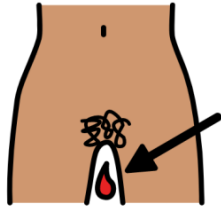


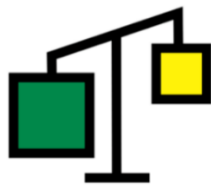
# CHECK + CHAT

## What is a period?



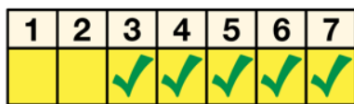
A period is when you bleed from the vagina

Periods are also called menstruation

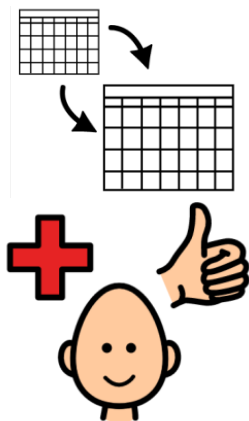


The blood flow may be heavy or light

There may be small clots in the blood



A period can last anywhere from 3 to 7 days



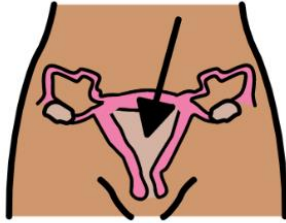
You will have one period every month

This is normal. This means you are healthy



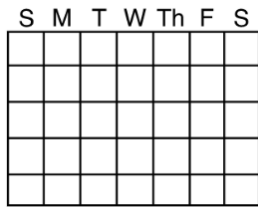
# CHECK + CHAT

## Why do you have a period?



Between your hips is an organ called your **uterus**

Your uterus is connected to your vagina



Every month, the inside of the uterus grows thick



This is called the **uterus lining**.

The uterus builds up a lining to prepare for a baby

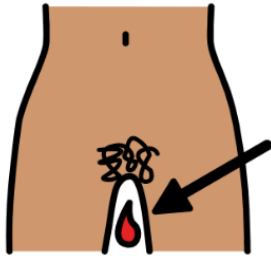


If there is no baby, the lining has to break down

This is called **shedding**



# CHECK + CHAT

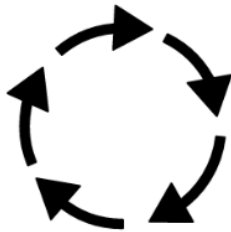


This causes blood to come out of your vagina.

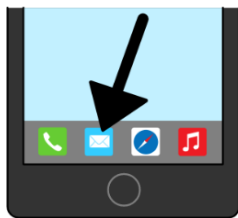


This might also cause pain

The uterus has to shed its lining every 3-4 weeks



This is called a **menstrual cycle**



You can track your cycle using apps on your phone to help you prepare



# CHECK + CHAT

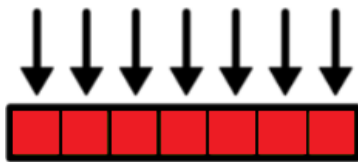
## What does a period feel like?



When you are on your period, you may feel sick or in pain

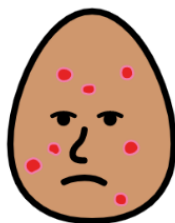


You may only feel sick on the first day of your period

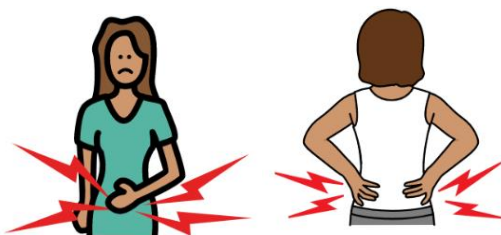


You might feel sick for more than one day when you are on your period

When you are on your period, you may:



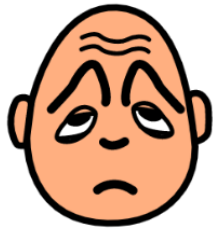
Have pimples on your skin



Feel pain in your stomach or back



# CHECK + CHAT



Feel very tired



Get cramps in your stomach



Get headaches



Feel angry, stressed or sad



Feel like throwing up



# CHECK + CHAT

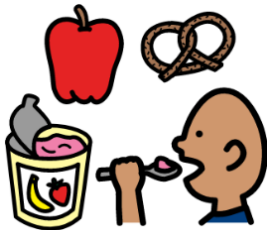
You can feel better by:



