



Menstruation Brochure



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When Will I Get My First Period?

It is hard to say exactly when you'll get your first period, but it usually happens between the ages of 8 and 17. Everyone grows and changes at their own pace.

Some people start growing taller, developing breasts, and getting hair under their arms and in the genital area around 8-9 years old, while others may experience these changes later.

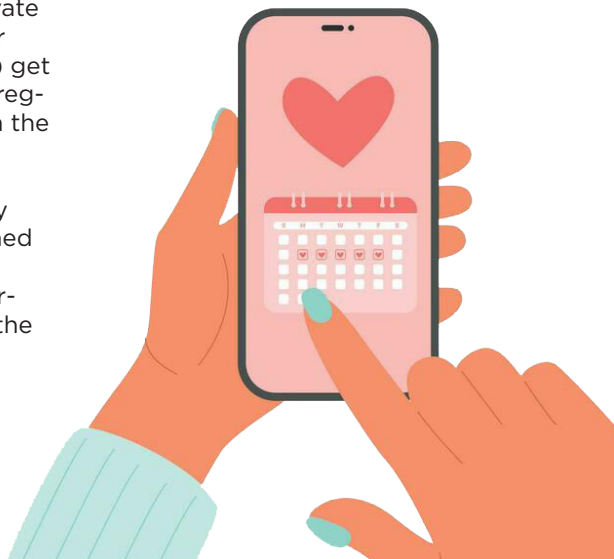
Similarly, some girls may get their first period at 8 or 9 years old, while others might get it at 16 or 17 years old. The best way to know when your period might come is by paying attention to changes in your body. If you've started growing, developing breasts, and getting more hair, your period might come in about 1-2 years. If those changes haven't started yet, it might take a little longer, so don't worry.

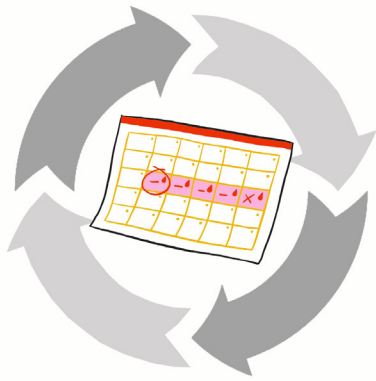
What is Menstruation?

Menstruation, also called the menstrual period or just "period," is an important part of the body's reproductive system. Our reproductive organs develop before we are born, and we are born with between 300,000 to 500,000 eggs in our ovaries.

These eggs have no function until puberty. With the onset of puberty, growth and development in the body, as well as hormonal changes, activate these eggs. Every month, the inner lining of the uterus (endometrium) get thicker to prepare for a possible pregnancy, and an egg is released from the ovaries into the fallopian tubes.

If the egg meets sperm, pregnancy happens. If it does not, the thickened uterine lining is shed as menstrual blood, and the uterus starts preparing for the next cycle. This is how the menstrual cycle works.





What Does It Feel Like to Have a Period?

Menstruation is not an illness; it is a sign that your body is working the way it should. When you first get your period, you might feel nervous if you do not know this. That's totally normal!

How Long Will My Period Last?

In the first year or two after your period starts, it might not happen regularly every month. After that, it should become more regular. Periods usually last between 3-7 days, and they come back every 21-35 days.

The amount of blood can be different for everyone—some might have less, and some might have more. On average, you will lose about 30-80 ml (2 tablespoons to 1/3 of a cup) of blood, which is about the same amount as in a small coffee cup. The amount can change from month to month, and your period might be lighter or heavier than your friends'.

It's important to pay attention to having your period regularly each month. You can use apps to track your period or mark the days on a calendar to help figure out when your next period might start. You may also notice signs that your period is coming soon, like your breasts feeling tender, being hungrier, getting acne, or feeling more moody. By tracking these changes, you can guess when your period will start within about a week or so.

You might feel unprepared, or maybe you have been waiting for it, especially if your friends have already started theirs. But remember, getting your period means you are healthy. There's no reason to be afraid - everything is okay. It's important to know how to use hygiene products, like pads or tampons, and what to watch out for while using them.



What is Personal Hygiene During Menstruation?

