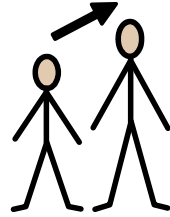
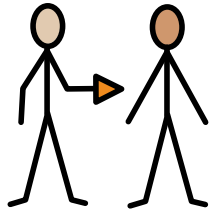
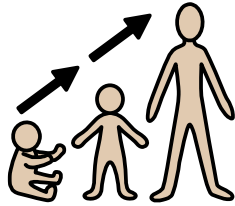
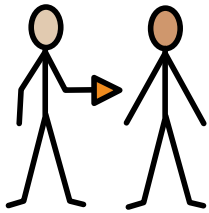


Having a Period



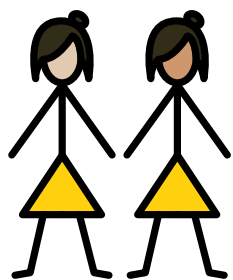


You are growing up.



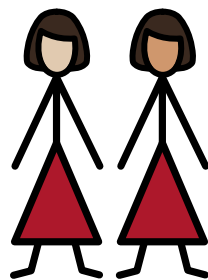
You will grow into a woman.





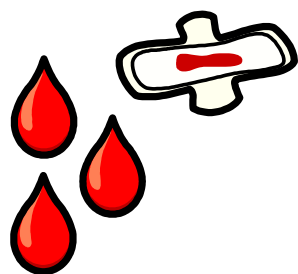
Girls

and



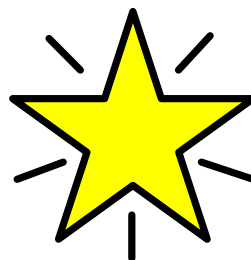
women

have

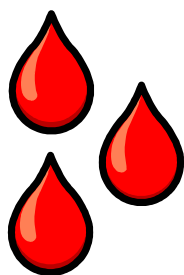


periods.

This is

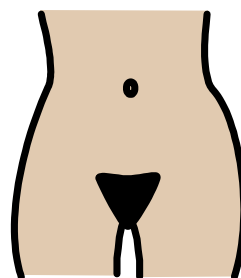


special

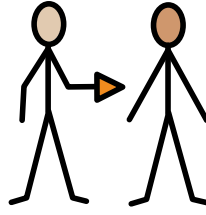


bleeding

from



your vagina.



Sometimes you may see



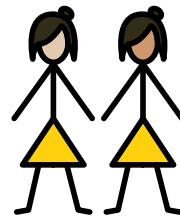
blood in your pants.



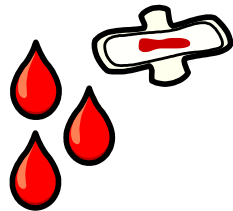
This is ok.



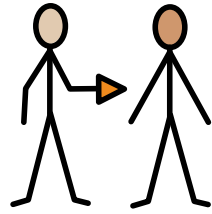
Sometimes girls feel



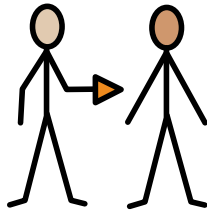
tummy ache when they



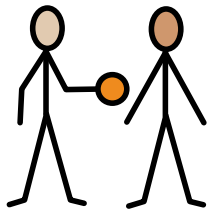
have a period.



If you see blood in

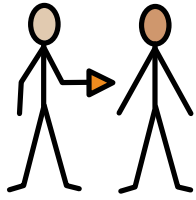


your pants you need to get

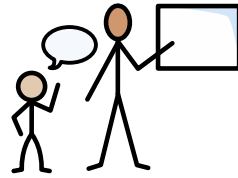


your period pants





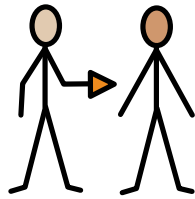
You



can ask your teachers to



help

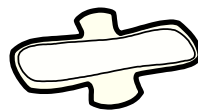


you

find some



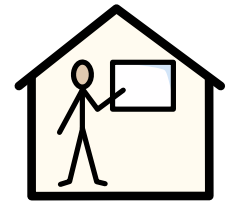
period pants



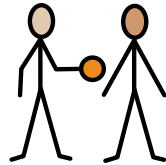
or

a pad

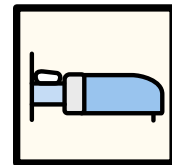
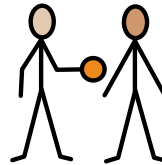
at



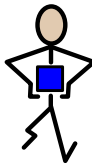
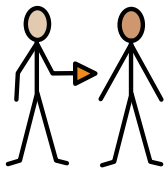
school.



