

UNDERSTANDING THE COMMON MYTHS ABOUT PERIODS

Initial

Having your period is a natural and normal part of growing up. It's a good sign that your body is working just fine. And there's no need to feel embarrassed about it – around 300 million women are having a period at the same time you are. There are a lot of myths about what you can and can't do on a period, but much of it simply isn't true.

EVERYONE CAN TELL WHEN YOU'RE ON YOUR PERIOD

No one can tell unless you choose to tell them. You might feel different, but you won't look different. And because periods are a natural part of growing up, you don't have to keep them a secret. Talk to your friends about them – they'll be having periods too.

YOU CAN'T HAVE A BATH OR SHOWER OR GO SWIMMING

You can bath and you should wash daily to remove germs and stay clean. You can go swimming too. Consider wearing tampons or cups for swimming (stick-on pads won't work in water) and change them regularly – every 2–6 hours, depending on your flow.

YOUR PERIOD COMES EVERY 28 DAYS

This isn't true for everyone. Periods generally come every 21–45 days and the timing varies from person to person. Don't worry if your cycle changes from month to month in the first few years – this will settle down as you get older.

IT'S BAD TO EXERCISE

It's not. Don't miss out on sports or physical education (PE) lessons just because you're on your period. If you're up to it, exercise is actually good for you because it releases endorphins into the bloodstream that helps to relieve menstrual cramps and lift your mood.

EVERY GIRL GETS PREMENSTRUAL SYNDROME (PMS) AND BECOMES IRRITABLE AND EMOTIONAL

Many girls don't get PMS and PMS doesn't always happen with every period. A small number of girls might get mood swings, and if you think that's happening to you, talk to a parent or teacher about how you could ease them.



PERIODS ARE NORMAL!
LIFE DOESN'T HAVE TO STOP BECAUSE OF THEM.

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