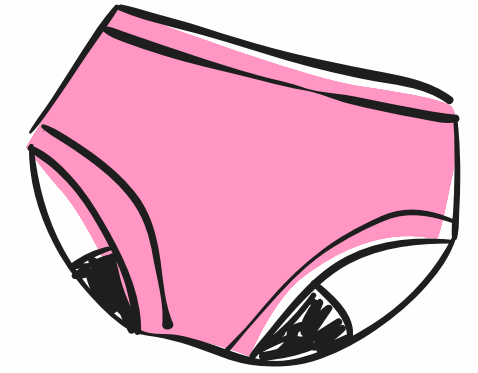
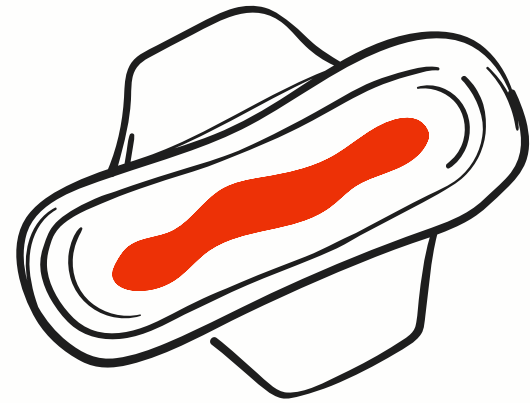


