

MY FIRST PERIOD



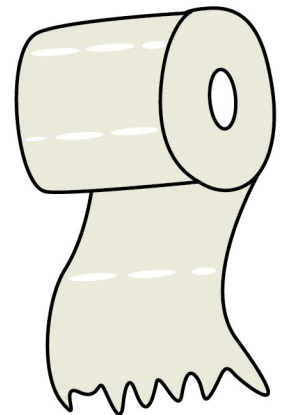
SIGNS



“When I had my period for the first time, a few years before it happened, I had these small bumps under my nipples, and my doctor told me I was growing breasts. One day, I had a tummy ache and felt tired. I got my period and realized what was going on! Some of my friends said they felt a lot hungrier and got pimples before their first period.”

PREPARATION

- 1 know where the nurse's office is
 - if you are scared or unprepared when you get your period for the first time, your nurse can help
- 2 talk to your parents and doctor
 - your nurse probably has extra pads, tampons, underwear, and wipes
- 3 always be prepared!
 - next time you have a check-up at the doctor's office, ask about puberty
 - don't be scared to ask your doctor questions
 - see if they think your period could be coming soon
 - ask for advice if you would like - your doctor is there to help you!
 - carry a period prepared pouch with your period products of choice
 - you might also want to carry a few baby wipes to clean-up



CLEAN-UP

Question: I got my period in my school bathroom...what do I do?

Answer: Use the toilet paper to wipe the blood off your private parts and legs. Then, use more toilet paper to wrap your underwear like a pad. Wash your hands, and find your nurse to ask for clean underwear and a pad.

Question: I stood up from my chair in class, and there was blood on my pants and the seat. This has never happened to me before. What should I do?

Answer: Go talk to your teacher and tell them what happened. Ask to go to the nurse's office to get clean underwear and a pad. If you are nervous or upset, ask the nurse to call your parents, so you can speak to someone.