



# A GIRL'S GUIDE

TO PUBERTY  
& PERIODS



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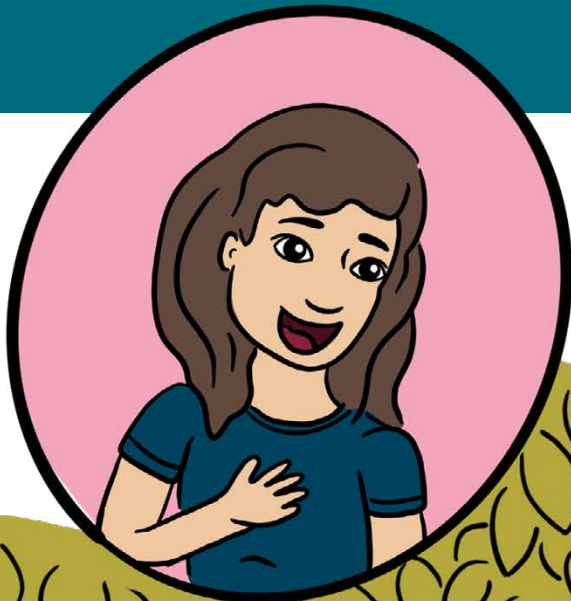


## CHAPTER FIVE

# MY FIRST PERIOD: STORIES FROM REAL GIRLS

The following section has a selection of stories from girls all across the USA about their first period! Just like every girl is unique, every person's experience is a little different- and yours will be too! Just remember that you're not alone- everyone goes through puberty!

# STORY 1: MY SURPRISE SUMMER WITH DAD



I got my first period when I was 12 years old.

I was visiting my dad in Seattle for the summer, so I had no immediate menstruating relatives close to me.

My doctor had told me that I might get my period soon, but I wasn't that worried.

MOM



Dad suggested that I go shopping with his best female friend for period products.



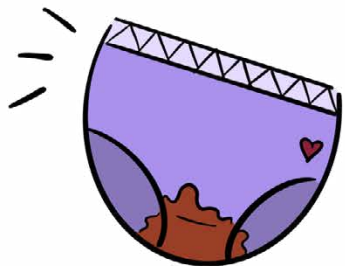
HEY, WHY DON'T YOU GO WITH TESS AND GRAB SOME SUPPLIES JUST IN CASE?





Well... These are some of my favorites- let's start with pads.

There are so many!



It's a good thing I did because about a week later, I went to the bathroom and noticed blood in my underwear!

I knew what a period was and even what to expect, but you can never truly prepare for your first period. I started to cry because I was scared.



SCRUNCH-



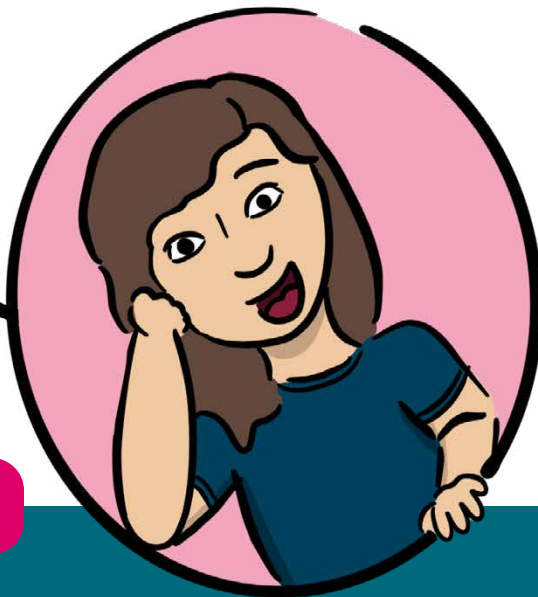
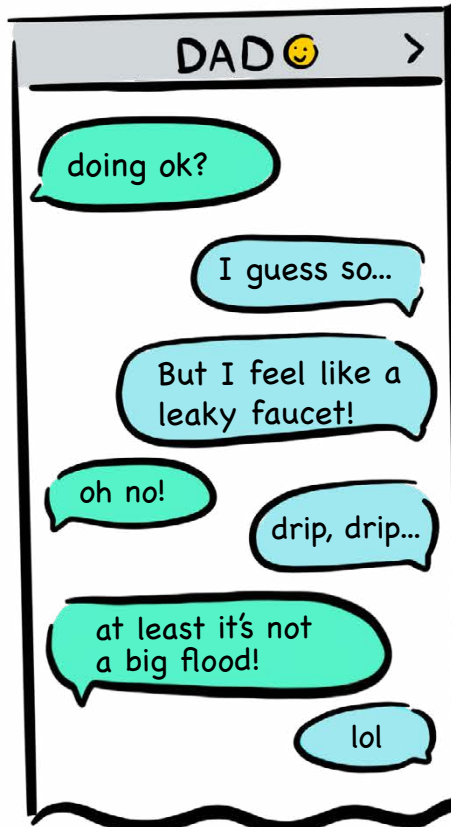
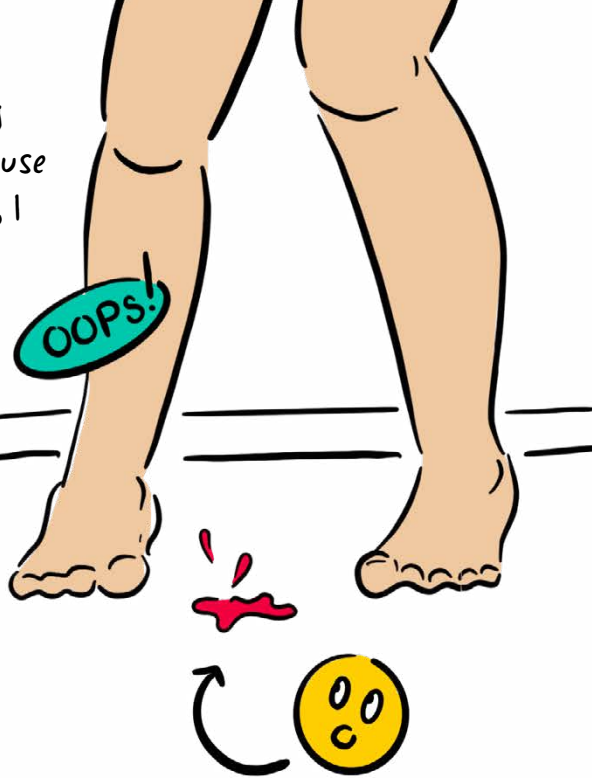
It's like a big sticker!

SO...I TOOK A DEEP BREATH AND CALLED MY MOM.

She made me feel a lot better and taught me how to put on a pad over the phone.

Thankfully, my dad was super supportive and took me out to buy all the foods I was craving. My dad and I have always had a close relationship, so I was never afraid to tell him about anything, including my period.

I remember texting him and telling him I felt like a leaky faucet because when I got up to get another pad, I leaked onto the bathroom floor.



**MY ADVICE:**

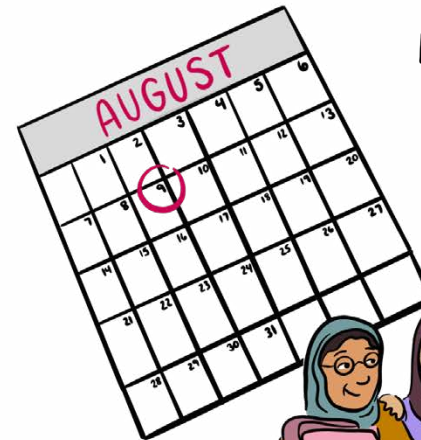
I would tell young people who are newly menstruating that it's ok to feel scared when you get your first period, and that periods are something you shouldn't be ashamed of.

