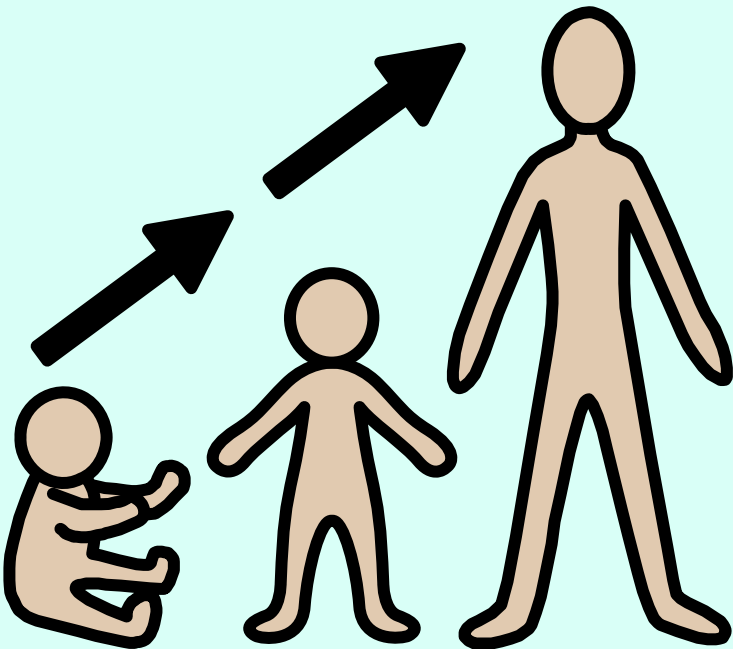


Periods

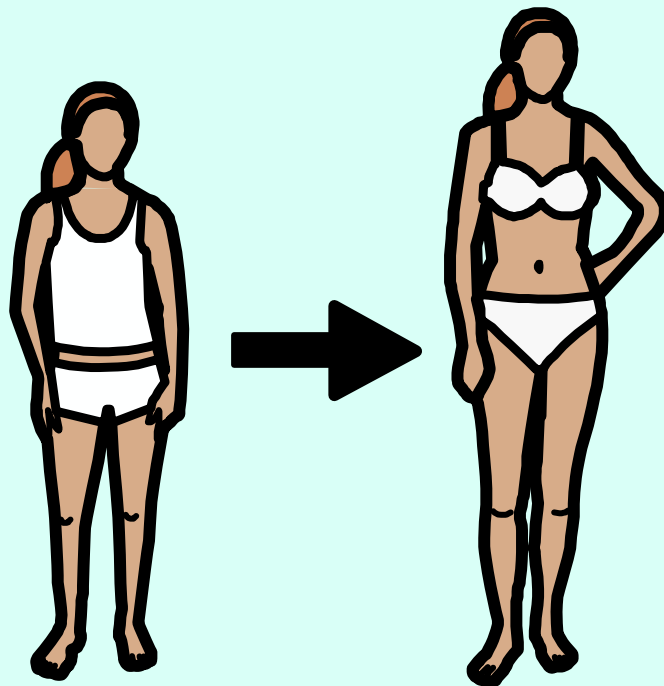


I

am



growing up.



My

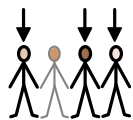
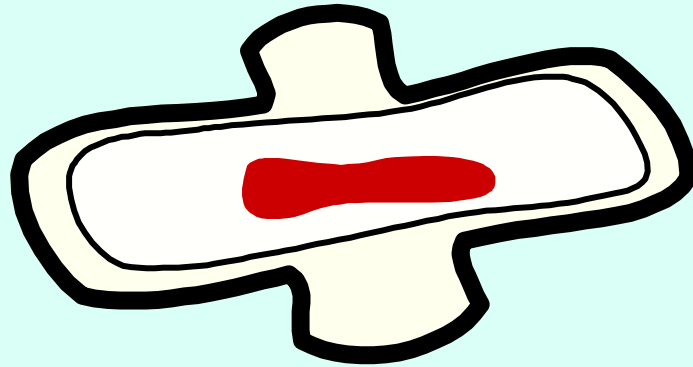


body

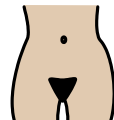
is



changing.

