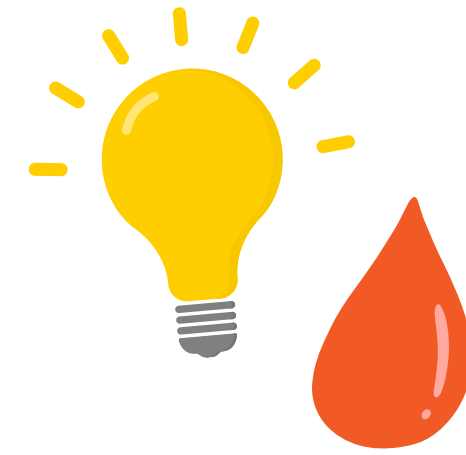
childhood



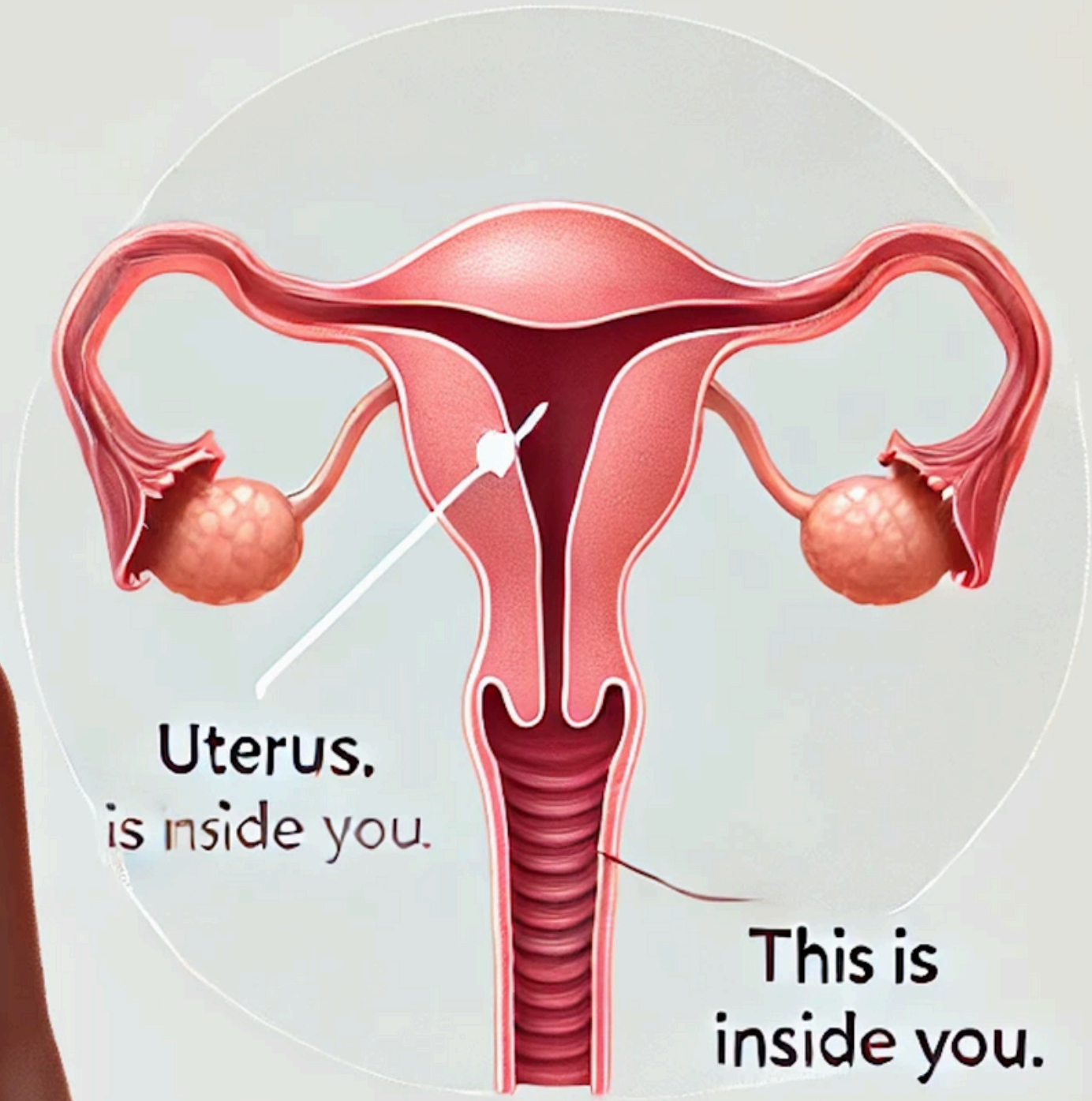