**THE END!**

**STORY 2: AN UNEXPECTED SUMMER VISITOR**



I got my period on August 9th 2016, when I was 13.



My cousins were visiting for the summer vacation, so we decided to go to the park.

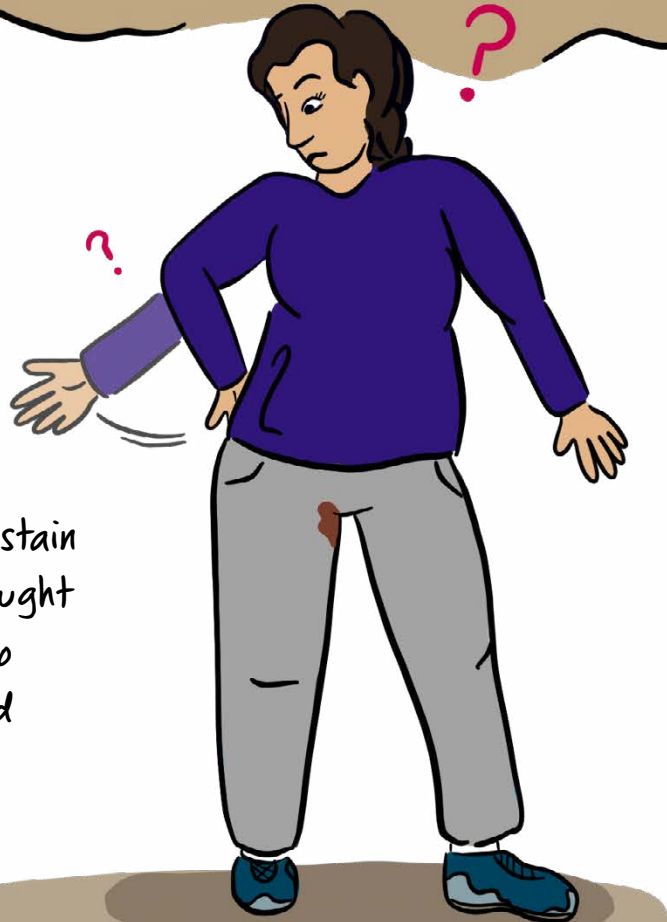


I went with my sisters, my cousins, my aunts and my mom. I was wearing grey sweats and brought a sweater in case it got chilly.

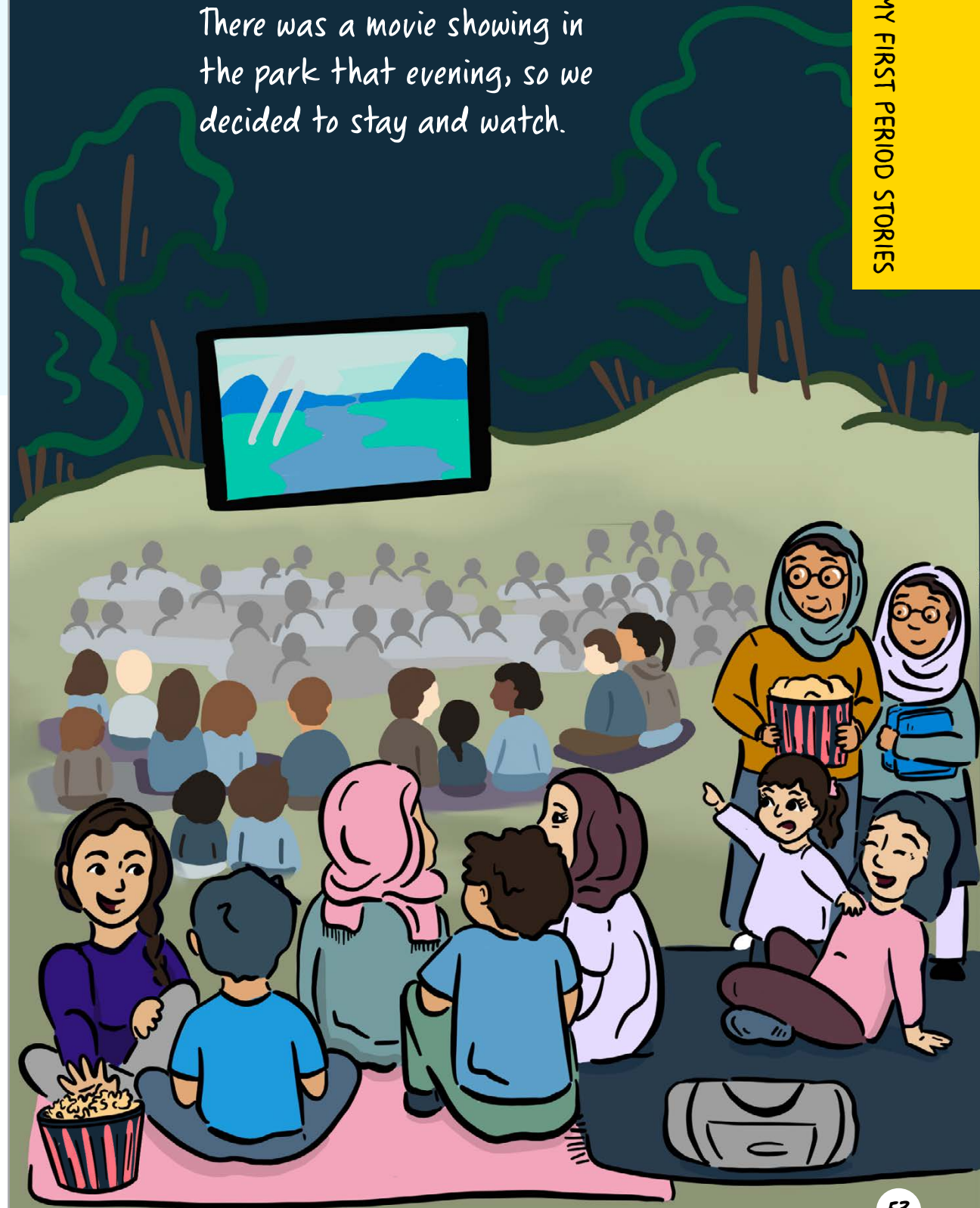


**LATER ON...**

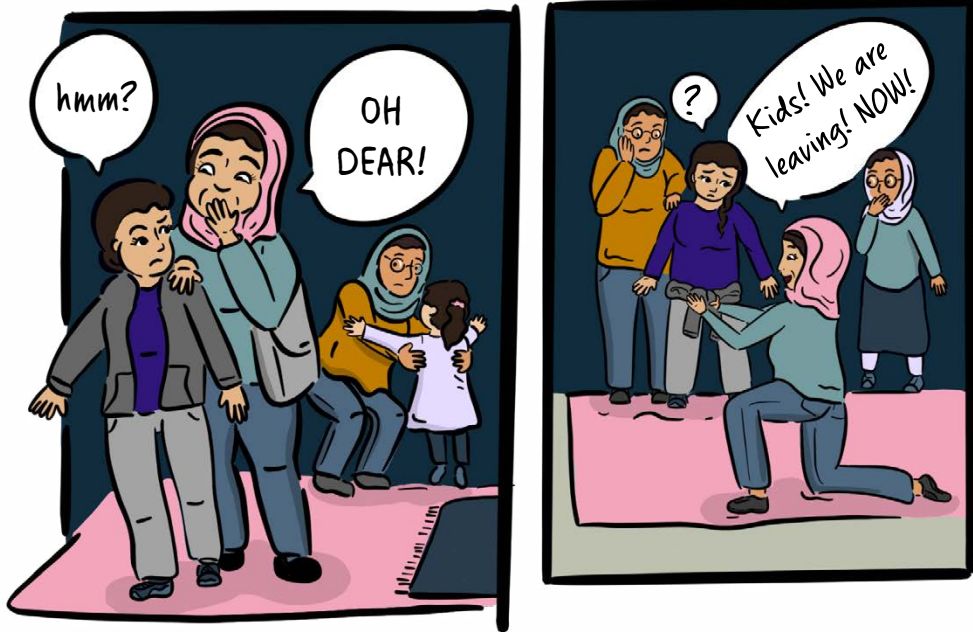
As I was playing, I suddenly noticed a stain on my sweats. I thought that it was mud, so I brushed it off and continued to play.



