



Menstruation

It's natural
and normal



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That time of the *month*

Are you wondering which sanitary product is better for you? Here are some of your options:

Sanitary pads

You can stick a pad onto your underwear where it sits close to your vagina to ensure all menstrual blood is absorbed. You use a pad once and then throw it away. It might feel that way, but no one will see you are wearing a pad.

Tampons

A tampon is a small product almost in the shape of a lipstick, it is made out of special cotton wool. It is put inside the vagina, and it soaks up the blood before it comes out. A little string hangs from the tampon and out of your vagina, so that you can pull the tampon out when you're done with it. Tampons come in different sizes depending on how much blood they hold.

Only use one at a time and change it every 4-6 hours.

Did you know that there are other products you can use when you are on your period such as menstrual cups, reusable pads, and period underwear.

You can buy them at certain pharmacies, shops and online.



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What happens when you get your *period?*

Day 1-5:

Period starts. Day 1 is the first day you bleed and is when the uterus starts to lose its inner lining.

Day 6-13: Period ends and your egg starts to develop in your ovaries.

Day 14-19:

Ovulation time! Your egg has developed and is moving to your uterus - you are now very fertile.

Day 19-28:

Your egg now gets to your uterus, if you are not pregnant, you will start your period.

Menstruation, aka getting your period, is the number of days (usually 2-7 days) every month when blood comes out of your vagina. It can be scary at first!

