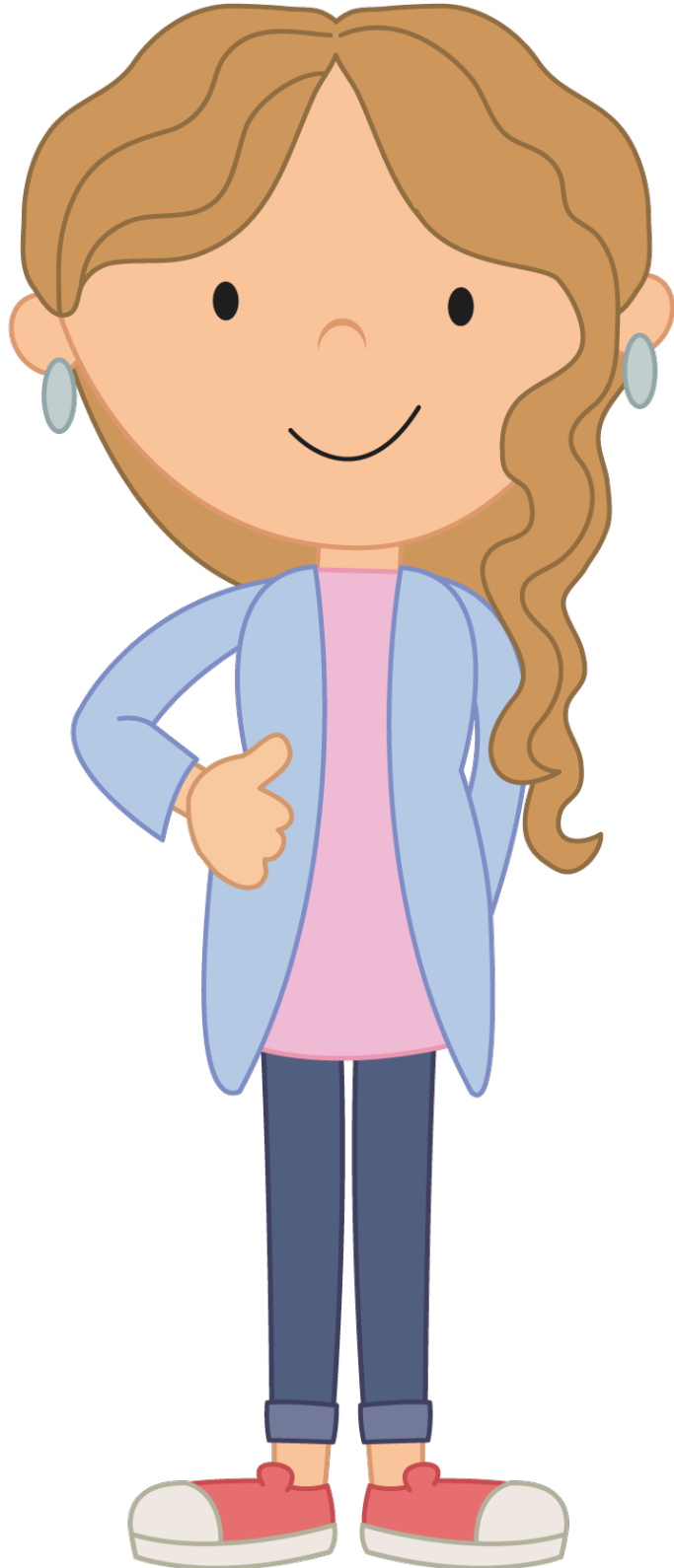


# Starting My Period



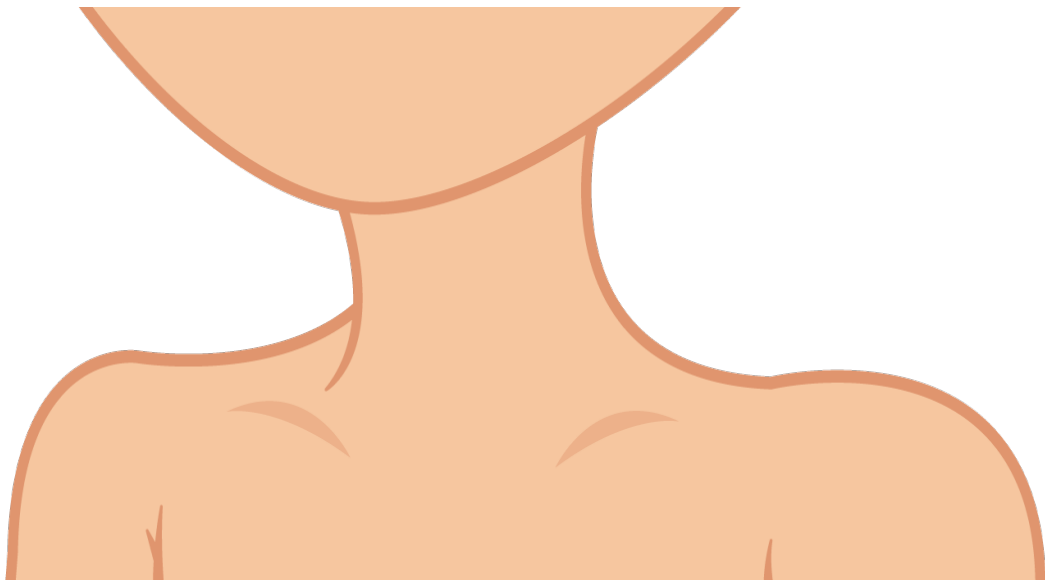
I am growing up and getting bigger.



