

Welcome to Wickford Primary School Parents and Children Evening



[Click for video clip](#)

Periods are part of the female reproductive cycle. They are nature's way of preparing your body for having a baby.

When will it happen?

Your periods will start when your body is ready. You can't make them start, or stop them from starting.

This could be from the age of 8 to 18

Don't worry – you are likely to get a clue first!

What do you use?

Most girls will wear a sanitary towel when they have a period. It is stuck inside knickers and it works by soaking up the blood.

No one will know you are having a period. No one will know you are wearing a towel.

Period pants are becoming more popular with young girls. These have the benefit of being reusable.

Only 80ml (3 tablespoons) of blood during a period!

Sanitary Towels

- In school, there are sanitary bins in the year 4, 5 & 6 girls toilets. Do not flush the towel away!



- Periods should not stop you from doing anything – sport, school work, going out with friends.
- Swimming is the only thing that you cannot do if you are using a sanitary towel.

How long does a period last?

A period usually lasts between 4 and 7 days.

Blood flow may be heavier at different times.

You can use different towels depending on how heavy your period is.

How will I feel ?

What can I do about it?^B

In short - Everyone is different!

Sometimes you might get symptoms before or during your period.

- “Stomach” ache
- Headache
- Back ache
- Tender breasts
- Tiredness
- Spots
- Become Emotional / Irrational
- Have a warm bath
- Massage your stomach
- Use a hot water bottle or a heat pad.
- Eat a well-balanced diet
- Exercise or stretching

Key point - This is all natural. Talk to someone about how you feel. Having some quiet time alone might help.

What are tampons?

- They fit inside the vagina and absorb blood flow.
- Girls usually try using tampons when they are older and more comfortable with having periods. Discuss this decision with your mum (perhaps when you are an older teenager).
- You can go swimming if you use a tampon.

How can I be prepared?

- Periods will not have a set pattern in the beginning but they will eventually settle into their own pattern.
- Always carry some sanitary towels (and perhaps spare knickers) in your bag.
- The office has supplies of sanitary towels if you need them.

Don't panic!

- Having a period is a normal healthy thing to happen.
- Periods are a sign that your body is working properly.
They are a special part of being a female.
 - It is a natural process for every girl / teenager / woman.
- It can take some time getting used to having periods.
 - Research – read up on them!
 - Every female in this room has survived!