**Getting My Period**

As I grow up, I will notice changes in my body

As my body changes, I will get my period.

This is a sign that I am becoming a young woman.

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

This is ok. This may be happening to other girls in my class too.

I will need to put a sanitary pad in my knickers; this will stop my clothes from getting stained.

I will need to change the sanitary pad during the day. This helps to keep me clean. It is usual to change it regularly. I can do this at break times, lunch time and during the evening.

Most girls have a period every 28 days. Sometimes it might be sooner or later. This is OK.

A few days before I get my period, I might feel more upset about things. I might feel angry, I might feel sad, I might feel frustrated or I might feel other emotions. Feeling this way is normal and usually stops when my period starts.

My breasts, stomach and the lower part of my back might feel sore at this time. This is normal.

Putting a hot water bottle on my stomach and having some pain relief mediation can help me feel less sore.

I might have my period for 4-7 days. It might be shorter. This is OK.

If my period goes on for longer than 7 days, I should talk to an adult who knows me well.

People who know me will want me to feel ok when I’m having a period.

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