

# YOUR PERIOD 101

YOUR GUIDE TO FACING PERIODS WITH CONFIDENCE, NOT FEAR.

## OK, BUT WHAT IS A PERIOD ANYWAY?

Your period happens once you have entered 'puberty'. Puberty is the start of changes in your body as you grow towards being an adult. You may notice your breasts begin to grow, hair growing under your arms and pubic hair near your vagina. You might also notice some vaginal discharge, a whitish fluid which helps keep your vagina clean.

Your period happens when some blood and the lining of your uterus sheds and flows out of your body through your vagina.

Periods are a natural, normal, healthy part of life. They're not something to be embarrassed by, or ashamed of, and they shouldn't get in the way of playing sport, dancing, sleepovers, camp or even swimming (thanks to Modibodi).

Your period is just one part of your menstrual cycle. There are actually four phases that happen between day 1 and day 28. For more info check out the menstrual cycle resources on school and health department websites.



**GOT MORE QUESTIONS?**  
Ask your parents,  
carers, your doctor,  
a school nurse  
or any trusted adult.

## INTRO TO PMS:

### WHAT IS HAPPENING TO MY BODY?

The rumours are true: things change on your period, physically and emotionally. The culprit? Hormones.

Chemical changes brought about by your hormones can cause your moods to fluctuate in the lead up to your period. It's called pre-menstrual syndrome, or PMS and its why you might be crying one minute, angry the next or chill an hour later.

Hormones can also cause physical changes before and during periods. Symptoms like mild pain, bloating, diarrhoea, constipation, pimples and acne are all common.

If any of these symptoms start to feel like too much, don't forget you can always chat to your doctor.



## DOES IT HURT?

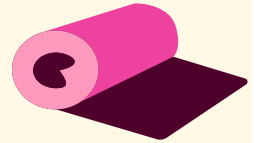
### YES AND NO...

Some people don't feel period pain at all, while others experience cramping (aka, 'dysmenorrhea') every month.

Pain can range from dull to severe, and sometimes can bring its friends nausea, dizziness and headaches along for the ride.

If you notice a particular pain, a lot of pain, a lot of blood, continuous bleeding, or your period is making day-to-day life difficult to cope with, this is a sign you should speak to a doctor and someone you trust. Make sure you get a response that makes sense for you.

### PRO TIP



Exercise, yoga, stretching or going for a walk can help ease period pain.

Try some cobra, cat, cow, or fish poses!

## WHEN WILL MY FIRST PERIOD START?

The long answer: There's no 'right' time to get your period. While the most common age is around 12-and-a-half, some may get it at 9, others at 16. So, if you get your period earlier, or later than your mates, fear not.

Once it starts, you'll probably have your period for 30-40 years, until you reach menopause, around the age of 51, and your period stops... so you've got time to get used to it.

If you have any questions or concerns along the way, talk to your parents or doctor. Even if it feels awkward, your body is important, and having the right info about your period and your health matters.

### THE SHORT ANSWER:

Typically between the ages of 10-15.

### YOU ASKED:

## BLOOD IS THERE A LOT?

**WE ANSWERED:** You can expect blood, just not as much as you may think. The average amount of blood that will come from your vagina during an entire period is only 3-4 tablespoons.

Most of this happens in the first couple days of a cycle, and gets lighter towards the end. The colour of your blood can change during this period too, from red, to brown to pink.

And if you spot a few little red lumps, fear not. These are just clots of tissue shedding from your uterus. However, if the clots look larger than 2.5cm (1 inch) or you get clots regularly, talk to a doctor to check everything is A-OK.



## FAST FACT

### Our first period is called Menarche!

In some cultures menstruation is a celebration, a rite of passage or women's business.

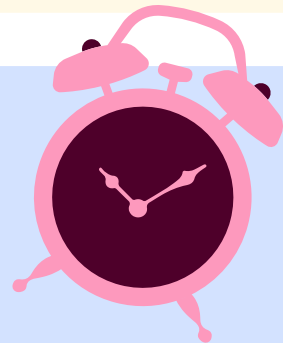
In other cultures it's linked to religious or spiritual beliefs. Either way periods are normal and linked to a healthy body.

## FUN FACT

The average person will spend 10 years of their life menstruating.

You might as well make it comfy with Modibodi

## HOW LONG IS A TYPICAL PERIOD?



Cycles generally last from 28 - 32 days, starting from the first day you bleed until your next period begins.

Bleeding from your vagina (known as a 'period') typically lasts for 4 - 7 days. This can be a bit irregular when your period first starts. It could be longer one month, and shorter the next. But fear not, things usually settle down after a year or two.

By then, you'll have a good idea of what's 'normal' for your body. But if something doesn't feel right, let your doctor know.

## YOU ASKED:

## HOW DOES MODIBODI WORK?

**WE ANSWERED:** Modibodi reusable underpants are specially designed to capture period blood and lock it away, to keep you dry and free from leaks. Keep an emergency pair in your school bag, take us to sleepovers, or wear us to bed.

If you can, wash us before your first use to activate our leak-proof tech. Then wear us as you need.

Everybody and every period is different. If your pant starts to feel 'heavy' or 'wet' change into a fresh pair of Modibodi. If you can, give them a rinse until the water runs clear, then pop them in a waterproof bag, ready to wash when you get home. Remember cold water and line dry. Easy!

**Please note:** all the information in this booklet has been checked by a registered doctor.

## HOT TIP

Cramps suuuuck... Hot water bottles, heat packs, warm shower and gentle stretching can help them un-suck.

Chat to your friends to see what works for them and then see what works best for you.

