

YOU GOT YOUR FIRST PERIOD. NOW WHAT?

Getting your **period** is part of your menstrual cycle, and it is completely normal!



SCAN
ME!



About 800 million people menstruate every single day!

Always talk to a trusted adult 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.



PERIOD.
THE MENSTRUAL MOVEMENT