

I got my period and I haven't told my mom yet. It is really hard for me to talk about things like this. I have a lot of questions. What should I do?

Lots of girls have the same concern. Your mom will be one of your best resources when you have questions about your period, so try to start the conversation yourself! Know that she will be understanding and helpful. Actually, she may be your best friend during this time in your life. Still don't feel like you can talk to your mom? An aunt, friend's mom, or older sister are also great women to ask.

Is it OK to have a bath or shower when I have my period?

Yep! During your period, it is important to keep yourself fresh and clean. They're a simple way to stay feeling feminine and fresh.

Is there anything I won't be able to do when I have my period?

Your period doesn't have to stop you from doing things you usually do. You can still go to school, help at home, see your friends, play sports, and do all the things you normally do.

Hygiene Kit and Helpful Tips

Kit contains inside a zip lock bag: this guide, 6 pads, and 4 wipes.
Troop 1401, Green Bay, Rev 2, 12/2019
Text courtesy of Always.

How to use a pad...

Follow the steps below to learn how to place them properly.

1. Remove the wrapper

With cleanly washed hands, remove the pad or pantiliner from the wrapper. Save the wrapper – you may need this for disposing the used pad later.

2. Remove the backing

The backing of your pad will typically be a long piece of paper that covers the sticky back of the pad. Sometimes the wrapper doubles as the backing.

3. Place the pad

Center the sticky side of the pad in the lower part of your underwear. - the area that goes between your legs. Be sure not to put it too far to the back or the front. If your pad or pantiliner has wings, remove the backing (if necessary) and wrap them around the underside of your undies.

4. Dispose of the pad

After your pad has become saturated, pull it off your underwear and roll it up like a sleeping bag in the wrapper from your new pad. Then toss it in the trash. Never flush a pad or pantiliner down the toilet or put in the kybo/latrine.

Common Period Questions

What is a period and why do we have them?

Simply put: A period is when a woman's body releases tissue it no longer needs. This tissue comes from the uterus, which is where a baby (fetus) can develop in the female body. Every month or so, the uterus lining gets thicker to prepare for a fertilized egg if the woman becomes pregnant. If the egg doesn't get fertilized, that lining is released from the body as blood through the vagina. This monthly process is called menstruation or a period.

So, when a girl has a period, her body is just getting rid of a small amount of blood and some unneeded tissue. It is a natural, normal process for all females when they become women and mature physically.

What does a period feel like?

The actual flow of your period doesn't feel like much when it's happening. Chances are, you won't even feel it coming out. When you actually start your period, you feel some dampness in your private area – this may be caused by a few spots of blood on your underwear.

Does your period hurt?

Menstruation itself doesn't hurt, but some girls and women get cramps or other symptoms during their periods that may be uncomfortable. This is typically due to the hormones your body releases during menstruation that cause the uterus to contract so it can shed its lining.

Troop 1401 Information and Policies

Hygiene

Basis for Policy

Scouts BSA girl troops have members from age 10-18. Girls may have their first menstrual period while on a campout.

The troop expects each family to have the necessary discussion and information sharing with their daughter on this topic, since this is not the role of the troop. We do wish, though, to make sure we can help when a Scout is away from home and their parents.

Intended Outcome

The Troop wishes any Scout who has their period while at a troop activity to be able to handle it privately, discreetly, and with the least amount of embarrassment or anxiety. The troop recognizes the private nature of the situation, while also realizing that a Scout may be out camping without her parents immediately accessible.

Policy Statement

Scouts BSA requires at least one female adult leader over 21 to be present at all activities (this includes campouts, troop meetings, etc.). If any girl is in need of feminine protection supplies not packed for the trip, she will need to let a female adult leader know. This adult leader will have available to them a kit with sanitary pads, feminine wipes, and a simple information sheet. Additionally, the troop first aid kit is stocked with both ibuprofen and Tylenol.

Scouts are already expected to have an extra change of clothes with them while on a campout.

Based on how the Scout is feeling physically or emotionally, the judgment of the Adult female leader will determine if a Scout's parents will be contacted. If a Scout is feeling ill, this will be handled like any other sudden illness during a troop activity and the Scout may need to go home.

Effective Policy Date

This policy is pending approval.

Enacted by:

Troop Committee – Troop 1401