help a girl out®

Period Hygiene & Self-Care

Simple tips to help you feel clean, comfy, and confident — every day of your cycle.

Recommended Age: 9–16

1 WHY SHOWERING MATTERS

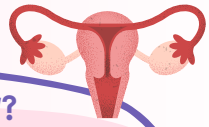


- **Keeps You Clean & Fresh**
  - Effectively removes blood, sweat, and discharge.
  - Enhances your comfort and confidence throughout the day.
- **Prevents Irritation & Infection**
  - Cleanses the skin around your vulva and thighs, where pads or sweat may lead to buildup.
  - Lowers the chances of rashes or bacterial irritation.
- **Relieves Cramps**
  - Warm water helps relax the muscles in your lower abdomen and back.
  - A calming shower can alleviate discomfort and promote relaxation.
- **Mood Boost = Yes, Please!**
  - Feeling a bit off? A quick shower can rejuvenate you and elevate your spirits.

2 TIPS FOR SHOWERING ON YOUR PERIOD



- Use a gentle, unscented soap to wash the vulva. Choosing unscented products helps prevent irritation and maintain natural balance.
- After your shower, choose a fresh menstrual product that matches your mood or the activities you have planned.



DID YOU KNOW?

The vaginal canal is self-cleaning, which means it naturally keeps itself healthy and clean without needing soap inside.

3 FRESHEN UP & CHANGE YOUR PERIOD PRODUCT

- Swap out your pad, liner, or tampon every 4–6 hours to stay clean and avoid irritation.
- Always wipe front to back — and use unscented wipes if you need a quick refresh.
- Depending on your menstrual product of choice, always follow the wash, care or disposal rules.



