

# STARTING YOUR PERIOD

## LET'S TALK ABOUT IT!

Your period, also known as the menstrual cycle, will begin during puberty. Periods are something we should all talk openly about. They are a natural part of life for girls.

### WHEN WILL I GET MY PERIOD?

It's perfectly natural and normal to get your period anywhere from 11 to 16 years old. While 11 to 12 is a fairly typical age for girls to start, remember that everyone's body is different and YOUR period will start when YOUR body is ready.

### HOW WILL I KNOW IT'S COMING?

During puberty, your breasts will grow, pubic and underarm hair will develop, and a discharge (fluid) from your vagina will start. Before having your period, you may feel cramping in your lower tummy area - this is normal and nothing to be afraid of.

### WHAT IF IT COMES SUDDENLY, AND I'M NOT WEARING A PAD?

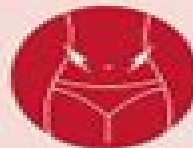
First, don't panic. This is a natural stage of life, and everyone feels the same as you at some point. Just ask to go to the bathroom, there will usually be sanitary pads and tampons in there. If you feel awkward, tell the teacher you've got your period, and they should understand.

### HEARD OF PMS?

PMS is short for Premenstrual Syndrome - this is the time before your period when you might feel emotional, bloated, or have other symptoms below. You might have some or none of these symptoms.



**Discharge**  
Feeling vaginal fluid?  
Your period might be close.



**Cramping**  
You might be lucky and not feel cramps, but you may experience some pain.



**Mood changes**  
Some girls experience mood changes or feel sad before a period starts, this is perfectly normal and is because your hormones are kicking in.



**Cramps**  
Around this time, you might even crumble foods like chocolate or other things.



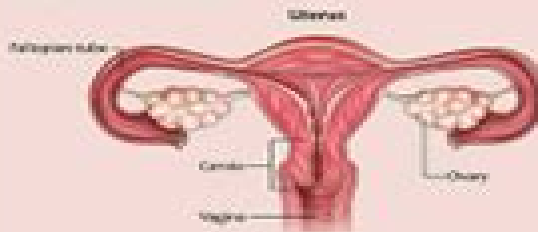
**Tender breasts**  
You might feel tenderness around your breasts.



**Bloating**  
Your tummy might feel bloated a few days before and during your period - it's perfectly normal.

### LET'S TALK SCIENCE!

Millions of tiny eggs are produced in your ovaries, and when you get to a certain age, at least one of these eggs gets released every month. If it's not fertilised by male sperm through sexual intercourse, it's shed in the form of bleeding - that's your period.



### BE PREPARED

Make sure you are stocked up before you begin your period. There's a list at some of the things that might help you when the day comes!

-Pain relief (e.g. Paracetamol) - An adult should always give this -Hot water bottle

-Sanitary products - choose from pads, tampons, period pants, or menstrual cups, choose what works best for you!

It's important to find what works for you. Some girls like to exercise, while others relax curled up on the couch. Find what helps you through your period, and remember to be kind to yourself!



### UNDERSTANDING PERIOD BLOOD COLOURS



**Red**  
Bright red period and flow



**Brown**  
Beginning/end of period or early sign of pregnancy



**Black**  
Beginning/end of period or vaginal discharge



**Grey**  
Possible sign of infection or miscarriage



**Orange**  
Thinned blood mixed with cervical fluid, possible infection



**Pink**  
Sign of nutrient deficiency or exercise

### LITTLE THINGS CAN MAKE A BIG DIFFERENCE

Drinking lots of water and eating healthy foods help your body cope with hormonal changes.

Talk to your friend and/or family about your feelings and concerns and ask them any questions you might have.

You could keep a period tracker to know when your next period might be due. Remember that periods can often be irregular in the beginning, so it's not always easy to predict when they will come next.

# Coping Now Youve Got Your Period

**James Chambers**



## **Coping Now Youve Got Your Period:**

*Now You've Got Your Period (Coping)* Ellen Voelckers Mahoney,1992-12-15 Discusses the physical and emotional aspects of getting one's menstrual period as well as what happens during a pelvic exam Welcome to Your Period! Yumi Stynes,Dr. Melissa Kang,2021-01-12 This frank funny guide to getting your period gives preteens all they need to master and even celebrate menstruation Getting your period for the first time can be mortifying weird and messy and asking questions about it can feel even worse But it doesn't have to be that way This taboo free guide is packed with honest advice and big sisterly wisdom on all the things girls need to know from what cramps feel like to whether you can feel blood coming out to what you should do if your pad leaks onto your clothes Welcome to Your Period includes case studies first person accounts questions from real teens and answers from health journalist Yumi Stynes and adolescent health specialist Melissa Kang MD Cheerful illustrations keep the tone fun and help with how tos on different period supplies There are even suggestions for throwing a first period party With its inclusive body positive message pocket size and reassuring vibe this must have menstruation manual will make girls feel not only normal but proud *Books for the Teen Age* New York Public Library,1990 **El-Hi Textbooks and Serials in Print** ,2006 **Tomorrow is Ours** ,2005 *You and Your Adolescent, New and Revised edition* Laurence Steinberg,2011-01-04 One of the foremost authorities on adolescence provides parents with an authoritative reassuring guidebook to this challenging period of development Relax The horror stories you have heard about adolescence are false This is Dr Laurence Steinberg's reassuring message to parents in this newly revised edition of his classic book *You and Your Adolescent* which Publishers Weekly says is filled with solid advice for the parents of adolescents Among the new topics in this updated edition An expanded definition of adolescence to age twenty five recognizing that college graduates often remain dependent on their parents for an extended period creating a new parent child dynamic A discussion of social media that addresses whether parents of preteens and young teens should monitor use of these new communication tools What new research into the adolescent brain tells us about teenage behavior As Dr Steinberg writes Most books written for parents of teenagers were survival guides many still are Nowadays adolescence is too long fifteen years in some families for mere survival Knowledge not fortitude is what today's parents need That's where this book comes in Endometriosis Andrea Molloy,2013-03-01 Easy to understand material on endometriosis which can often be debilitating and is increasingly common Endometriosis affects one in five women and is also a leading cause of infertility This book covers diagnosis and treatment options pain management techniques self care strategies fertility issues and how to take control of your health and gain support This book is essential reading for women with endometriosis their partners and families it answers many frequently asked questions about the condition It includes interviews with leading endometriosis specialists as well as inspiring interviews with sufferers such as food writer Allyson Gofton author Maggie Eyre and Goldenhorse's singer Kirsten Morelle who have all lived with endometriosis Andrea has written an informative and comprehensive guide book to

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