



# S O C I A L S T O R Y

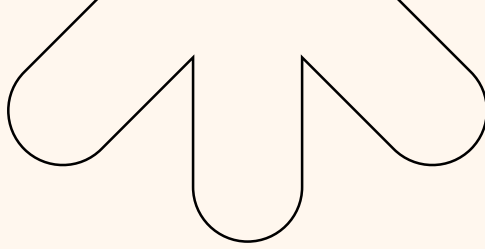


## **Getting your period.**

Content derived from Family Planning NSW;  
[www.fpnsw.org.au/beingahealthywomanfactsheets](http://www.fpnsw.org.au/beingahealthywomanfactsheets)

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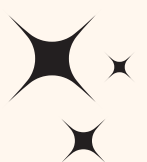


# How periods happen

When you go through puberty you will start having your periods. This is when blood comes from your vagina.

It lasts about 5 days, and will happen every month.

Having periods is also called menstruation.

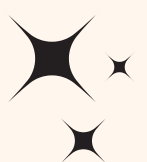


Most women have periods.

When you have your periods you might feel scared, embarrassed, angry, sad or excited, happy or other feelings.

All these feelings are OKAY!

How are you feeling now?



The bleeding means that your body is healthy.

If you don't get your period each month, it could mean that you are sick.

OR If you have had sex with a man, it could mean that you are pregnant.

If you haven't had sex, you will not be pregnant.

If you don't get your period one month, you should see your doctor.

Having your periods is private. You can talk about it with someone you trust like your mum or support worker, or your doctor.



# What to do when you have your periods

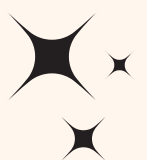
You will need to learn how to look after yourself when you have your periods. Your trusted support people can help you.

You will learn how to use special period undies, and pads that go inside your undies.

Pads and period undies catch the blood so it doesn't get on your clothes.

You will need to change your pads and period undies when they have blood on them. You only change your pads or period undies in a private place. The toilet, bathroom or your bedroom is a private place.

Bloody pads need to go in the bin, and bloody undies or clothes go into the washing.



Wash your hands after changing your pad or period undies, or going to the toilet.

Wash your hands if you get blood on your hands BEFORE you touch anything.



You can still do most things when you have your periods.

Sometimes when you get your period you may have pain in your stomach. You aren't sick. The pain is called cramps. You should tell a support person so they can help you. Resting, warm packs and medicine might make you feel better.

There is medicine that can stop you from getting your periods. If you want that you need to talk with your doctor about it.

If you want to learn more about periods, sex or health you can talk to a trusted support person or your doctor.

