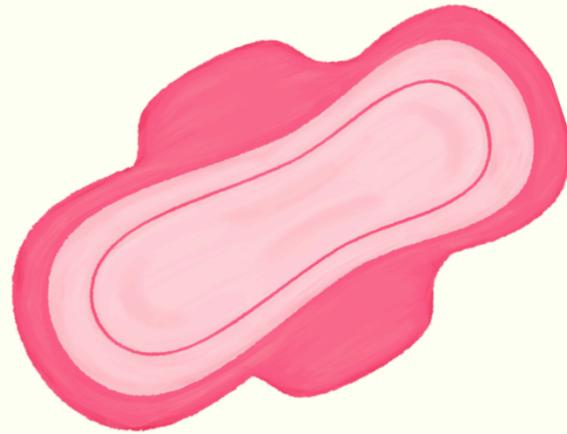


LET'S TALK ABOUT



# Your Period

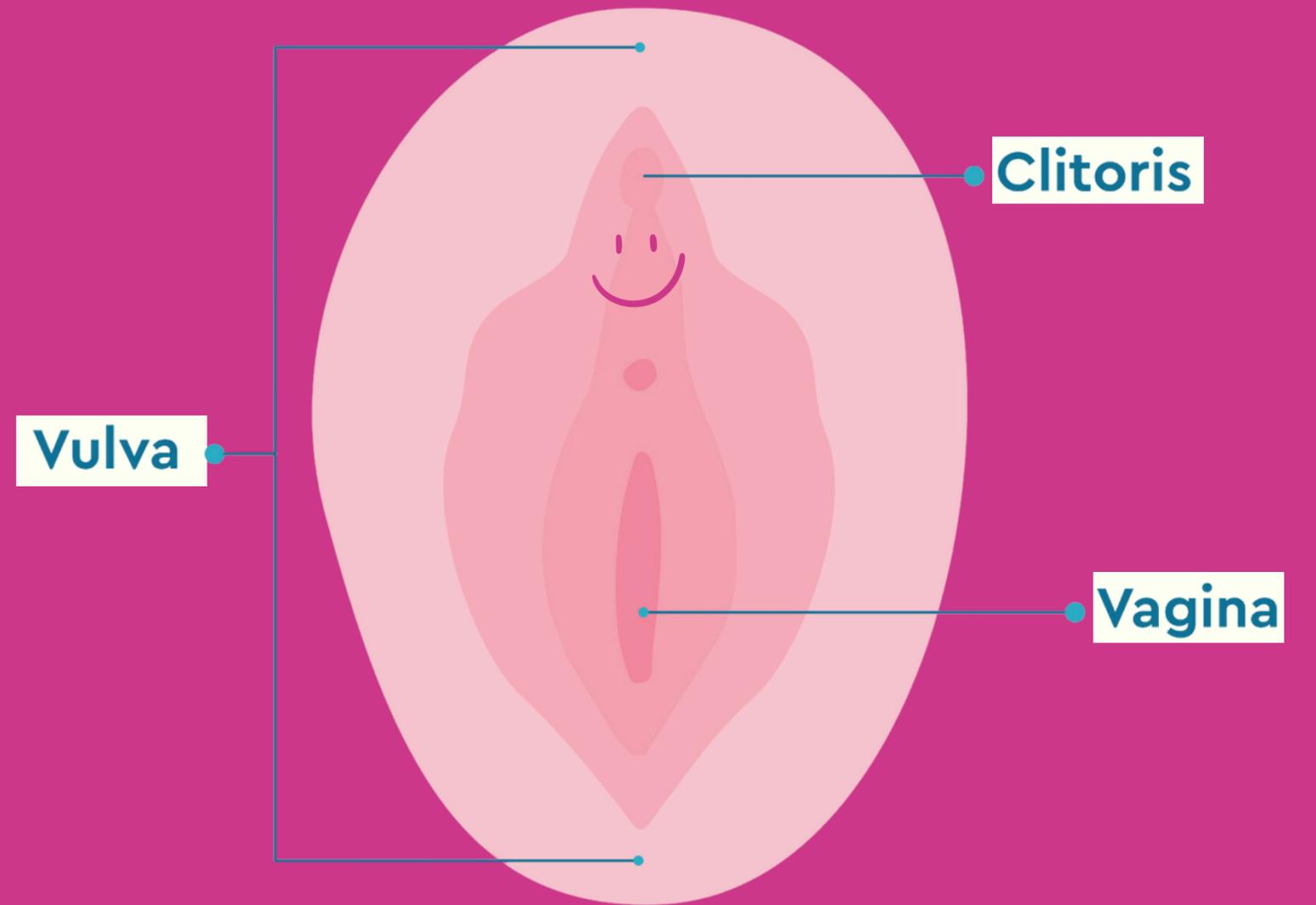
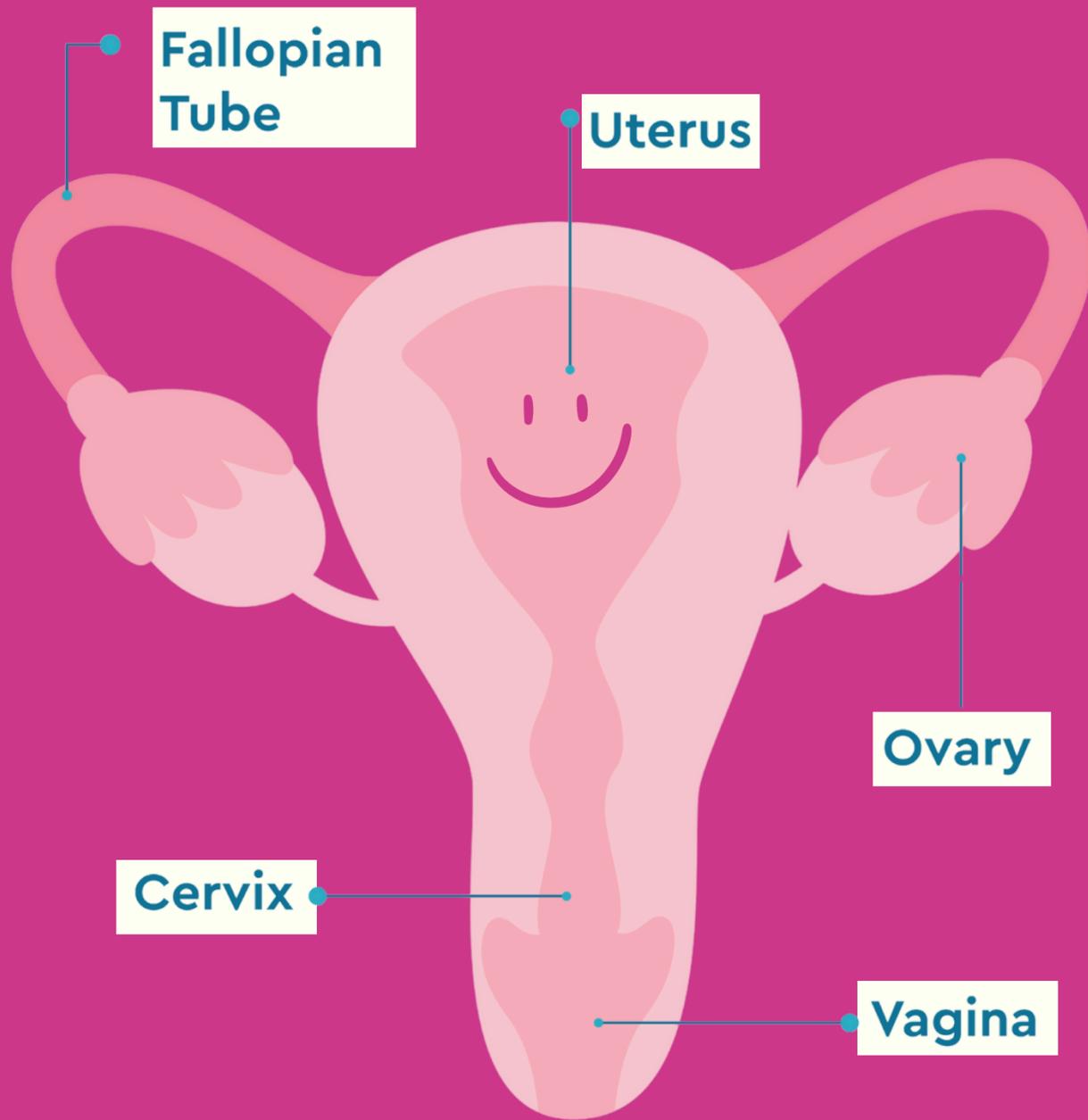


