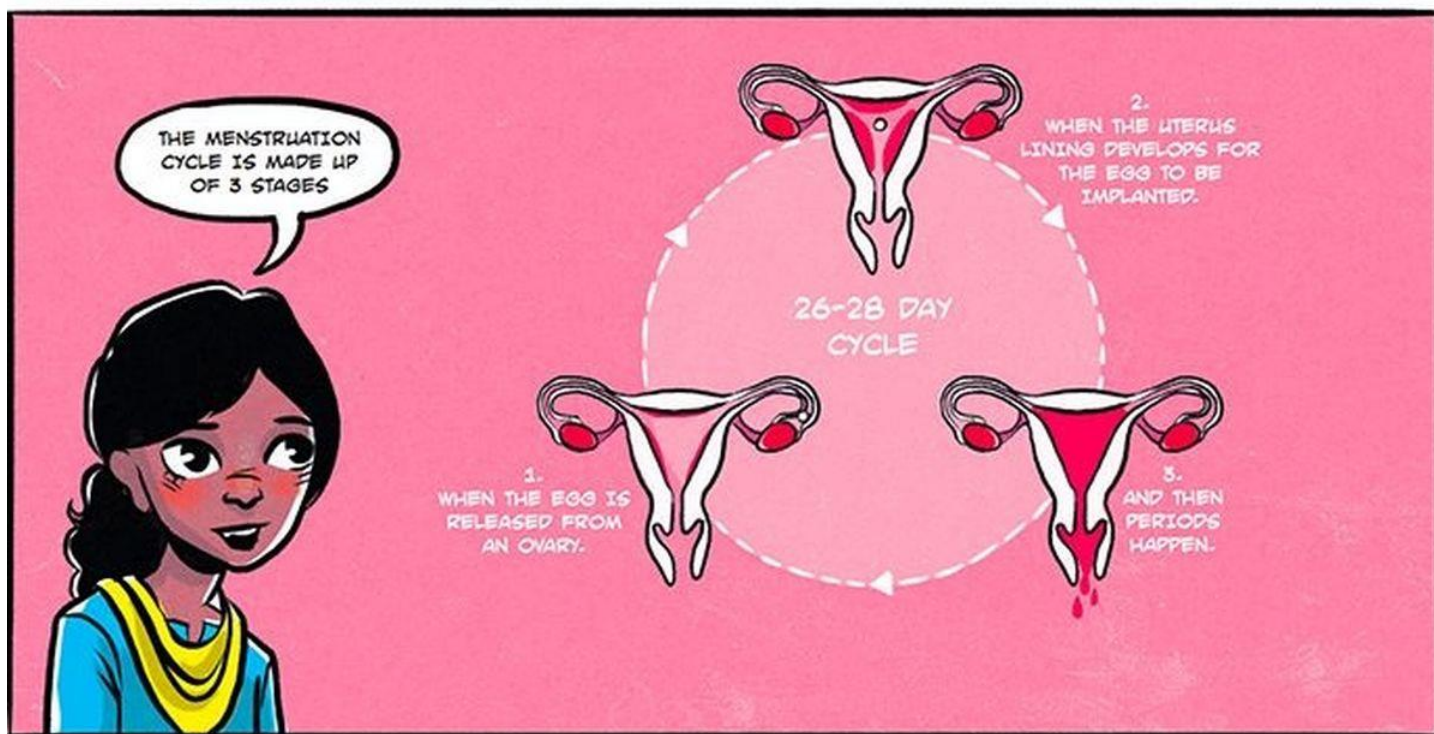


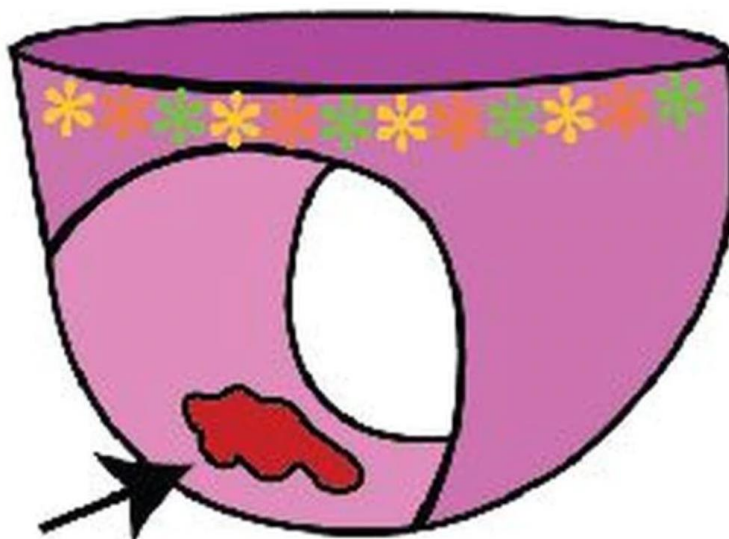
# Getting my Period





As I'm growing, my body will change, and  
I will get my period.





When I get my period, blood comes out  
of my vagina and my underwear might  
get stained.





I will need to use a pad, tampon, or  
special underwear so my clothes do not  
get stained.





A few days before I begin my period, I might feel cranky. I might feel sad or angry or a little tired. This is okay.







My stomach, breasts, and lower back might feel sore. This is normal. A hot water pouch can make me feel less sore.





To help with the discomfort, I can ask an adult for over-the-counter medications like Aleve, Aspirin, or Tylenol to make sure I get the right amount of medication. Too much medication can make me very sick.





My period will probably last 4-7 days. It might be shorter, and this is okay.







Having my period is all a part of growing up and if I have more questions I will talk to an adult who cares about me.





I did a great job learning about my  
period!