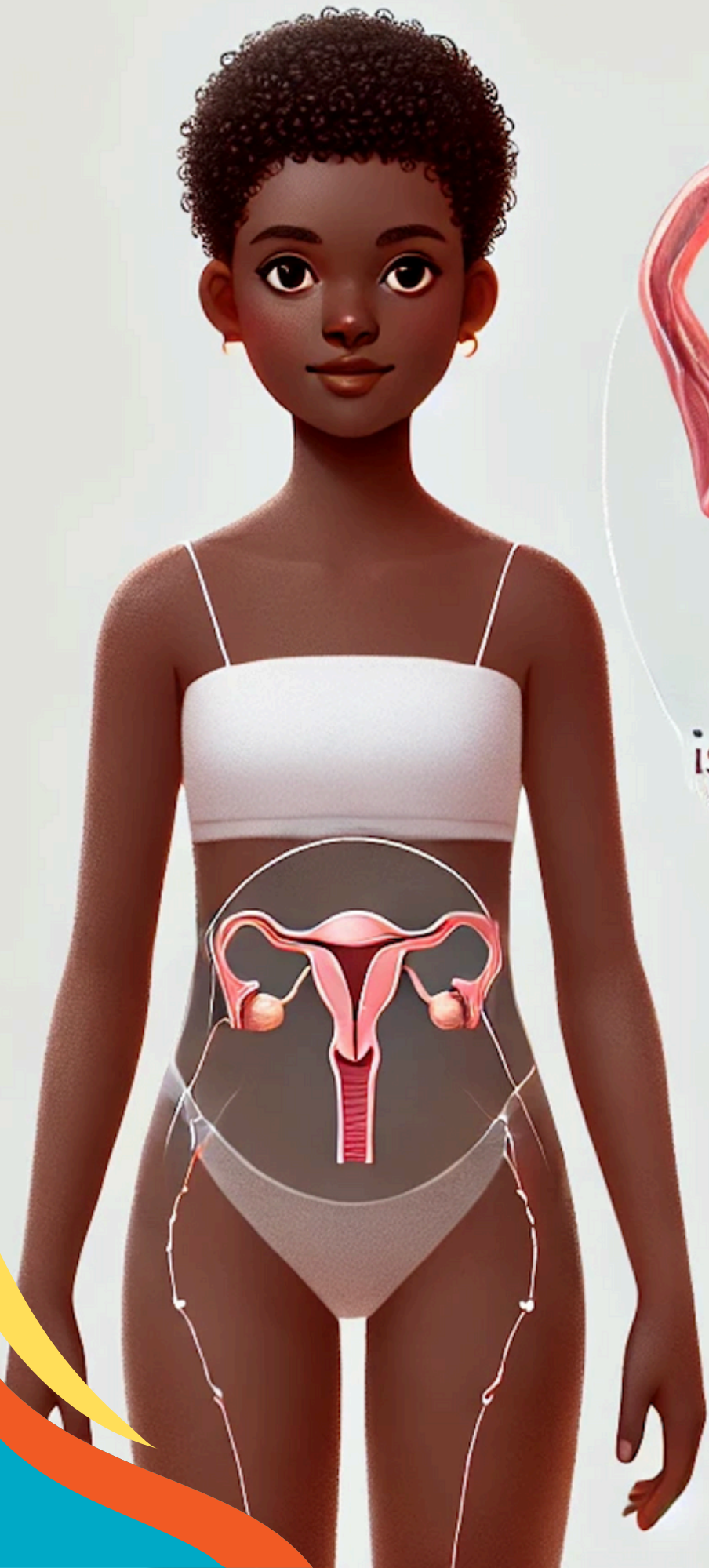
adolescence



Adult



Understanding My **PERIOD**



Uterus,
is inside you.

