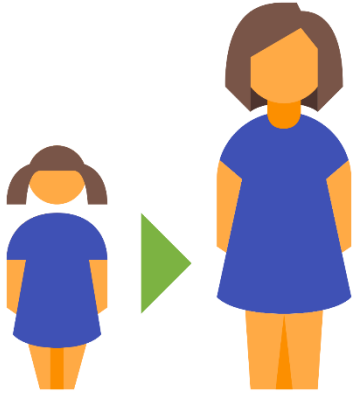


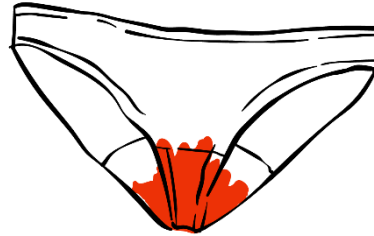
Getting My Period - Social Story:

1.



I am growing up.
My body is changing and
soon my period will start.
My period is a normal part
of growing up.

2.



When my period starts,
blood will come out of my
vagina. I might be able to
see it in my pants or in
the toilet.

3.



I must use a pad to
stop the blood from
getting on my clothes
and to help keep me
clean.

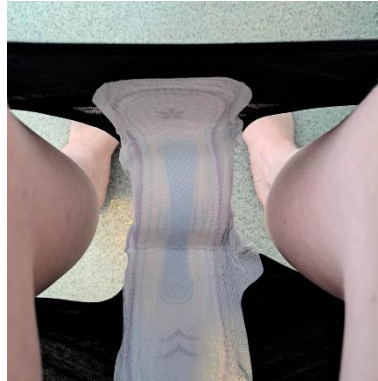
Getting My Period - Social Story:

4.



I must go to the toilet to put a pad in my pants. I can ask an adult who cares about me to help.

5.



I should use the sticky side of the pad to stick the pad to my pants. This will catch the blood.

6.



If I have a used pad I must fold it up and put it in a sanitary bin. I must never flush the pad.

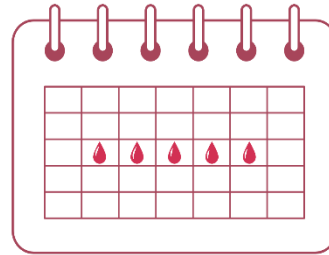
Getting My Period - Social Story:

7.



When I get my period,
I might feel moody or
get a sore tummy.
I should tell an adult
who cares about me,
They might get me some
painkillers or a hot water
bottle.

8.



Periods do not last forever.
They normally last between
4 and 7 days and come
every 28 days. My period
might be shorter or
longer.

9.



If I am worried
about my period,
I should speak
to an adult that
cares about me like
a parent, teacher or
doctor.