Have You Seen a Girl’s Guide Short Videos?

A series of short, funny videos tackling key issues related to puberty and periods featuring girls just like you, and Super Flo the menstruation Superhero!

THE VIDEO SERIES

- **It Smells Like Tween Spirit**: Sometimes puberty stinks, literally. Maya has some advice for girls who are new members of the Stinky Pits Club. (link)

- **Super Flo Has Got You Covered**: Period leaks happen! Super Flo has some advice for when they happen at the worst possible moment. (link)

- **Roses Are Red and So Are My Shorts**: Your period doesn’t have to stop you from playing sports – here’s what to do if you’ve got cramps. (link)

- **I Feel Pretty (Pretty Angry)**: The emotional ups and downs of puberty can be intense. Maya has some tips for staying calm! (link)

- **Period Strike! The Game: 5 Epic Inventory Items**: Your period can be a pain, but the right tools can help you feel more comfortable and confident! (link)

- **The Red Sea**: You’ve got your period, and it’s time to put on a new pad or tampon – but what are you supposed to DO with the old one? (link)