

Flow of life

a period guide



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I enunciate that this project was done by me and not by anybody else.

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A note to the reader:

You must have observed that your body is changing. These changes are happening to your friends too. Some have experienced the changes in their bodies beforehand and some are yet to experience them. Not knowing why these changes are happening can be scary. It's all right, these **changes are very natural** and are happening on the outside and inside of the body. You are just in the wonderful process of growing up. You are on an adventurous journey called PUBERTY.

This book is a guide to one of the parts of puberty called MENSTRUATION or period. This book will help you navigate through emotions, pain, and of course lots of changes. We will help you understand how and why periods occur, what to do when you get your first period, and how to take care of yourself or others during that time.

By the time you are done with the book, you will feel more comfortable with your body, and be ready to face any uncomfortable changes coming your way!



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WHAT IS HAPPENING WITH OUR BODIES?

Puberty:

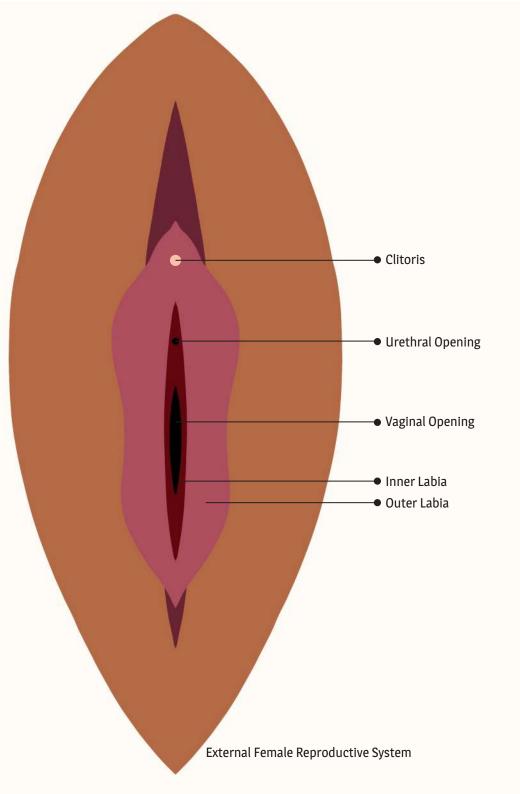
Puberty is the process of growing up. You start your journey from being a kid to an adult. Your body will grow at a rapid rate and you will start looking more like your mom or dad. When your body is ready, a small gland at the bottom of your brain will start to secrete hormones. Hormones are special juices that will initiate changes internally and externally. External changes like growing taller, growth of hair, and growth of your private parts will start. You may not see it but a lot is changing on the inside too. The biggest change that will happen is that you will get your period!

Periods:

Getting periods is a sign that the body is growing, and preparing itself to become pregnant. Just because you get your period does not mean YOU are ready to have a baby though. A period is something that will begin after a few years of puberty. Periods are the time when blood will flow out of your vagina. They will last for almost a week and will come every month. Since they will come again and again like a cycle, they are also called the menstrual cycle. This is very normal, in fact, it happens to nearly half of the population!

Female Reproductive System:

This system consists of external (vulva) and internal parts (uterus).



Parts of the vulva

Clitoris

It is located at the top of your vulva, where your inner lips meet. This is the most sensitive part of the vulva.

Urethral Opening

This is a tiny hole that you pee out of. It is located just below the clitoris.

Vaginal Opening

It is right below the urethra. This is where menstrual blood, babies and discharge comes from.

Labia

The labia or the lips are folds of skin around your vaginal opening. The outer lip is fleshy and thick while inner is thinner.

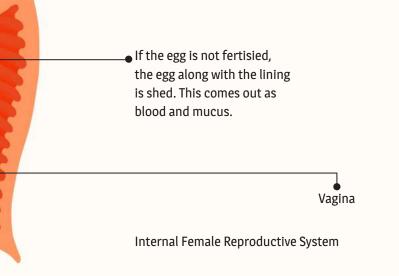
Vulva

The vulva consists of the labia, and clitoris.

•Our ovaries are the store house of eggs. When the eggs become mature, the ovary releases one of them into the fallopian tube.

WHY DO WE GET PERIODS?

