Periods, Periods, and Periods!

written by

Calmehcams

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Hey girls! This is all about periods, puberty, breast development, and girly stuff! Let’s girl talk!

Introduction
Chapter 1

Hey girlie! I’m Cammy. You will learn all about periods in this book! Here are some rules for comments!
1. No cussing/drama!
2. No spamming!
3. Girl talk only, please!
4. No hate speech!
5. No sexual stuff, except when it’s related to girl talk!
6. Be kind:)

Let’s start now!
Chapter 2

Chapter 1-1: What is a Period?

First of all, we must start with well-obviously, what is a period? Well, a period is a completely natural thing that happens once a month for every developing or developed female. It happens when your uterus or womb, releases an egg and expects it to meet with male sperm, and create a baby. When this doesn’t happen, it tears down and bleeds. This happens once a month. Ouch, you may think. But how does it feel? You experience blood coming out from your privates, and most girls experience cramps, cravings, mood swings, spotting, bloating, and more. A period can be irritating, but it is completely natural and healthy. Periods come at different ages for everyone!
Chapter 3

Chapter 1-2: How do I Know when my Period is Coming?

Now that you know what periods are, when will it come? Periods come at different times for everyone, but most girls get it when they are 12. However, it is “normal” to get it when you are 10~15. These are some symptoms that your period is coming very soon.

- breast development stage 3~5
- changes in body shape
- entering puberty
- spotting
- discharge
- bloating
- mood swings
- cramps
- moody
- cravings
- growth spurt
- mother/aunt/sister/grandmother etc got their first period about this age
- weight change

Most girls start their period when they have about half to 2/3 of these symptoms!
Chapter 1-3(part 1): What Should I Use During my Period? (Pads Edition)

There are about 5 things a girl uses during their periods. They are: pads, tampons, panty liners, period underwear, and menstrual cups (period cups/diva cups). In this chapter, we are going to be talking about pads. I’ll be talking about what pads are, how to put them on, and my brand recommendations for them!

What are pads?

Pads are the most used period product in women. They are materials that can absorb your period blood and prevent it from leaking. These pads can sometimes have “wings” that can help them from leaking. You need to change it every 3~6 hours, even on your light days.

How do you put pads on?

1. Wash your hands
This is important because good hygiene will prevent any bacteria from entering your privates.
2. remove the wrapper.
Remove the wrapper of the pad. SAVE IT for disposing of it later.
3. Remove the backing
The backing of the pad is a long piece of paper that covers the sticky side of the pad.
4. Put it on
Put the pad on your underwear(lower side), and if they have wings, remove the backing and wrap them around the underside of the underwear.

Pad recommendations

1. Always Radiant Teen Pads Get Real Regular, Unscented.

These, are heaven. 100% the best pads I have ever used, period. I NEVER leak with these.
The designs are adorable and the scent is AMAZING even though it’s unscented.

2. Always Infinity Size 5 Extra Heavy Overnight Pads with Wings, Unscented

These are always my favorite overnights. I am a heavy night bleeder and I always work up at literally 3:00 am with blood on my bed and pants UNTIL I found this pad. I never leak.

3. Always Radiant Size 1 Regular Pads, Light Clean Scent

These are great for your light days, the size is just?? amazing for me! And I normally HATE scented ones, but these smell great!
Chapter 5

Chapter 1-3 (part 2): What Should I Use During my Period? (Tampon Edition)

Now it’s time for, TAMPONS obviously! I’ll explain what they are, how to put them on, and my recommendations.

What are Tampons?

Tampons are a material that looks like a cylinder that is inserted into your privates (vagina) to absorb period blood. They can be used for about 4~8 hours without leaking. I WOULDN’T recommend them for your very first time(?) because it could be, if not IS pretty uncomfortable at first, and also because it usually breaks your hymen. However, once you get used to it, you can’t even feel it!

How to Put on a Tampon
(This website explained it better than I ever could so here)
Step 1: Wash your hands.

Your vagina isn’t dirty, but clean hands are healthier for everyone! It’s always smart to wash your hands with soap and water before and after you insert a tampon.

Step 2: Get out your tampon.

