A period is part of the menstrual cycle of a woman. It is the shedding of the lining of the uterus. through the vagina. Because of this, period blood tends to be a bit thicker and be different colors.



The blood coming out of your body comes through your cervix and then out your vagina!
Your period will typically last 3-5 days, but it can also only be 2 days or up to a week. During the first few years after getting your first period, it is normal for your period to be irregular.



IT'S ABOUT BLOODY TIME



You can get your first period from the ages of 8 to 16! Everyone's body is different and becase of that we get our periods at different times

Everybody's body is different and because of that everyone's cycle can be different!

A way to predict when you might get your period is to think that you will most likely get your period 2-3 years after you first start developing breasts.

If you don't get your period by 16 years old have a check in with your doctor.

What is NOT normal

You are not constantly bleeding all the time throughout your period. You will bleed for a short period of time at a time.

Here is a list of symptoms that you might want to watch out for, as they can suggest that there may be an issue and that you may want to speak with your doctors

Irregular Period Symptoms:

- You period stops suddenly
- You are bleeding for longer than usual
- Your period is heavier than usual
- You feel severe pain during your period
- You bleed in between periods