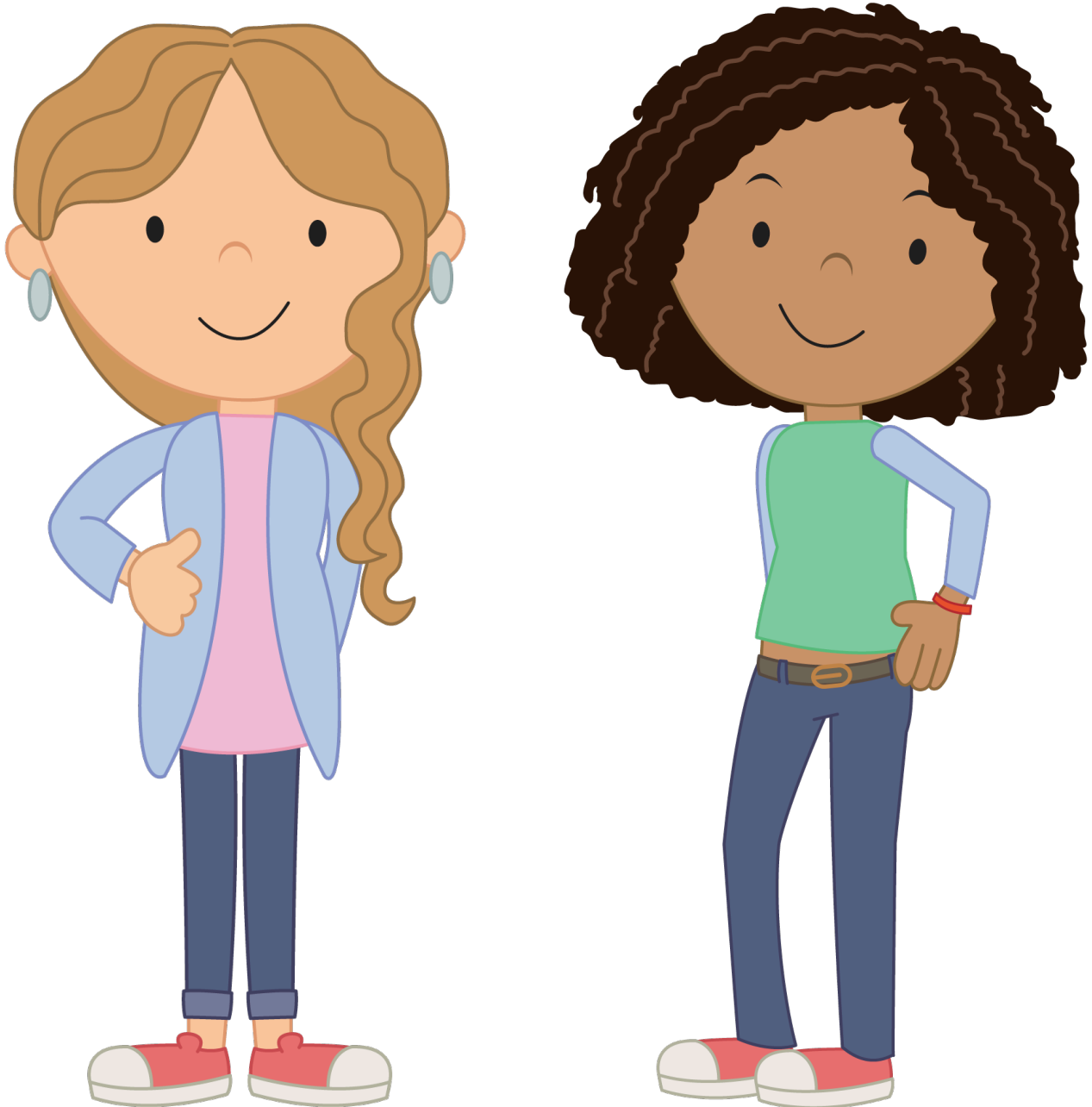
I used to be a small girl but now  
I am growing into a young  
woman.



