



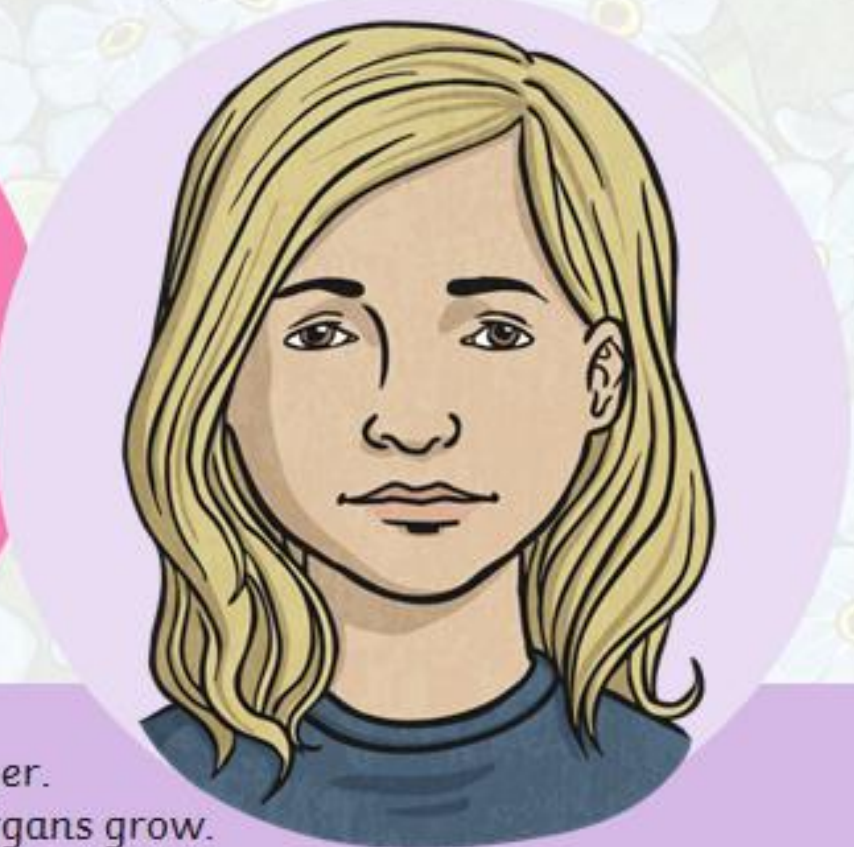
Menstruation

Periods: what happens and why?

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- Today we are going to talk about what happens to our bodies as we grow and develop and reach puberty.
- We are going to talk about periods, what they are and why girls/women have them.
- You can ask questions as we go (you can press the hands up button) or we can answer questions at the end.

Puberty: What Happens to Girls?



Your body sweats more.
Your breasts and nipples get larger.
Your internal and external sex organs grow.
Your hair on your arms and legs grows darker.
You may have mood swings, and sexual thoughts and feelings.

What are periods and why do they start?

Periods are caused by hormone levels changing within your body.

It is nature's way of preparing your body for having a baby when you are older.

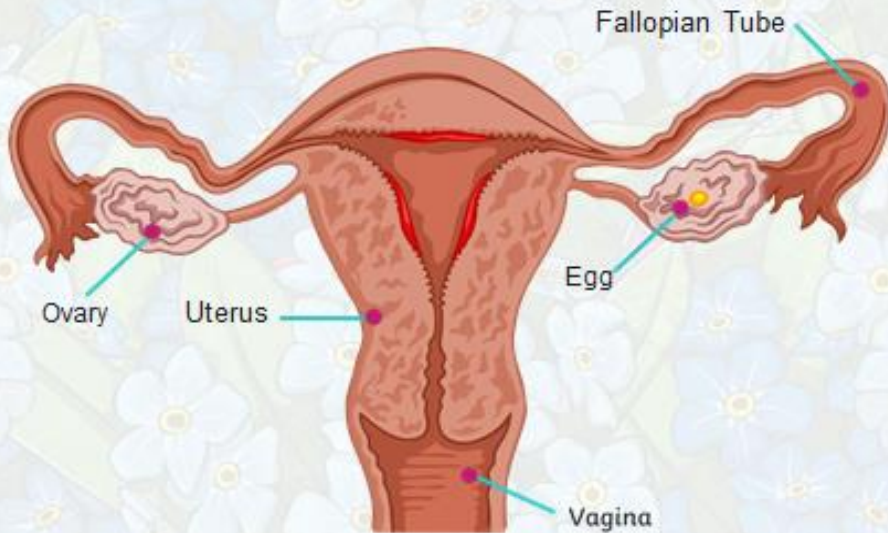
Periods are a normal part of the female reproductive cycle.

When puberty is reached, an egg is released each month from our ovaries.

If the egg is not fertilised by a sperm the lining of the uterus and the egg leave the body through our vagina, this is called a 'period'.

The idea of starting your period can seem a little scary but it really isn't anything to worry about.

The Female Reproductive System



What special job does each part have?

Vagina

The opening of the female reproductive system.

Ovary

A pair of female reproductive organs in which eggs are produced.

Egg

A cell which is the beginning of a human embryo.

Uterus

A major organ where the human foetus develops.

Fallopian tube

The egg travels down the tube toward the uterus ready for fertilisation.