Laying in bed with a hot water bottle or heat pack where you feel hurt



Drinking water



Eating healthy foods



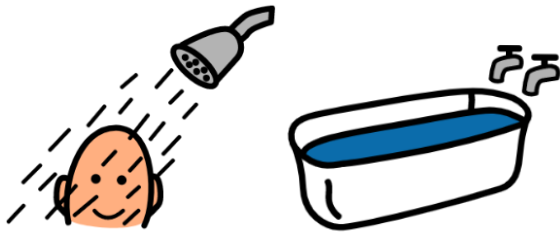
Taking pain medicine



Exercising and stretching

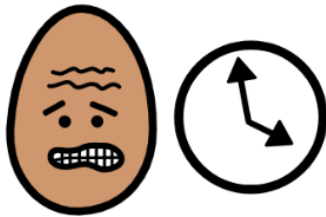


# CHECK + CHAT

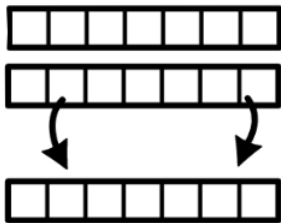


Taking a hot shower or bath

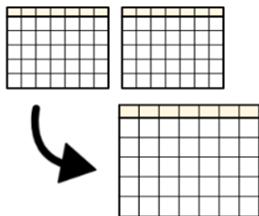
A period can hurt, but they should not stop you from doing what you like. You should speak to a doctor if:



Your period lasts for more than 8 days



Your period comes sooner than 3 weeks



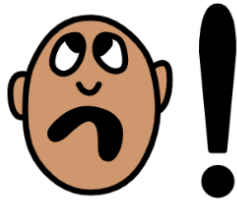
Your period comes later than two months



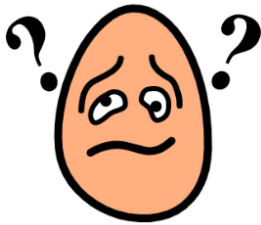
It is too painful to walk, move, or get out of bed



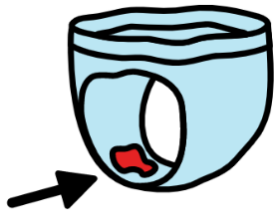
# CHECK + CHAT



If there are any new pains you have not had before



Your period has stopped coming



You think you are bleeding too much.

**5 4 3 2 1**



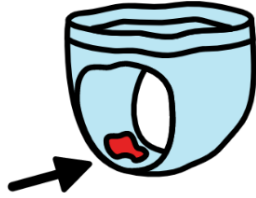
You can check this by keeping a count of how many products you use.



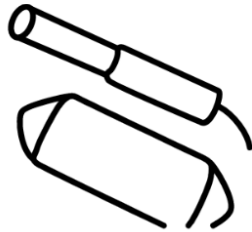


# CHECK + CHAT

## How to manage a period?



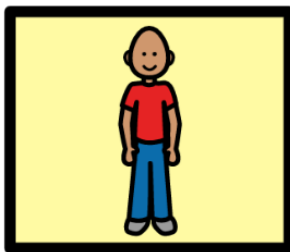
Blood can go into your underwear and through your clothes when you are on your period



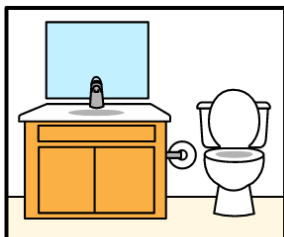
There are products you can use to absorb the blood



These keep you clean and comfortable



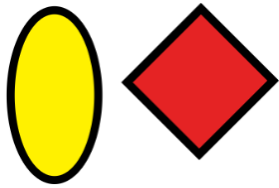
It is important to be in a private place when you are changing your products



The bathroom is the best place to change your products



# CHECK + CHAT



Different products work better for different people.



It is okay if some do not feel comfortable. There are others that you can try.



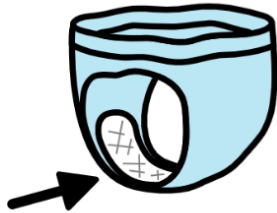
# CHECK + CHAT

## Pads

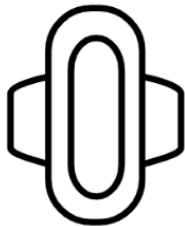


Pads come in plastic pockets.

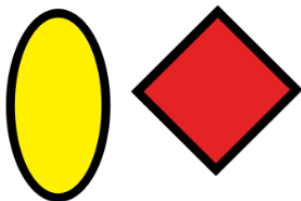
Unwrap the pocket and remove the plastic from the pad



A pad is placed in the middle of your underwear like this



Some pads have wings to help the pad stay in place and catch more blood



There are different types of pads for different periods.



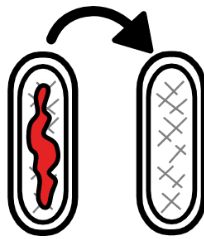
You can try out different types of pads to find ones that work well for you.



