



# YOU GOT YOUR FIRST PERIOD. Now What?

First of all, **congratulations!** Getting your first period can be very exciting, but also a little bit scary.

Below are frequently asked questions about periods!

## What is a period?

Period, or *menstruation*, is the normal release of blood from the uterus, out through the vagina. This happens on average every 28–34 days, and usually lasts from 3 to 8 days. **Every cycle is different, and can vary from month to month.** After a couple months, your body may establish a rhythm. Talk to a trusted adult about tips to help track your period!

## What will I feel? What are typical symptoms?

"Normal" symptoms vary from person to person. Some symptoms can happen right before, during, or right after your period, and may include:



- Bloating
- Acne
- Backaches
- Mood swings
- Fatigue
- Changes in appetite
- Constipation / Diarrhea
- Sore breasts
- Lower abdomen cramps

*You may feel some slight discomfort, as your body is now going through a full menstrual cycle each month. Talk to a trusted adult and your doctor about ways to help treat your symptoms.*

## Listen to Your Body & Advocate for Yourself!

When you first get your period, you might not know what is normal for you, and that is OK. **If you notice a symptom feels different or worse, make sure to keep a note of it.** If the period discomfort is too painful, don't be afraid to talk to your doctor about it! *You know your body best.*

Feeling overwhelmed about reaching out to a doctor? Reach out to a trusted adult in your life and let them know how you're feeling.





## Which period products do I use?

Use products you are comfortable using. People feel comfortable with different kinds of products, and that is ok! You can try different products to see what works for you. Remember to change your products according to package instructions. Examples of products include:

- Disposable Pads
- Menstrual Cup
- Tampons
- Period underwear
- Pantyliners
- Reusable Pads



Talk to a trusted adult in your community if you need help purchasing period products.



## How to remove period stains?

Period stains happen sometimes. Use *cold water* to remove period stains from your underwear or clothes. Let old stains sit in cold water overnight. Still can't get them out? Try white vinegar & baking soda.

## Can I shower while I am on my period?

Absolutely! Having a bath can help you relax. **Most of the time you won't leak because of the counter pressure of the water.** But your menstrual cycle *does* continue in the shower or pool.

## Can other people smell my period?

While we each have our own unique scent, menstrual blood itself has no odor. Change your period products according to their package instructions to avoid bad odor or infections.

## What do I do after my period is done?

### Be prepared for the next one. Pack a Period Kit!

Fill your favorite small pouch with things that will help you feel extra prepared & confident the next time you get your period. You can expect your period about every 28-34 days.

You can include things like:

- Pads, tampons, or pantyliners (your period products of choice)
- Extra pair of underwear
- Intimate Wipes
- A snack!
- Something to help with the pain
- Stay hydrated & carry a water bottle with you!



## Getting your period is part of your menstrual cycle, and it is completely normal.

About **800 million people menstruate every single day!** Always talk to a trusted adult in your home, community or school if you have questions about your period, period products, or any of your period symptoms. Your body is amazing! Continue to learn more, and don't be embarrassed to ask any questions about your period, or menstrual cycle. Happy periods!