There was a movie showing in the park that evening, so we decided to stay and watch.



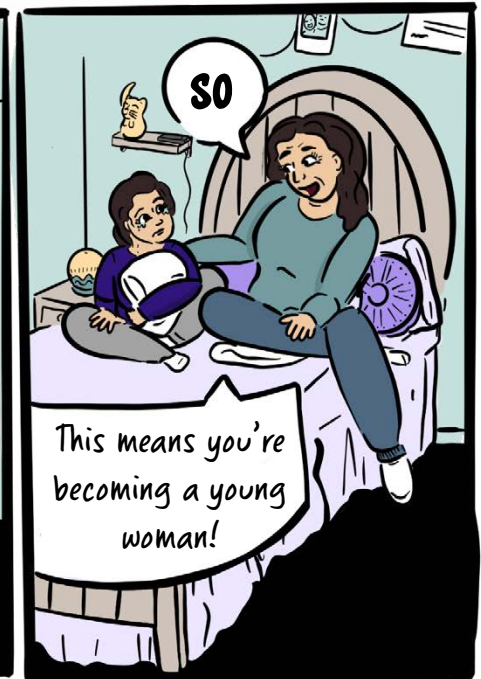
As we were leaving, my mom noticed the stain from before and realized I got my period. She quickly tied my sweater around my waist, and we rushed home. I was really confused as to what was happening and felt scared.



When I got home, my mom told me to go straight to the bathroom, and when I pulled down my underpants I saw I was bleeding. I was really confused...



My mom came in and showed me how to put a pad on.



Although my mom explained things to me, she didn't get into much detail. Afterwards I went on the internet to try to learn more.



I felt too embarrassed to ask my mom more questions. I still haven't talked to my dad or brothers about my period either.



**MY ADVICE:**

I want my sisters to know they can ask me or others they trust any questions they may have about periods. I was not comfortable and relied on the internet, which didn't always answer my questions and was sometimes really overwhelming!

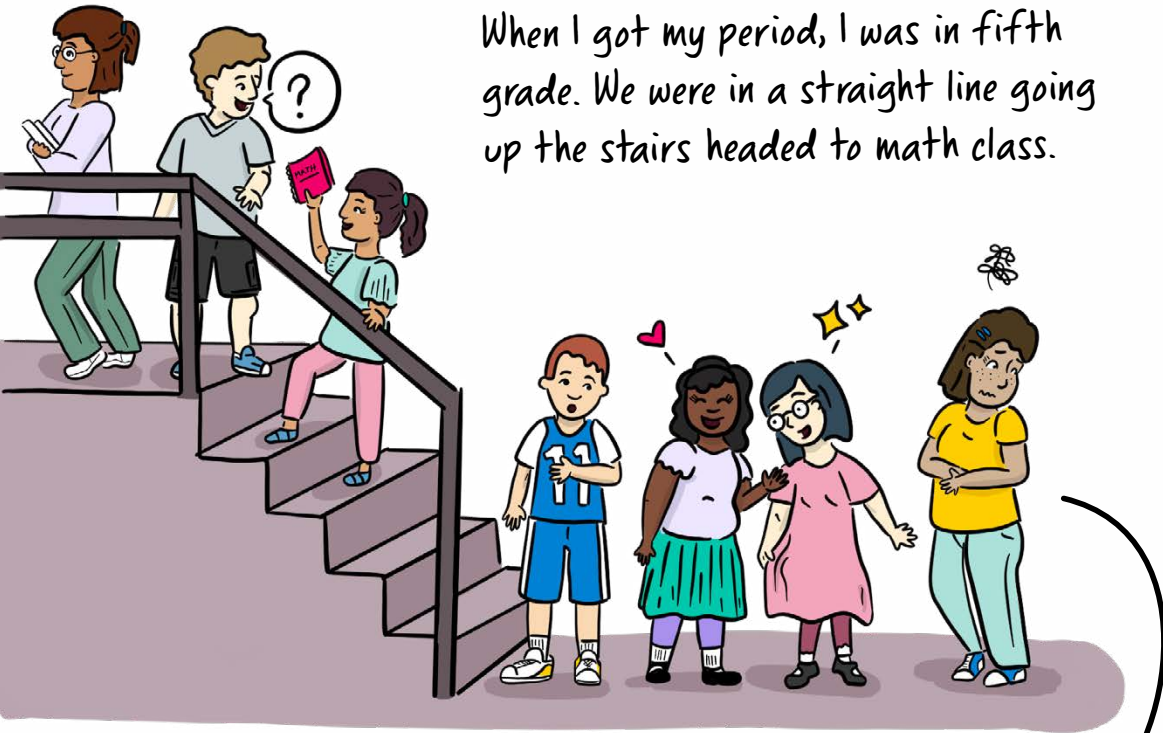
**THE END!**



### STORY 3: A NEW TYPE OF MATH CLASS PROBLEM



When I got my period, I was in fifth grade. We were in a straight line going up the stairs headed to math class.



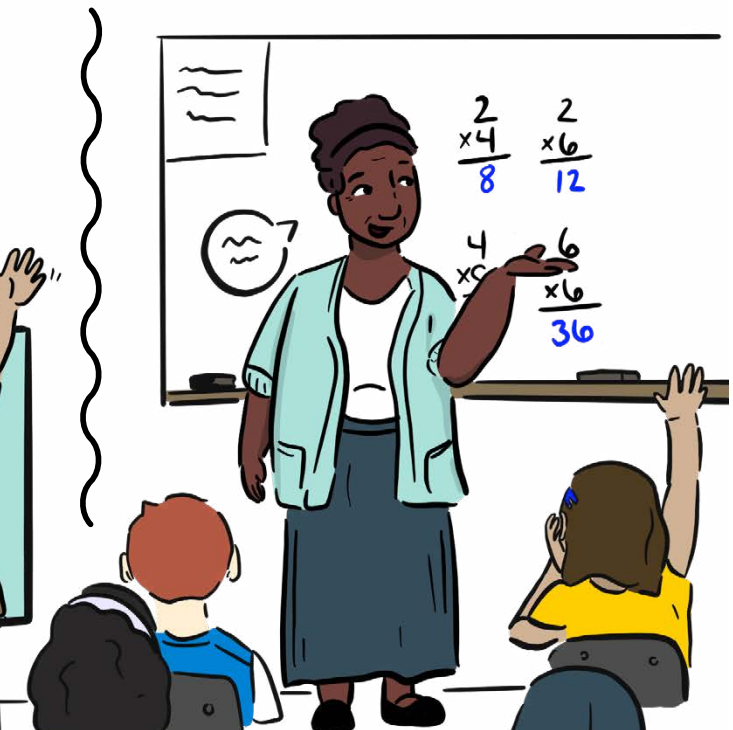
As we went up, I started to feel uncomfortable, and my back started to hurt.

As we walked inside our classroom, I started to feel stomach pains and aching.