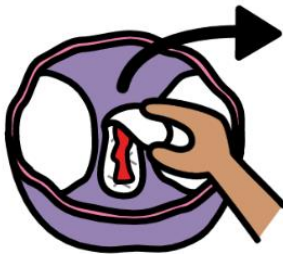
# CHECK + CHAT



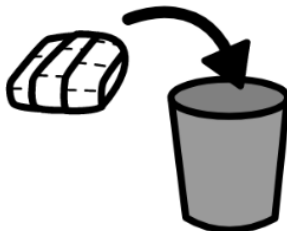
A pad has to be replaced every 4 hours, or when it becomes full



When a pad is full, it will be covered in blood and feel uncomfortable



Take it out of your underwear



Roll the used pad up in toilet paper and put it in the bin



Do not flush the rubbish down the toilet, or the toilet can become blocked



# CHECK + CHAT



Pros

Good for heavy bleeding

Safe to wear overnight

Easy to use



Cons

Can feel uncomfortable to wear

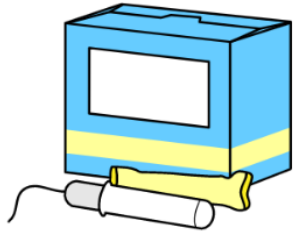
May make your skin itch or hurt

Can't wear pads when swimming

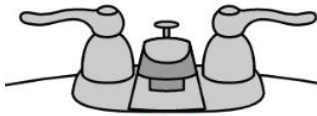


# CHECK + CHAT

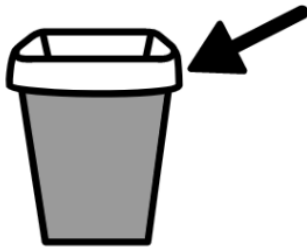
## Tampons



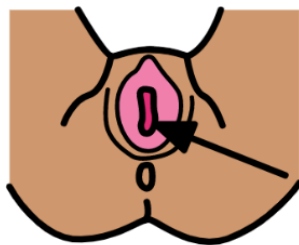
Tampons can come in a plastic or paper package



Wash your hands before inserting a tampon to make sure they are clean



Open the wrapping and put the rubbish in the bin



A tampon goes inside of the vagina



You can sit on the toilet with your legs spread, or put one foot up on the toilet seat



# CHECK + CHAT

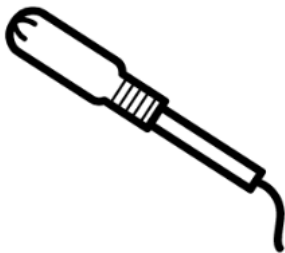


You can use a mirror to see where the **vaginal opening** is



It is okay to ask for help from an adult you trust to help you with your tampon

Most tampons come with an **applicator**



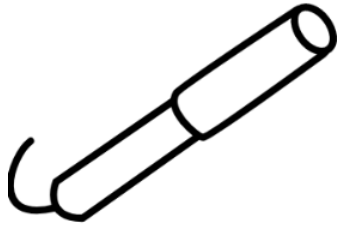
Applicators are plastic or cardboard wrappings that go around the tampon



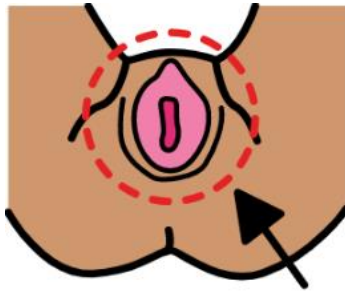
Hold the tampon around the **bumps** on the applicator



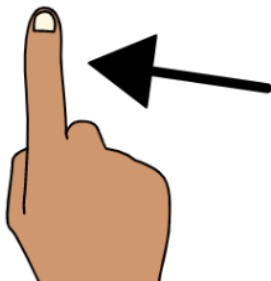
# CHECK + CHAT



Put the tampon inside your vagina at an angle.



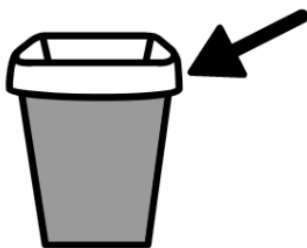
Stop moving the tampon when your fingers touch the outsides of your vagina.



Use your index finger to press the applicator up.



This will push the tampon into the right spot inside the vagina

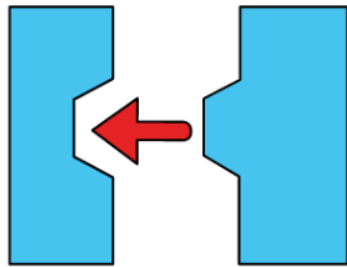


Take the applicator out and put it in the bin





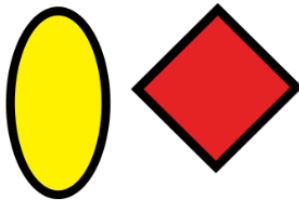
# CHECK + CHAT



If you can feel the tampon inside of you, it needs to be pushed in further.



