help a girl out®

GETTING YOUR FIRST PERIOD

WHAT TO KNOW

RECOMMENDDED AGE: 9–14

WHAT IS A PERIOD?

A period is the shedding of blood and tissue from the uterus, exiting through her vagina. This process occurs when the ovaries release an egg that remains unfertilized, influenced by the female hormones estrogen and progesterone.

WHEN WILL IT START?

Most individuals experience their first period between the ages of 9 and 16, though starting earlier or later is completely normal! Look out for potential signs such as breast development, pubic hair growth, or the presence of white discharge in underwear.

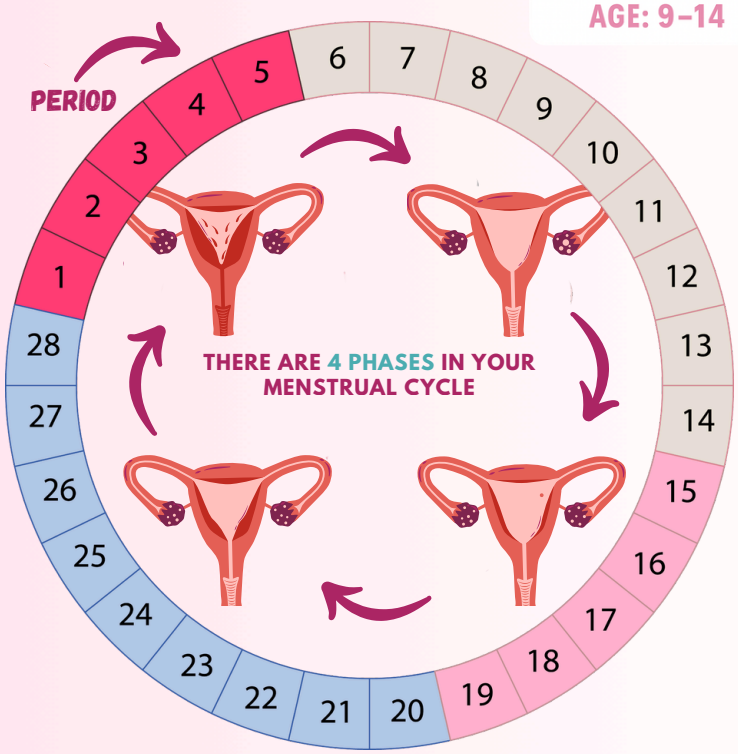
HOW OFTEN/LONG?

Periods usually come every 21-35 days (average of 28 days) and last about 3–7 days. (average 5 days)

WHAT DO I NEED?

Pads, liners, period underwear, and tampons are all options. Pads are great for first-timers because they're easy to use. A small period kit with extras (like pads, underwear, and wipes) can help you feel prepared.





YOUR'E NOT ALONE!

Talk to a parent, sibling, friend, or nurse if you're unsure. Periods are natural, and asking questions is totally okay.

IN CASE OF CRAMPS:

- Use a heating pad
- Rest & drink lots of water
- Ask your parent/guardian about period- safe pain relief like ibuprofen

THE BENEFITS OF TRACKING YOUR MENSTRUAL CYCLE:

Monitoring your menstrual cycle offers insights into your unique pattern, helping to avoid surprises. By planning ahead, like carrying emergency pads or scheduling activities on lighter days, you can maintain control. Cycle tracking also helps record unusual symptoms, aiding doctors in diagnosing uterine issues early, leading to a more uninterrupted life.

TRY THIS POSE!



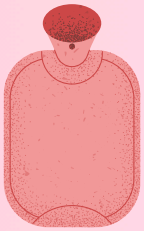
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EMERGENCY PERIOD KIT CHECKLIST



- PADS, TAMPONS OR PANTY LINERS ☐
- SPARE UNDERWEAR/PANTS ☐
- PAIN RELIEF (E.G., IBUPROFEN) ☐
- WIPES OR TISSUES ☐



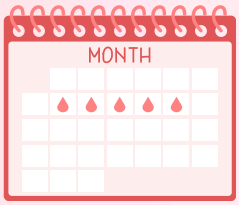
- HAND SANITIZER ☐
- HEATING PAD/PATCH ☐
- CHOCOLATE/FAVOURITE SNACK ☐



- PERIOD TRACKING APP ☐
- A BAR OF SOAP/ STAIN REMOVER ☐
- A SCARF/SWEATER (TO CONCEAL LEAKS) ☐



PERIOD power



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