After trying to ignore the pain, I decided to raise my hand to use the bathroom...



**...BUT MY TEACHER DIDN'T LET ME GO.**



**SO...**

I sat there and **SUFFERED**, raising my hand every five minutes.

Finally, she let me go. I walked in the bathroom and used the toilet...



...and as I cleaned myself up, what I saw was **NOT** what I was expecting!!!



I was in shock, not knowing what to do. I thought this was the end, I actually thought I was



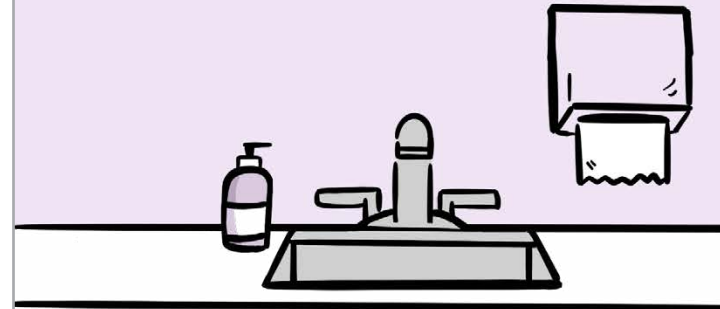
**DYING.**

Or maybe it was a cut???

I got a bunch of toilet paper and stuffed it in my underwear.



I went back to class and had to partner with a friend to complete a worksheet.



We picked a spot by the sink and counter.

As we sat on the floor, I was still feeling a lot of discomfort.

We finished our project, and as I slid up to go hand in my work, I turned around and saw a trail of blood I made as I scooted to get up.



**I FREAKED OUT!!**

I grabbed tissues to wipe it. I was so scared and embarrassed. Thankfully, no one saw.



As school ended, I went to my after school program where we would wait for our parents. I was very close to my Aftercare teachers, and I trusted them.

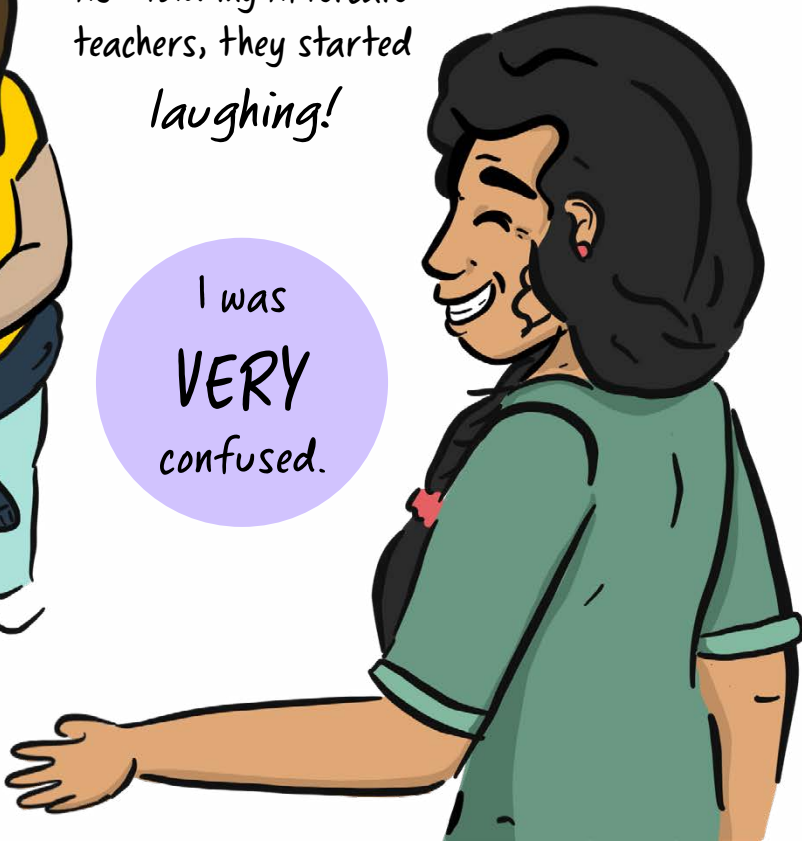
I told them what was happening and that I had to go to the hospital because the bleeding wasn't stopping!!!!



As I told my Aftercare teachers, they started laughing!

DON'T WORRY, IT'S OK!

I was VERY confused.



They explained to me what a **PERIOD** is, how it works, and what to do. After that, I felt more educated and realized a whole new chapter of my life had just started.

My teachers came with me to the bathroom, and gave me a pad they had. I used it and felt safer. Then, they called my older brother to pick me up since my clothes were stained.



**MY ADVICE:**

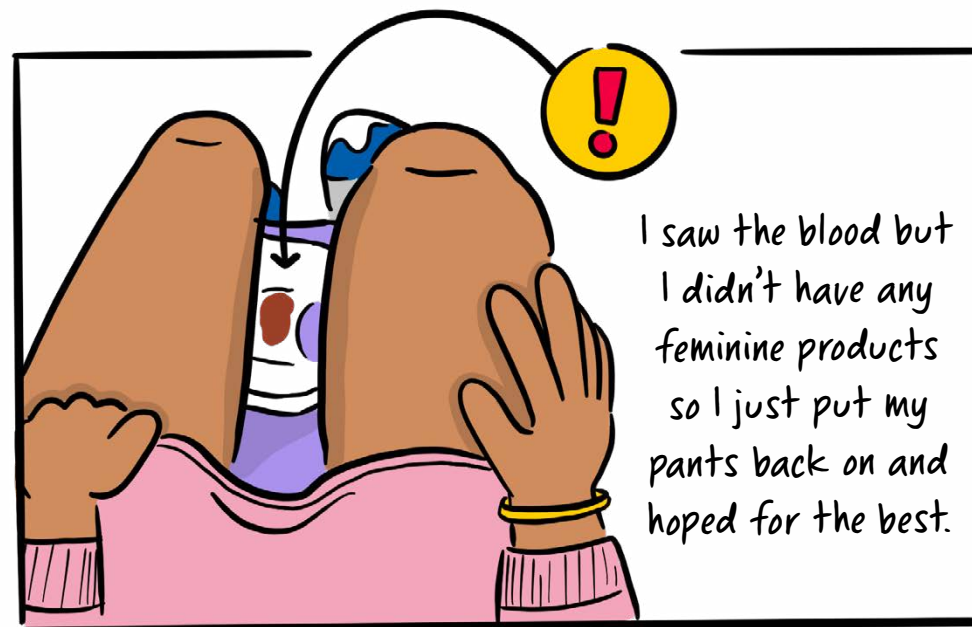
Stay calm and tell a female adult, and they will help you to start your journey. Remember that it's ok if it's irregular or changes schedule sometimes. Bring an extra period product wherever you go! You never know when it may surprise you!