As I grow older my body will change. I will still be me but my body will start to be a little different.

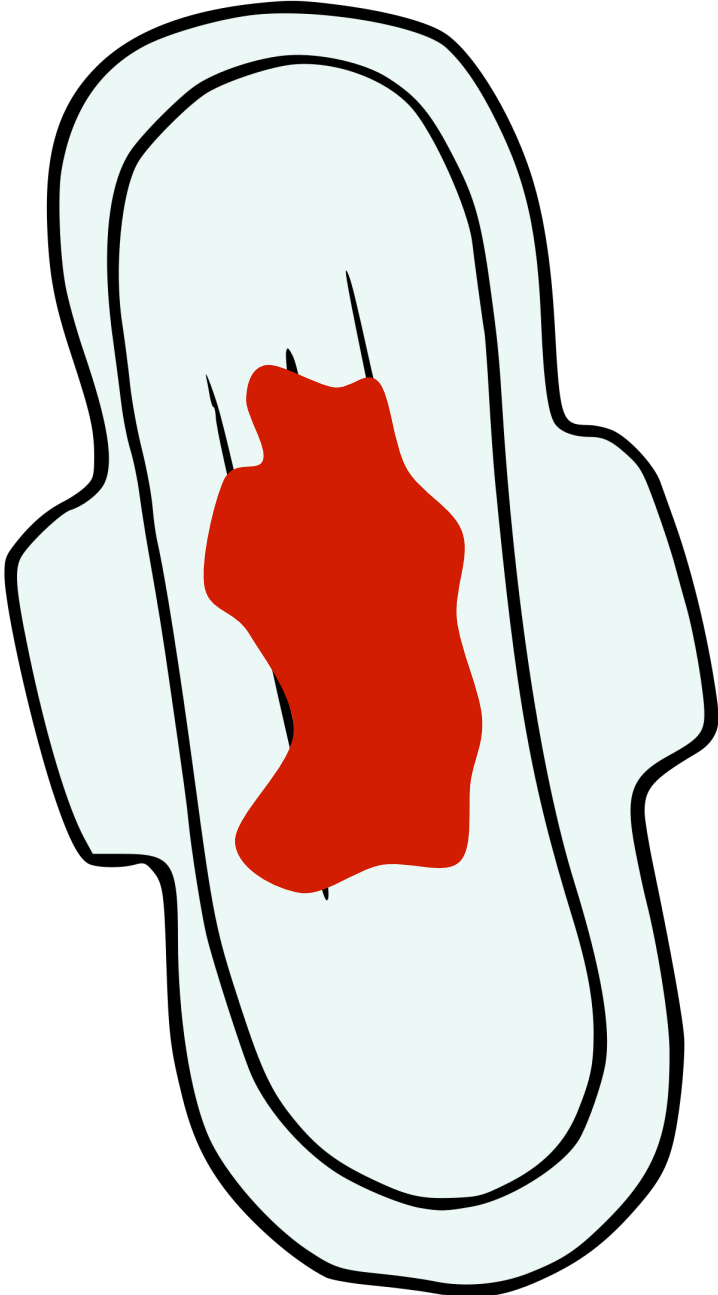


