

## TIPS FOR GETTING THROUGH YOUR PERIOD

Periods are natural and normal. They might take time to get used to – especially if you've just started them – but you don't have to stop doing the things you'd normally do. If you've got questions about your period or need help, while you're at school, ask the nurse or teacher.

### IF YOU START YOUR PERIOD UNEXPECTEDLY

Periods can come early or late, so don't panic if they do. Carry some extra tampons or pads (and even spare knickers) in a clean pouch or bag – just in case. If you run out or don't have any, ask a friend, the school nurse or a teacher. Avoid using unhygienic substitutes such as rags or cloths.

### WHAT TO USE AND HOW OFTEN TO CHANGE A SANITARY PRODUCT

You can manage your period with sanitary pads, tampons or menstrual cups – choose the one(s) that keeps you comfortable. Use the size, shape and absorbency strength to match your flow and change your product regularly – 4 hours for a pad and 2–6 hours for a tampon – to avoid a build-up of bacteria and possible infection.



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



### PREVENTING AN UNPLEASANT PERIOD ODOUR

Bacteria can thrive in blood, so, if there is an odour, change your pad and use intimate wipes instead of toilet paper during a school day. Throw wipes away in a sanitary bin – don't flush them down the toilet as they can block it.

### WHAT TO DO WITH A USED SANITARY PRODUCT

Wrap a used pad in the wrapper of a new one or in toilet paper for a tampon and then put it in a sanitary bin, next to the toilet. Don't flush it down the toilet as even the smallest item can clog it. If there isn't a bin, carry the used item – well-wrapped – until you find a bin and dispose of properly.

### WASHING YOUR HANDS

It's important to wash your hands with soap and water after a trip to the toilet or a change of product to avoid transmitting germs anywhere else.