**THE END!**

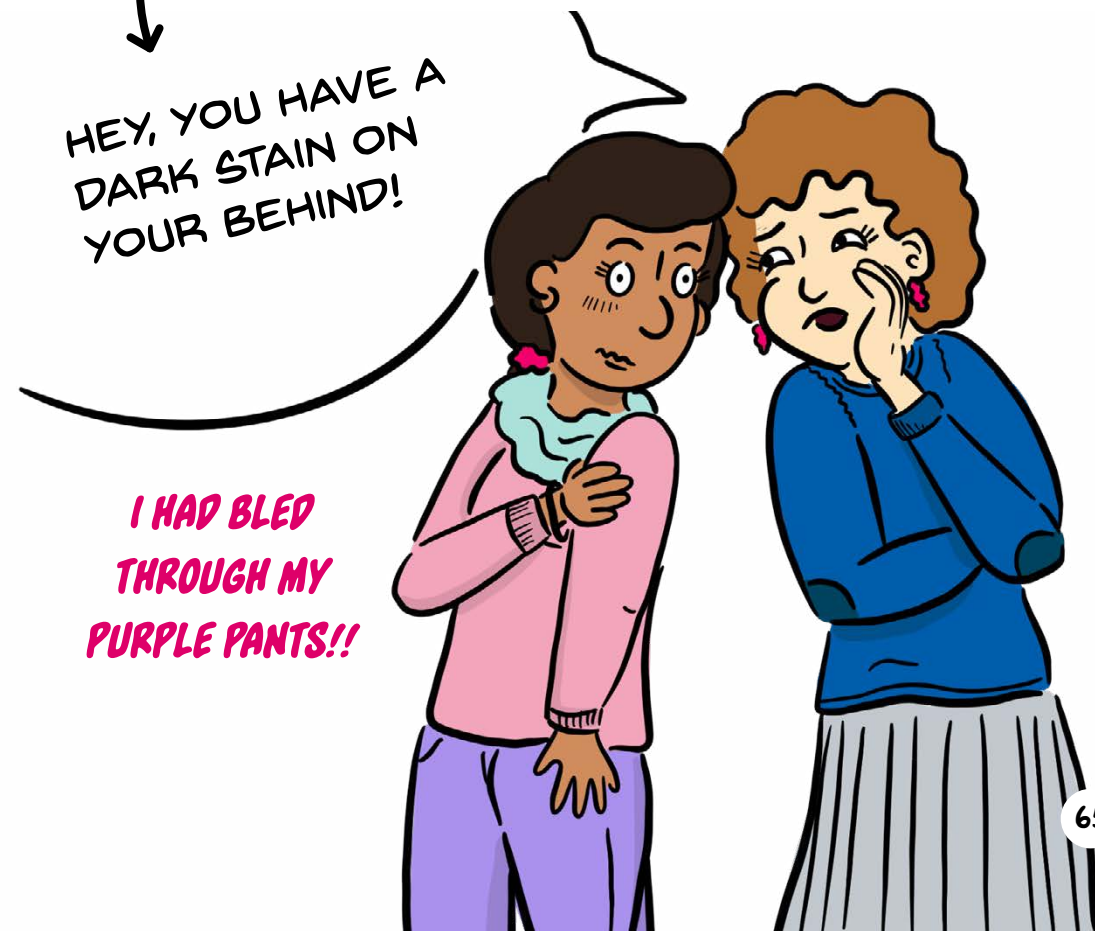
# STORY 4: MY PURPLE PANTS PANIC



I got my first period while I was at school... and I knew I'd gotten it right as it hit. I was at school in my favorite purple pants and I remember rushing to the bathroom.



An hour later, my friend told me you could see it through my pants.



So, I went to the school guidance counselor to hide my pants and sat and talked with her while I waited for my mom to bring me some new pants.



After school, my mom took me to the drug store and taught me the "lay of the land" about pads and tampons.

WOW!  
SO MANY  
OPTIONS!!



For the remainder of my period, my mom and sister helped me every day to make sure I knew how to change, when to change, and brought me enough supplies.



### MY ADVICE:

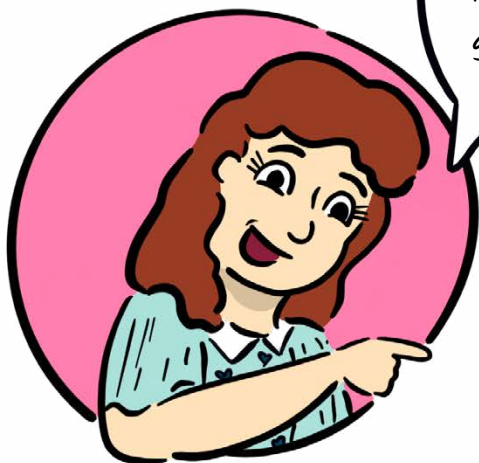
Don't be scared to get your period, it's perfectly natural. Find an older girl or woman and ask her any and all questions you have. Don't be afraid, we all go through puberty. It's a normal part of growing up!



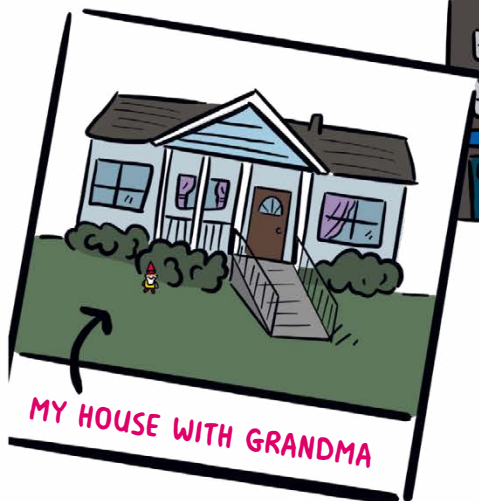
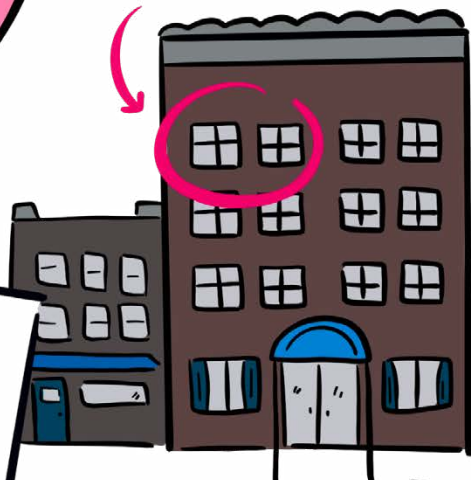
THE END!

