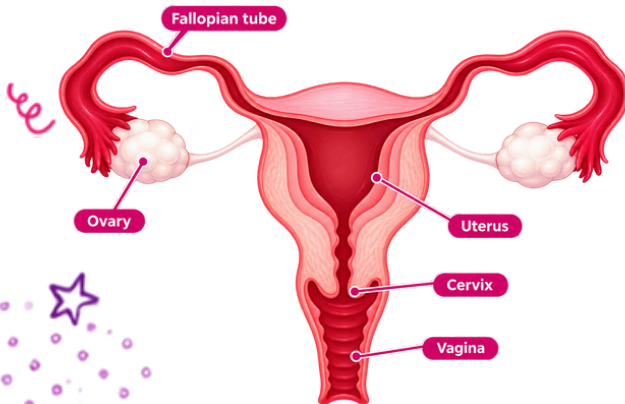


∞ YOUR REPRODUCTIVE SYSTEM

Your body has special organs that work together.

- Ovaries – Release eggs.
- Fallopian Tubes – Carry the egg.
- Uterus (Womb) – Where a baby can grow.
- Cervix – The opening to the uterus.
- Vagina – Where menstrual blood leaves the body.
- Vulva – The outside part of the female genital area.



∞ WHAT CAN YOU EXPECT?

Your first few periods may not be regular. This is normal.



A typical cycle:

Lasts 21–35 days
Bleeding lasts 3–7 days



∞ WHAT IS A PERIOD?

A period (also called menstruation) is a normal and healthy part of growing up. Most girls have their first period between the ages of 10 and 14, but everyone develops at their own pace.

YOUR FIRST PERIOD MEANS:

- Your body is growing and developing.
- Your reproductive system is maturing.
- You are not suddenly an adult.

Every girl is different, and that's perfectly normal.

∞ WHY DO PERIODS HAPPEN?



Inside your body is a small organ called the uterus (womb). Every month, your body prepares for a possible pregnancy by making a soft lining inside the uterus.

IF PREGNANCY DOES NOT HAPPEN:

- The lining is no longer needed.
- It leaves your body through the vagina.
- This is called your period.

DID YOU KNOW?

Menstrual fluid is not only blood. It also contains tissue and other natural fluids from the uterus.



CYCLE SAFE

A QUICK GUIDE TO
UNDERSTANDING
YOUR PERIOD

YOU ARE
STRONG.

YOUR HEALTH
MATTERS.



YOU MAY EXPERIENCE:

- Mild stomach cramps
- Lower back pain
- Feeling tired
- Breast tenderness
- Blowing
- Pimples
- Mood changes
- Food cravings

Not every girl has these symptoms.



LOOKING AFTER YOURSELF

- ✓ Drink plenty of clean water.
- ✓ Eat healthy foods like:
 - Fruit
 - Vegetables
 - Beans
 - Whole grains
- ✓ Sleep for 8–10 hours each night.
- ✓ Gentle walking or stretching may help reduce cramps.
- ✓ A warm water bottle or warm cloth on your lower stomach can ease pain.
- ✓ Rest when your body needs it.



STAYING CLEAN



Good hygiene helps keep you healthy. Remember to:

- ✓ Wash your hands before and after changing your pad.
- ✓ Wash the outside of your genital area with clean water every day.
- ✓ Do not wash inside the vagina—it cleans itself naturally.
- ✓ Wear clean, dry underwear.
- ✓ Always wipe from front to back after using the toilet.

CYCLE SAFE – REUSABLE PADS

Change your pad every 4–6 hours, or sooner if it becomes full.

Your kit will include two mini pads, two maxi pads, and a carrying pouch.

Wash, boil, cool, squeeze, dry, and store your pads correctly to ensure cleanliness (follow the instructions on the packet).

Disinfect the pads if they smell bad, were stored in a dirty place, were not completely dry before storing, or if you had any infections or unusual discharge while using them.

WHEN SHOULD YOU ASK FOR HELP?



Talk to a parent, guardian, teacher, school nurse, or healthcare worker if:

Your period lasts more than 7 days.
You bleed very heavily.
Your pain stops you from going to school.
You have not had your first period by about 15 years old.
You are worried or have questions.

There is no need to feel embarrassed. Many adults are there to help.



REMEMBER

- ♥ Every girl is different.
- ♥ Periods are a normal part of growing up.
- ♥ There is nothing to feel ashamed of.
- ♥ Asking questions helps you learn.



Your body is strong.



Your health matters.



You are never alone.



BY TIME TO HELP UK

CONTACT US

020 3239 11 11
info@timetohelp.org.uk
www.timetohelp.org.uk