A big change will be that I will  
start my period.

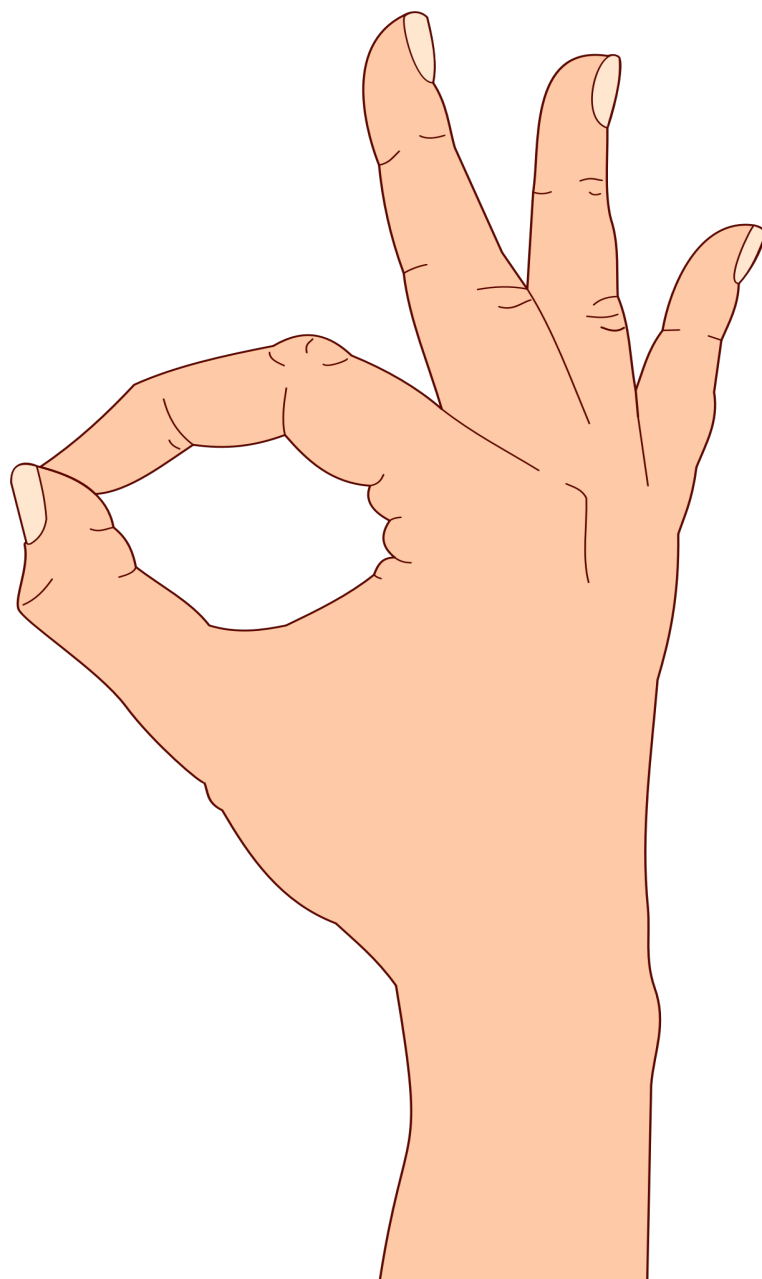


All girls get a period.