## STORY 5: AUNT SARA TO THE RESCUE!!

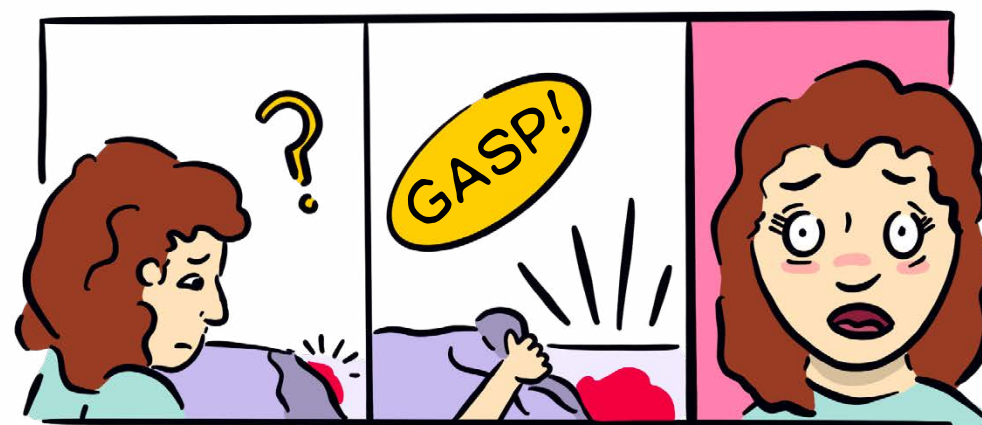
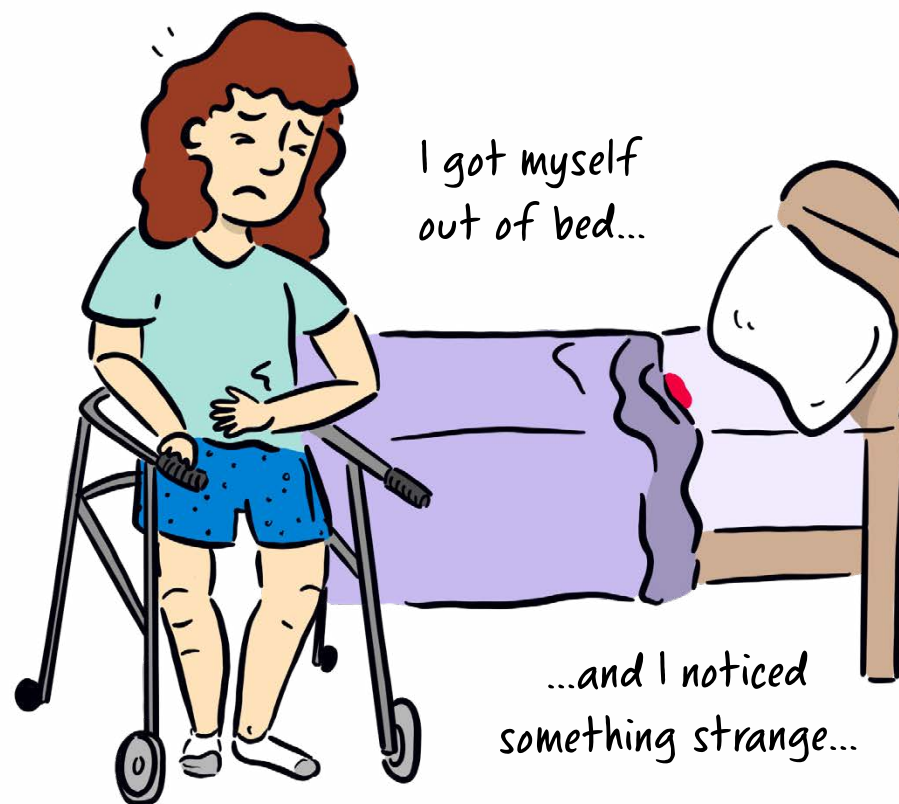
Well, when I got my first period I was at my aunt's house as my grandmother was out of town.



AUNT SARA'S APARTMENT

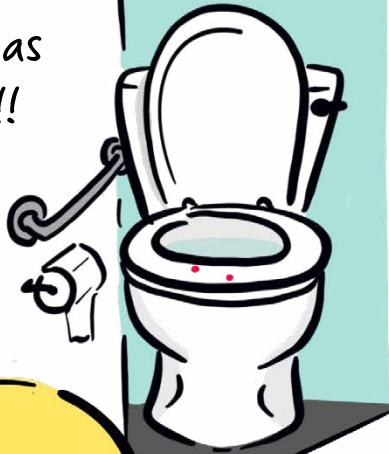
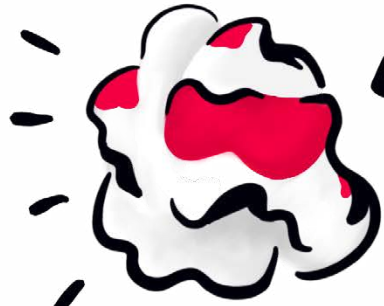


So it was a Wednesday morning when I woke up, and my lower stomach was hurting **REALLY REALLY** bad; a kind of pain that I never felt before.



**THERE WAS BLOOD ALL OVER MY SHEETS!**

So I went to the bathroom and wiped myself and there was blood all over the tissue!!



AUNT SARA!!!

Something is wrong with me!

I'm scared!

OH, HONEY!

Didn't anybody ever talk to you about your period?

(I had no idea what a period was! I was only in 3rd grade at the time!)

SO...



She gave me pads and pain medicine and told me everything I needed to do when I get my period.

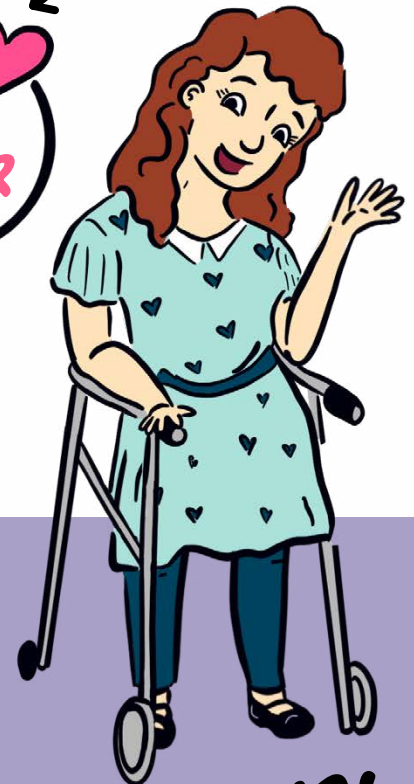
She explained to me that I was hitting puberty and becoming a young woman!



GIRL POWER

MY ADVICE:

Go out and talk with your family members or to someone you trust and ask questions. Don't be afraid, we as women go through puberty. It's all a normal part of growing up.



THE END!



# STORY 6: MY FOURTH GRADE SHOCK!

I remember on the day of my first menstrual period, I was in the bathroom at my elementary school.

THE WHOLE DAY I HAD HAD A HEADACHE, AND I FELT A WEIRD FEELING IN MY STOMACH.

Some older girls were huddled around the sink, talking about whether they use 'pads' or 'tampons.' I had no clue what they were talking about.



They were saying something about blood coming out of their private parts!!



That can't be right, I thought...

I assumed it was bogus but I texted my friend and checked my underwear for blood just in case...and nothing!



After school, my family went out to eat. But I wasn't feeling well, so we decided to just take our food to go and go home instead.







I went straight to bed when I got home. It took me a little while to fall asleep, but I finally did, until...

I suddenly woke up, feeling very uncomfortable!!



**I FELT LIKE I HAD WET THE BED!!**

I ran to the bathroom as fast as I could, and as I sat on the toilet, I saw **BLOOD** in my underwear!!

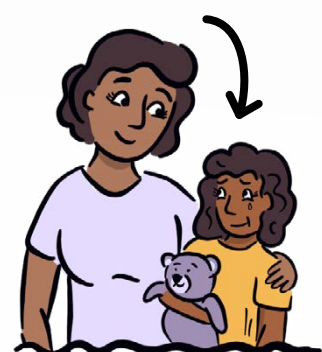


I went to the bathroom and there's blood all over my underwear and we have to call an ambulance right now!

I didn't understand why they weren't freaking out!!



**\*GIGGLE\***

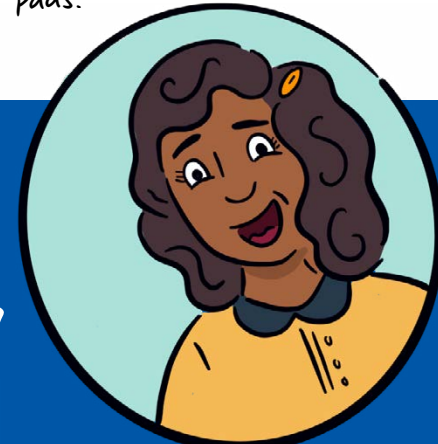


But then my mom explained what was happening and told me how this meant I was a woman. My dad said he knew the day would come where he would have to go to the store and buy his daughter pads.

**MY ADVICE:**

Try to stay calm, even though it might seem scary, and remember that you aren't alone! Everyone goes through puberty.