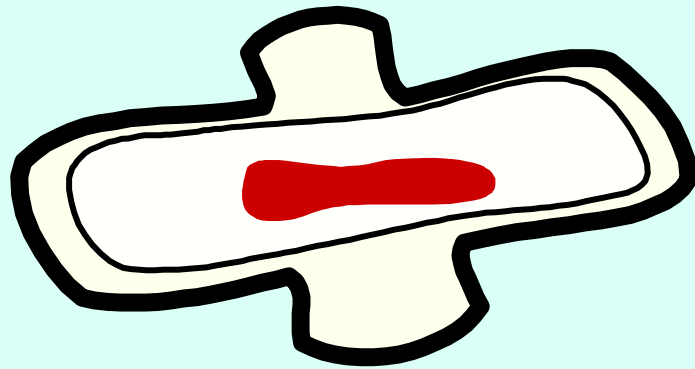


Most people with a vagina have periods

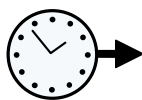


when they grow up.





I



will



have periods



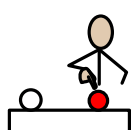
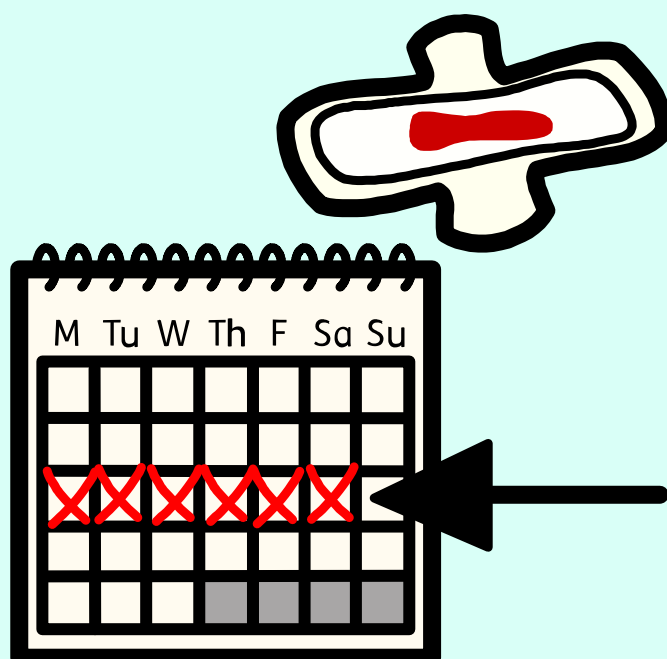
I

because

am

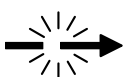


growing up.

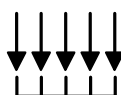


This

will



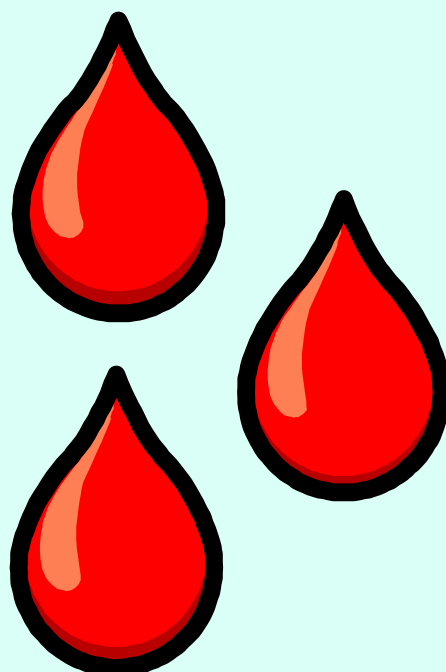
happen



every



month.



