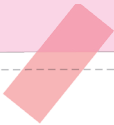



Growing Healthy

Things that girls
needs to know





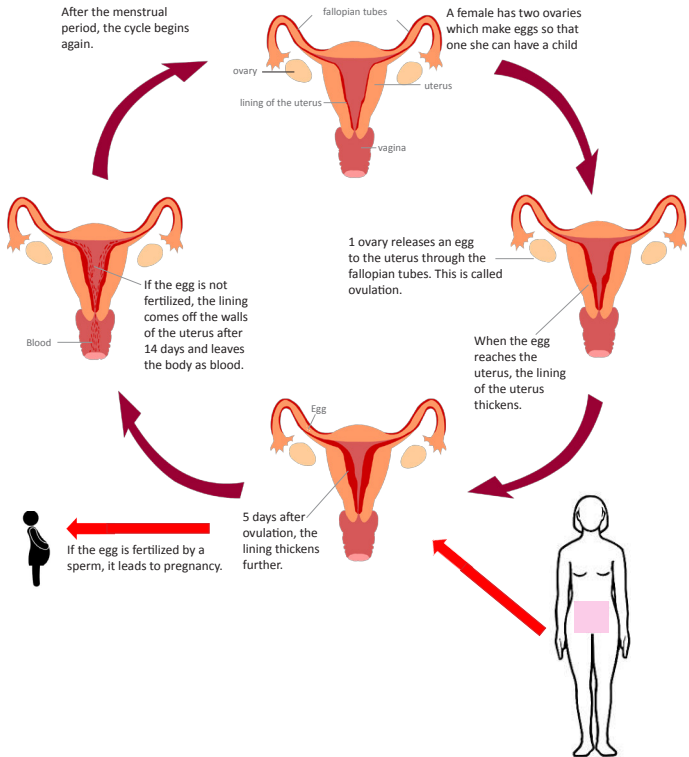
Menstruation signals that you are growing up: your body begins to develop and change as you transition from child to adult, preparing so that you can have a baby someday. Your “**period**” is the 2 to 7 days that a girl experiences menstrual flow — blood and tissue that leaves the body through the vagina.

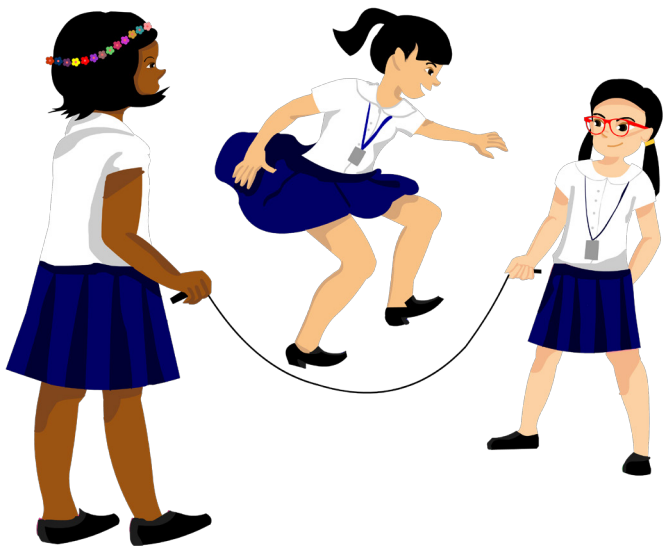


*It's important to remember that
all girls go through this change.
Menstruation is a sign of normal growth
and development.*

***In other words, you're healthy
and you're growing up just
the way you should!***

What's going on inside?: The Menstrual Cycle





When do girls get their period?

A girl can begin menstruating any time from age 8 to 18, although most girls begin between the ages of 10-14.

How often will I get my period?

It normally happens every 28 days, but can be from 21-35 days. You may have irregular periods for the first year or two as your body is adjusting to many changes or if you are under stress, exercising heavily, eating poorly or in an emergency situation.

How long will I have my period?

The bleeding can last 2-8 days. But it can and may vary for many girls.

Why is there sometimes a bad odor when I have my period?

The bad odor comes from bacteria that begin to grow where it is warm and moist. Changing your pad or cloth often (every 3-5 hours, or when the cloth/pad becomes soaked) will help eliminate odor and reduce the chance of getting an infection.

Will I feel pain during my period?

Some girls may experience pain in their lower back or in their stomach when they have their menstrual period. To relieve discomfort it is helpful to move and stretch, take some exercise, apply a hot compress to any painful area or take a hot bath. If available, ibuprofen medicine may relieve the pain.

What is the clear or white discharge that I have throughout the month?

