TIP #1: TRACK YOUR CYCLE!!!

(use an app like Clue! Or Flow)

TIP #2: HYGIENE!!!

(change your pad or tampon every 3-4 hours and make sure to wash up properly)

TIP #3: HEATING PAD!!!

(heat up heating pad and put it on your stomach to relive cramps)

TIP #4: DIET

(eat greens plus a balanced diet and take vitamens like iron or magnesium)

PERIOD CARE

~DEBUNKED~ Period Myths

If you use a tampon you're not a virgin

Using a tampon does not mean you're not a virgin! A tampon may stretch or tear your hymen (a tissue that stretches across the vagina), but the ONLY thing that will cause you to lose your virginity is having sex

If you miss a period you're pregnant

Irregular periods are completely normal! Especially in your first few years, due to your hormones getting adjusted, having your periods fluctuate here and there are completely normal.

You can "stop" or "delay" your period using home remedies

DO NOT TRY HOME REMEDIES TO DELAY YOUR PERIOD! Using home remedies may have severe health consequences and be unchangeable.

PMS is not real

PMS is very real and a major issue that affects every single person who menstruates. If you feel symptoms don't be afraid to seek out help!

A LADYIKE PAMPHLET

Period 101



A LADYIKE PAMPHLET

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