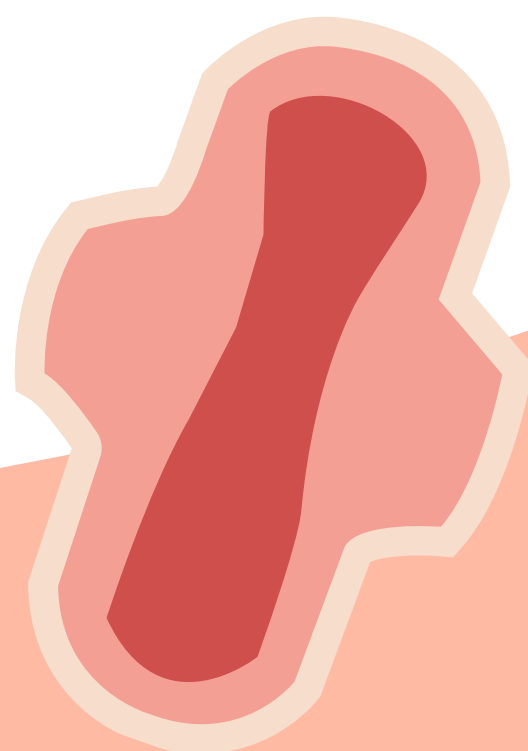


Got your period?

We've got you.



Period Pads

Disposable or reusable pads that are worn inside your underwear. Wings secure the pad to your underwear. Available in different absorbencies, sizes, styles, and thicknesses. Liners are great for when flow is light, or non-period days for discharge.

Change pads every 4-8 hours.

Never flush down the toilet.

Tampons

Available in different absorbencies - always use the lowest absorbency needed. Applicator and non-applicator styles are available. The absorbency part is inserted into the vagina and removed using the string.

Tampons should be changed every 4-8 hours. Never wear a tampon for more than 8 hours as this can be harmful.

Never flush down the toilet.



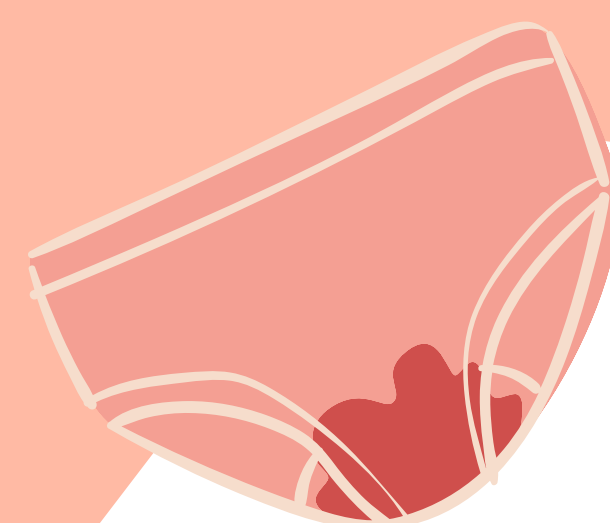
Menstrual Cup

Reusable silicone or rubber cups that are inserted into the vagina to collect menstrual blood. Different sizes are available. Rinse with clean water after emptying blood into the toilet and re-insert the cup. If in a public toilet, you could use a bottle of water. To clean, soak in boiling water for 5-7 minutes and it's ready for your next period.



Period Pants

Underwear designed with special absorbent fabric that can be worn without additional period products. A huge range of styles and brands are available. You can bring a spare pair to school and change throughout the day, just pop the used pair in a pouch and then wash when you're home.



Need more support?

Visit www.periodeducation.org or speak to a teacher you trust.

Periods.

THERE'S LOADS TO
KNOW, RIGHT?

SCAN HERE TO FIND OUT MORE
ABOUT PERIODS, INCLUDING HOW
TO MANAGE YOUR SYMPTOMS



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