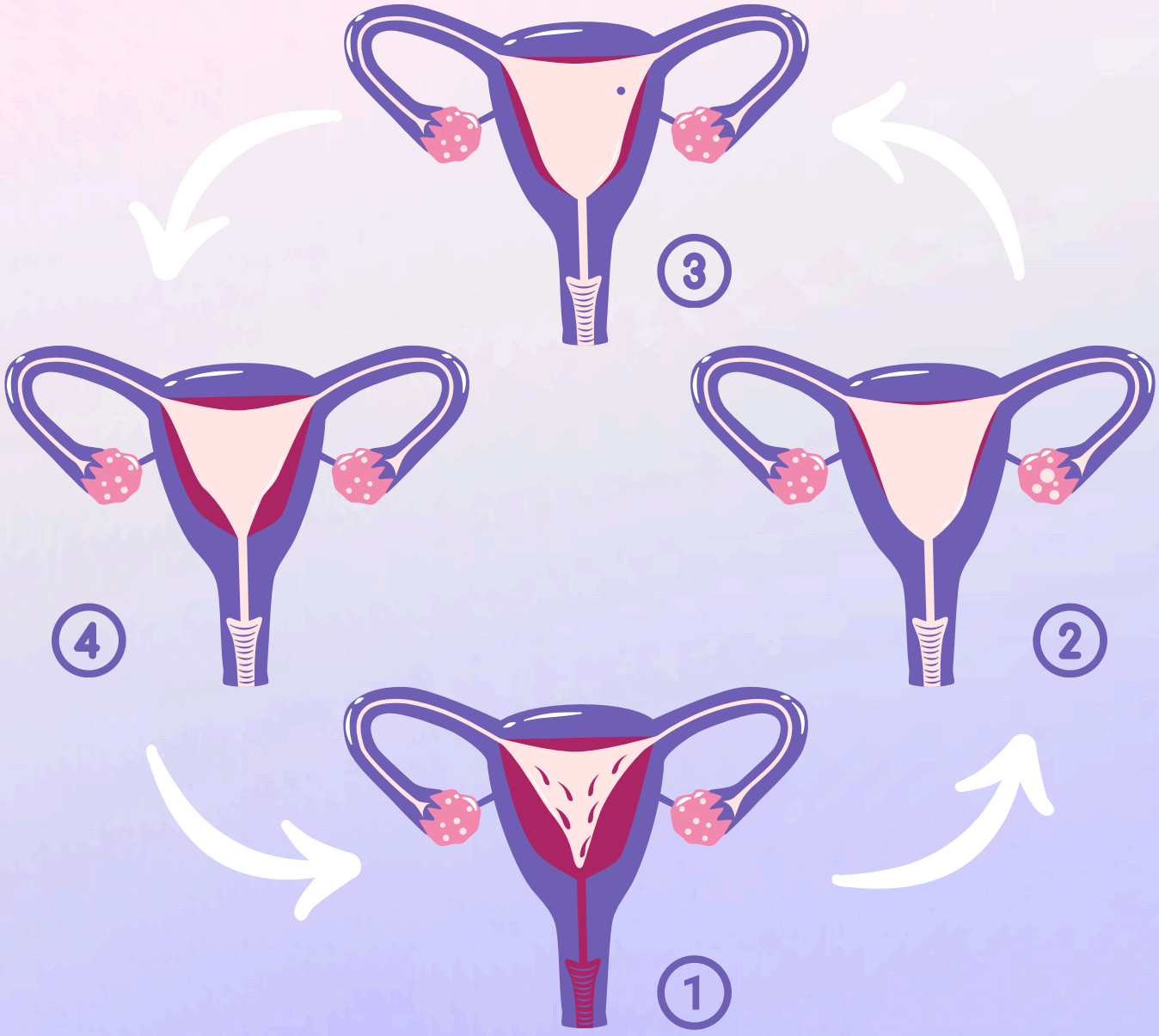
help a girl out®

Understanding Your Menstrual Cycle Seasons!