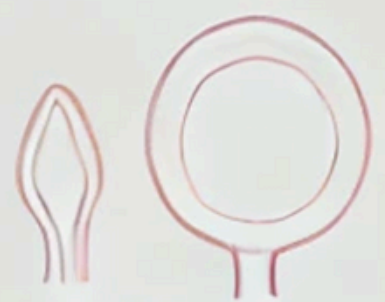
This is
inside you.



Uter
ovaries



tubes



Fallopian
tubes

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

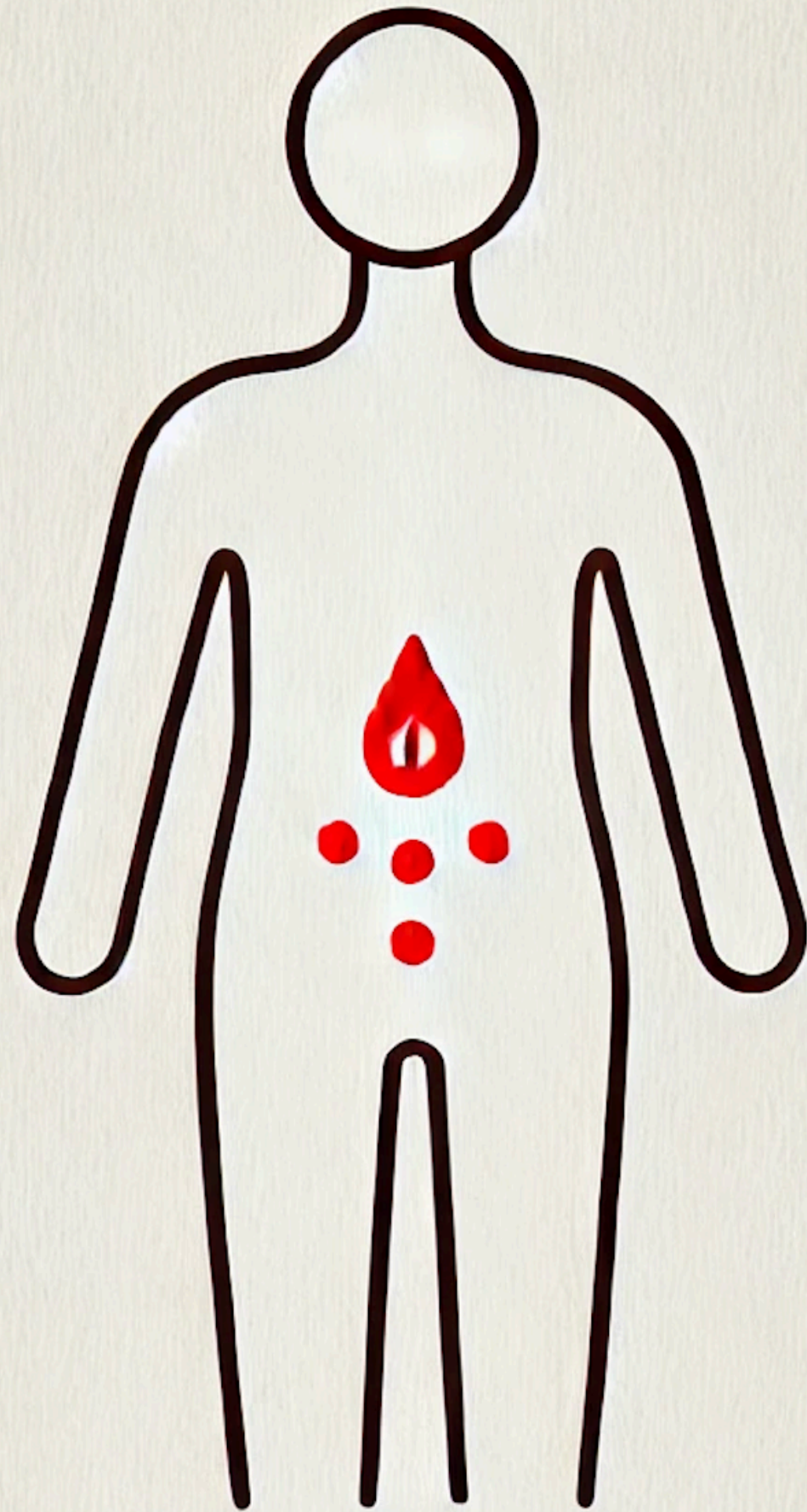