A tampon should be comfortable to wear



There are lots of different types of tampons.



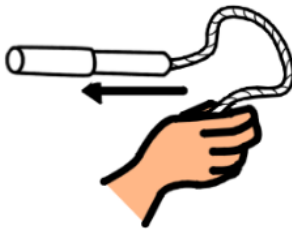
You may need to try different ones to find what works best for you.



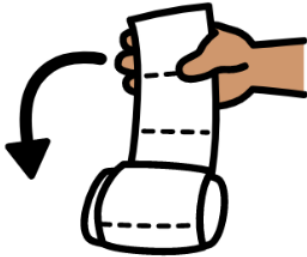
# CHECK + CHAT



The tampon has to come out after 4-6 hours



Use the string to pull the tampon out of your vagina





Wrap up the tampon in toilet paper and put it in the bin



Do not flush the tampon down the toilet, or the toilet will become clogged.



# CHECK + CHAT

 Pros	 Cons
Good for medium bleeding	Should not be worn overnight
Can last up to 6 hours safely before being changed	Can feel irritating or itchy inside of you
Safe to wear when swimming	They may cause bacteria that can make you sick if they are left inside too long
	Can be difficult to learn how to put in.



# CHECK + CHAT

## MENSTRUAL CUPS



Menstrual cups are plastic cups that go inside the vagina



Wash your hands before putting your menstrual cup in to make sure they are clean



You can sit on the toilet with your legs spread, or put one foot up on the toilet seat.



Fold the top of the cup in half to make a c-shape



# CHECK + CHAT



Slide the cup into your vagina at an angle

Remove your fingers to let the cup pop open



It will catch the blood coming out of your vagina

The stem can sit outside of you, or just inside your vagina.



Pull gently on the stem to see if the cup is in properly.



The cup should not come out easily if you are wearing it right.



# CHECK + CHAT



You can wear a menstrual cup for up to 12 hours

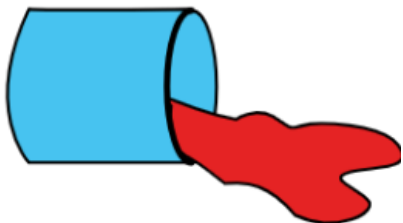


Sit over the toilet when you are ready to take your cup out



Move the stem gently from side to side to remove the cup from inside your vagina

Pour the blood into the toilet.



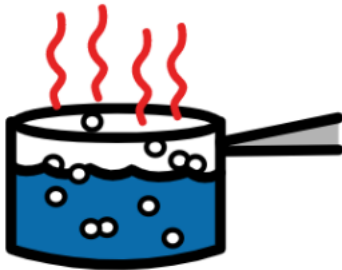
It is okay if blood spills. This can be cleaned up



# CHECK + CHAT



The cup has to be cleaned in the sink before you can put it inside of you again



When your period is over, soak your cup in hot water to make sure it is clean.

 Pros	 Cons
You can reuse them	They may be hard to put in at first
You can leave them in for up to 12 hours	Blood can spill from the cup when it is taken out
They are safe to wear overnight	They have to be cleaned out again before being reinserted
They are safe to wear when swimming	They may feel uncomfortable to wear inside of you

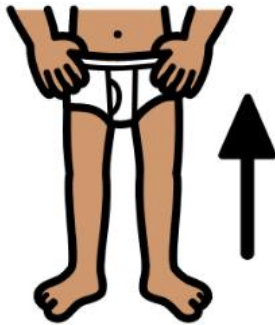


# CHECK + CHAT

## PERIOD UNDERWEAR



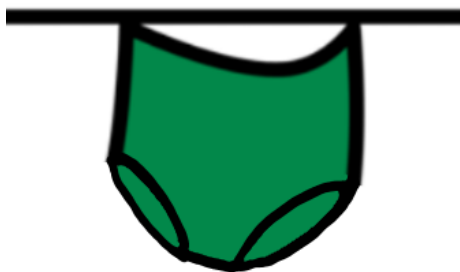
You wear period underwear instead of your normal underwear



Make sure your period underwear are pulled up properly to absorb the bleeding



Period underwear should be washed at the end of each day



Period underwear have to be cleaned and air dried before they can be worn again





# CHECK + CHAT

 Pros	 Cons
They are reusable	Have to be washed between each use
Comfy to wear	May stain or smell bad after a while
Can hold twice as much blood as pads or tampons	They have to be air dried
Will not cause irritation	They may not be right for heavy bleeding
Can be worn on their own, or with a pad or tampon for extra heavy bleeding	

