

Getting My Period

As I grow up, my body changes. This means I'm becoming a woman.

When I get my period, blood will come out of my vagina.

This is ok. It happens to every girl, usually every month.

I will need to put a sanitary pad in my underwear.

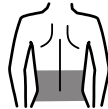
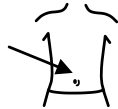
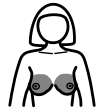
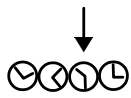
It needs changed when it gets used in the day.

Some people wear special pants so they don't need a sanitary pad.

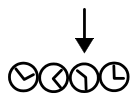
Before I get my period I might feel big emotions.



This is normal and usually stops when my period starts.



Sometimes my breasts, stomach or lower back might feel sore.



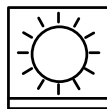
This is normal too. Sometimes a hot water bottle or medicine helps.



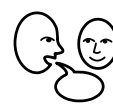
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Periods usually last for 4 to 7 days.



If my period lasts more than 7 days I could tell an adult



who cares for me.



People would want me to feel ok when I have my period.



Most girls and women have periods and get used to it quickly.