Menstruation (men-strew-ay-shun) is another word for having your period.

- Menstruation can also be called other things, like “Crimson Wave”, “High Tide”, “Aunt Flo”, “Shark Week”, “Time of the Month”, or “Code Red”.

- When you go through puberty you will start getting your periods. For most girls, this is between the age of 10 and 15.

- Periods usually come about once a month after your first period. They last usually last 4-7 days.

- Girls are born with two ovaries which each contain thousands of eggs. Each month when you get your period, an egg leaves the ovary, travels down the fallopian (fal-oh-pee-an) tube toward your uterus (also known as womb).

- At this time, your uterus starts creating extra blood called menstrual fluid. Then, the egg and blood keep going down and out of your vagina.
More menstruation INFORMATION or to get SUPPORT

The Royal Women’s Hospital
The Women’s has a wide range of health information for women of all ages including contraception, periods, sex, breasts and vaginal health. To explore women’s health information visit: https://www.thewomens.org.au/health-information/

Family Planning Alliance Australia
Each state and territory has reproductive and sexual health Family Planning organisations. These provide education and support services. To find services in your area visit: http://familyplanningallianceaustralia.org.au/services/

Kids Helpline
If you need to talk about anything, you can call, email, or have an online chat with Kids Helpline. Visit www.kidshelpline.com.au or call 1800 55 1800

Disability Advocacy Services
A disability advocate can help you to access support around your human rights. To find an advocate near you, visit: http://finder.dss.gov.au/disability/ndap/

Sources