Getting my period means that blood will come out of my body.




This might sound scary but it is okay and is a normal thing that all girls go through.



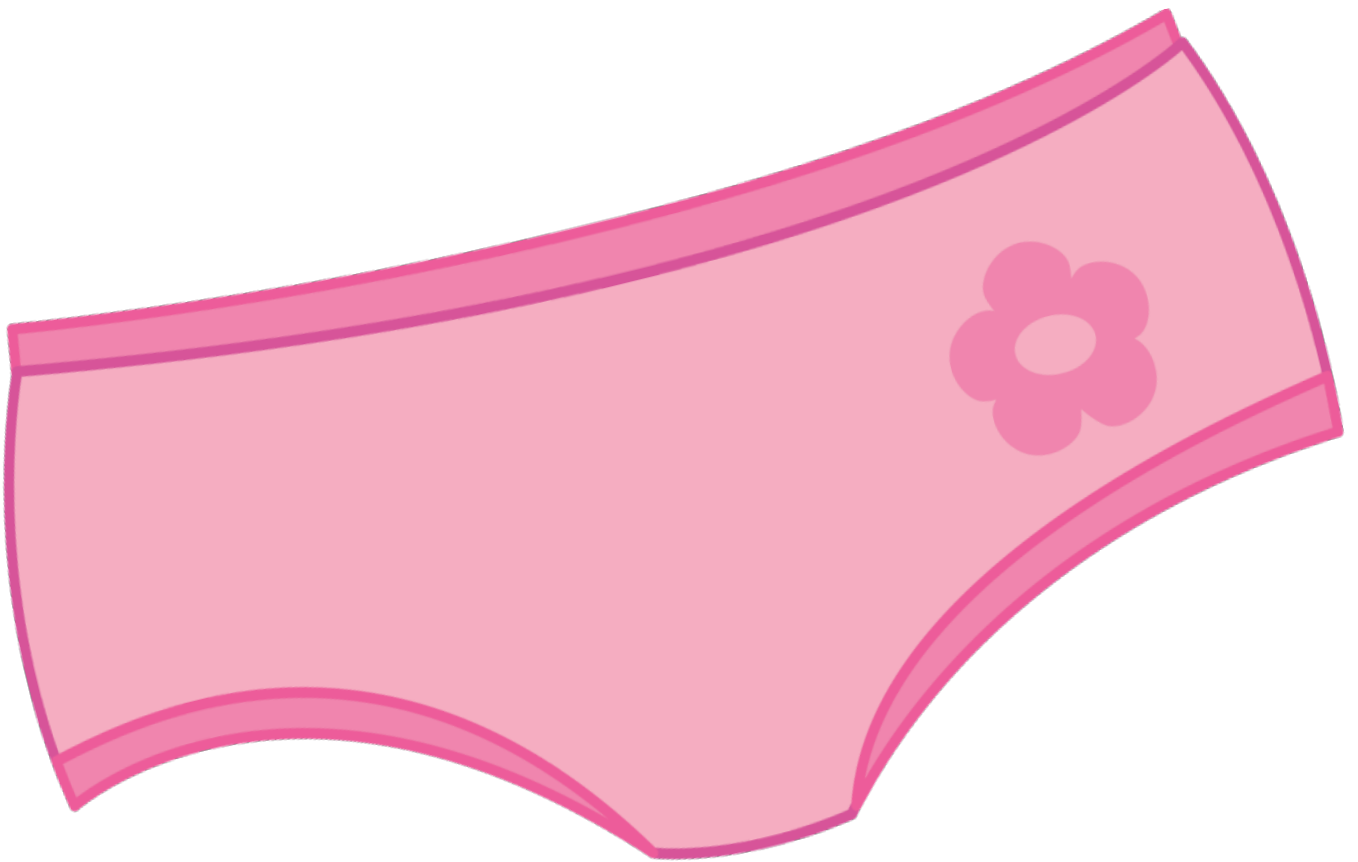
My period will not be there all the time. I will just have it for one week of each month.

