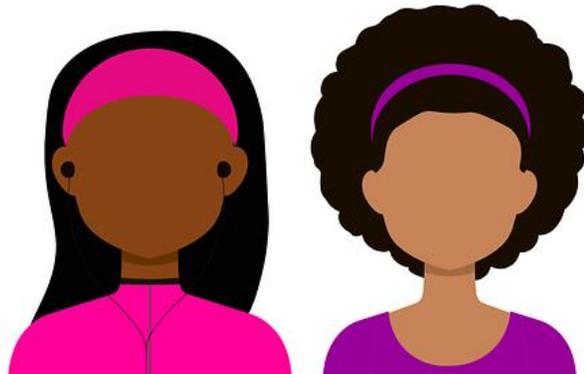


# Period Talk



What girls  
need to know.

**Don't be ashamed  
of your period!**

- Menstrual health is not just a “girl’s issue” but everyone’s issue.
- Every day, almost 288 million people are on their period.
- Period shame and embarrassment stops women and girls’ needs from being met.
- Don’t be afraid to talk to an adult about it.
- It is a natural part of life!

**#PeriodPositive**

**#GirlPower**

**#ItsNatural**

## QUESTIONS ABOUT PERIODS

### What is a period?

Periods are a normal and healthy part of becoming and being a woman. A period is short for menstrual period -- the amount of time each month when fluid containing blood flows from the uterus through the vagina. A period is the result of the menstrual cycle. This cycle makes it possible for women to have babies.

### How long is each menstrual cycle?

The menstrual cycle typically takes 20 to 36 days. The time between your periods may be more or less than that when you are young. By the time you are an adult, it will be about 28 days from the first day of one period to the first day of the next.

### How long does each period last?

Every girl is different, but a period usually lasts two to eight days. If your period lasts longer than this, talk with your mother, a trusted adult or your doctor.

### What does a period look like?

The color of your period may be pink, red, or brown. The flow can be thick, lumpy, or runny. Both the color and flow can change from period to period.

### How much will I bleed?

The amount of flow for an entire period is only four to six tablespoons. But expect the flow to be light on some days and heavy on others.

### Should I keep track of my periods?

Yes, you should. Use a monthly calendar or an app on your phone. After a while, your cycle should become regular enough for you to figure out when to expect your period.

### When will I get my first period?

Many girls have their first period about two years after they begin puberty. If you are growing breasts and pubic hair, your period may start within a year. You will start having periods when your body is ready.

### Will I know when my period is coming?

You may notice signs that your period is coming a week or two before it starts. Most of these go away after each period begins. However, you may not have any signs. Every girl is different.



## Girls Supporting Girls. Period.



### Dangers:

#### Unclean Pads or Substitute Products

Using unclean pads or substitute products like newspaper, plastic, or cloth can lead to fungal infections, reproductive tract infection, and urinary infection. Your menstrual hygiene routine should not just be about cleaning your body but also making sure to use clean pads so as to avoid any such infections.

#### Wearing one pad for way too long

If you do not change your pads frequently you are much more prone to develop rashes and vaginal yeast infections with the side effect of bad odor. Make sure to change your pads every two to four hours during the day.

## PADS AND TAMPONS

During your period, you'll need to absorb the flow, and protect your clothing from stains. Pads and tampons can do this. There are a lot of pads and tampons to choose from. Read the package instructions and check with an adult to learn how each one is used.

### What is a pad?

Pads are made of soft material and lined with plastic to help prevent leaks. Pads fit into the crotch of your underpants and collect blood as it leaves your body. Most pads also have a sticky strip that clings to your panties. Pads may be shaped like an oval or a rectangle, thick or thin, and some are wrapped individually. These are easy to tuck in a purse, backpack, or locker.

### What is a tampon?

Tampons are inserted into the vagina and absorb blood before it leaves your body. Many have cardboard or plastic tubes to help you insert them. Once inside, the muscles of your vagina hold the tampon in place. Each tampon also has a string to help you pull it out later. Tampons are safe to use if you have not had sex.

### How often should I change a pad or tampon?

Change your pad or tampon every two to four hours to avoid leaks and odors. Never leave a tampon in all day. You could get a serious infection called Toxic Shock Syndrome.

### How do I dispose of used pads or tampons?

Always wrap a used pad or tampon in toilet paper and throw it in the nearest wastebasket. Never flush pads down the toilet. Some tampons and their tubes are flushable. Check to see if the box says "flushable applicators." If not, wrap the applicator in toilet paper and throw it in the special bin or wastebasket.

### What should I wear at night?

You can wear a pad, a tampon, or both at night, whatever is most comfortable. While you should change tampons every two to four hours, it is safe to leave them in for up to eight hours while you sleep.