The uterus is capable of growing a baby. During puberty, the pituitary gland secretes hormones telling the ovaries to secrete hormones called estrogen, and progesterone. These hormones cause the ovaries to mature and release an egg. When the egg does not fertilize, it is shed with the blood lining formed in the uterus.



• If the egg is fertilised, the

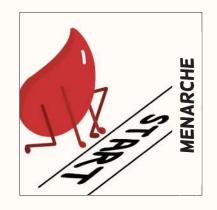
provide a comfy home for a

lining of the uterus will

growing baby.

 Egg has to reach the uterus through the fallopian tube. The lining of the uterus

thickens to welocme it.

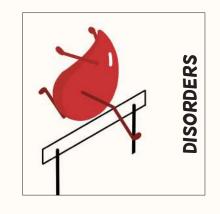


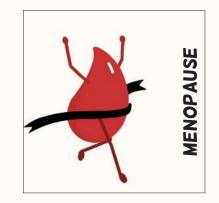
Fallopian

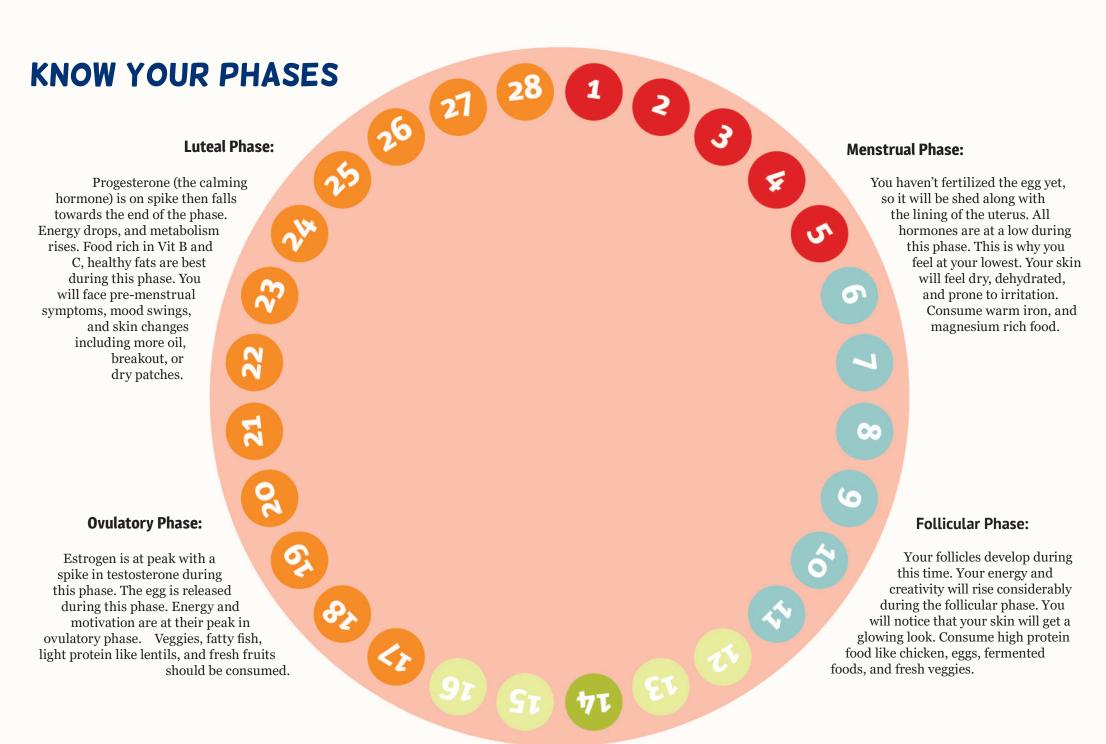
tube

Ovary

Uterus







MENSTRUAL HYGIENE MENSTRUAL TAMPONS CUPS 222222 REUSABLE PERIOD COTTON PANTIES PADS Which product is suitable for me? With such a wide range of products available in the market, it can be confusing to find a suitable product. The thought of inserting something inside your private parts can be scary. Some products may not be suitable for sensitive skin in those regions. SANITARY Talk to your caregiver about your concerns. It is okay to experiment with different products to find the right **NAPKINS** one for you.

