

# HAVING YOUR PERIODS

## How periods happen

When you go through puberty you will start having your periods. This is when blood comes from your vagina. It will last for about 5 days. This happens every month.

Having periods is also called menstruation.

Most women have periods.

When you start having your periods you may feel scared, embarrassed, or excited and happy.

The bleeding means your body is healthy.

Missing your period could mean you are sick.

Or if you have had sex with a man it could mean that you are pregnant.

If you don't get your period one month you should see your doctor.

Having your periods is private. You can talk about it with someone you trust or your doctor.

## What to do when you have your periods

You will need to learn how to look after yourself when you have your period.

You will learn how to use pads that go inside your underpants. These catch the blood so it doesn't get on your clothes. There are different types of pads. You will need to find the right pads for you. You will need to wear underpants that are big enough for the pad.

# HAVING YOUR PERIODS

Some women use tampons that go inside the vagina to catch the blood.

You change your pads and tampons when they have blood on them. You only change your pads or tampons in a private place. A toilet is a private place. You put pads or tampons in a bin. Do not leave them lying around. Do not put them in the toilet.



Wash your hands after changing your pad or tampon.



Before leaving the toilet check that your clothes are not tucked into your underpants.



# HAVING YOUR PERIODS

You can still do most things when you have your periods.. Sometimes when you get your period you may have pain in your stomach. You aren't sick. The pains are called cramps. You should tell someone. Resting, warm packs and medicine might make you feel better. You may need to see a doctor.

Sometimes you might feel sad or angry just before or during your period. This is normal and you will feel better soon.

If you have epilepsy you might have a seizure when you have your period. If this happens see your doctor.

Some women have very bad pain or headaches when they have periods. There is medicine that stops periods. You need to talk to a doctor about this.

There are lots of books and movies that you can borrow to learn more about periods.

You should talk to someone you trust about periods.



# HAVING YOUR PERIODS

## Where can you find out more

### Family Planning NSW Healthline

You can speak to a nurse about puberty and periods.

There are lots of fact sheets available on the web site.

There is a library where you can borrow books. They will post them to you.



1300 658 886



[www.fpnsw.org.au](http://www.fpnsw.org.au)

**Other fact sheets in this series you may want to read**

**PUBERTY**

**GROWING UP**