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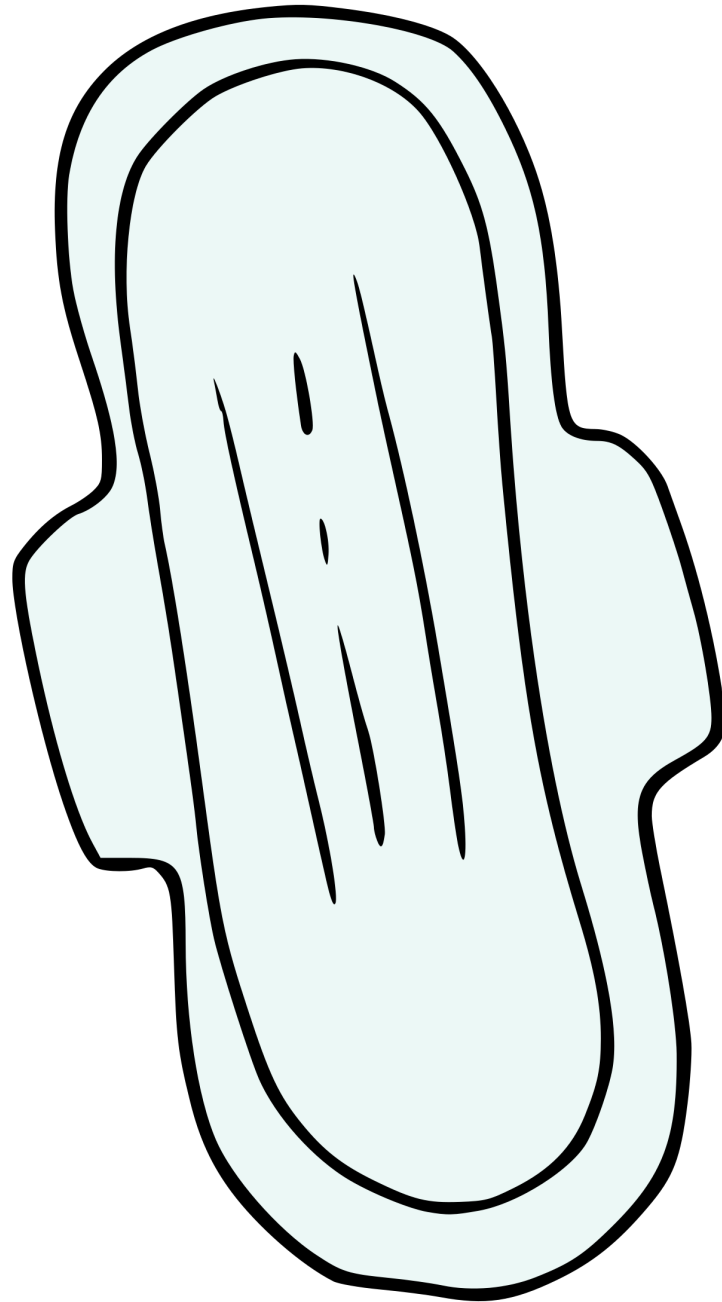
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	



When I get my period I might  
get some blood on my  
underwear.



I will need to wear a sanitary towel in my underwear.