EMBRACING CHANGES WITH CONFIDENCE

Menstruation 101



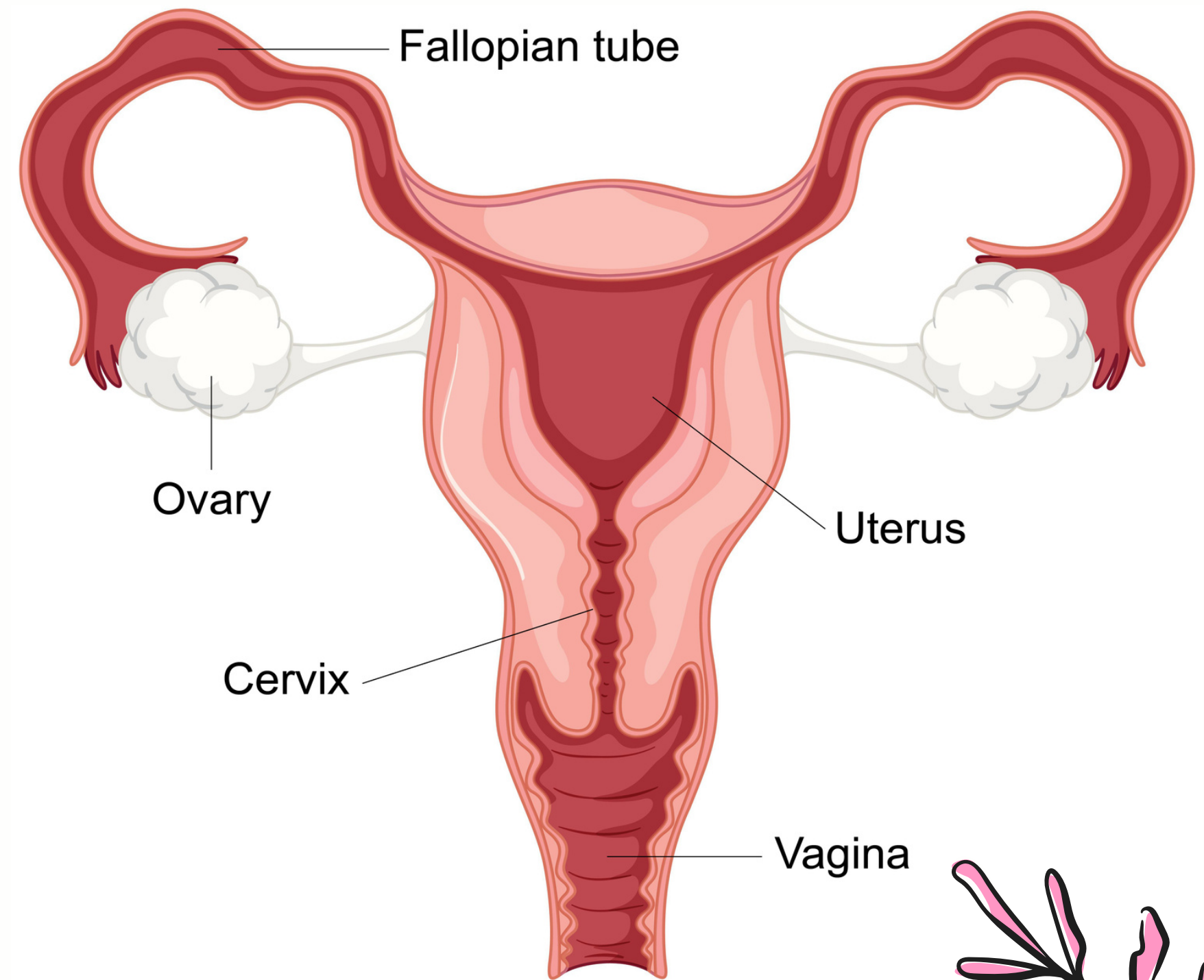


What do we know
about periods?



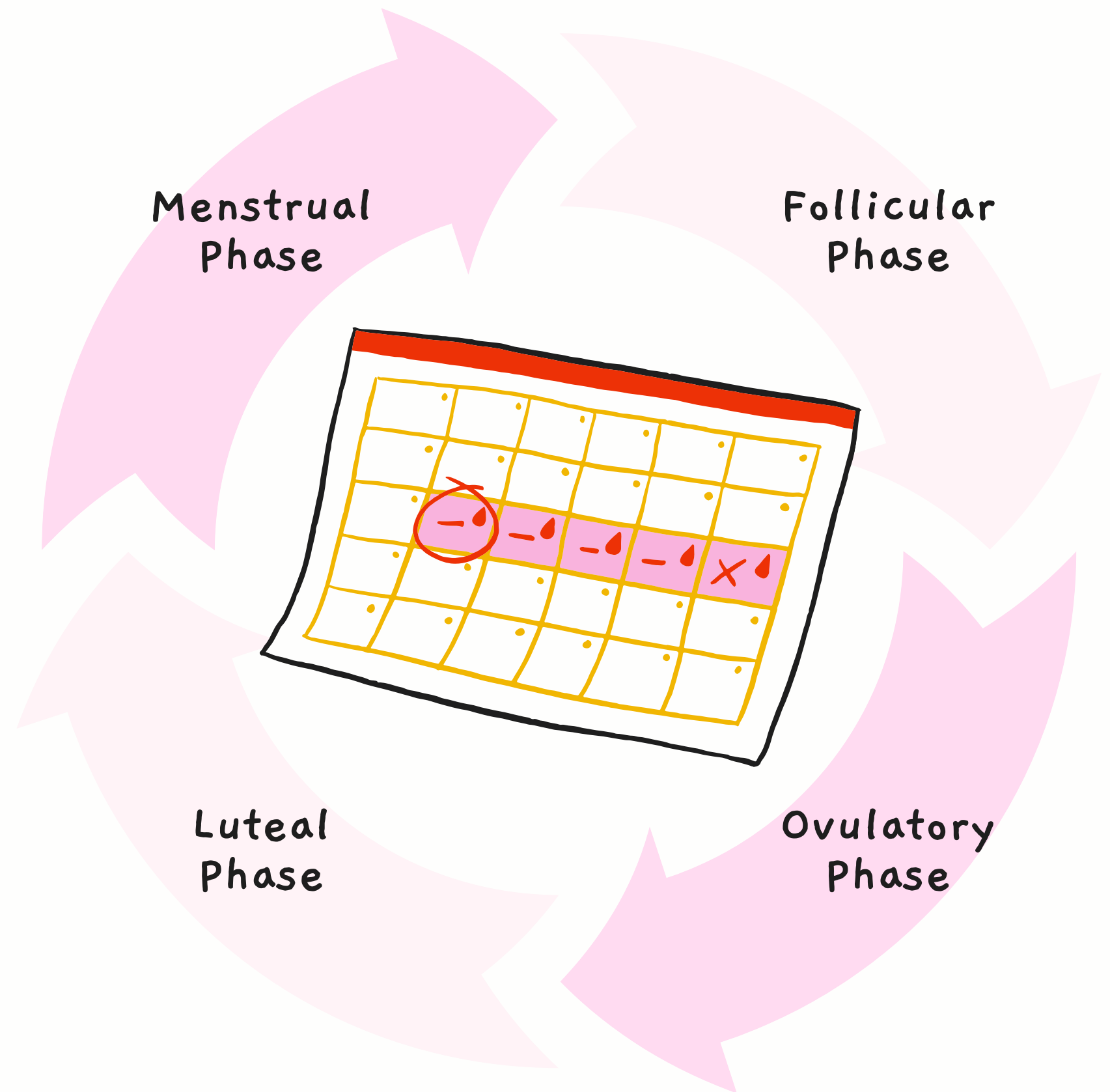
How do women have periods?