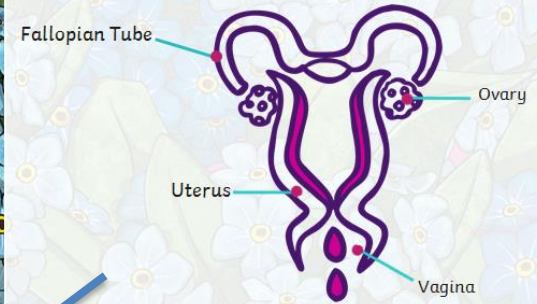
The Menstrual Cycle Days 15 -28

The lining of the uterus will stop developing if the egg is not fertilised.



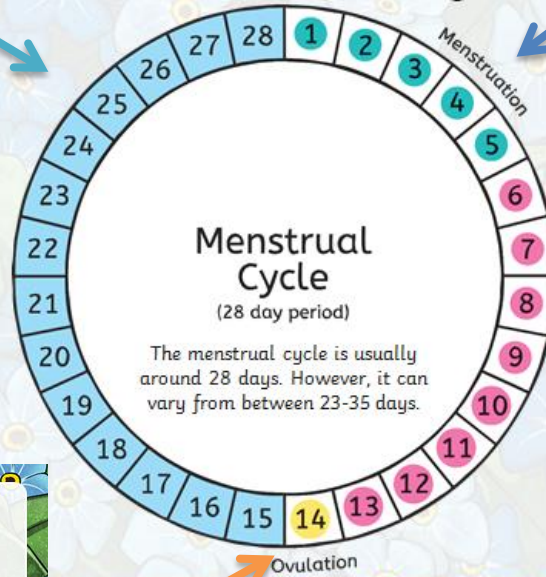
The cycle will start again.

The Menstrual Cycle Days 1-5

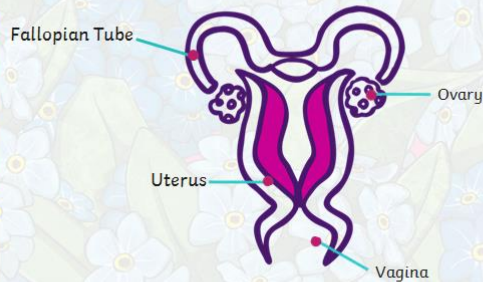


The lining is lost from the uterus.
This is called a period.

The Menstrual Cycle

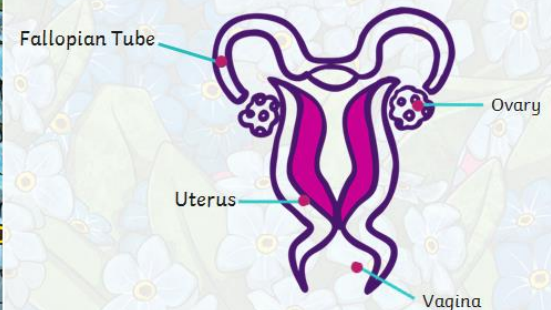


The Menstrual Cycle Day 14




When ripe, the egg is released from an ovary.
This is called **ovulation**.

The Menstrual Cycle Days 6-13



The lining of the uterus thickens to be ready to receive an egg.
The egg will start to ripen on day 12.

When Will My First Period Start?



Usually between 10 to 16 years old;
about 2 years after your breasts develop;
after you grow pubic hair;
after you start to notice vaginal discharge.

REMEMBER – Every girl is different!

What Symptoms Will You Have?

Many girls will experience PMS (Pre-Menstrual Syndrome).

The symptoms can include:

tender
breasts

mood
swings

stomach
cramps

food
cravings

tiredness

headaches

feeling
bloated

spots

difficulty
concentrating

During Your Period: Feminine Protection

There are **three** types of protection you can use during your period to absorb the blood and to stop it getting on to your clothes/underwear.

Some of the same products can also be used for vaginal discharge.

It is a personal choice and different for each girl.

Sanitary
towels

Tampons

Pant liners

Partner talk: What do you know already about the three types of feminine protection?

Feminine Protection



Pantliners

They are best used:

- when your period is light;
- in addition to a tampon;
- in between periods to absorb discharge;
- to help keep you fresh every day.

Sanitary Towels

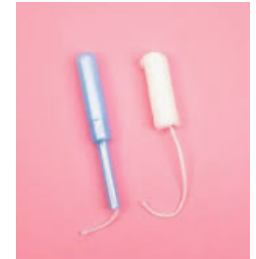
There are many different absorbencies depending on how heavy your period is.

Some have sticky tabs called 'wings', which help provide extra protection to the sides of your underwear.

They should be changed frequently to keep fresh and dry (generally every 4 to 6 hours but more often when your period is heavy).



Tampons



There are many different absorbencies depending on how heavy your period is.

Some come with an applicator to help when inserting them into the vagina.

They are good for swimming and other sports, such as gymnastics.

Should be changed regularly (every 4 to 8 hours but more often when your period is heavy).

In school there is a supply of sanitary towels in the ladies toilets near to the office. You can speak to any member of the office staff if you need them

How Will I Know When My Period Will Start?

Mark on a calendar the date of your first period.

Count 28 days from the day of your FIRST show of blood. This will give you a rough idea of when your next period will be.

Always carry some spare underwear and sanitary towels or tampons in your bag.

REMEMBER: Periods will not have a set pattern in the beginning. They will eventually settle into their own pattern after a few months or years.

Any questions?

the conversation...

PRIMARY
Sex and Relationships
Education

PERIODS

- Having a period is a normal healthy thing to happen.
- It is a natural process for every girl/teenager/woman.
- It can take some time getting used to having periods and feeling confident about dealing with them.
- Periods are a sign that your body is working properly; they are a special part of being a female.