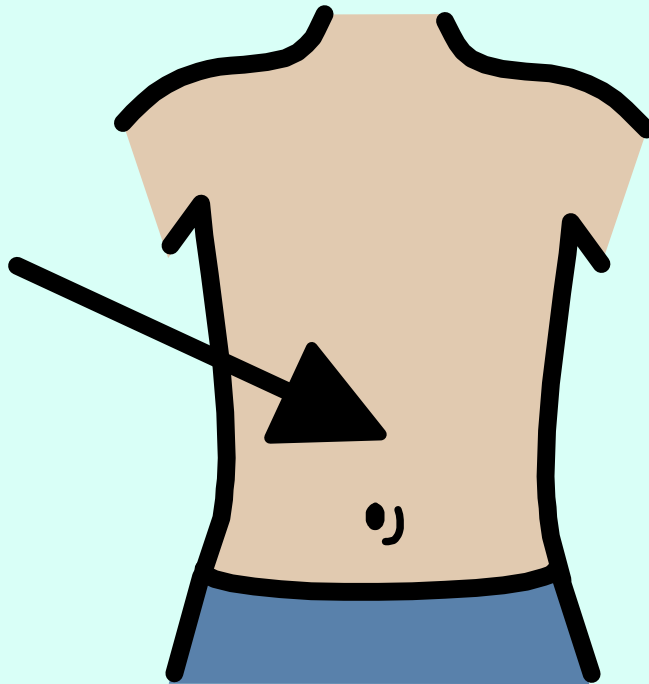
Blood will come out of



my



vagina.



My



tummy

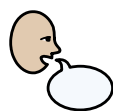
might



hurt.



I can



tell

a

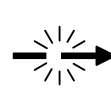


trusted adult

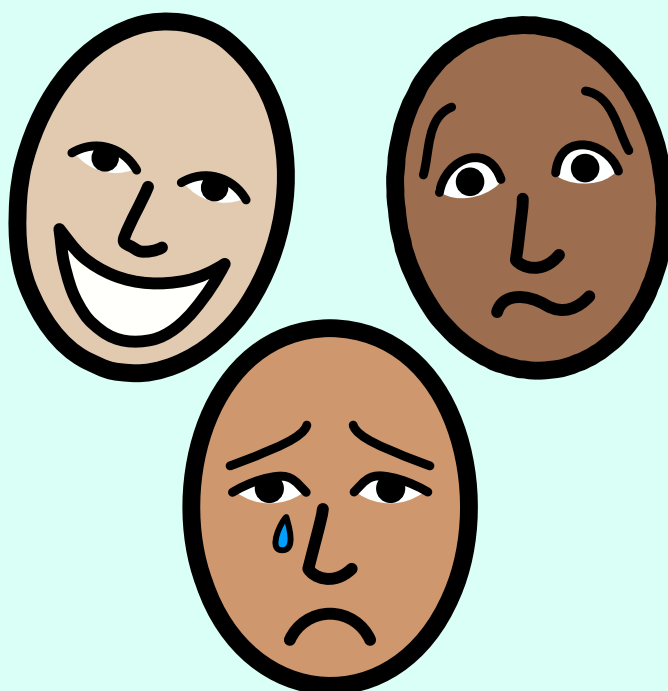
if



this



happens.



I

might



feel



more



sad

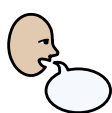
or



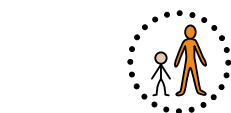
moody.



