

What You'll Need:

- **Pads** – These absorb menstrual flow and come in different sizes.
- **Panty Liners** – For very light flow or backup protection.
- **Extra Underwear** – In case of leaks.
- **Small Bag or Pouch** – To carry your supplies.
- **Wipes** – For freshening up if needed.
- **Pain Relief (if needed)** – Like a heating pad or ibuprofen (with a parent's permission).



Last Notes:

- **Keep Track of Your Period** – You can use a journal or an app to note when it starts and ends.
- **Wear Dark-Colored Underwear** – Helps hide any leaks.
- **Talk to Someone You Trust** – If you have questions or concerns, talk to a parent, older sibling, or trusted adult.

Your period is a normal part of life, and with a little preparation, you'll feel confident and ready!

Preparing for Your First Period: A Tween's Guide



How to Use a Pad:

1. **Wash Your Hands** – Before and after changing your pad.



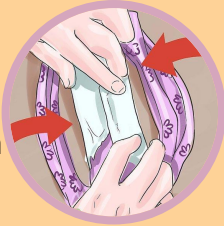
2. **Unwrap the Pad** – Peel off the paper backing to expose the sticky side.



3. **Stick It in Your Underwear** – Attach the sticky side to the center of your underwear.



4. **Use the Wings (if applicable)** – Wrap them around the sides of your underwear to hold the pad in place.



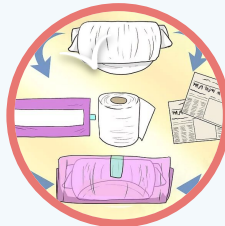
5. **Check & Change Every 4-6 Hours** – Change more often if needed to stay fresh and prevent leaks.



How to Dispose of a Used Pad:



1. **Roll It Up** – Fold the used pad inward so the blood is covered.



2. **Wrap It** – Use the wrapper from a new pad or toilet paper.



3. **Throw It in the Trash** – Do NOT flush it down the toilet.



4. **Wash Your Hands** – Always clean your hands after changing.

Different Types of Period Products:

- **Pads** – Easy to use and widely available.
- **Tampons** – Inserted into the vagina, good for swimming and active days.
- **Menstrual Cups** – A reusable option that collects rather than absorbs blood.
- **Period Underwear** – Absorbent underwear that can be worn alone or as backup protection.

Managing Cramps and Discomfort:

- Use a **heating pad** on your lower abdomen to relieve cramps.
- Drink **warm tea** or plenty of water to stay hydrated.
- Try **gentle stretching** or light movement to ease discomfort.
- If needed, take **pain relievers** like ibuprofen (with a parent's permission).

What to Do If You Start Your Period in Public:

- Stay calm – this is completely normal!
- If you don't have a pad, don't worry—most women carry them and are happy to help.
- Use toilet paper as a temporary solution if needed.
- Keep a **small period kit** in your backpack for emergencies.
- If you stain your clothes, **wrap a sweatshirt around your waist** until you can change.