**THE END!**

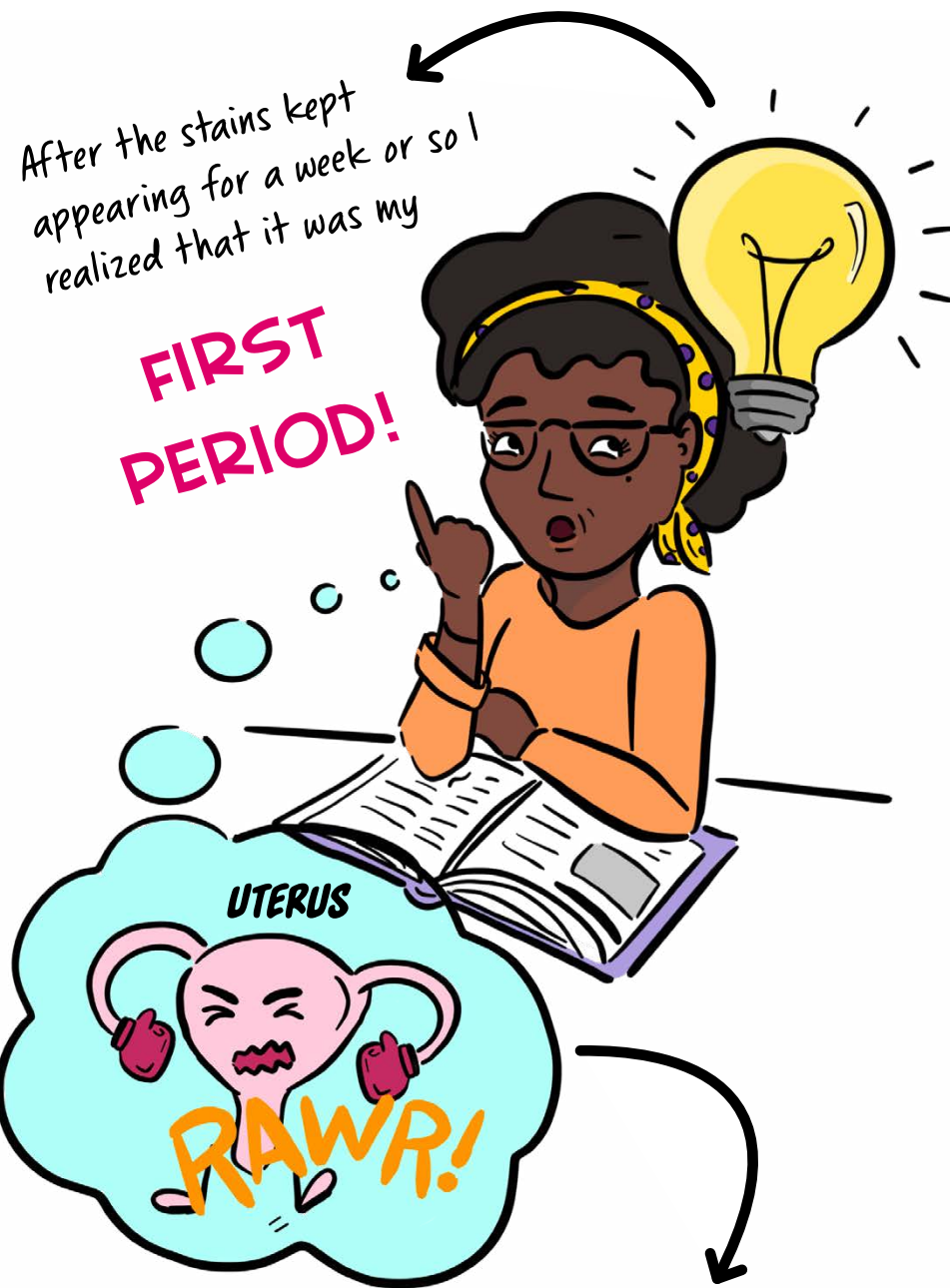


# STORY 7: THE CASE OF THE SLOWPOKE PERIOD



My first period came in gradually, for several days near the end of my sixth grade year.

It was really confusing for me at first, and I didn't know what was going on. I didn't understand why there were small brown spots in my underwear.



After the stains kept appearing for a week or so I realized that it was my

**FIRST PERIOD!**

At first I was a bit afraid because I had heard a lot of bad things about menstruation.

So I decided to tell my mom...

Mom, I think I got my first period! What do I do?

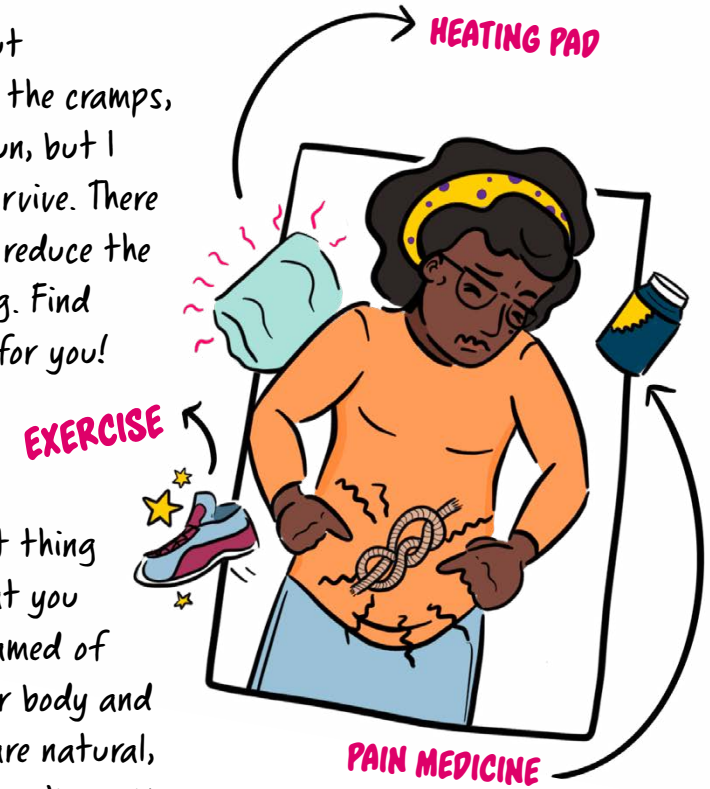


Girl, you came to the right place!!



...and she set me up with pads right away. My mom's confident reaction made me feel much better about my period.

My main fear about menstruation was the cramps, and they aren't fun, but I promise you will survive. There are many ways to reduce the pain from cramping. Find what works best for you!



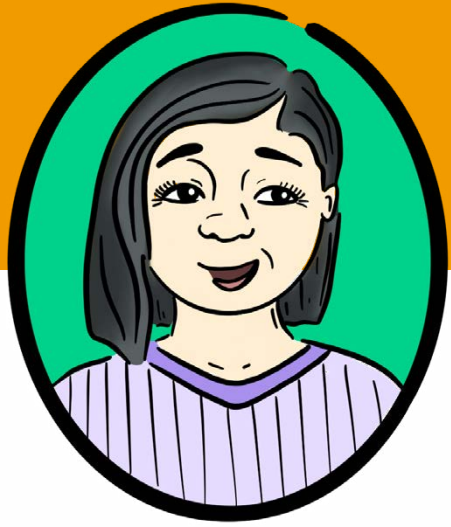
The most important thing to remember is that you should not be ashamed of your period or your body and its changes. They are natural, healthy, and there isn't anything wrong with you at all.