The Menstrual Season

(Winter)

A **period** (or menstruation) is a normal part of growing up for girls. They happen every month and last about **3 to 7 days**.

During this time, the body gets rid of a special **layer** inside the **uterus** that it doesn't need. This happens because certain body chemicals, called "**hormones**", change.

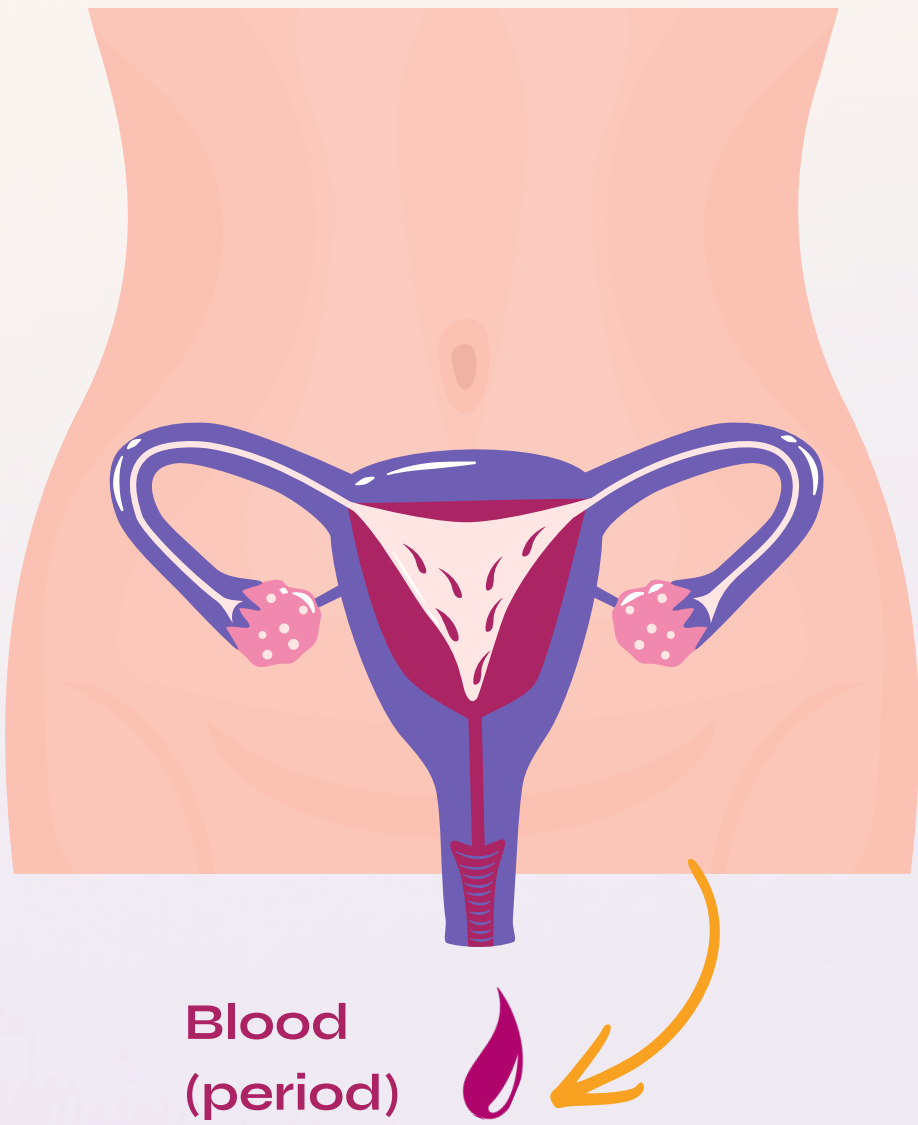
This layer comes out as blood, and that's what we call a "**period**."

