

Get the facts about periods from FPQ

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Note: This brochure has been developed for people with learning difficulties. Publications are most effective when used as part of a comprehensive sexuality education program.

Disclaimer

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ADVOCATING FOR
INCLUSIVE SEXUALITY
EDUCATION



About Periods



Puberty and periods



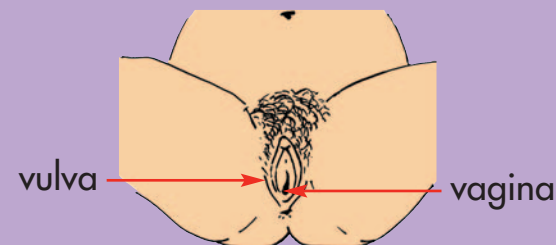
Most girls go through puberty between the ages of 9 and 16.

During puberty your body changes. Your breasts get bigger and hair starts to grow between your legs.

During puberty most girls will start their period.

What is a period?

A period means that blood comes from inside your body through an opening between your legs. This opening is called a vagina.



Getting periods is healthy. The blood that comes out is healthy blood. You have not been hurt.

Your period will last for a number of days. When you have a period you will need to use a pad or tampon.

What will a period feel like?

Everybody is different. You might feel a bit sick or sore in your tummy. Maybe you will get a bit cranky or tired before your period starts. Some women feel fine.

If you do feel sick or sore, talk to someone you trust, or see your doctor for help.



Other things about periods

Periods are **private**. You can talk about them with people you know and trust, but not to just anyone.

You will have a period about once a month.

In the first year you might not get a period once a month. It will take time for your body to become used to having periods.

Most women stop having periods when they are about 50.

Mark on a calendar when you start your period. This may help you know when your next period will come.

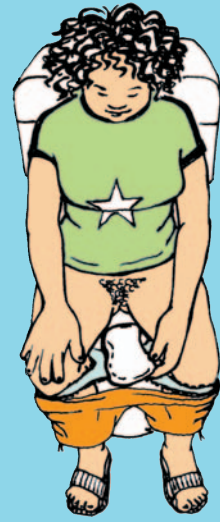
mon	tue	wed	thu	fri	sat	sun
1	2	3	4	5	6	
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29	30					



What is a pad?

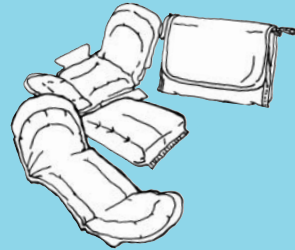
A pad is put inside your underpants to keep your clothes clean while you have your period. Pads should be changed every 2 to 4 hours.

Check your pad when you go to the toilet to see if it needs to be changed.



Check your pad:

- ★ in the morning
- ★ morning tea
- ★ lunch
- ★ dinner
- ★ before bed



What is a tampon?

A tampon can be used for periods. It is put inside the vagina.



Tampons should be changed at least 4 times a day.

Tampons take time to get used to. They can be good when swimming, dancing and playing some sports.

At night while you are sleeping, you might want to wear a pad.

Some women prefer to use tampons and some women prefer to use pads. Everyone is different.

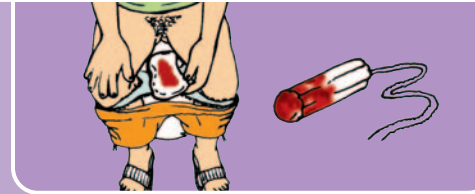
Changing your pad or tampon

Change your pad or tampon in a private place. The toilet, bathroom and bedroom are private places when the door is closed.

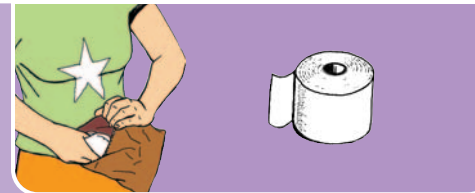
1 Wash your hands.



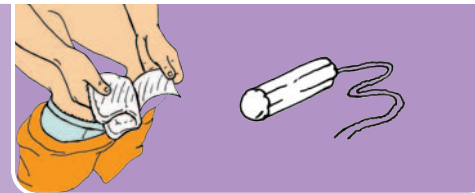
2 Take off your used pad or remove tampon.



3 Wrap it in toilet paper, or put in a paper bag.



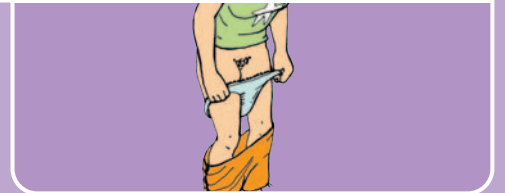
4 Peel strip off clean pad or unwrap tampon.



5 Stick pad down on your underpants or insert tampon into your vagina.



6 Pull your underpants back up and tidy your clothes.



7 Put the used pad or tampon into a bin.



8 Wash your hands.



If you need help to change your pad or tampon, ask someone you trust.