



A GIRL'S GUIDE

TO PUBERTY
& PERIODS



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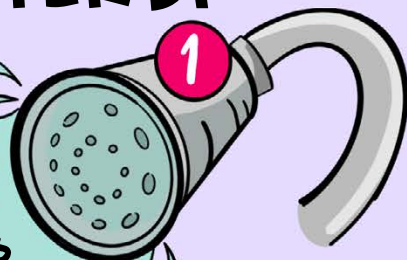


CHAPTER SIX
ALL THE FACTS!

PERIOD MYTH BUSTERS!

We often hear lots of advice and ideas about periods. Some of it is true and some of it is not.

Can you tell which ones are **TRUE OR FALSE?**



IT IS **UNHEALTHY** TO SHOWER DURING YOUR PERIOD.

FALSE!



You shouldn't eat hot and spicy stuff, like hot sauce, during your period.

FALSE!



When you have your period, **YOU CAN EXERCISE AND PLAY SPORTS!**

TRUE!



EATING LEMONS reduces the length of your period.

FALSE!



GASP!

you might "BREAK OUT" (get pimples) before or during your period

TRUE!



You can go **SWIMMING** when you're on your period.

You shouldn't eat or drink **COLD THINGS**, like ice cream, during your period.



FALSE!

Q & A

QUESTION ANSWER



It's normal to have A LOT of questions! Here are some answers to common questions girls have about body changes and periods.



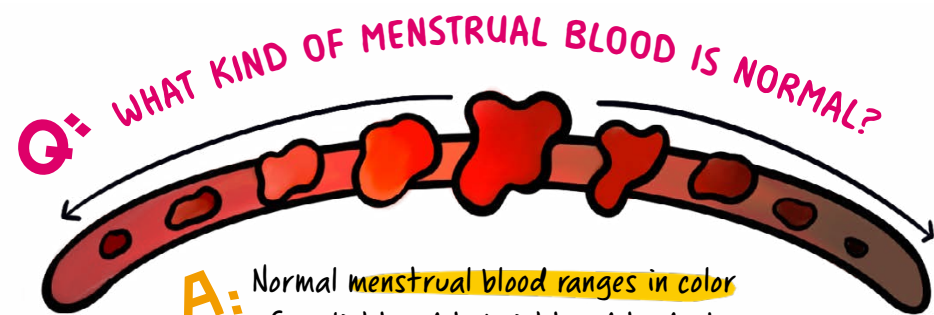
Q: HOW CAN YOU TRAVEL COMFORTABLY WITH YOUR PERIOD?

A: **Be prepared!** If you are travelling and think you might get your period, be sure to bring enough menstrual products, a change of clothing in case of leaking, and anything you need to manage pain from period cramps.



Q: ARE TAMPONS REALLY SAFE?

A: Tampons are inserted into the vagina during menstruation in order to absorb menstrual flow. **They are very safe** to use, as long as you change them every 6-8 hours or more often. It can be helpful to read the instructions found on the product box. Don't worry, they can't get lost in your vagina. There are many menstrual products available though, and you get to decide what you want to use. Some families aren't comfortable with tampons, so if you're unsure, talk to them about it.

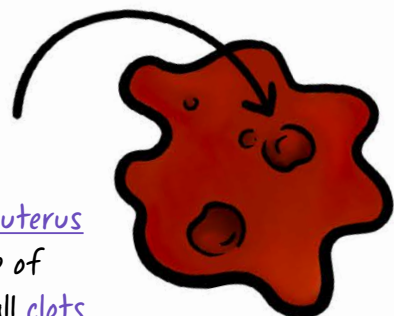


Q: WHAT KIND OF MENSTRUAL BLOOD IS NORMAL?

A: Normal menstrual blood ranges in color from light red to bright red to dark red to brown. Usually, the first day or two is a heavier blood flow, and then it becomes lighter.

Q: WHAT DOES IT MEAN IF YOU HAVE BLOOD CLOTS IN YOUR PERIOD BLOOD?

A: It's perfectly normal! The lining of the uterus that sheds during menstruation is made up of blood and tissue, so it is common to see small clots or clumps of blood during your period.



Q: WHAT IS THE WHITE GOOEY STUFF THAT CAN BE IN YOUR UNDERWEAR SOMETIMES?



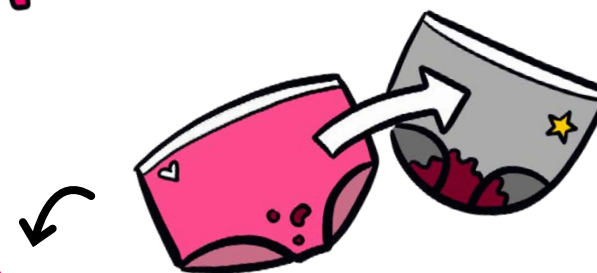
A: The white stuff is called vaginal discharge.