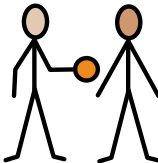
You can keep your period pants in



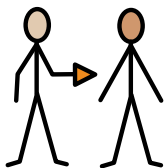
the bathroom or in your bedroom.



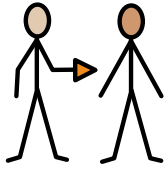
You need to bring clean



period pants in your school bag

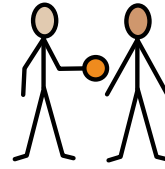


when you have a period.



You

need to change



your



period pants

when they are



dirty.



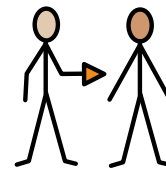
Dirty pants

will



smell

if



you



don't

change

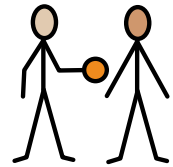


them.





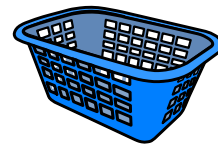
Dirty pants need to go in a



plastic bag. Put the plastic bag in your

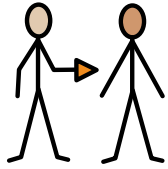


school bag. Take the dirty pants home.

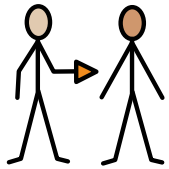
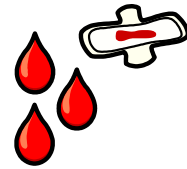
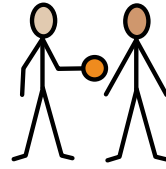


Put the dirty pants in the wash basket.

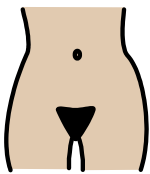
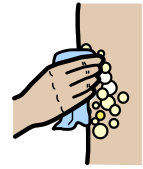




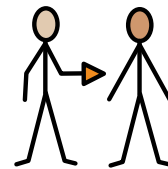
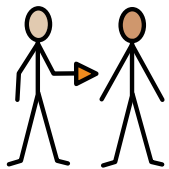
When you are having your period,



you need to have a shower or wash



your vagina everyday.

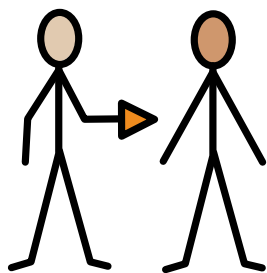


If you do not wash everyday, you

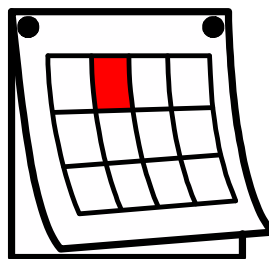
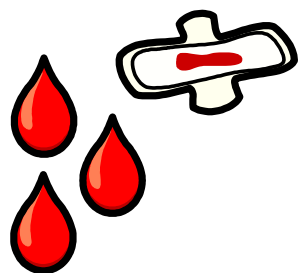


will start to smell.



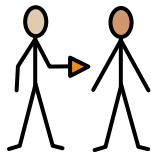


You will have a

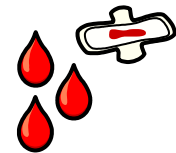
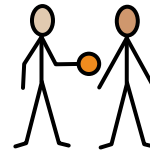


period every month.





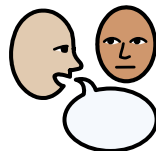
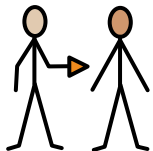
Sometimes you might get tummy ache



when it's nearly time for your period



to start. This is ok.

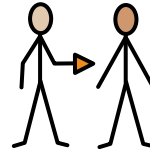


You could tell an adult at home

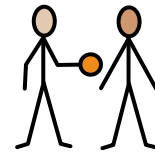


or school.





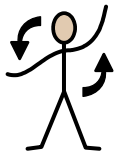
These things might help you:



- holding a hot water bottle on your



tummy



- moving about exercising



- pain medication



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