



Having a  
Period.

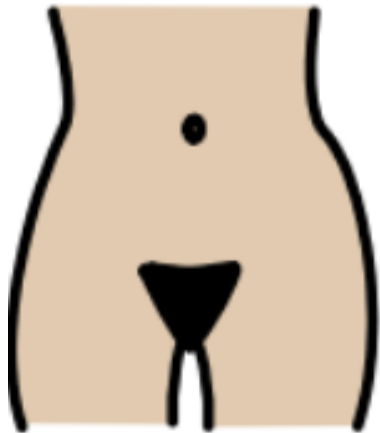
You are growing up.



You will grow into a woman.

Girls and women have periods.

This is special bleeding from your vagina.



Sometimes you may see blood in your pants. This is ok.



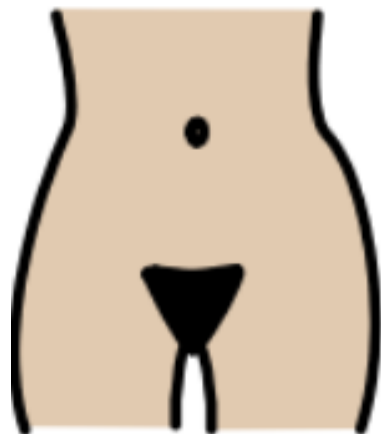
If you see blood in your pants, you need a get a tampon.



Tampons are white cotton plugs.



They go in your vagina when you have a period.



First you need to wash your hands.



Then, take off the plastic wrapper.



Put the wrapper in the bin.



The round end goes in the vagina. The flat end has a string.

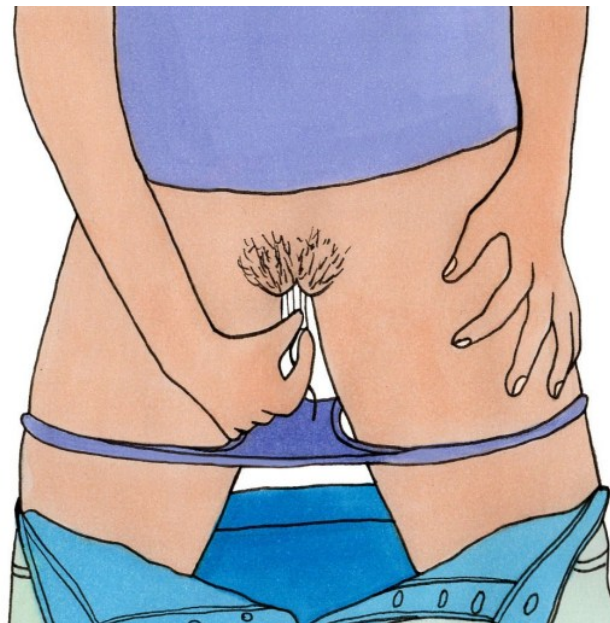
Pull the string straight.



Hold the tampon by the string.



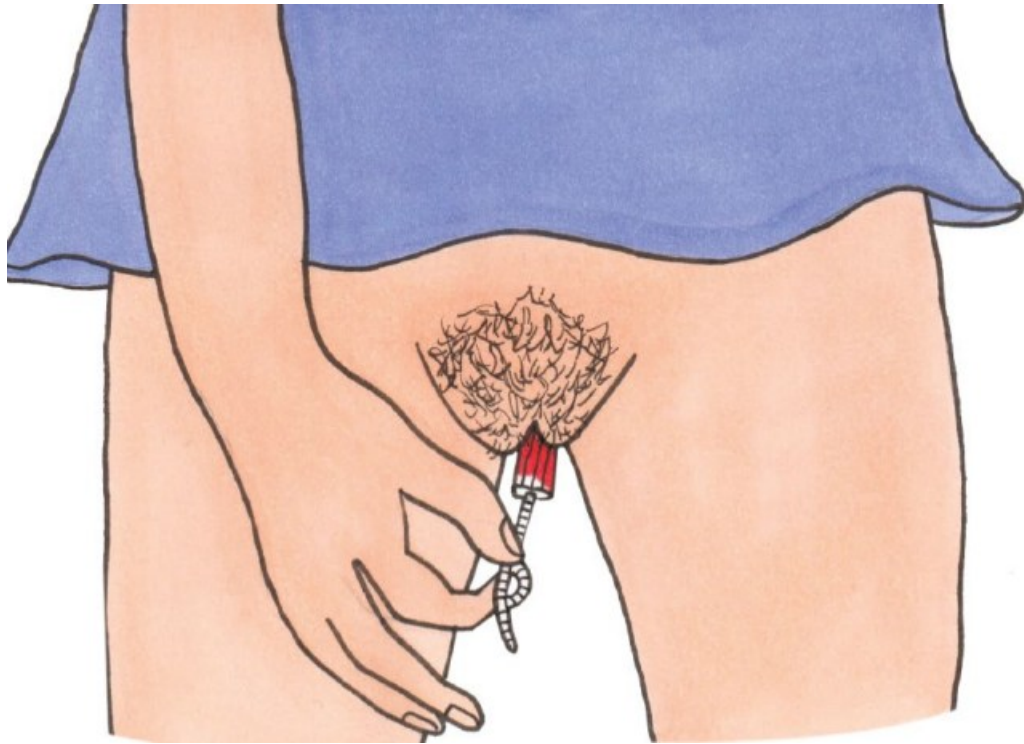
Push the tampon into your vagina, round end first.



The tampon stays in the vagina to soak up the blood.

The string stays outside the vagina. The blood should not leak out.

You need to change the tampon every 4 hours, so the blood does not leak out.



Pull the string gently to pull out the dirty tampon.

Put the dirty tampon in the bin.



If the tampon was clean, you may have finished your period. If it was dirty, you need to use a new tampon.





Wash your hands when you have changed your tampon.