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**What do you  
know about  
PERIODS?**

# Anatomy 101

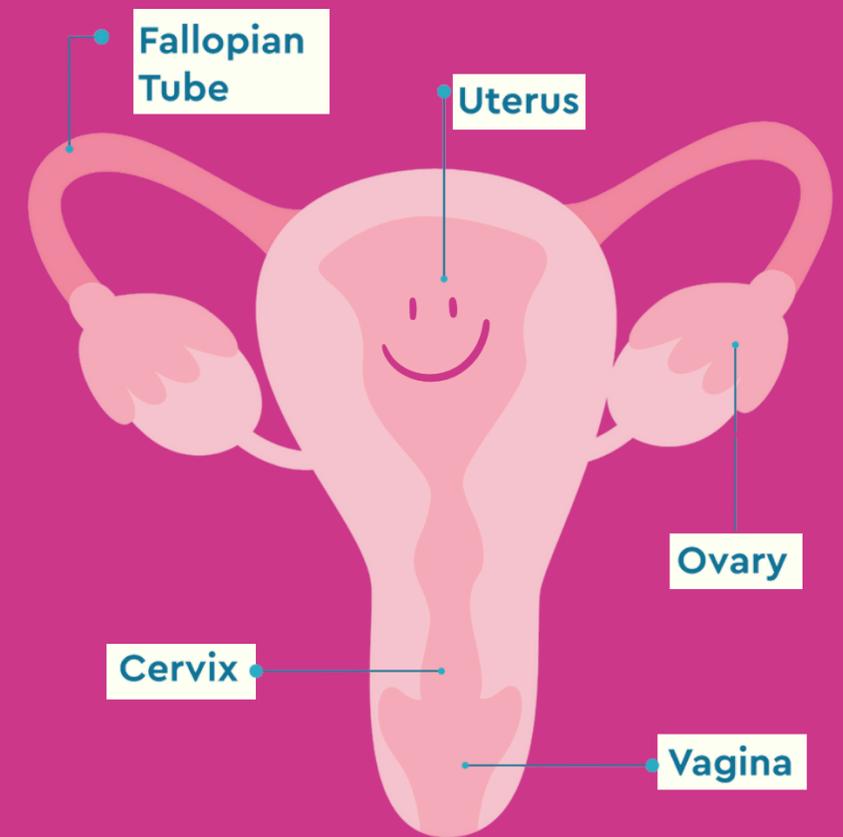


# What is Menstruation?

- Menstruation (aka your period) is when your uterus (womb that holds a baby) releases blood from your vagina.
  - This occurs once a month for a few days (usually 5 days, but can be shorter or longer).
- Girls will sometimes get their period around 12 yrs old.
  - Every girl is different! Some get it sooner and some get it later.

# Why Does This Happen?

- As a girl becomes a woman, her body will change so she can have a baby when she grows up.
  - Part of this is the body getting ready for a baby to grow inside the mom.
  - The baby grows in the uterus.
- Girls will get their periods when their body experiences a change in hormones.
  - Hormones= chemical messengers that help control how your cells and organs work.



# Why Does This Happen?

- Every month, the uterus gets ready to hold a baby
  - If there is no baby, the uterine wall will come off and bleed a little out of the vagina. This is your **PERIOD!**
  - Each month, the body will create a new wall in the uterus just in case there is a baby.





# How It Happens

1. Your ovaries will release the hormones called estrogen and progesterone.
2. These hormones will cause the wall of your uterus to build up.
3. The wall is getting ready for a fertilized egg to attach and develop into a baby.
4. If there is no fertilized egg to grow a baby, the lining breaks down and gets released. **That's your period!**



# I'm Angry and Craving Chocolate!



- Sometimes girls will experience emotional and physical symptoms before or during her period.
  - This is known as **PMS (premenstrual syndrome)**.
- PMS is completely normal & will typically go away within the first few days of your period.
- PMS symptoms can include
  - Sadness
  - Moodiness
  - Bloating
  - Acne

# Pads, Tampons, and Menstrual Cups, Oh My!

- **Pads**

- Pads are rectangular, absorbent material that you stick on your underwear.
- They come in different sizes depending on how much you bleed.
- They are sometimes called “sanitary pad” or “sanitary napkin”.