One change is
called a ***period.***



This is normal and healthy.

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.

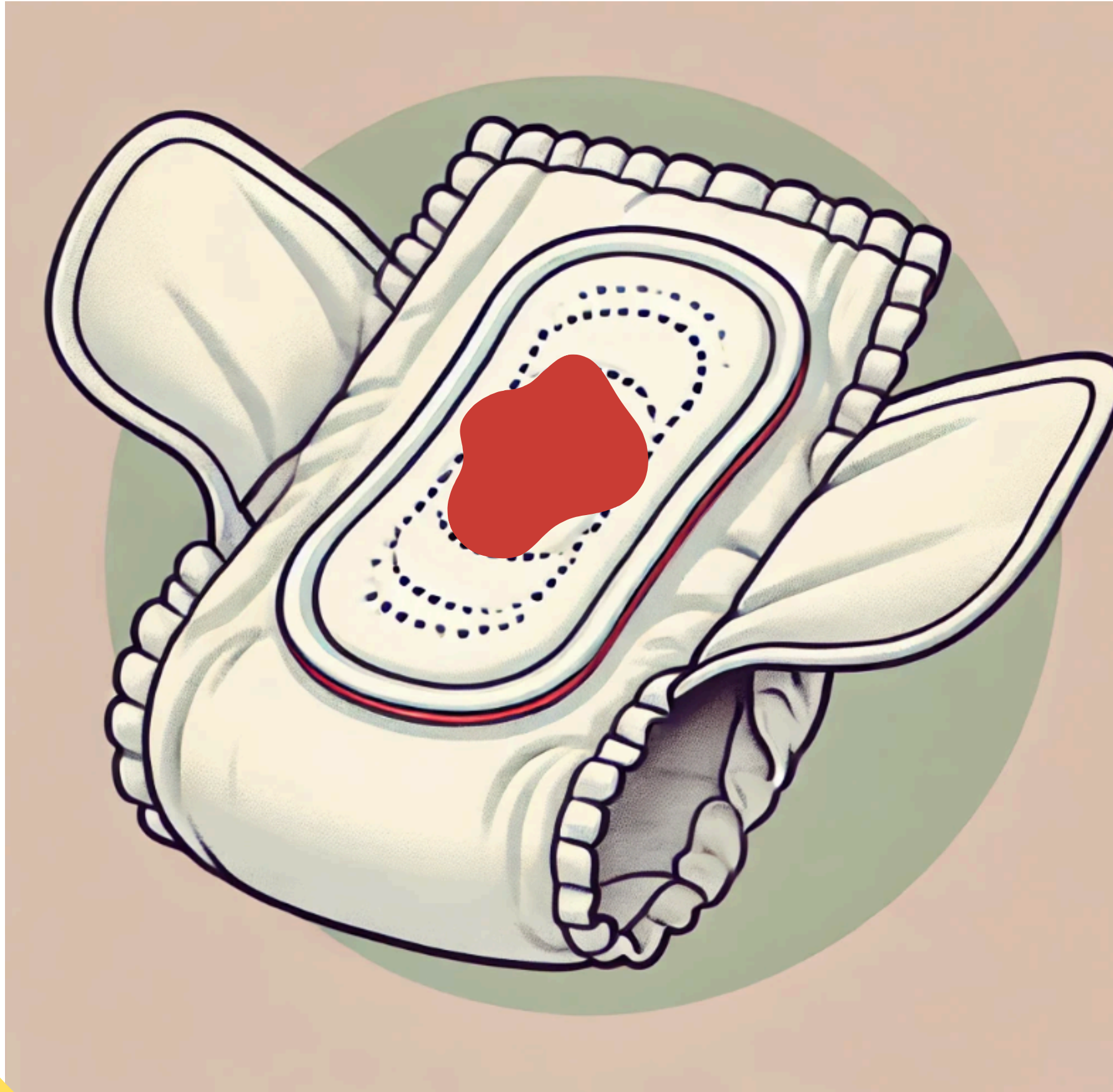




What Do I Do?

