



Handling My  
Period

Bodies are pretty amazing! As I grow up, my body will start to make changes. When I was born, I was a baby with no teeth. As time has passed, I have grown hair on my head and other parts of my body.



This is a normal part of growing up. My body is AMAZING!

Because I am growing up as a woman, my body will change in different ways than a man's body will. I will grow breasts and hair on my armpits and private area.

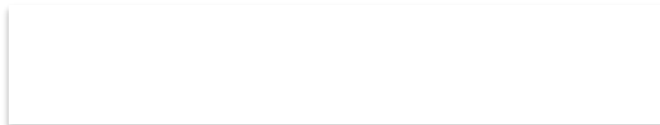


I will also have hormonal changes.

These “hormonal changes” will sometimes cause me to have weird feelings. I will get angry or sad sometimes. Sometimes I wont even know why.



This is normal and sometimes it helps to talk about my feelings with other women. My mom understands.



Another big change my body will go through is called a “period”. This is normal and it happens to all grown women. I will get a period about one time per month. When I have my period, I will bleed through my private parts.



At first this can seem a bit scary, but once I learn to take care of it, there is no reason to be afraid!

If I don't take care of my private area when I am on my period, I will make a big mess. Blood might show on my pants or leave stains where I sit.



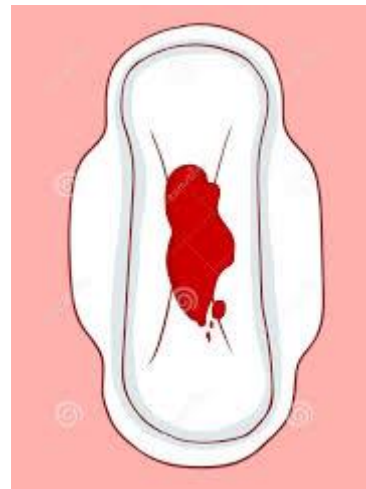
That means that if I don't take care of my period myself, I make people uncomfortable. They might even have to clean up after me.

To take care of my period, I use pads or special underwear made for periods. These pads or underwear are for grown up women to use during their period. The pads stick to my underwear and keep my pants and chairs clean.



When my pants are clean it makes everyone around me more comfortable! I like it when my friends are comfortable around me!

These pads collect the blood that drops from my privates so that it doesn't get where it is not supposed to.



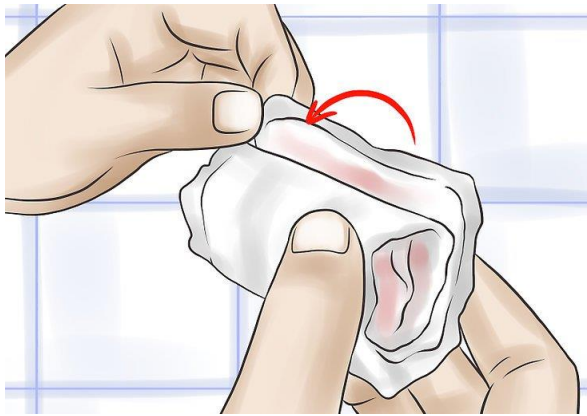
I know I am a woman because I take care of my period all by myself! I don't need anyone to clean up after me!

To use a pad, I unfold the plastic wrap and pull the pad off the the wrapper. I put the sticker part on my underwear like a giant sticker under where my privates sit. It is like a giant sticker!



I throw the plastic wrapper away, pull up my pants, and I am ready to go!!

Usually after 3 or 4 hours, my pad starts to feel sticky and uncomfortable. That means it is time to get a new one.



To throw the old one away, I pull it off of my underpants, and roll it up. Next I open a new pad and use the wrapper to wrap up my old pad. Now it is ready to throw away in the trash. I NEVER put my old pad in the toilet!!

Now that I have the next one unwrapped, I can stick it to my underwear. I even use pads or period underwear at bedtime to keep my bed clean. I bring extra pads to town and school with me in case I need to change my old one while I'm not home.



I make sure to tell my mom when I am running low on pads and I need more. I am a growing woman!