I can



tell



a trusted adult

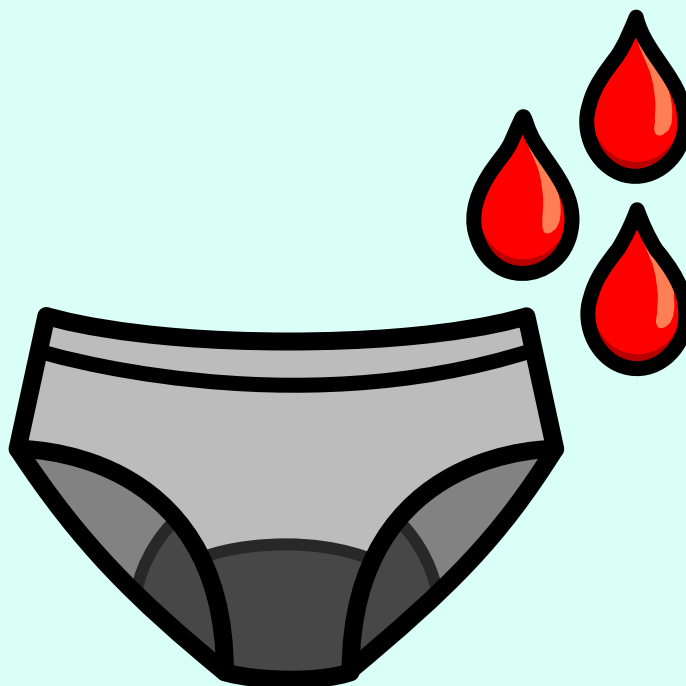
how












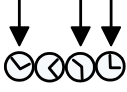
I

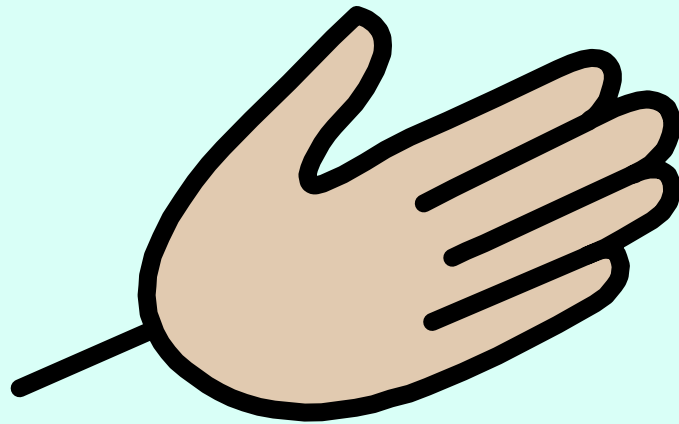





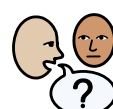
feel.






 I might
  use
  period pants
  when it is time
  for my
  period.

My
  period pants
 will
  need
 to be
  changed
  often.

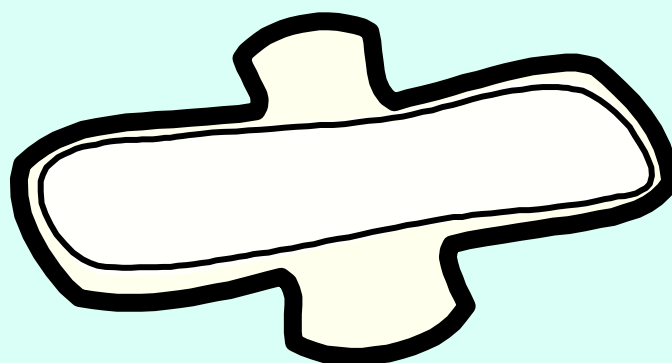



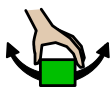
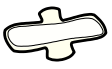









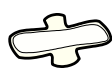


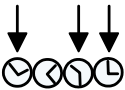
 I can do this by myself or ask

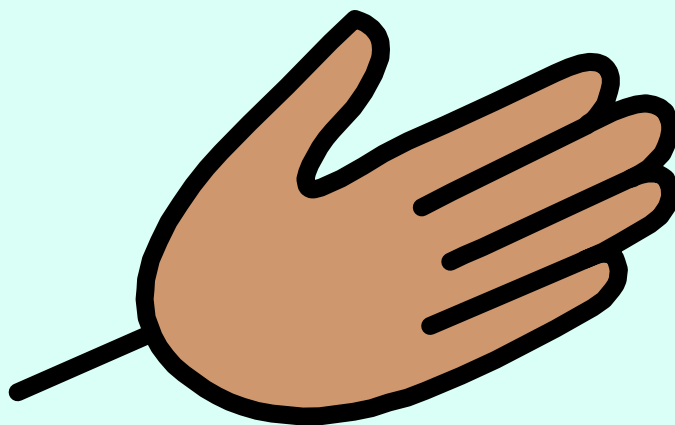








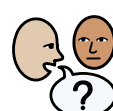
 a trusted adult to help me.






 I might
  use
  a sanitary pad
  when it is time
  for my
  period.

 My
  sanitary pad
  will need
  to be changed
  often.