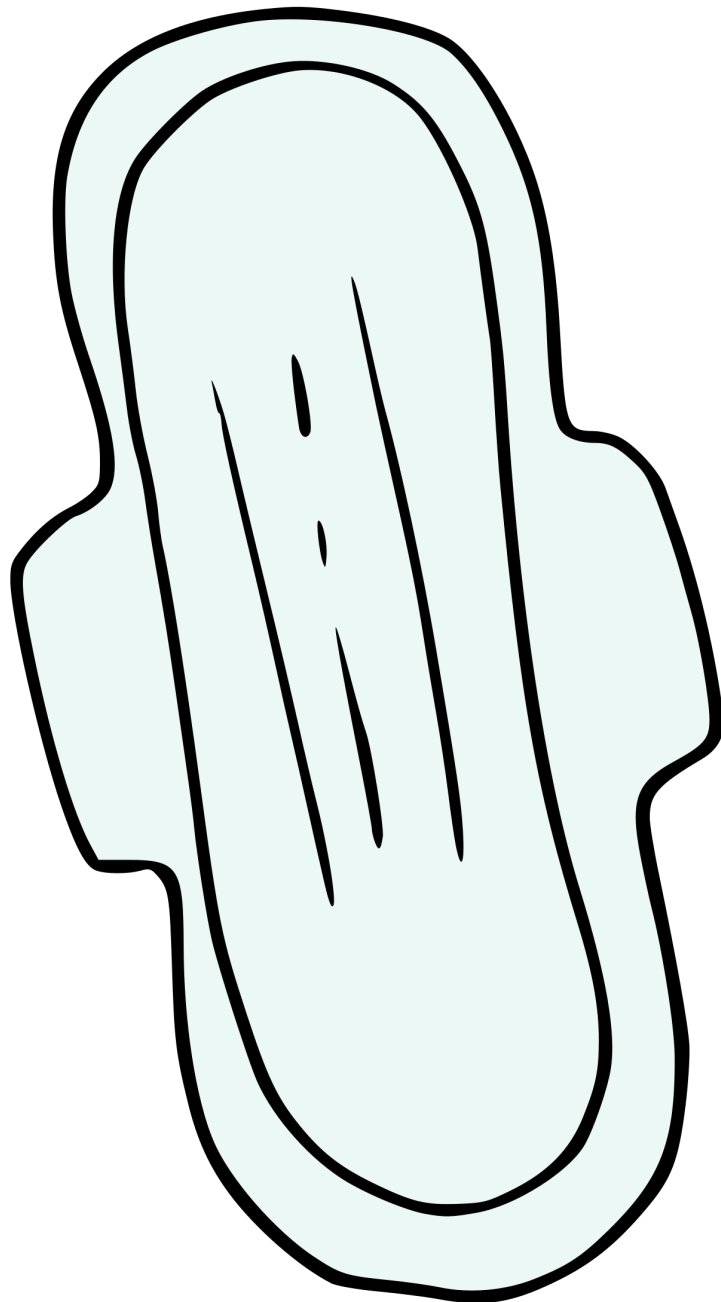
Sanitary towels come in a packet. I can open the packet and stick the sanitary towel to my underwear.



When I am finished I will need  
to wash my hands.



I will need to change my sanitary towel a few times a day so that I stay clean.



When I take out a dirty one I should wrap it up in toilet paper and throw it in the bin.



I must remember never to flush my sanitary towel down the toilet, as this will make the toilet block.



Sometimes when I am on my period I may get tummy pains called cramps.





This is not nice but a hot water bottle on my tummy will help it feel better.



