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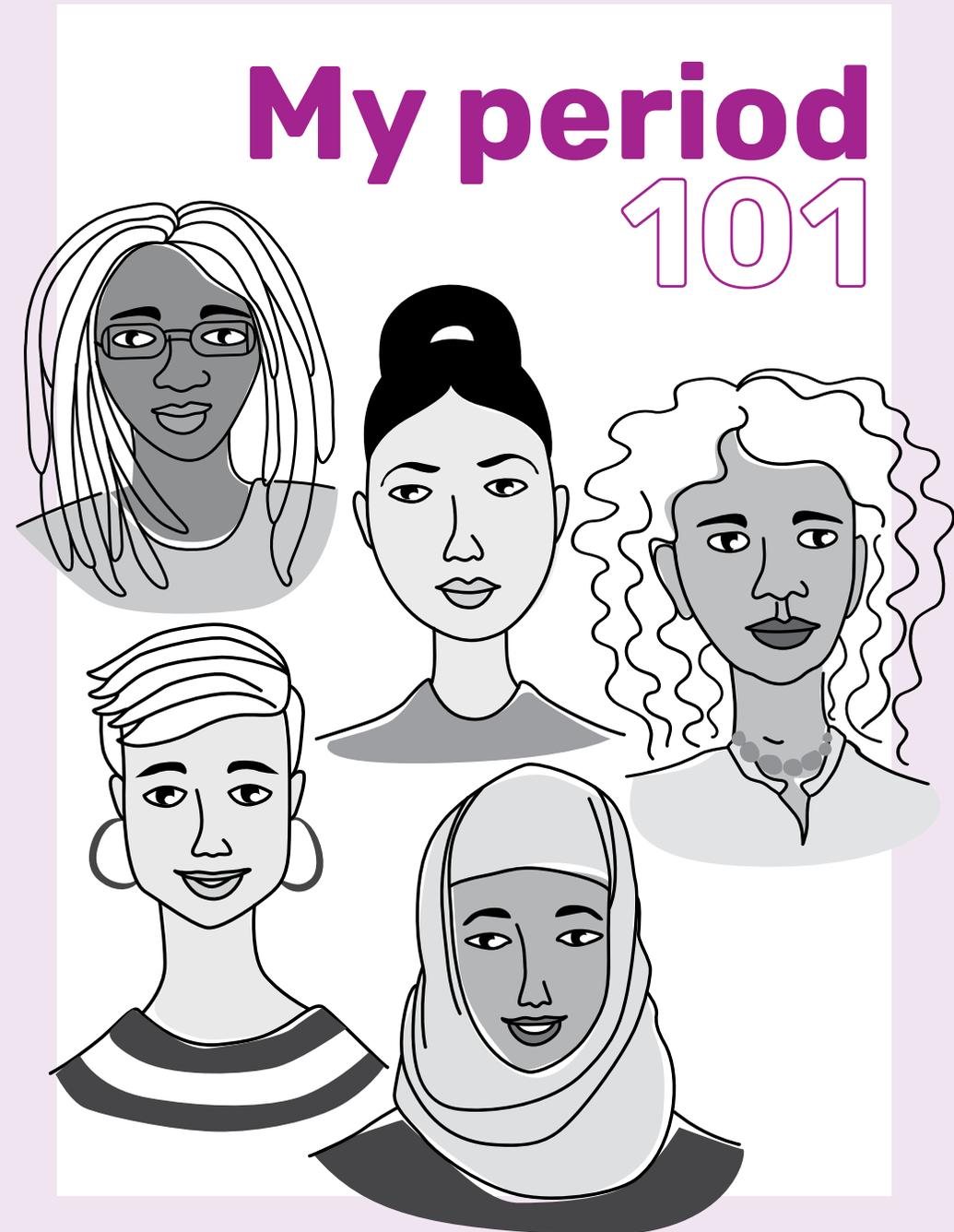
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A straightforward guide to menstruation

What is a period?	<p>A period is when blood comes out from your vagina for some days each month</p> <p>Having your period is normal for girls, women and gender diverse people</p>
What age do periods start?	<p>Usually when a girl is between about 9 and 16 years old</p> <p>It's normal to start at different ages</p>
How long do periods last?	<p>About 3–7 days each month</p>
Should I use pads or tampons?	<p>Some people like pads, some like tampons</p> <p>Pads and tampons come in different sizes for more or less blood</p> <p>You can choose whatever is best for you</p>
How do I use a pad or tampon?	<p>Follow the instructions in the pack</p> <p>Ask a woman you trust to show you</p> <p>Change your pad or tampon every 3–4 hours</p>

Feelings and pain, what is normal?	<p>Every person is different</p> <p>Feelings can change or stay the same</p> <p>Some people feel angry or sad</p> <p>Some experience pains or cramps</p>
What can help if you have period pain?	<p>A heat pack or hot water bottle on your tummy</p> <p>Panadol or similar medicine</p> <p>See a doctor or nurse if the pain stops you doing activities</p>
What if I don't get my period on time?	<p>When you have your period and how long it lasts can change</p> <p>Feeling stressed, losing or putting on weight can change when you get your period</p> <p>Some contraception can stop you getting your period</p> <p>Periods stop for more than a month when you are pregnant</p> <p>Always speak to a trusted adult, doctor or nurse if unsure</p>
Who can I talk to about my period?	<p>A parent, school nurse, sister or adult</p> <p>Your local doctor or nurse</p> <p>A nurse at a women's health clinic</p>