

YOU GOT YOUR FIRST PERIOD. NOW WHAT?

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:

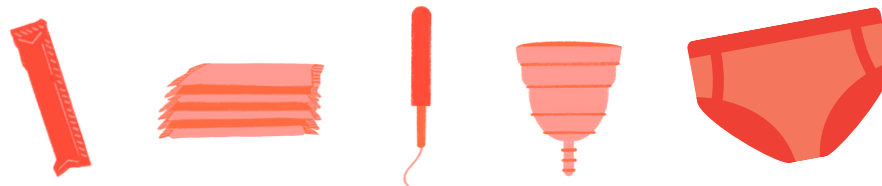
- Bloating
- Acne
- Backaches
- Mood swings
- Fatigue
- Changes in appetite
- Constipation / Diarrhea
- Sore breasts
- Lower abdomen cramps



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 include:

- Disposable Pads
- Tampons
- Pantyliners



- Menstrual Cup
- Period underwear
- Reusable Pads

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

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.

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

Your body is amazing! Always talk to a trusted adult if you have questions about your period and don't be embarrassed to ask any questions about your period.



PERIOD.
THE MENSTRUAL MOVEMENT
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