How long Day 1- 5

It's okay to feel:

- Cramps (not too painful)
- Tired
- Breast tenderness
- Mood changes
- Headaches
- Bloating

(when your tummy feels full, and stretched out like a little balloon)



The Follicular Season

(Spring)





After your period, there's another season called the ‘follicular’ season that lasts about 7 to 10 days.

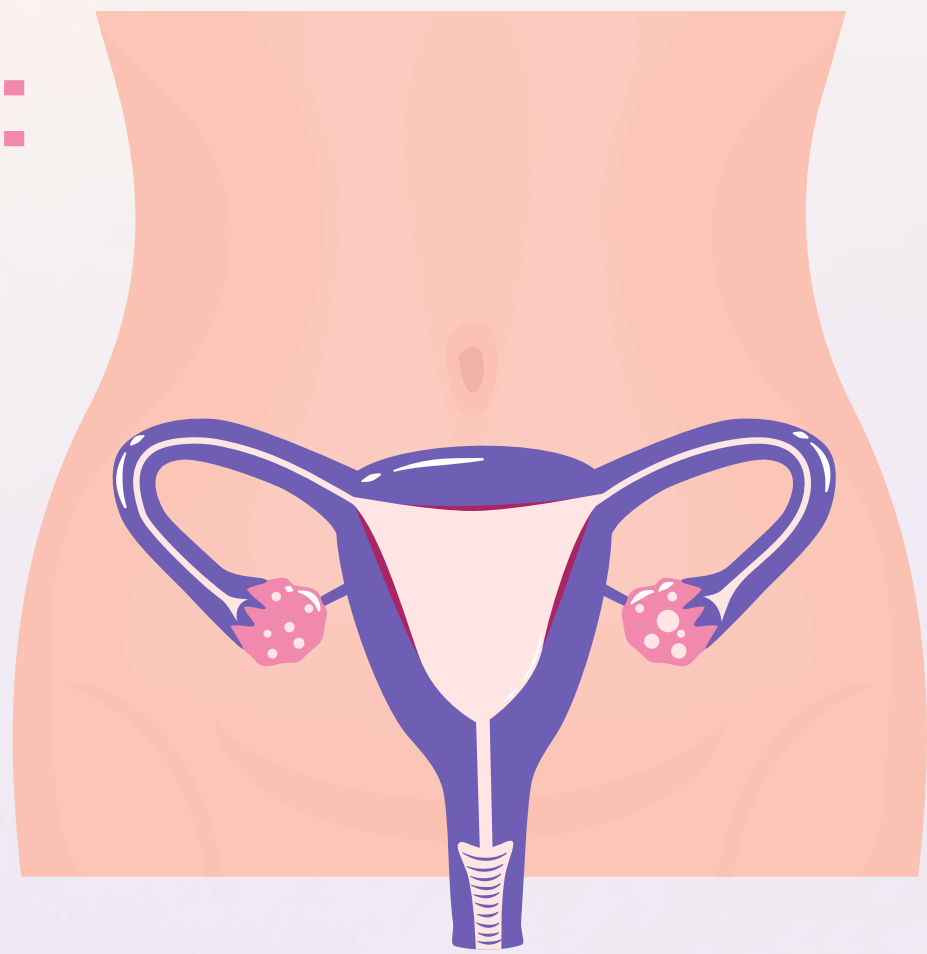
During this time, a hormone called estrogen gets really high, which can make you feel happier and more energetic.

Duration: Day 6- 14

It’s okay to feel:

- Increased energy
- Better mood
- Clearer skin
- Light vaginal discharge

(a tiny bit of clear or white liquid in your underwear.)



Ovulation
(Summer)

In the middle of your 28-day cycle, something called "ovulation" happens.

