Period Talk 101

written by

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Introduction

I am so HAPPY to help you learn about periods, or talk with you about periods. I am here to help you with your period needs, and questions. Feel free to share your period stories or share your first-period story. I haven't started my first period but have done a lot of research and will share when I start my first period!

NOTE: I will try my best to answer you! Remember I will not be able to be here every day!

Have a Great rest of your day!
Chapter 1

A very important thing to do before you start your period is to make an Emergency Period Kit!

You need a cosmetic pouch or small bag to put your stuff in!

A small travel-sized deodorant

Pads, Tampons, and Panty Liners (It’s your choice)

Wipes

Tissues

Extra Underwear

Pain relievers

Zip lock bag (for underwear you leaked on or for other needs)

If your school offers machines in the restrooms for menstrual products, or if you are out on a field trip or away from home, having a dollar or two quarters can be nice

Hand Sanitizer

Maybe a little mirror if you need help putting tampons in

And last some of your favorite candy because you deserve it
Chapter 2
How to deal with your period at school …

No matter if you are still waiting for your first period or if you have been menstruating for a few years now, finding blood in your pants while at school is often inconvenient, especially if you are not prepared for it.

If your period comes unexpectedly at school and are not prepared, there is no need to panic. You are not the first and definitely not the last in this situation.

1. Schools usually stock their menstrual products in two places: the girls bathrooms (in baskets for free, or in small vending machines) and in the nurse's office. If you feel comfortable you could also ask a friend that has had her period before.

2. Make sure to bring a homemade period kit to school, that you can keep in your backpack or locker. (In chapter one there is a Period Kit that you can make)

3. If you do not want anyone to see your pad or tampon while going to the restroom you can put it in your sleeve, shoe, pocket, or in an empty water bottle. (you can say that you need to fill up your water bottle)

4. If you have P.E. DON'T avoid it. Exercise is known to reduce stress and stress is known to sometimes amplify period cramps. The increased blood flow can also help ease menstrual cramps. It is proven that women who are sedentary and do not get regular exercise typically have heavier and more painful periods.
Chapter 3

What to expect when you get your first period …

It’s not uncommon to experience some discomforting symptoms such as breast tenderness, diarrhea or nausea, cramping in your lower abdomen, leg pain, hip pain, dizziness and lower backache. You also may get cramping without a period, which can signal that it’s about to begin. You might also find that the first few years after getting your period will consist of irregular cycles and some spotting. It might take time for your body to find its rhythm, but you should notice a pattern as you get older. I recommend that everyone uses a period tracker to calculate your period until your cycle regulates. (one of the most common period trackers is the “Clue Tracker”
Chapter 4

10 Period myths to set strait!

Attention!
I am not done with this chapter.