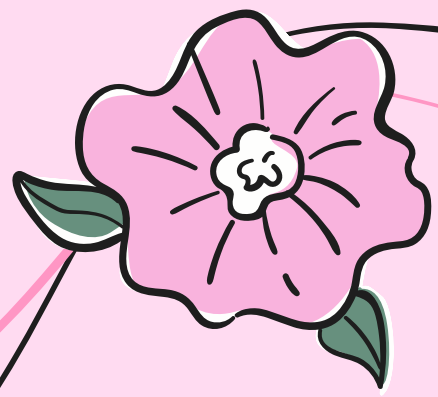
- Girls are born with thousands of tiny eggs
- At puberty, hormones tell the ovaries to release ova (eggs)
- One egg at a time is released from an ovary
- The uterus starts to grow a thick lining on the inside wall
- As the egg passes the uterus, the lining sheds
- It comes out of the uterus into the vagina and then out the vaginal opening
- This is called menstruation



The 4 Phases of MENSTRUAL CYCLE

THE MENSTRUAL CYCLE IS A COMPLETELY NATURAL AND NORMAL PROCESS THAT HAPPENS IN THE BODIES OF GIRLS AND WOMEN. THERE IS NO REASON TO FEEL ASHAMED. EMBRACE THE CHANGES IN YOUR BODY, AND REMEMBER THAT YOU'RE NOT ALONE - IT'S SOMETHING THAT HAPPENS TO EVERY GIRL AND WOMAN AS THEY GROW UP.





Popular Products

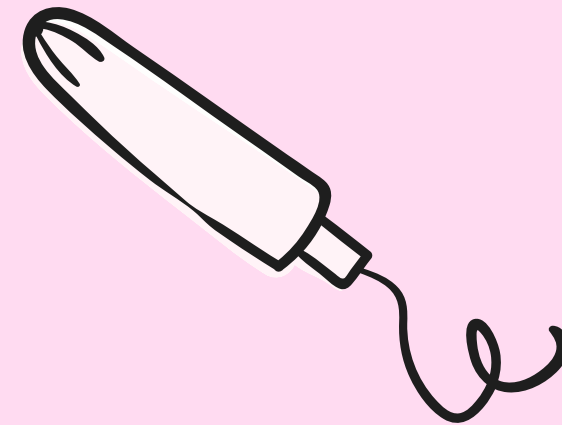
CHOOSE PERIOD PRODUCT THAT WORKS FOR YOU



