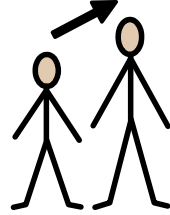
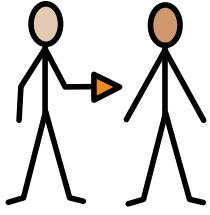
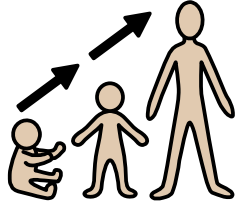
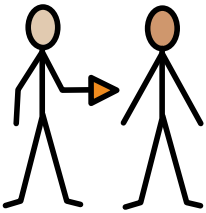


Having a Period



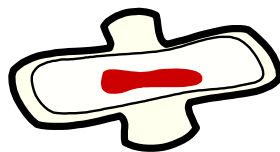
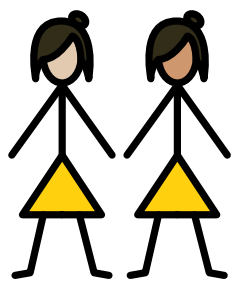


You are growing up.

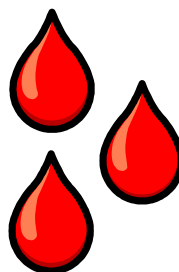


You will grow into a woman.

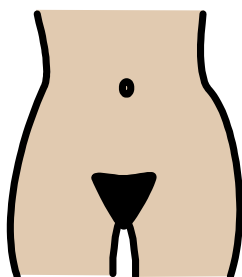
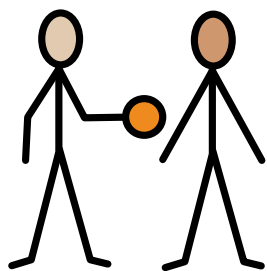




Girls have periods.

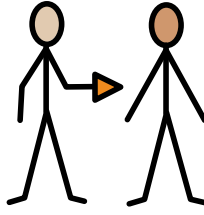


This is special bleeding



from your vagina.

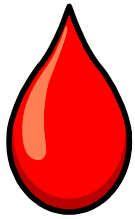




Sometimes

you may

see



blood in your pants.



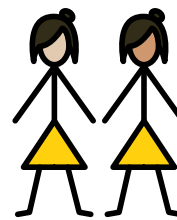
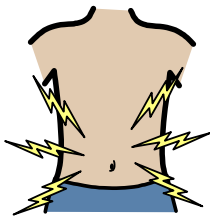
This is ok.



Sometimes

girls

feel

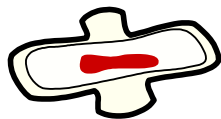


tummy ache

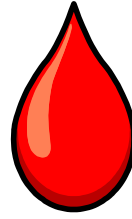
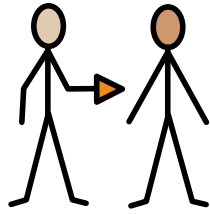
when

they

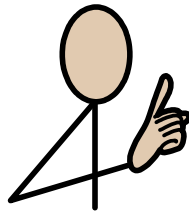
have



a period.



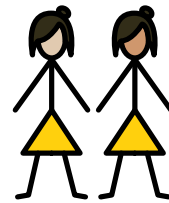
If you see blood in



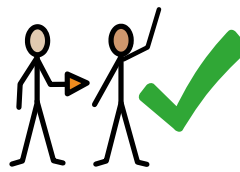
your pants you need to get



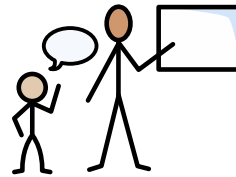
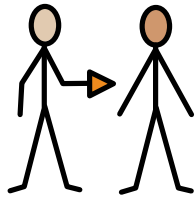
a pad.



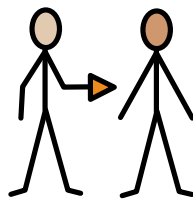
There are pads in the girls



toilets at school you can use,



or you can ask your teachers



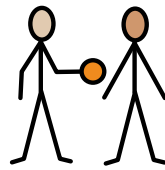
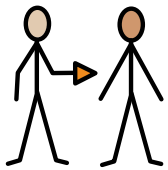
to help you find a pad.



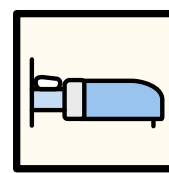
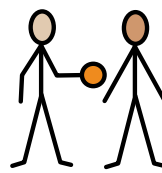
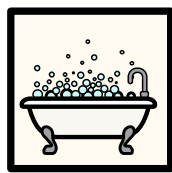
You can ask an adult at home



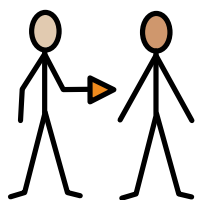
for some pads.



You could keep your pads in



the bathroom or in your bedroom.

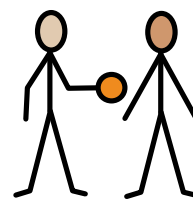


You

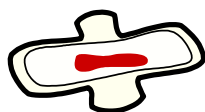
need to



change



your



pad

when it is



dirty.

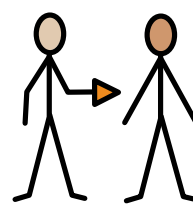


Dirty pads

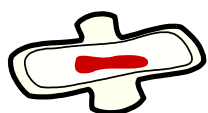


smell

if



you



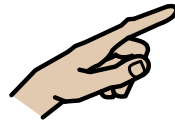
leave

them

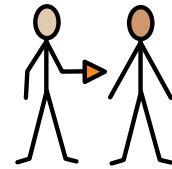
in



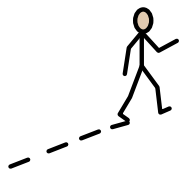
your pants.



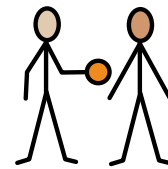
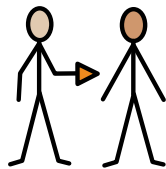
Dirty pads need to go in the



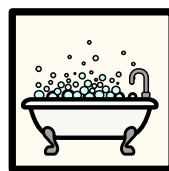
sanitary bin at school or when you



are away from home.

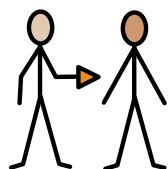


At home you need to put your

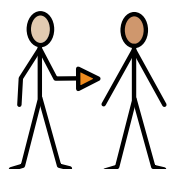
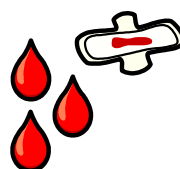
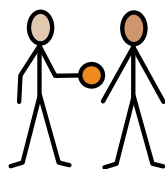


dirty pads in the bathroom bin.

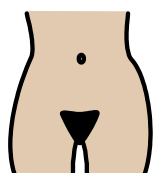




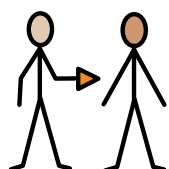
When you are having your period,



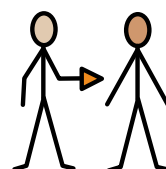
you need to have a shower or wash



your vagina everyday.



If you do not wash everyday, you



will start to smell.