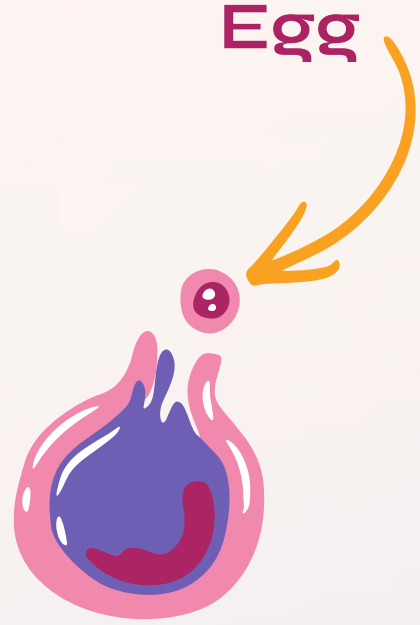
This is when an egg comes out from the ovary, and some of your body's chemicals (hormones) reach their highest levels.

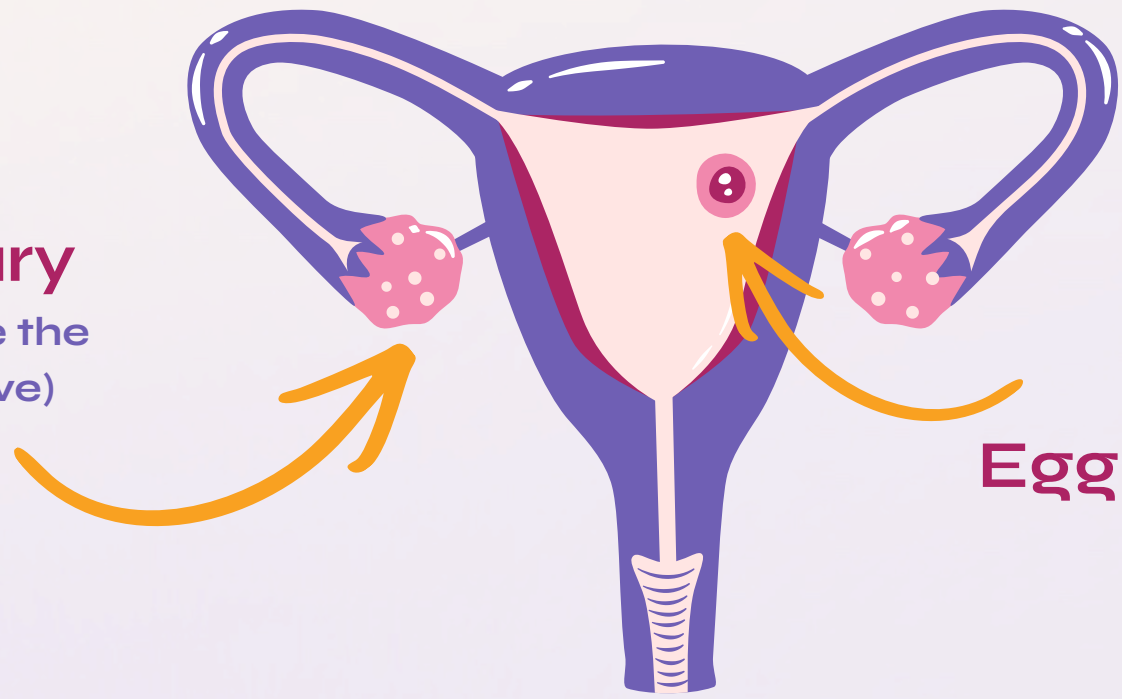
Duration: Day 15 - 17

It's okay to feel:

- More vaginal discharge
- Breast tenderness
- Better sense of smell or taste









The Luteal Season
(Fall)

After the egg is released, there's a special time called the **luteal** season that lasts about **12-14 days.** During this time, a chemical in the body called '**Progesterone**' gets really high, and another one called '**Estrogen**' goes up too.

If a baby doesn't start growing, **the whole process begins again.** That's why it's called a menstrual cycle, because it keeps going in a circle.