When not menstruating, you may have vaginal discharge; this is normal. Discharge may be clear, cloudy white or yellowish. Changes in discharge may signal infection.

What can I do?

- Be prepared! Bring menstrual hygiene materials to school.
- Use sanitary pads or cloth pasador to absorb the blood.
- Change sanitary pad or pasadors every 3-5 hours, or more often if needed.
- Take a bath as needed and wash genital area with water at least twice a day.
- Wash hands with soap and water after using the toilet or changing sanitary pads/pasador.

How to wash your hands



Wet your hands



Soap



Lather



Scrub



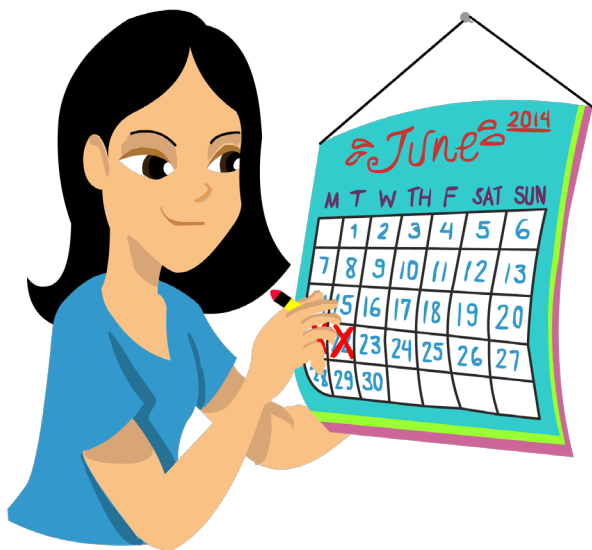
Rinse



Shake hands to dry

- Wipe private area front to back after toilet use to prevent infection.
- Do not use special products, perfumes, herbs or ointments on private parts.
- Watch out for signs of infection -- changes in discharge, odor, itching and burning sensation.

It's a good idea to keep track of your period with a calendar.



Make a note of what day your period starts, how long it lasts, and how heavy it is on which days. Your cycle will probably be about the same length each month and have similar flow heaviness on the same days of your cycle, so you can use a calendar to help predict when your period will begin and what it will be like. Keep a sanitary pad/pasador with you at all times, even if you don't think your period is coming. It is better to be prepared, especially when you are at school.

My Calendar

June 2014						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

July 2014						
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

October 2014						
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			1	2	3	4
5	6	7	8	9	10	11
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26	27	28	29	30	31	

November 2014						
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2	3	4	5	6	7	8
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30						

February 2015						
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March 2015						
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22	23	24	25	26	27	28
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< August 2014 >

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< September 2014 >

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< December 2014 >

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< April 2015 >

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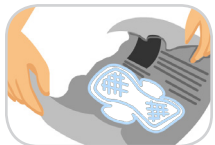
< May 2015 >

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23	24	25	26	27	28	29
30	31					

What if blood leaks through my clothing?

It happens to just about every girl at some point. Sometimes it happens in a place where you aren't at home, so you can't change right away. But if you are wearing a sweater or jacket, you can take it off and tie it around your waist. Then get a new pad so that it doesn't bleed through your cloth more than it already has. To avoid this, change your pads regularly, and keep extras in your backpack.

Disposal and Care of Menstrual Hygiene Materials



Wrap used sanitary napkins in paper or plastic.



Dispose of sanitary napkins in a garbage container.



NEVER throw sanitary napkins in the toilet!



Only use clean and dry pasadors.



Pasadors should be washed in clean cold water with soap.



To dry, hang pasadors in the sun. The sun helps to kill germs that may cause infection.

TRUE and FALSE

“I can bathe when I have my period.”

TRUE. Bathing and washing are an important part of good hygiene when you have your period. Being in water will not cause sickness or insanity and may help prevent infection during menstruation.

“Eating sour or salty foods will stop my period from leaving my body.”

FALSE. Eating sour or salty foods will not stop the menstrual flow. Neither will drinking cold liquids. You should eat whatever makes you feel good during menstruation, including healthy choices

“I shouldn’t run or move around too much when I have my period.”

FALSE. You do not need to reduce your movements when you have your period. Increasing physical movement may actually reduce pain associated with menstrual cramps and provide additional energy. However, if you have cramps and feel like limiting physical activity or having more rest, listen to your body’s needs.

“Menstrual blood is not “dirty”.

TRUE. Menstrual blood and you are not unclean when you have your period. Menstruation is not a disease or an impurity, it is natural biological experience of most girls and women.



*It's ok to want to know more
and ask for help:
Your questions and concerns
need to be shared:
Talk to a trusted female teacher,
friend, family member
or nurse for assistance!*

