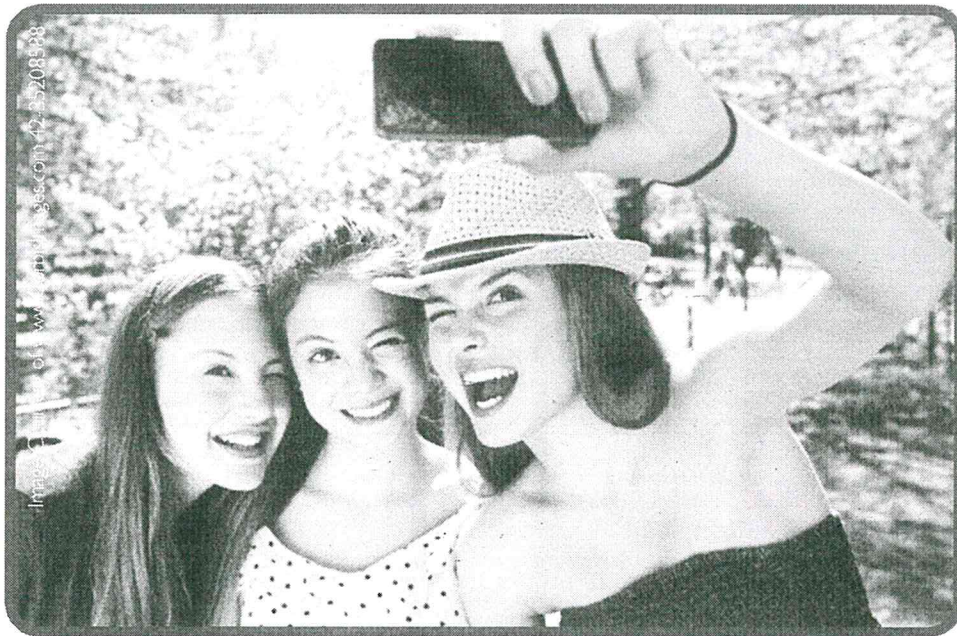


Menstruation

THE BIG QUESTION

When will I start my period?

Every girl is different. Some girls will start their periods when they are 9 years of age. Others may when they are 16 years of age. Asking some of the females in your family can help you gauge the time when yours may begin. Try to keep in mind that these changes are a normal part of becoming a young women.



- Begins 2-3 years after the start of puberty.
- The menstrual process happens about once a month and lasts for 3-7 days.
- Some girls have a heavy flow. Some have a light flow. Both are normal.
- Some girls will experience cramps. Getting plenty of rest, a well balanced diet and exercise can help reduce cramps. However, there may be times when an aspirin or pain reliever may be needed.
- Changing your pad or tampon every 3-4 hours is very important. It will help reduce the odor sometimes associated with having your periods. It also helps to bathe and shower daily. Never flush a pad or tampon down the toilet.
- Always be prepared!! Carry a pad or tampon in your backpack or purse. The school secretary or nurse will also have a supply of pads as well.