



First Period

- A period is when some blood and body cells leak from the vagina. This is a normal and healthy part of growing up.
- Having a period for the first time can be confusing. It can happen at any time and any place and it is OK to feel a bit upset when it happens.
- When a period happens you may feel unsure what to do. It is important to try to stay calm and talk to a trusted adult. It is often best to talk to a woman. Women are more likely to know what to do and usually understand more about periods than men.
- It is OK to tell the trusted adult everything that has happened. For example, your period may have messed some of your clothes or you may have a tummy ache.
- Having your first period can be confusing and upsetting. It is OK to talk to a trusted adult to get help with managing your period.

