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.



