

## Menstruation - Periods

Puberty will start when your body is ready. When you start puberty you will have periods. All girls will have periods. A period is when you bleed from your vagina. This will usually happen every 4 or 6 weeks. They may not be very regular to begin with, but don't worry you will soon learn to look out for the warning signs which could include feeling moody, tearful, and angry or have a pain in your lower tummy.

It may be a good idea to keep a diary so that you have an idea when your next period is due. This will help you feel prepared.



When you start your period you can use either sanitary pads or tampons. It is probably best to start off with using sanitary pads and maybe consider using tampons at a later stage if you decide you would like to try using them.



There are many types of sanitary pads available on the high street. It may be a good idea to try several different brands so that you can decide which ones feel the most comfortable. During the night you may want to wear 'night time' sanitary pads. These tend to be slightly bigger and more absorbent.

When you are having a period it may be useful to consider wearing black or dark knickers so that you do not have to worry about getting blood stains on your knickers.

It might be worth thinking about taking a small purse or zip bag to keep your sanitary pads in when going to school, together with a spare pair of knickers. When in school, it would be a good idea to change your pad each time you go to the toilet. This way you will not forget to change your pad throughout the day. If you worry that you may forget to change your pad in school, perhaps another idea would be to set a timer on your phone.

