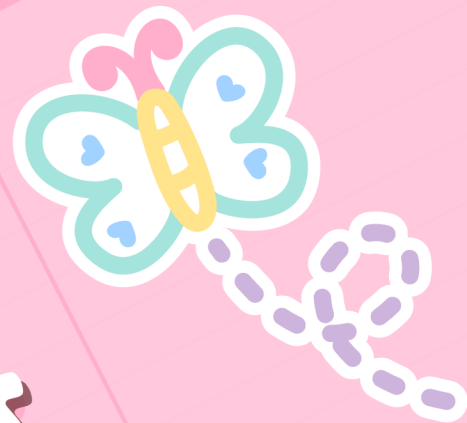
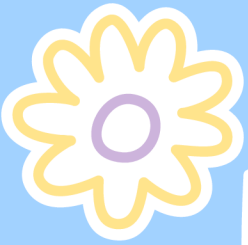




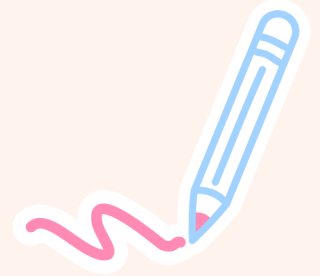
My Body is Changing





Hello!

My name is Grace and we are going to talk about something very important.



Let's talk about something special that happens to girls when they grow up.

It's called a period, and it's nothing to be scared of.





What is a period?

Every month, your body goes through a special cycle.

This is a sign that your body is growing up and becoming stronger.



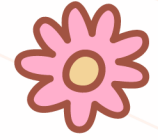


Why is there blood?



It's not because you're hurt. Your body is just keeping you healthy.





Why do I feel bad?

Sometimes, you might feel a little uncomfortable. It's okay to ask for help.

You can talk to your parents, your teacher, or the school nurse.



What should I do?





It's important to use a pad!

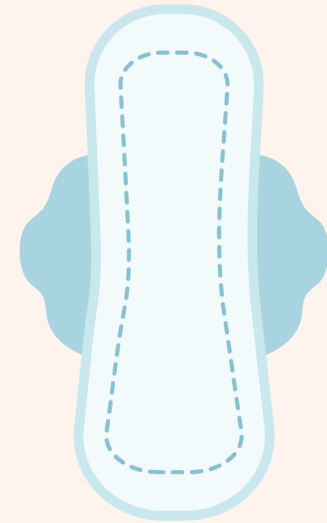
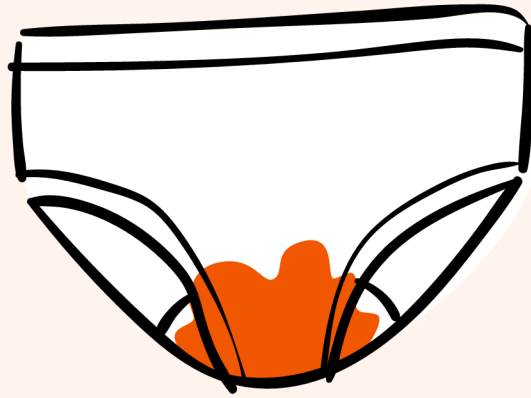
A pad is a soft cushion that you put inside your panties to help soak up the blood.

A pad keeps your panties clean.





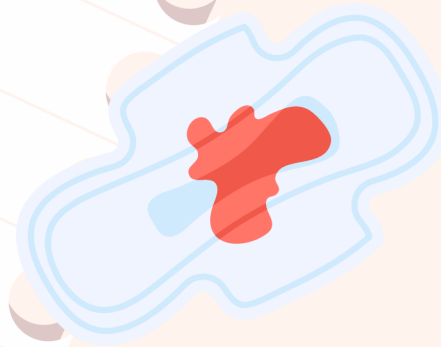
You put the pad inside your panties to help soak up the blood and keep your panties clean.





You will need to change your pad.

It's important to change the pad a few times a day, especially when it feels wet.





Putting on a Pad



Peel the back of the pad to show the sticky part.



Stick the pad to the inside of your panties.



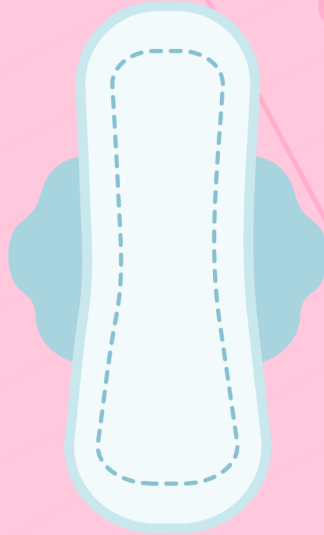
Pull your panties and pants up.



Wash your hands.

Remember:

Keep the pad inside your panties.





**You are growing
and changing, and
it's OK!**