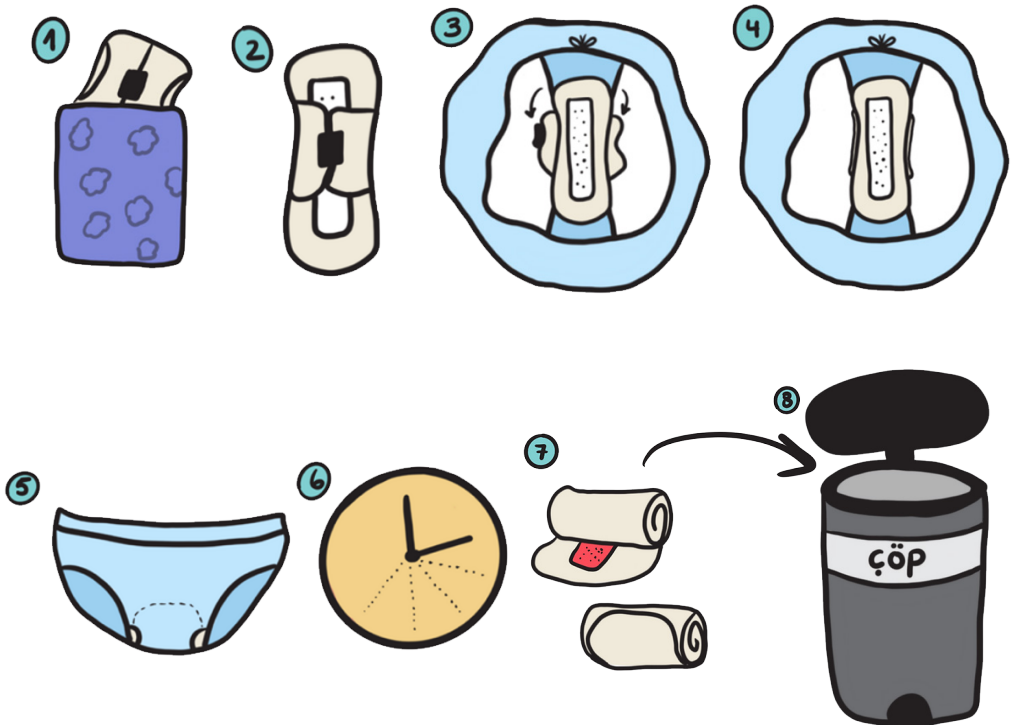
Keeping clean is always important, and during your period, you should keep showering regularly and wear clean cotton underwear. You don't need to use special soaps for your private area.

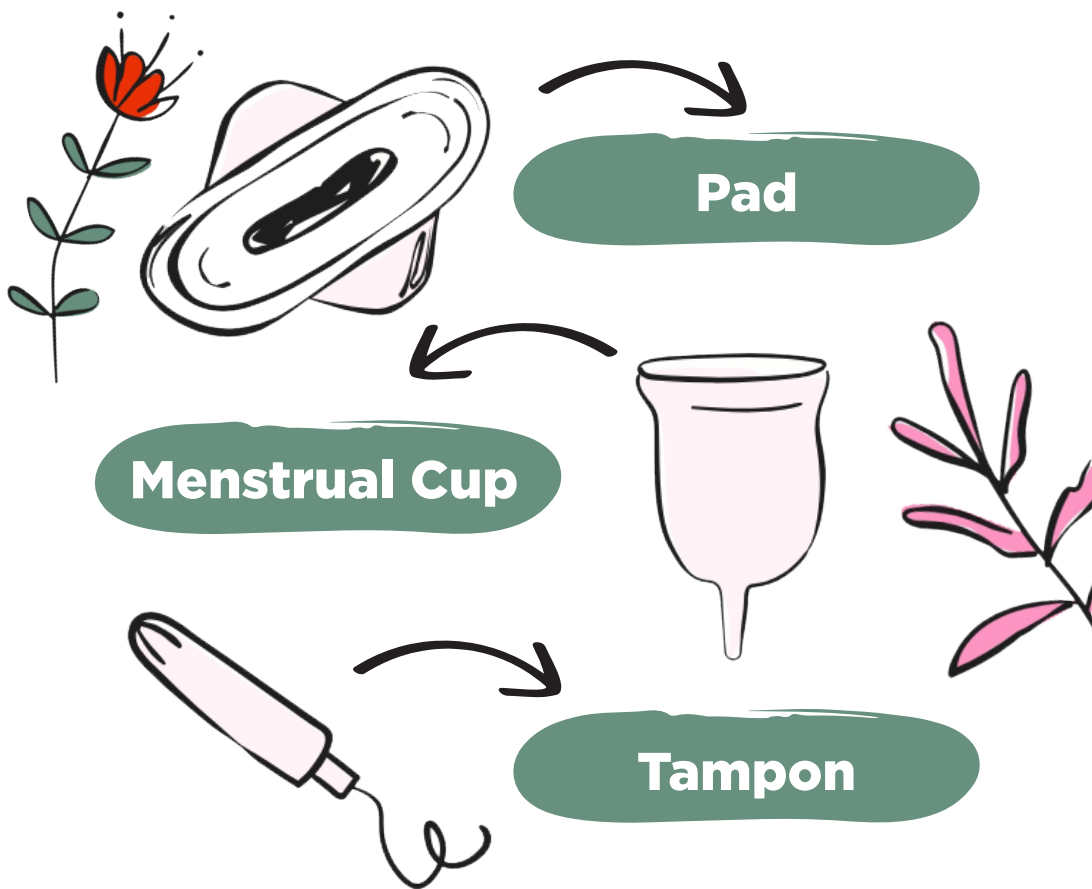
During your period, you can use pads, tampons, or menstrual cups. If you're not sure which to choose, don't worry—it's not that hard!