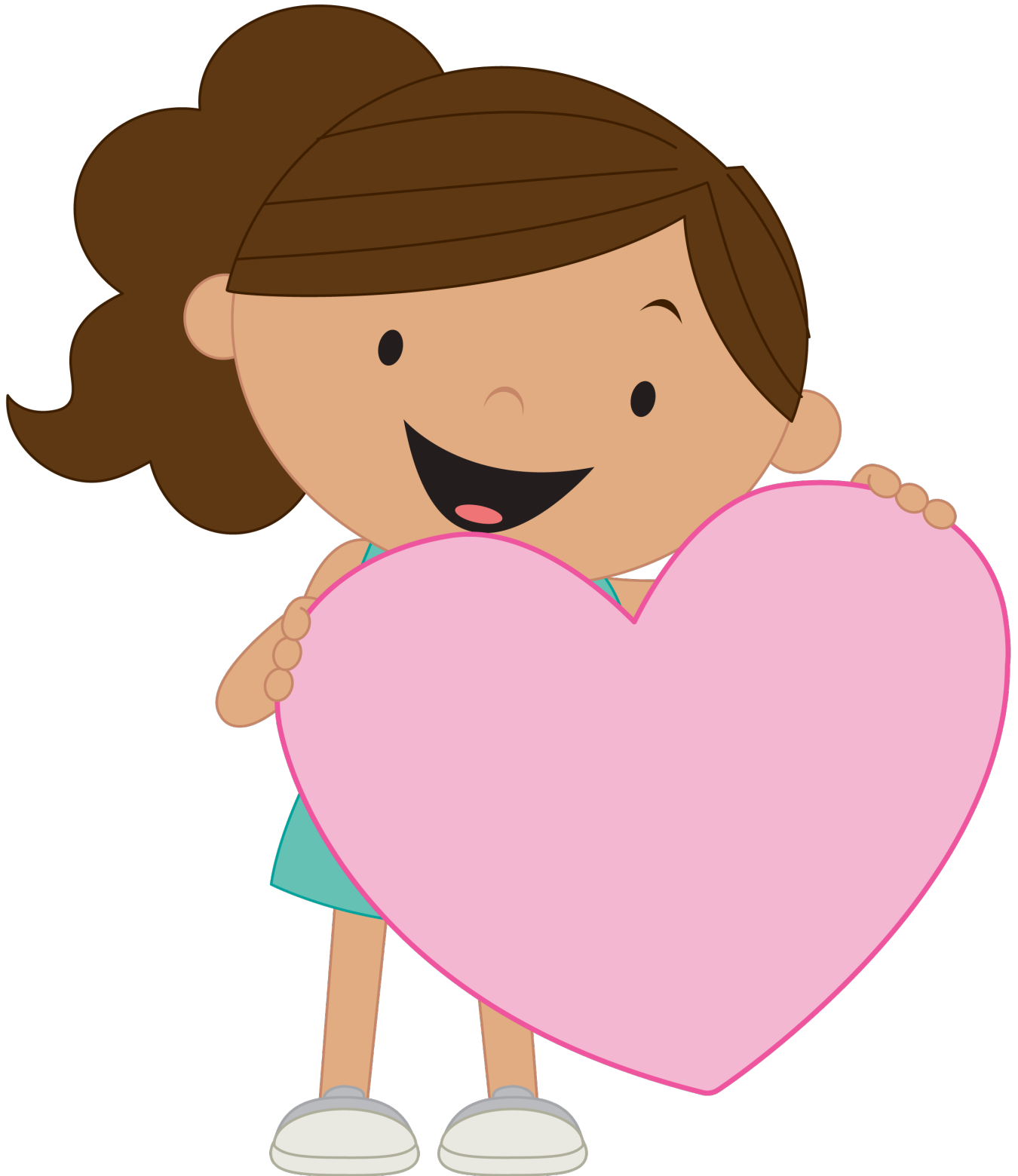
Sometimes on my period I may feel a little cranky. This is okay but I must remember to still be kind.



I can ask a grown up if I have  
any questions.



My friends and family love me.



## Credits

Thank you to Kari Bolt, Rossys Jungle and Tchr Browne for the amazing clipart images.

