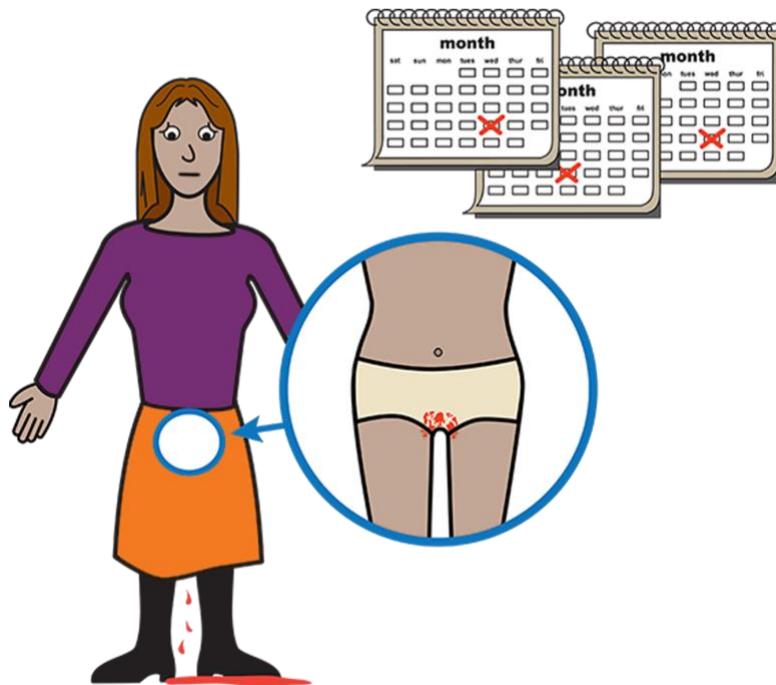
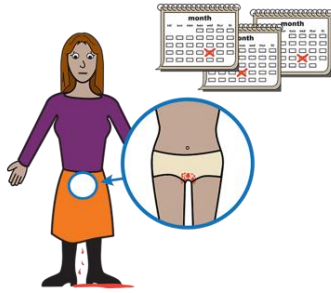


Women with Disabilities Australia Youth Network



**Your period. It is
called Menstruation.**



This book is about your period.

Your period is also called **menstruation**.



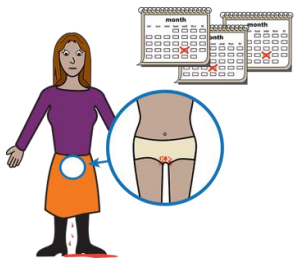
We wrote this book for women and girls with **disability**.



Read more about **disability** in our book **New Words**.

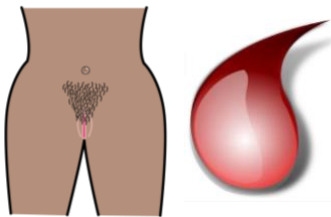


We are the Women with Disabilities Australia
Youth Network.

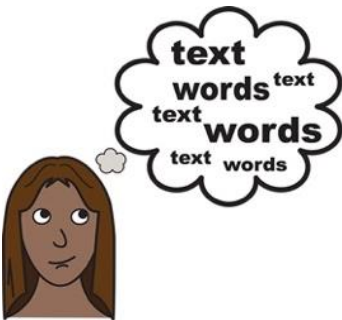


What is my period?

It is also called Menstruation.



Your period is when you bleed from your **vagina**

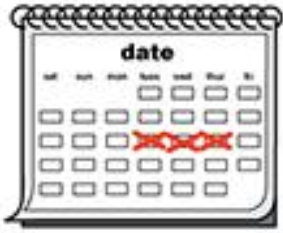


Some people call their period other things.

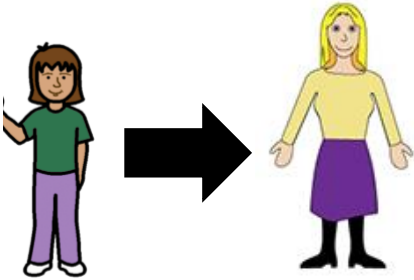
Like:



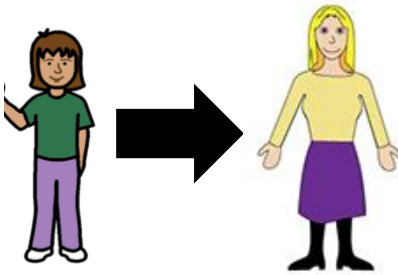
- time of the month



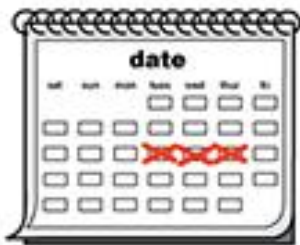
When will I get my period?



Most girls get their first period when they go through puberty.

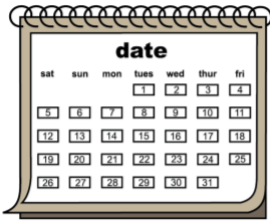


This is any time from 10 years old to 15 years old.



You will get your period:

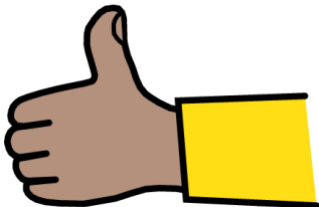
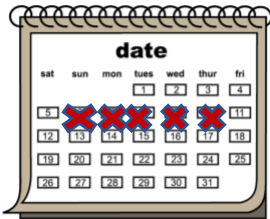
- about once a month
- for 4 to 7 days.



Some people have periods for a different time.

Like:

- every 6 weeks
- for 5 days.