Duration:
Day 18- 28

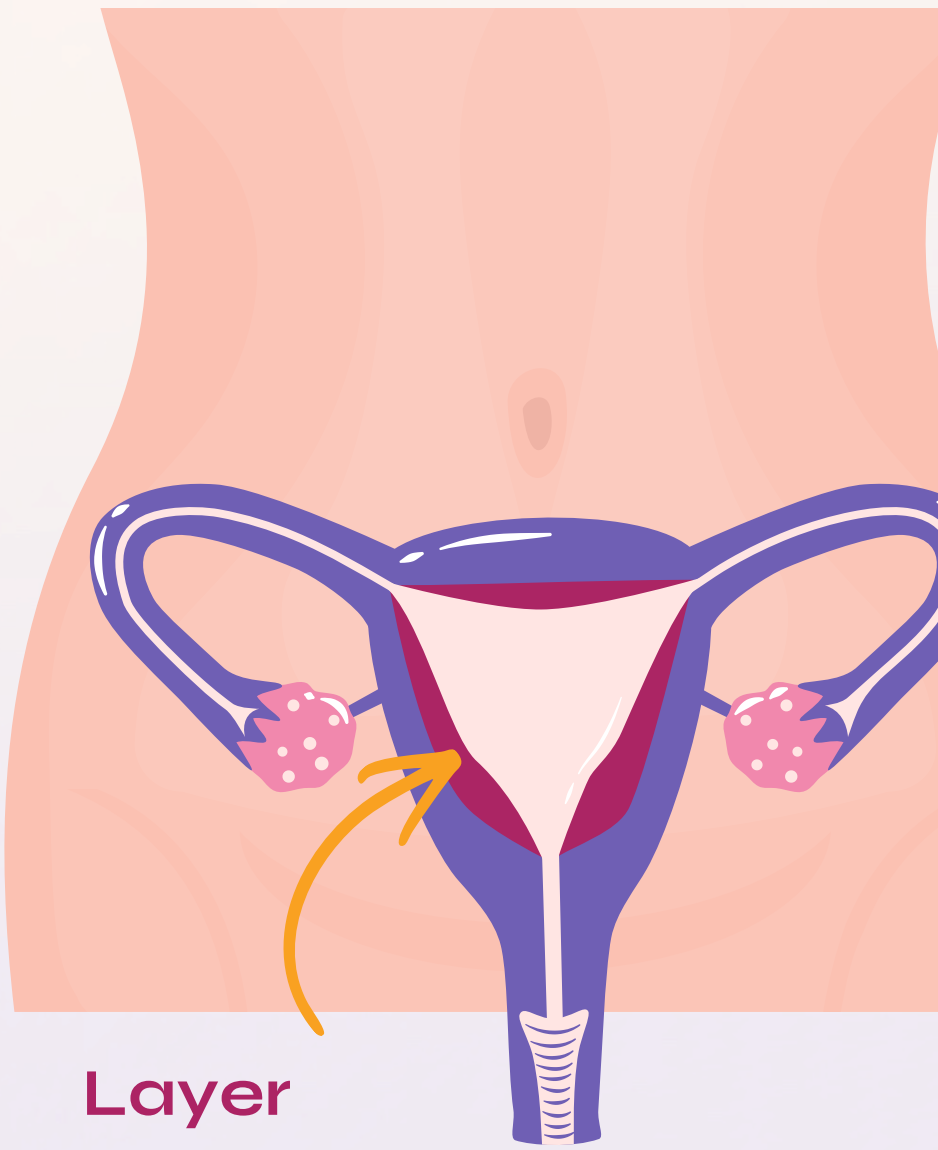
It's okay to feel:

- Headaches
- Mood Changes

(feeling sad, annoyed, more angry or upset than normally)

- Feeling more tired
- Bloating

(when your tummy feels full, and stretched out like a little balloon)



Layer

(Ready to start your period again)