Unwrap your tampon and make sure you know how it works! If you’ve never really looked at a tampon, it can look intimidating, but the tampon itself is INSIDE the applicator. The applicator makes it easy to get the tampon into your vagina. Some are plastic; some are cardboard; both can be used safely! The applicator has a larger, outer tube that holds the tampon, a “grip” area where you’ll hold it, and a smaller tube at the end with the string coming out. The smaller tube is a “plunger” that you use to push the tampon out when it’s
Step 3: Locate your vagina.

We know you know it’s “down there,” but so many people have never really looked closely to be sure. So, now’s your chance. Grab a mirror and take a look to make sure you’re familiar with your vaginal opening where the tampon will go.

Step 4: Get comfy and ready to put the tampon in.

Find a comfortable position that let's you relax and still reach your vagina. Most people will sit on the toilet or stand while slightly squatting to insert a tampon, but you can also try lying down or propping one foot on a step or other raised surface (ex. the edge of your tub). The most important thing is to take a deep breath and relax all those muscles “down there.” If you squeeze your butt or the muscles around the vagina, it will not be as easy to insert the tampon.

Step 5: Set the tip.

Hold the tampon at the grip (the smaller part right above the plunger) and place the tip of the tampon at your vaginal opening.

Step 6: Use the right angle.

Once the tip is in place, aim the tampon toward your lower back, not straight up. Your vagina doesn’t go straight up into your body, it has a slight angle. Finding the angle that’s right for you can help make it feel more comfortable to insert, too.

Step 7: Tip to grip.

Now you’re ready. Slowly insert the tampon applicator from the tip, all the way to the grip. When you’ve inserted it far enough, your fingers on the grip will probably be touching your vulva (the external opening of your vagina).

Step 8: Plunge.

Once you’ve inserted the tip to grip, it’s time to use your pointer finger or the other hand to
push the plunger all the way and release the tampon.

Step 9: Remove the applicator.

After you’ve pushed the plunger in all the way, pull the applicator (both plastic pieces) out. The string will be the only thing left sticking out of your vagina.

Tampon Recommendations

1. Tampax Pearl Plastic Tampons, Light Absorbency, Unscented, 36 Count

These were, are, and probably will be the most comfortable tampon for me. The applicators are great, the scent is great, used these for years:

2. Seventh Generation Tampon with Comfort Applicator, 18 Count (Pack of 6), 108

These are 100% organic and it is so good, most other tampons I use give me side effects:( like sometimes I experience itchiness “Down there” or have allergic reactions, but these are so comfortable, leak-proof, and ORGANIC! YES, EVEN THE APPLICATOR! I never get side effects:)
Chapter 6

Chapter 1-3(Part 3): What Should I Use During my Period? (Menstrual Cup Edition)

Tampons and pads were the most common period products, now it’s time for the less known ones! In this chapter I will be talking about menstrual cups.

What are Menstrual Cups?

Menstrual cups are a small, funnel-shaped cup that you insert inside your vagina for it to collect your period blood. It can be made out of silicon or rubber, and sometimes organic material. It can be used for up to 12 hours, and I personally LOVE them. However, like tampons, I wouldn’t recommend it for your first time. Many people don’t use these often because they are “complicated” and the fact that it “hurts”. However, if you can use a tampon, this can be used too, sometimes even easier then tampons.

How to Use a Menstrual Cup

1. Wash your hands

Again, hygiene is very important for your period!

2. Cover the cup with water, or water-based lubricate(optional)

While this IS optional, it is highly recommended because it will make the cup easier to insert.

(From here the info is from a website because it’s way too complicated for me to write xD)

3. Tightly fold the menstrual cup in half, holding it in one hand with the rim facing up.
4. Insert the cup, rim up, into your vagina like you would a tampon without an applicator. It should sit a few inches below your cervix.
5. Once the cup is in your vagina, rotate it. It will spring open to create an airtight seal that
stops leaks.

(Back to me writing)
If this is done properly, you should not be uncomfortable or feel pain. If it IS uncomfortable, I recommend either re-inserting it (if your not bleeding) and if you are bleeding, pushing it in further. YES, this does work!

Menstrual Cup Recommendations