Pads

Pads are made of cotton and stick to your underwear to keep everything dry and clean. They help prevent leaks. It's best to choose pads without perfumes or chemicals like parabens.

Pads come in different sizes and thicknesses depending on how heavy your period is. Pads come in different sizes and thicknesses, depending on how heavy your period is. You should change your pad every 3 to 4 hours. Wash your hands before and after changing it.





Tampons

Tampons are also made of cotton and go inside the vagina to absorb blood. They're small, like the size of a lipstick, and have a string for easy removal. Tampons come in different sizes, depending on your body and flow.

You should change your tampon every 3-4 hours and always wash your hands before and after using one. Although it's rare, there's a risk of a condition called "toxic shock syndrome" if

tampons aren't changed often enough, so always switch them after 3-4 hours and never use more than one at a time.

Do not use multiple tampons at once. For more comfort at night, you might prefer using pads. As you adjust to this new phase of your life, using pads might be easier and more comfortable.

Menstrual Cup

Menstrual cups are flexible cups made of medical silicone or latex that are inserted into the vagina to collect blood.

They can usually be worn for 8 to 12 hours before needing to be emptied. Since using a menstrual cup can be more challenging, it is more suitable for older individuals. Before using a menstrual cup, wash your hands thoroughly.

After each period, you should boil the cup and store it hygienically.

Each product has its pros and cons. After trying them, you'll figure out which one feels best for you!



Common Myths and Facts

Let's talk about some common myths about periods. You might have heard some of these, but it's important to ask questions and get the right information.

Myth: "Menstrual blood is dirty blood!"

Fact: Some people believe period blood is dirty and full of toxins, but this is not true. Menstruation is a sign that your body is healthy. Every month, the uterus gets ready for possible pregnancy by making its lining thicker. If there is no pregnancy, the lining sheds as period blood. The color of period blood can be dark brown or bright red, and that's just because of the cells in the uterus.

Myth: "Taking a shower during menstruation stops the bleeding and is unhealthy."

Fact: Showering does not affect the amount or duration of menstrual bleeding. You can shower as often as you like and wash your genital area during your period.

Myth: "Using painkillers or hormonal medication during your period is harmful and makes dirty blood stay in the uterus."

Fact: If you have strong pain during your period, taking painkillers or hormonal medication as recommended by your doctor is safe. Some medications might reduce how much blood you lose, but no 'dirty' blood stays in your uterus. If you have severe pain often, talk to a doctor.

Myth: "A normal period should last at least 5-6 days."

Fact: The length of periods is different for everyone. A normal period can last anywhere from 3 to 7 days.

Myth: "Menstrual cramps are all in your head."

Fact: Menstrual cramps are real and caused by chemicals in your body that make your uterus contract. If your pain is so bad that you can't go to school or do your normal activities, see a doctor. They can help you manage the pain.





Myth: “Exercising during menstruation is harmful.”

Fact: Exercising during your period is perfectly fine and can even help alleviate some menstrual discomfort. You don't need to stop exercising.



Myth: “Girls are slapped on the cheeks when they get their first period.”

Fact: Different cultures have their own traditions when someone gets their first period, but in our country, the practice of slapping does not affect menstruation. Getting your period is a sign that your body is healthy, and everyone experiences it differently.

If you have any questions about your period and your body, it is important to get the right answers. Talk to someone you trust, like a parent, teacher, or your school counselor.

Remember, everyone's changes are unique, so enjoy growing up and

keep smiling!

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