It is totally normal and nothing to be embarrassed about. Normal discharge (clear, white, off white) is healthy. If the discharge becomes very thick with a chunky-like texture or fishy smell that could be a sign of an infection, so you may want to visit a medical professional or talk to an adult you trust just to be safe.

Q: AT WHAT AGE IS IT NORMAL TO GET YOUR FIRST PERIOD?

8-14
ISH

A: Most people will get their first period between ages 8 and 14 years old. But remember that everyone's body is different, and whenever you start is ok! Your body is on its own schedule!



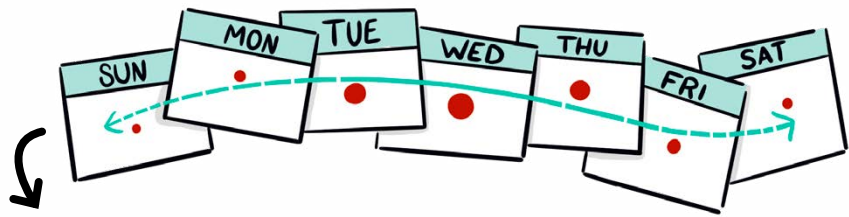
Q: HOW DO YOU KNOW WHEN YOUR BODY IS SIGNALING TO START YOUR PERIOD THE FIRST TIME?

A: You will know that you have your period for the first time because blood will come out of your vagina. Some girls feel the blood coming out, while others just notice a stain on their underwear.



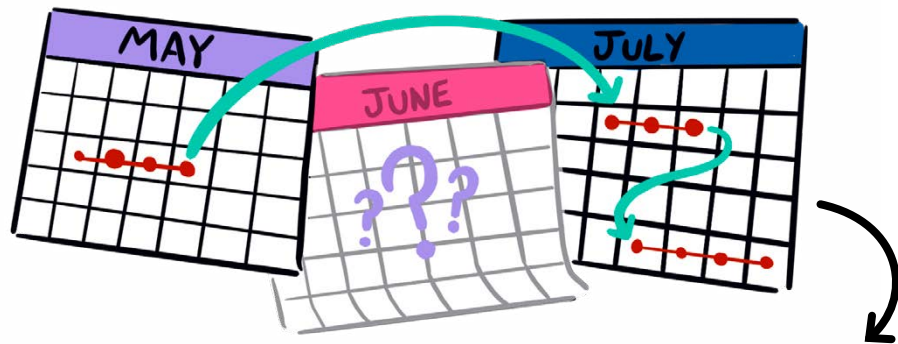
Q: IS IT NATURAL TO GET SOME BREAST PAINS?

A: Yes, many people will experience breast tenderness, especially right before or during their period. Your breasts may also feel a little sore sometimes as part of the growing process.



Q: WHY IS MY PERIOD SOMETIMES ONLY 3 DAYS AND SOMETIMES AS LONG AS 7 DAYS?

A: Everyone's cycle length is different, and yours may change over time. For the first year or two after you start your period, it's normal to be irregular. It will likely become more regular over time.

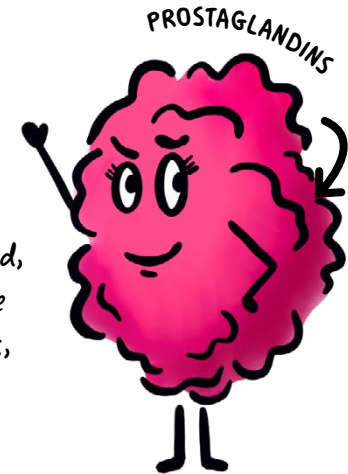


Q: WHY DOES MY PERIOD SKIP SOMETIMES? AND/OR OCCUR MORE THAN ONE TIME PER MONTH?

A: For a year or two after you start your period, it's normal for your cycle to be irregular, but it will likely become more regular over time. Your period doesn't go by the "month" exactly. It happens on average every 25 – 35 days. So that may mean you get it twice in one "month"!

WHY DO SOME GIRLS GET CRAMPS AND SOME DON'T?

A: It all depends on the hormones in your body! Hormones called "prostaglandins" help the uterus shed its lining during your period, and they also cause menstrual cramps. Some people have more prostaglandins than others, and so they might experience more severe menstrual cramps.



Q: WHAT CAN HELP CRAMPS BESIDES MEDICATION?

A: Using a heating pad, sitting in a hot bath, or getting some exercise can make cramps feel better. If this doesn't help, talk to a parent, doctor, or another adult you trust about your cramps.



Q: ARE EXTREMELY PAINFUL CRAMPS NORMAL?

A: Some period cramps are normal, but they shouldn't keep you from playing sports, going to school, or doing any of your regular activities. If your cramps are so painful that you aren't able to go about your day normally, you should talk to a doctor or a trusted adult.



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