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

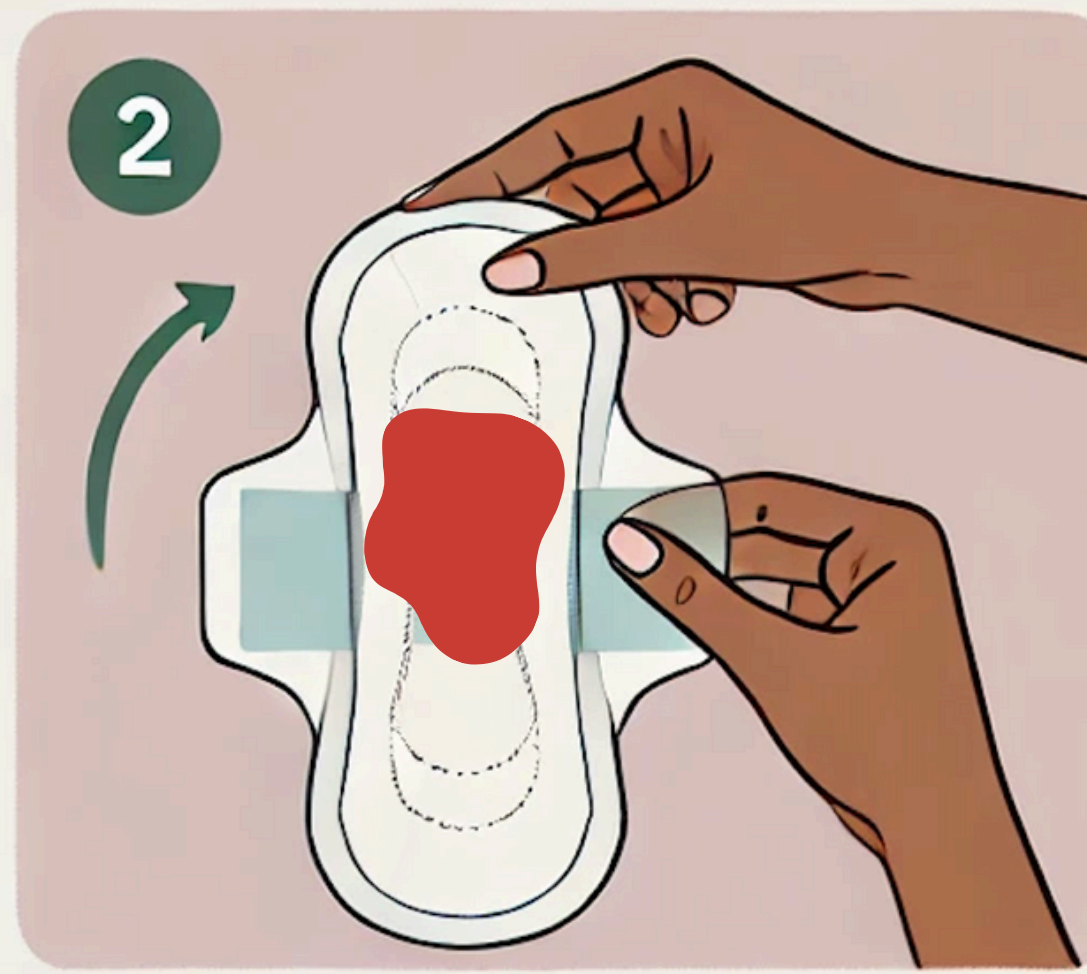
This keeps me clean and comfortable.



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.



CHECKLIST

- Pad
- Water
- Heating Pad
- Deep Breaths
- Ask for Help

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!**