# Pads, Tampons, and Menstrual Cups, Oh My!

- **Tampons**

- Tampons are small, cylinders of cotton that you put in your vagina to absorb blood.
- If the tampon feels uncomfortable, you probably inserted it incorrectly.



- **Menstrual Cups**

- Menstrual cups are small, flexible silicon cups you put in your vagina to catch blood.
- If the menstrual cup feels uncomfortable, you probably inserted it incorrectly.



# Is This Normal?

## Completely Normal

- I'm 12 and I still don't have my period.
- I just started getting my period, but it skipped a month or two.
- I got my period before I turned 12.
- My lower stomach hurts when I'm on my period (cramps).



## Not Typical

- If you turn 15 and still have not gotten your period.
- Have such bad cramps that not even over the counter pain relief medicine helps.
- You bleed so much that you need to change your pad frequently.
- Your PMS is so severe you cannot focus.

# Healthy Habits

- **Unscented pads**

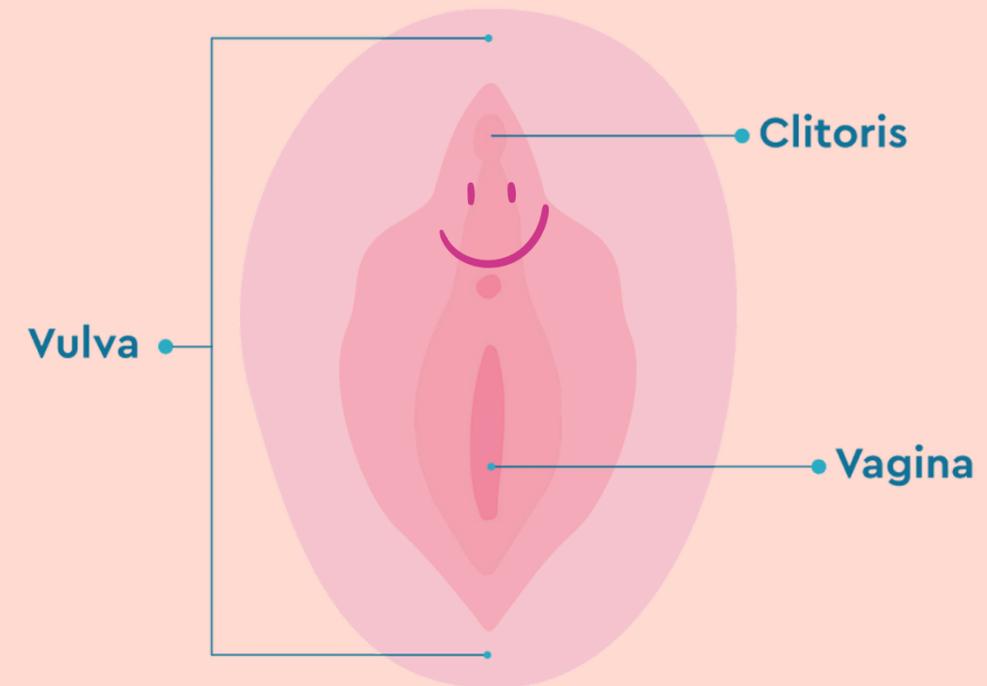
- It is important to use unscented menstrual products.
  - scented hygiene products can irritate your skin.

- **Change your menstrual products regularly**

- Wearing a pad for too long can lead to a rash or infection.

- **Stay clean**

- Wash the outside of your vagina (vulva) with water.
- Wipe from front to back.



# More Healthy Habits

- **Track and monitor your period**
  - Track your period with a calendar or app.
  - Can help you understand your body and give you an idea when your next period will be.
- **Hand hygiene**
  - Wash your hands before and after changing your menstrual product.
- **Throw away your menstrual products properly**
  - Do **NOT** flush your pads or any menstrual product down the toilet.
  - Wrap it in toilet paper and throw it away in a trash can.



Questions?

**FPa** WOMEN'S  
HEALTH  
*Your Choice  
Since 1969*

# Have Additional Questions?



**If you have any additional questions about this presentation or any reproductive health issues, please visit one of our 25 FPA clinic locations!**

**Our FPA team will take AMAZING care of you and will answer any question you might have.**

# THANK YOU

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