



Facts About Periods

- A period is a discharge of blood and body cells from the vagina. The medical name for a period is menstruation.
- Having a period is very normal for females. It is part of the menstrual cycle that keeps the uterus (womb) healthy. This also means that a woman could become pregnant (have a baby) if they have sex with a man.
- Periods usually happen about once a month though this can vary a lot. Each period usually lasts about three or four days. Sometimes it can be longer or shorter than this.
- The age when girls start having their first periods is usually sometime between the age of 11 and 15 years old. A few girls may start earlier or later than this.
- Sometimes a period can cause an uncomfortable feeling in the tummy. This can happen before the period starts. Sometimes taking paracetamol can help with this discomfort.
- There are a range of feminine hygiene products that can be bought to help manage periods.

