








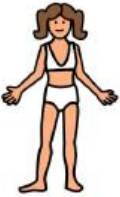



Story About Getting My Period

<p>I am growing up.</p> 	<p>My body is changing.</p> 	<p>I will start my period soon.</p> 	<p>I am not able to start or stop my period. My body is in control. This can be frustrating.</p> 	<p>Sometimes it may surprise me.</p> 
<p>It will happen one time a month for many years.</p> 	<p>It may last 4 to 7 days each time I have it.</p> 	<p>My mom can help me keep track of my menstrual cycle.</p> 	<p>When I get my period I will see blood in my underpants.</p> 	<p>When this happens I will need a sanitary pad.</p> 
<p>Using a sanitary pad will stop the blood from getting on my clothes.</p> 	<p>Menstruation is private.</p> 	<p>I can ask my mom questions about menstruation.</p> 	<p>My mom can help me choose a safe person at school or work to help me if I have my period.</p> 	<p>During my period I may notice other changes in my body.</p> 
<p>I may notice breast tenderness or stomach pain.</p> 	<p>I can still do most of my usual activities when I have my period.</p> 