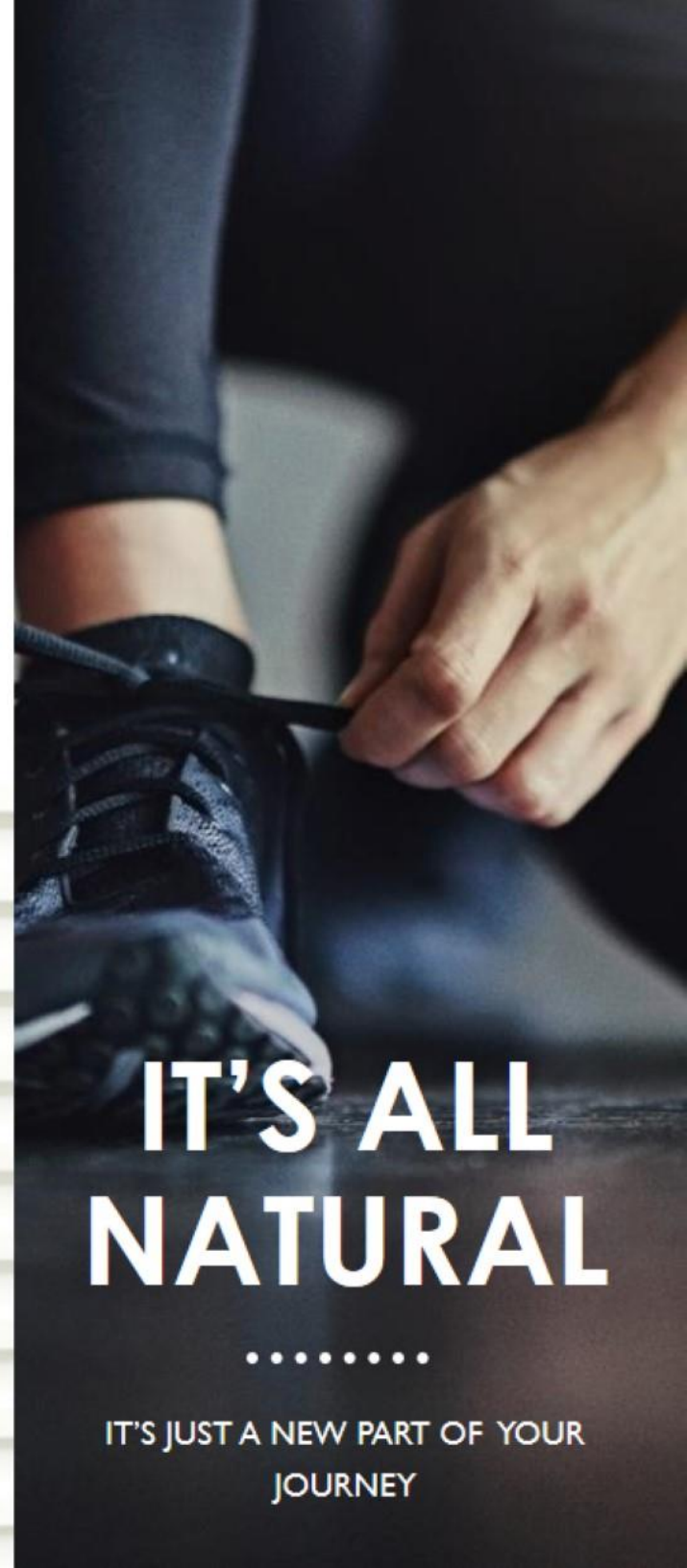


.....  
About my  
*PERIOD*

.....  
**Managing  
things, myself**

LET'S TALK ABOUT  
CHANGES TO MY  
BODY



**IT'S ALL  
NATURAL**

.....  
IT'S JUST A NEW PART OF YOUR  
JOURNEY





.....

## Bodies are amazing

When I was born, I was a baby with no teeth, couldn't talk or walk. Changes happened and I grew to what I'm like now. Now I'm beginning the next stage of growing into a woman.



.....

This is a normal part of growing up.

My body is  
**AMAZING!**







.....

## HOW I WILL CHANGE

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.



.....

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



.....

## I WILL ALSO HAVE HORMONAL CHANGES.



.....

THIS IS NORMAL  
AND SOMETIMES IT  
HELPS TO TALK  
ABOUT MY  
FEELINGS WITH  
OTHER WOMEN.

This  
could  
be my

.....

"I choose the  
people I trust and  
feel comfortable  
with"

MUM

SISTER

AUNTY

GRANDMA

FRIEND

COUSIN

NURSE

DOCTOR

TEACHER





.....

## 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.

.....

**I will also get tummy cramps.**

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



I will start to wear pads which will soak up the blood and keep my periods private.



.....

*I have to take real care in my hygiene and personal care all the time but especially when I'm having my period.*

.....

**I change my pad or tampon every couple of hours**

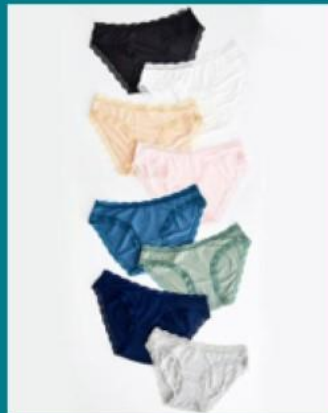


Washing my armpits and wearing deodorant everyday helps me to smell nice and keep me fresh, especially after PE or any exercise.



.....

**I change my underwear every day and wash them every day.**

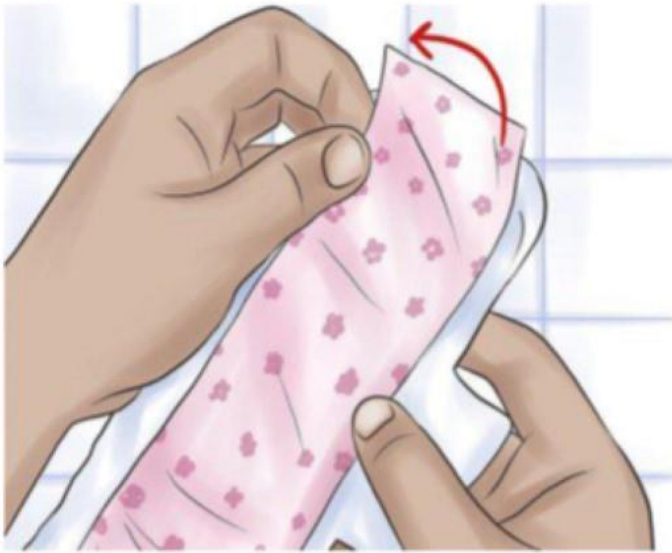


**I take a Bath or Shower every day**





.....



I make sure I have Pads for each month so I have them ready for when my period comes, I carry them with me when I go out to school or out with my friends so I can change them regularly.

.....

"It took me a while to get used to using them, but it now just part of my routine"

To use a pad, I unfold the plastic wrap and pull the pad off 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 at bedtime to keep my bed clean, and I bring pads to town and to school with me in case I need to change my old one while I'm not home.





# What I need to remember....



.....

## Talk Talk Talk

If I'm not sure of something or I feel scared or worried about anything, ask someone I trust.

.....

It happens  
to all girls

I'm strong  
and proud

It hurts but  
will make  
me  
stronger

I'm  
becoming a  
strong  
woman

Keep a  
strong  
mind

My body is  
amazing

There's nothing for  
me to be embarrassed  
about!!!