Maintaing Menstrual Hygiene



Personal Hygiene:

• Wash hands with soap before and after changing a sanitary pad, cloth, tampon or cup.

- Wear clean undergarments or panties and change these frequenly, especially when stained.
- Bathe at least once a day and wash the genital area with clean water.
- It is also fine to wash your hair during your period.
 After defecation, wash or wipe the genital area in a motion away from the vagina (i.e. from front to back) to avoid infection.
 In case of a rash, use an
- anti-bacterial cream and keep the area dry.

Stains in public:

There may be a situation where you might stain your bottoms . Do not panic. Get your supplies, and if you don't have any ask from someome. Once your product is in place, find a way to change or cover up the spot. Don't feel ashamed of the spot. Periods are very natural and happen to everyone!

Be prepared:

To avoid such situations, be perpared beforehand. Keep a proper track of your periods. Always keep a menstrual hygiene product on yourself. If someone is the same situation lend a helping hand.

Self care during periods

Since periods are very subjective experience, self-care has to be individual. Here are a few tips to help you survive the pain: You can adjust your diet, adding food rich in magnesium (like chocolate as long as it has high levels of cocoa) and iron. Exercises like yoga and walking make cramps bearable. Heat is another great way to relive them. Remember to hydrate yourself throughout the day. And if you feel very tired a good sleep will restore your energy. If you feel very stressed reach out to an elder.

Consulting a gynaecologist

If you are experiencing unbearable pain or irregular flow talk to your parent, and consult a gynaecologist (a doctor that specialises in female reproductive health). Always ask your doctor before taking any painkillers to find the right one that works for you.



BE KIND, BE GENTLE

Your period is not something to be ashamed of. Nor should you be ashamed for things you may not be able to do while menstruating. At the end of the day, it is a week out of your month spent bleeding, with sometimes unpleasant side effects. Being hard on yourself is the last thing you need. It is important to be gentle with yourself. If you are unintentionally irritable with someone, apologise and make it up to them, but don't store in guilt about it. If anyone else is in thier menstrual phase be kind and gentle to them. You are only a person, you are a person going through a very difficult week, so be nice to yourself. **You're doing** your best!

MY FIRST PERIOD

Date:

Everything I felt

How I handled it all



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Glossary

Clitoris: kli-tuh-ruhs	Ovarian: ow-veuh-ree- uhn	Vagina: vuh-jai-nuh
Cyst: sist	Ovary: ow-vuh-ree	Vulva: <i>vuhl-vah</i>
Dysmenorrhea: di-smeh-	Ovary. 0w-oun-ree	
nuh-ree-uh	Period: peeuh-ree-uhd	
Estrogen: ee-struh-jn	Pituitary: puh-tyoo-uh- tuh-ree	
Fallopian tube: fah-loh-		
pee-uhn	Polycystic: <i>po-lee-si-</i> stuhk	
Fertilization: fur-tee-ly-		
zay-shon	Progesterone: pruh-jeh-	
	stuh-rown	
Follicle: fo-luh-kl		
	Puberty: pyoo-buh-tee	
Gynecologist: gai-nuh-ko-		
luh-juhst	Reproductive: <i>rre-pruh-</i>	
** 1	duhk-tuhv	
Hormones: hawr-moans	Qualitaria an and tail and	
I abias lay baa uh	Sanitary: <i>sa-nuh-tuh-ree</i>	
Labia: <i>lay-bee-uh</i>	Tampon: <i>tam-pon</i>	
Luteal: <i>loo-tee-uhl</i>	Tampon. tum-pon	
Menarche: meh-naar-kee	Testosterone: the-sto-	
	stuh-rown	
Menopause: meh-nuho-	TT 1 (1)	
pawz	Urethra: <i>your-ree-thru</i> h	
Menstruation: men-	Uterine: yoo-tuh-rine	
stroo-ay-shn	-	



Flow of Life

This illustrated guidebook is a trusty friend that can help girls feel confident about the new phase of their lives. What is a period exactly? Why do we bleed every month? Do I need to see a doctor? We have tried our best to answer all questions here!

'Flow of life' is a book that will guide you through all the physical, and emotional changes that come with your period.