**MY ADVICE:**



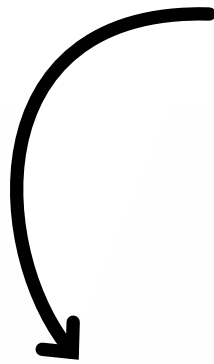
Don't be afraid of your period! I understand and agree it can be quite a change, but everything will work itself out. With time, your period will just become a normal part of your life. **STAY STRONG!**

**THE END!**



### STORY 8: GRANDMA SAVES THE DAY!

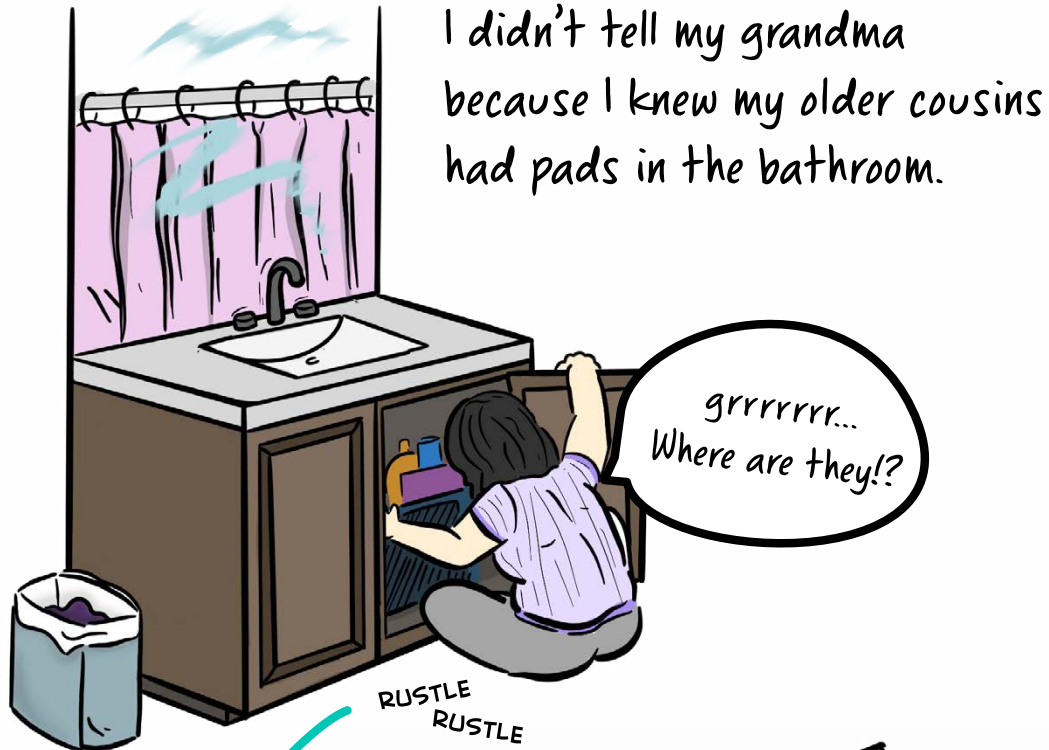
I was at my grandma's house when I got my first period. I had a very bad stomach ache which I later learned was **CRAMPS**.



I was honestly very scared because I didn't know what was happening...



...and also my mom was away so I was not able to talk to her.



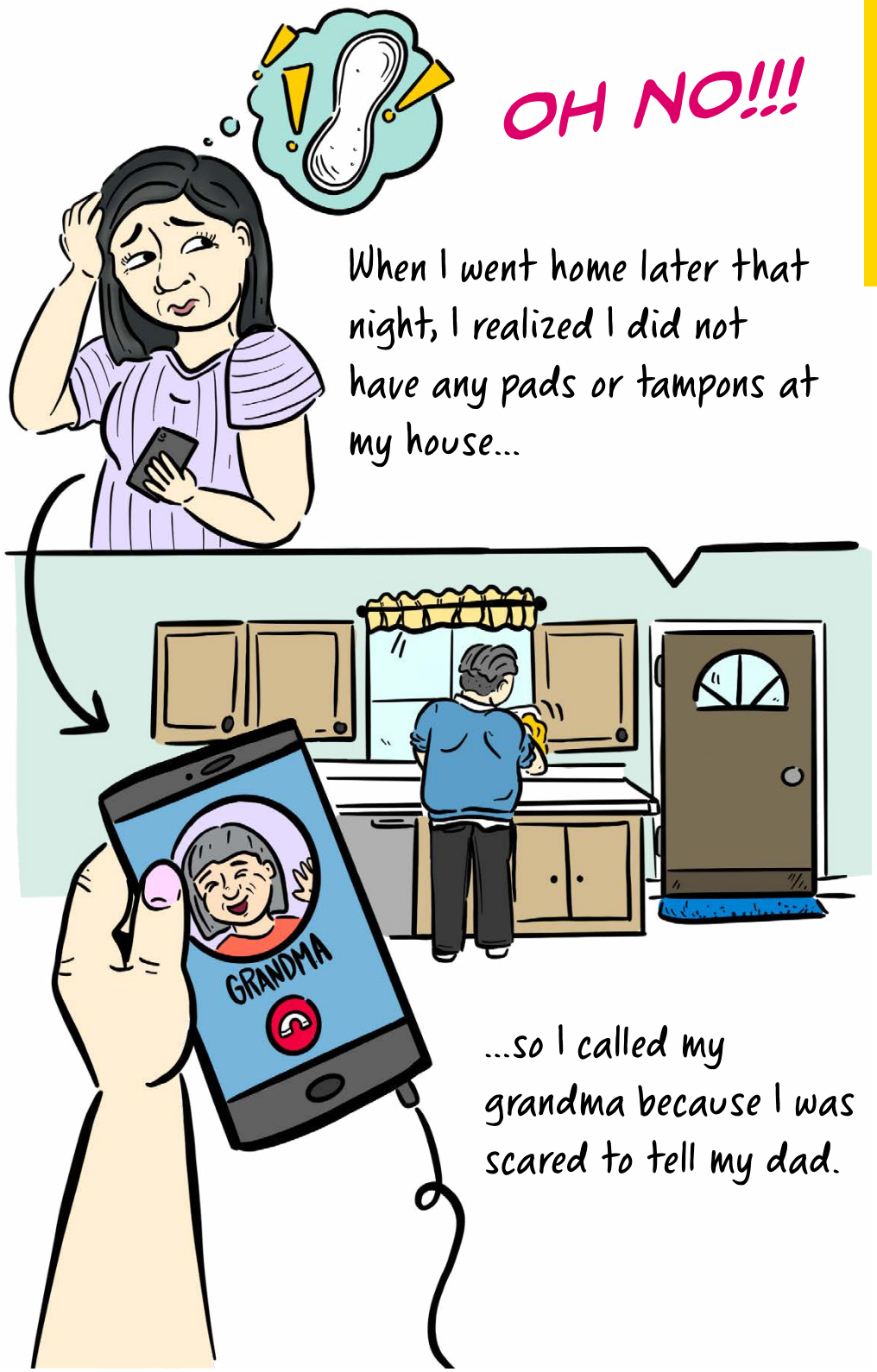
I didn't tell my grandma because I knew my older cousins had pads in the bathroom.

grrrrrrr...  
Where are they!?

RUSTLE  
RUSTLE



I managed to find some and put one on.



**OH NO!!!**

When I went home later that night, I realized I did not have any pads or tampons at my house...

...so I called my grandma because I was scared to tell my dad.

She came by my house and explained everything I needed to know and gave me the supplies I needed for the next week.



I started the 7th grade with my period that week and I **HATED IT.**



Most of my friends helped because they had already gotten their periods so I feel like I got lucky.

I feel like the main thing girls need to know is that they don't need to feel weird or scared to tell someone.



**MY ADVICE:**

It happens to everyone at a certain point in their life. If you can, find someone you trust and tell them. They will understand and they will help you.

**THE END!**



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