



Menstruation

I can name parts of my body.

I can talk about the different parts of my body and what they do.

I can describe the changes that take place with puberty.

I understand how to maintain personal hygiene.

Periods

Periods are also called menstruation.

Most girls start their period between the age of 10 and 16.

Some girls start earlier, some later.

It's important to remember that not all girls have periods.

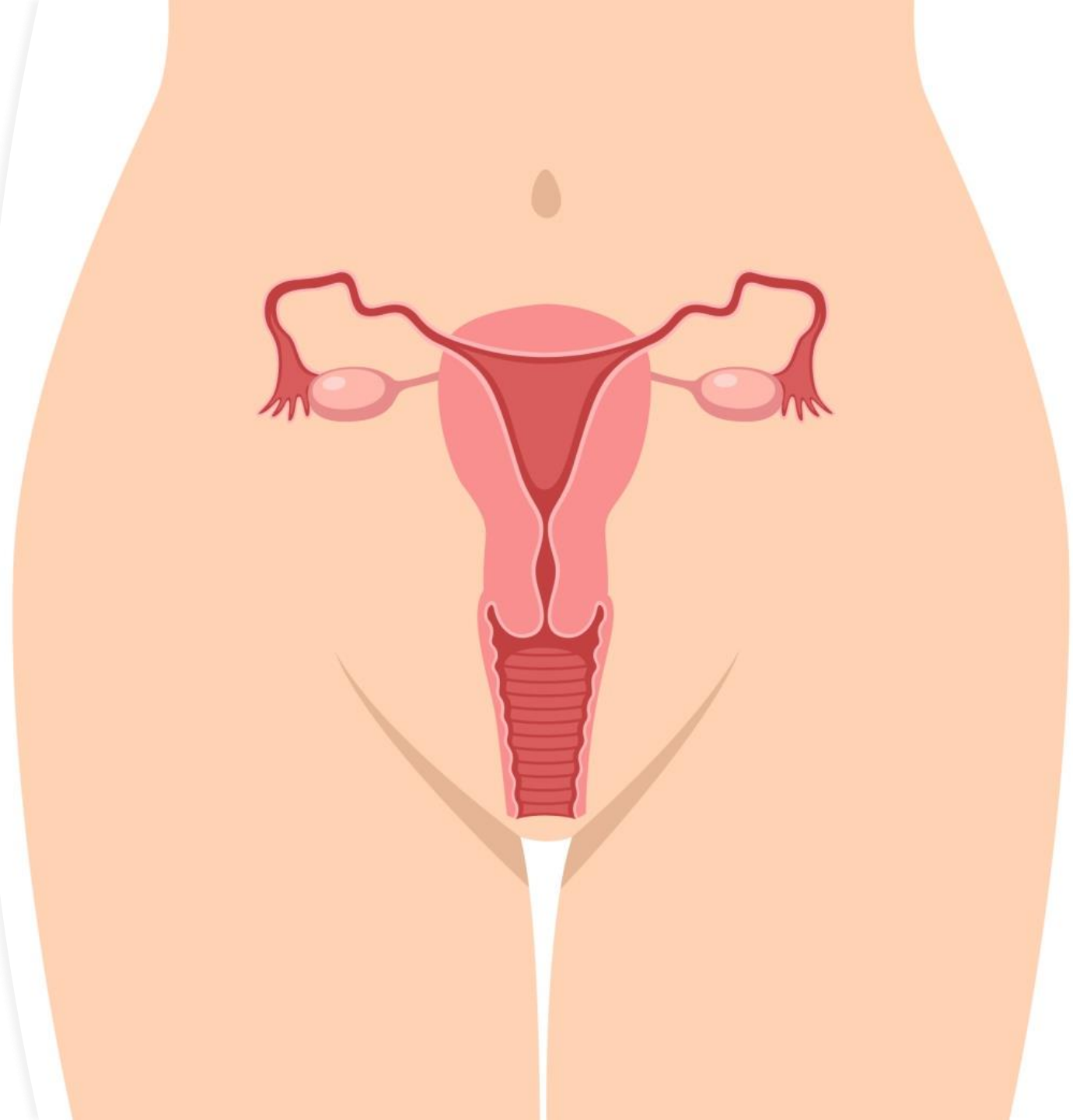
All girls are different and unique.



When a girl goes through puberty her ovaries release an egg every month.

For a few days each month blood and other fluids pass out through the girl's vagina.

There can be some fluids called pre-period discharge before the period starts.



When a girl has her period she wears a sanitary towel or tampon or menstrual cup to absorb the fluid.





Periods usually last a few days each month.

Some girls mark the start of their period on a calendar.

It helps her to remember to take sanitary wear to school.



A girl will need to change her sanitary towel or tampon a few times a day.

Used sanitary wear should go in the bin.



Some girls might experience pain or discomfort during their period.

If you have any questions or worries about periods, you should talk to a trusted adult.





Menstruation: What to expect

(duration 3 minutes 18)

<https://youtu.be/DBe7-PHRav8>



Period hygiene: Tampons, Pads and
Menstrual Cups

(duration 2 minutes 9)

<https://youtu.be/kmWbOC8Fbb0>



LET'S TALK



Menstruation: True or False?

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True or False?

A period is when someone pees blood.



A period is when someone pees blood.

FALSE: Period blood does not come from the urethra (pee tube). It is part of a separate bodily system and comes from the womb, leaving the body through vagina.



True or False?

A period is when someone loses a lot of blood each month.



A period is when someone loses a lot of blood each month.

FALSE: The average blood loss is around 1-2 egg cups full, but it can look like more. If someone is losing a lot of blood they should see their doctor.



True or False?

A period is the name for shedding the lining of the womb.



A period is the name for shedding the lining of the womb.

TRUE



True or False?

A period always comes every 28 days.

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A period always comes every 28 days.

COULD BE TRUE OR FALSE: the average cycle is around 25-35 days. It will be different for everyone.





True or False?

The start of a period is Day 1 of the menstrual cycle.



The start of a period is Day 1
of the menstrual cycle.

TRUE



True or False?

A period is made up of blood alone.



A period is made up of blood alone.

FALSE: Period blood is a mixture of tissue, blood & mucus.



True or False?

A period always lasts for 5 days.



A period always lasts for 5 days.

FALSE: period length varies from person to person, it normally lasts between 3-7 days



True or False?

You can hold in a period like
you can hold in a wee.



FALSE

You can hold in a period like you can hold in a wee.

FALSE: The muscles in the vagina are not like the muscles in the urethra, you cannot stop or start period flow at will, it just drips out. This is why period products are used.



True or False?

Period flow is always bright red.



Period flow is always bright red

COULD BE TRUE OR FALSE: Period flow can vary in colour from brown to bright or very dark red. It may depend on the day of your cycle.



True or False?

Most people with a female body have periods between the ages of around 12 to 55.



Most people with a female body have periods between the ages of around 12-55.

TRUE: There is variation in ages but most biological females will have regular periods between these ages.



True or False?

Periods are natural and a normal part of growing up for anyone with a female body.



Periods are natural and a normal part of growing up for anyone with a female body.

TRUE



True or False?

All period products are thrown away after use.



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All period products are thrown away after use

FALSE: Some period products are disposable (used once and thrown away) and some are reusable (used, washed and used again many times).



Toxic Shock Syndrome is a rare but serious illness that you can get if you leave a tampon in for a long time. Always use the lightest absorbency for your flow and change tampons every 4-6 hours (maximum 8 hours). If you have a fever and think you might have toxic shock, go to the doctor

Never flush period products down the toilet. Always put them in a bin