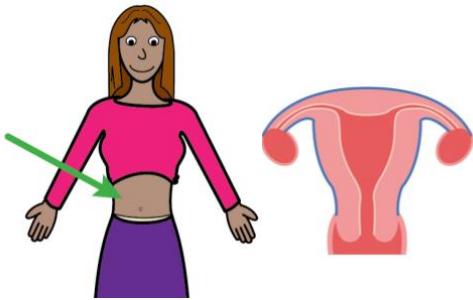


This is OK.

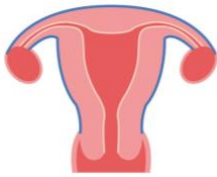


Why do I get a period?

Girls are born with 2 ovaries. They are inside your body. You **cannot** see them.



Your ovaries have eggs in them. They are for when you start a baby.

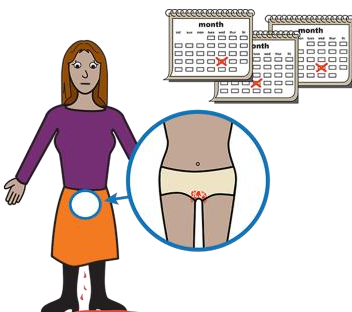


Each month your body lets an egg go.

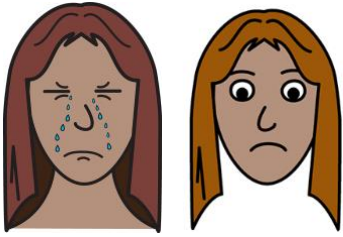


When you do **not** want to get pregnant the egg:

- must come out of your body
- comes out in some blood



This is when you have your period.



How will you feel when
you have your period?

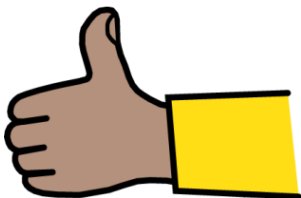


Your stomach may hurt.



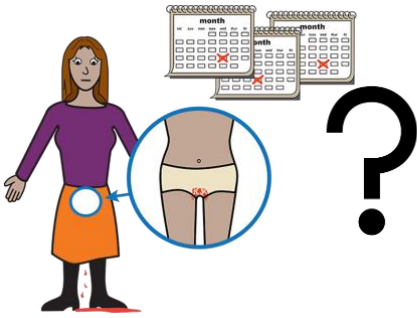
You may feel:

- grumpy
- sad.

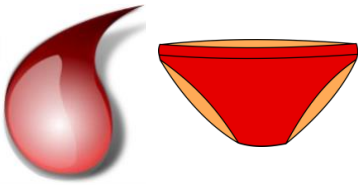


You do not need to worry.

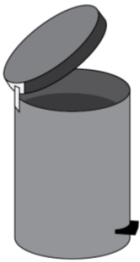
This is OK.



What to do when your period starts



You need to wear something to catch the blood.



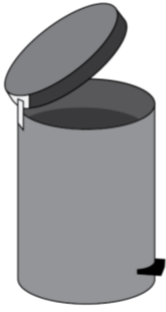
You can use something you throw away after it is used.

or



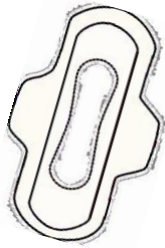
You can use things that you wash.

You can then use them again.



Things to use. Then throw away.

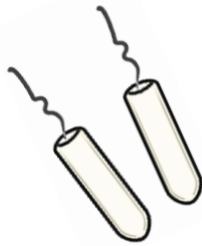
Like:



- sanitary pads.

You wear them in your underpants.

or



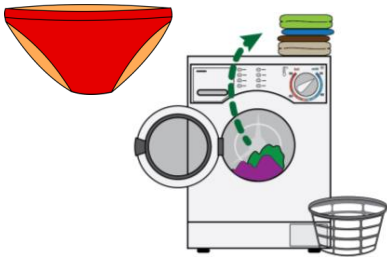
- tampons. You put them in your vagina.



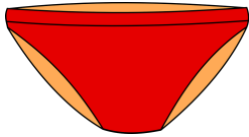
You can buy these from most shops.

Like:

- supermarkets
- chemists.



Things to use. Then wash and use again. Like:



- period proof underwear



- menstrual cups



- cloth pads.



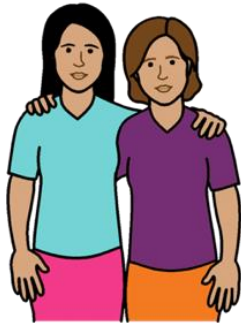
Learn more about the things you can re-use:

www.lunette.com.au/blogs/news/green-your-teens-period

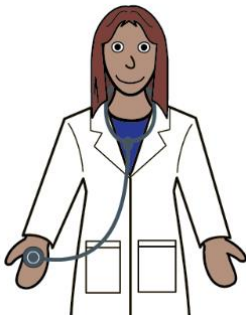


To find out more

You can talk to:



- a friend
- a family member



- your doctor



- your local Family Planning Service.

Go to:

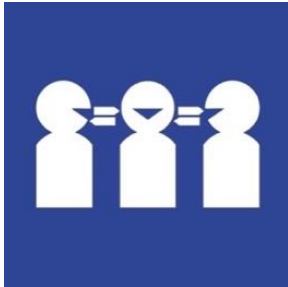
www.familyplanningallianceaustralia.org.au/services



You can use the **National Relay Service** when you call a service

Call: 1800 555 677

TTY: 133 677



Need a translator

Call 131 450



Thank you

Who wrote this book?

Women with Disabilities Australia wrote this book in 2019-2020.

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