Menstrual Pads

Worn inside
underwear

Change every 3-4
hours



Tampons

Inserted into the
vagina

Change every 4-8
hours

PROPER DISPOSAL

*of Used Menstrual
Products*



DO'S

Toss in the trash

DONT' S

Toss in the toilet

GET NATURAL RELIEF FROM YOUR
Menstrual Discomfort



TIP 1

Heating pads
or taking a hot
bath



TIP 2

Yoga or
Meditation



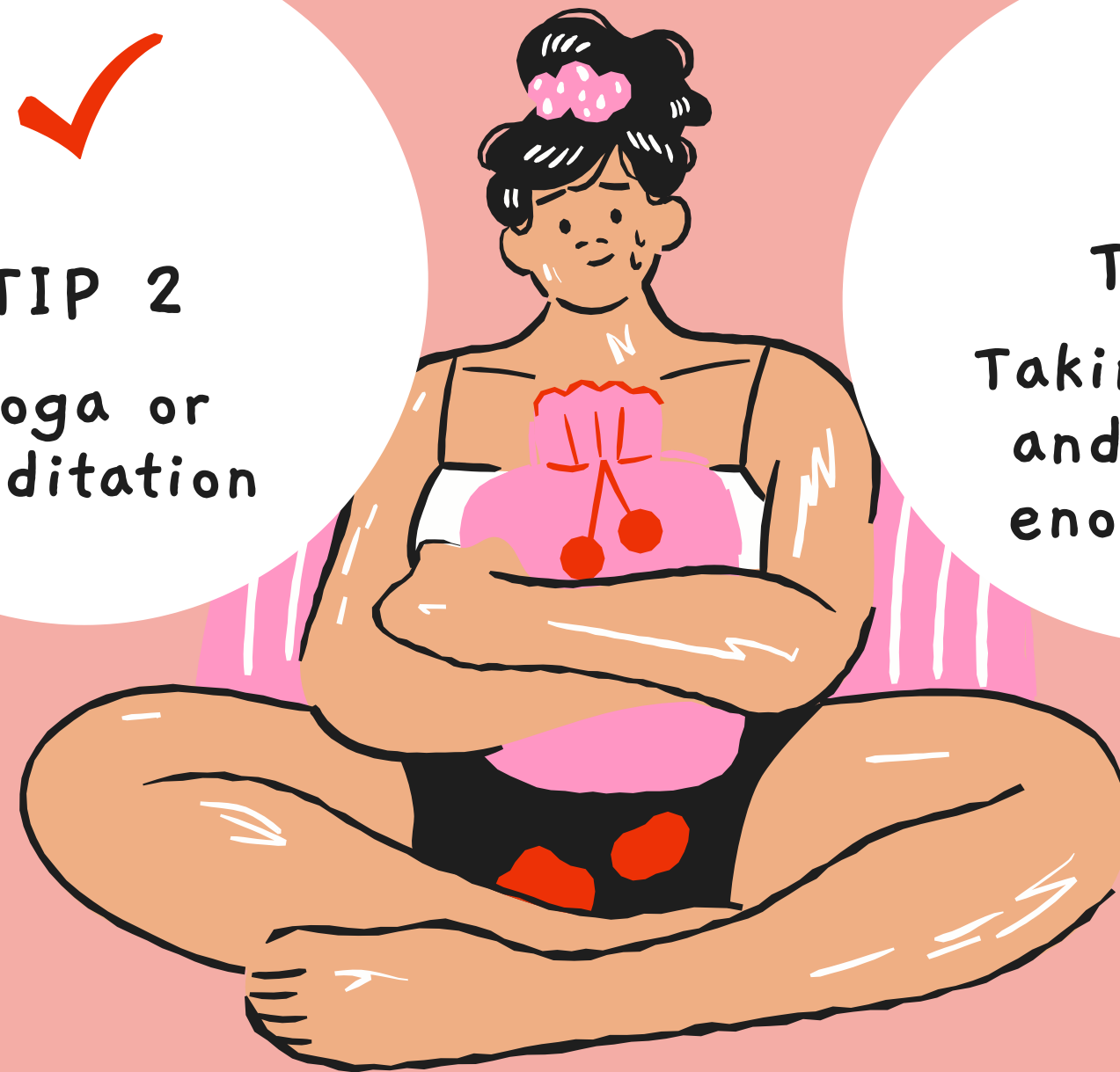
TIP 3

Taking breaks
and getting
enough rest



TIP 4

Communicate
with a trusted
adult





How do we take care of ourselves during menstruation?

SELF-CARE

- Showering and bathing regularly
- Staying hydrated
- Eating healthy foods
 - Fruits and vegetables
 - Limiting sugar
- Exercise
- Getting adequate sleep



Big Sister Advice!



Any questions:)



PERIOD.

THE MENSTRUAL MOVEMENT