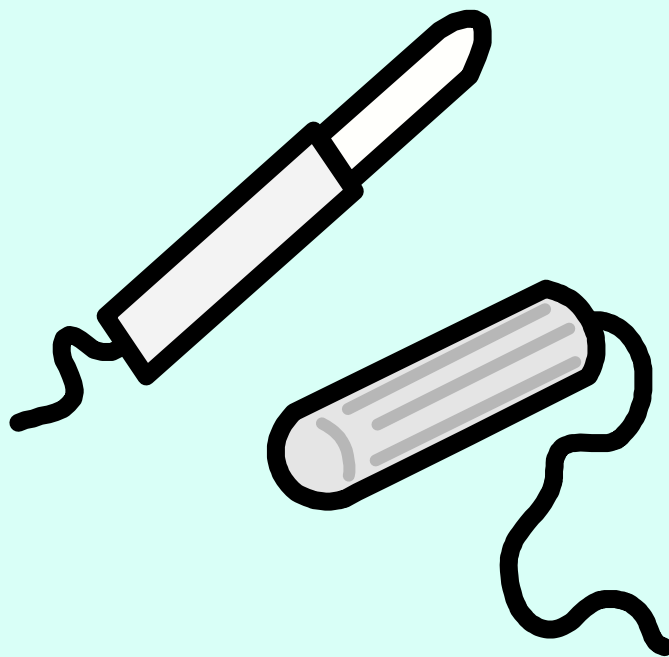













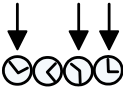
 I can do this by myself or ask

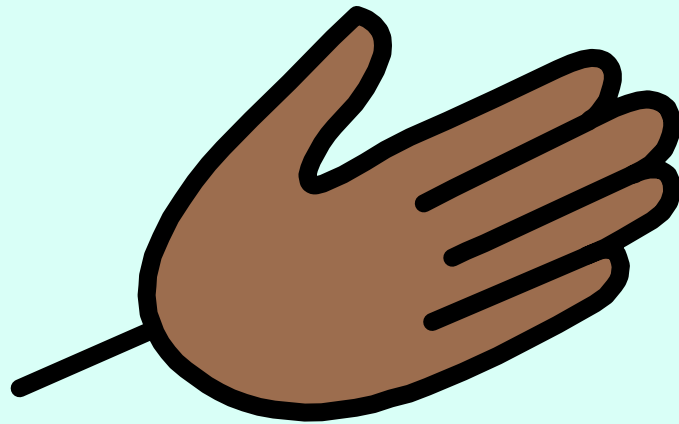







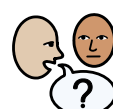
 a trusted adult to help me.






 I might
  use
  a tampon
  when it is time
  for my
  period.

 My tampon
  will need
  to be changed
  often.

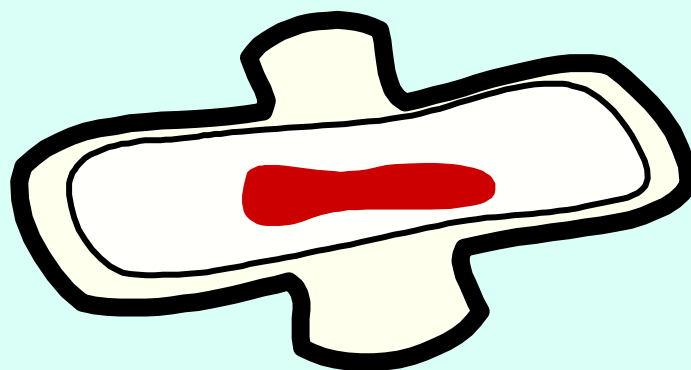


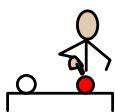
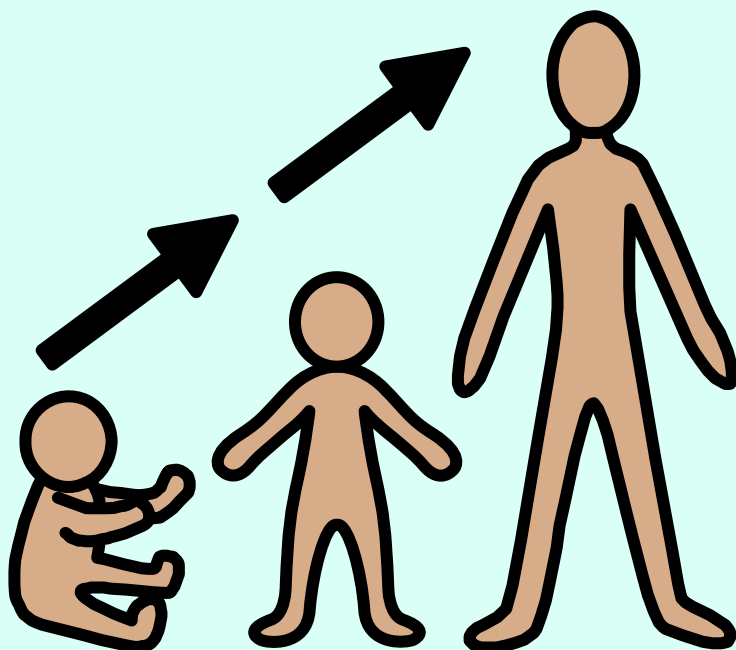
 I can do this by myself or ask

 a trusted adult to help me.



Periods are normal.



This

is



happening

because



I

am



growing up.