

How will you feel around the time of your period?



A need for more privacy.



A need for extra cuddles.

Maybe some pain in your tummy.

Breasts may be tender.

What can help?



A hot water bottle on the tummy.



Talk to Mum, Dad, a teacher or a friend about your feelings.



Sometimes tablets from the chemist or doctor.

When your period starts, what do you need?

A period pad to catch the blood.



A pad has a sticky strip

to stick inside the undies.



Pads come in different shapes and sizes - you might want to check out which is best for you.



On the last day of your period, you could use a panty liner.



About using pads

Pads need changing often. Some girls change every time they go to the toilet.



If you wear a pad for more than 3 hours it can start to smell.



Used pads should be wrapped and put in the bin.



Wash hands before and after changing.



It is normal for blood to sometimes go on the undies or sheets.

If you have blood on your clothing or on your sheet, soak it in cold water - then wash.