



Story About Getting My Period

I am growing up.



My body is changing.




I will start my period soon.



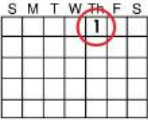
I am not able to start or stop my period. My body is in control. This can be frustrating.



Sometimes it may surprise me.



It will happen one time a month for many years.



It may last 4 to 7 days each time I have it.



My mom can help me keep track of my menstrual cycle.



When I get my period I will see blood in my underpants.



When this happens I will need a hygiene product like a sanitary pad, tampon, or period panties.



Using a hygiene product will stop the blood from getting on my clothes.



Menstruation is private.



I can ask my mom questions about menstruation. she can help me decide which hygiene product is best for me to use.




My mom can help me choose a safe person at school or work to help me if I have my period.



During my period I may notice other changes in my body.



I may notice breast tenderness or stomach pain.



I can still do most of my usual activities when I have my period.

