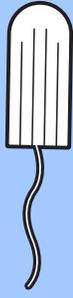
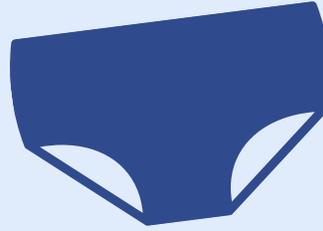


## Tampons



- Tampons are inserted into the vagina and absorb blood.
- Should be removed and thrown away every 4 to 8 hours or earlier depending on your flow.
- You can buy different absorbency levels (light, regular, super, etc.)
- You can wear tampons in water.
- Wash your hands before and after removal/insertion.
- Some tampons have plastic applicators and some do not.
- Tampons cannot get "lost" in your vagina.

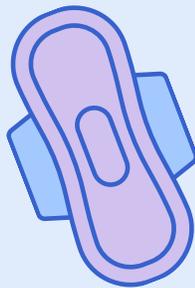
## Period Underwear



- Period underwear are underwear with a pad built in and are super absorbent.
- You can put them in the laundry like normal underwear.
- If you're worried about leaking (like maybe while you're asleep), you can wear period underwear with another period product.

- Pads are stuck to the inside of a person's underwear and not to the skin.
- You can buy different sizes and different levels of absorbency.
- They should be changed on average, every couple of hours, but it depends on how heavy your flow is.
- Pads are not made to go in water (like swimming).
- Most people use pads when they start having their period.
- Most are disposable, but you can get reusable fabric ones.

## Pads



- Menstrual cups are inserted into the vagina (in the vaginal canal) and catch blood.
- Cups can be worn up to 12 hours (depending on your flow) and then you can take out the cup and empty it into the toilet or sink.
- Wash your hands before and after and follow instructions to sanitize the cup between uses.
- Cups tend to be a bit trickier to use than other products, but are reusable.
- Can be worn swimming.
- Cups cannot get "lost" in your vagina.

## Menstrual Cups

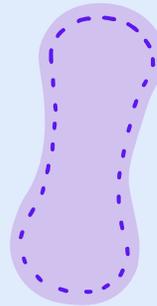


## Menstrual Disc



- Discs are placed inside the vagina at the base of the cervix and catch blood.
- Discs can be worn for up to 12 hours before emptying or throwing away.
- Some discs are reusable, some are disposable.
- Cups tend to be a bit trickier to use than other products, but are reusable.
- Can be worn swimming.
- Discs cannot get "lost" in your vagina.

## Panty Liners

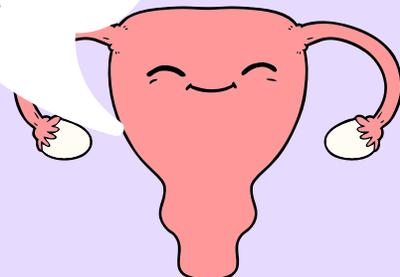


- Panty liners are like light-weight pads.
- Liners are stuck to the inside of a person's underwear and not to the skin.
- Great for if you are just spotting or to wear with a tampon/cup/disc if you worry about leaking.
- Hardly notice that they are there.
- You can buy different sizes and absorbency levels.
- Should be changed about every 3-5 hours whether or not you think you need to.

# PERIOD PRODUCTS

Getting your period can be overwhelming and it's totally normal to feel anxious or even upset when you do, but it can also be an exciting time and it a natural part of growing up. Talk to a trusted adult, your doctor, or even a school nurse if you have questions about your period.

**Use whatever product is most comfortable for you! You may try out a few to figure out what you like best.**



**Menstrual Cup**



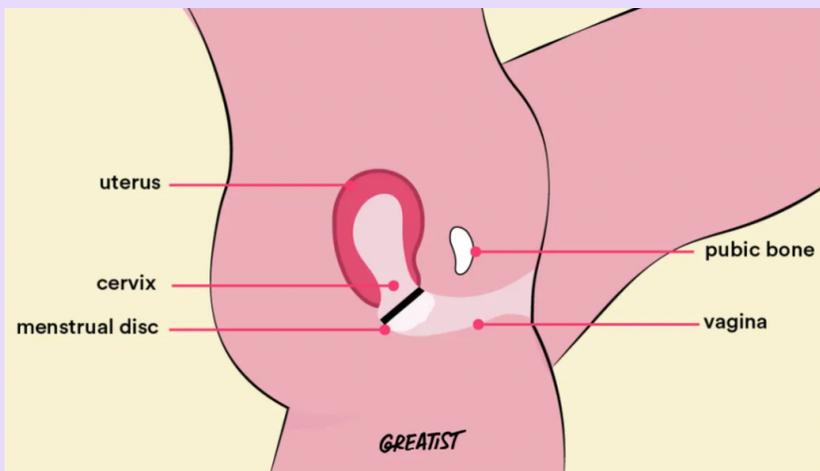
from Planned Parenthood

**Tampon**



wikiHow

**Menstrual Disc**



**Pad / Panty Liner**



from Medium

**It's ok to be nervous! Take your time, follow the instructions, and ask for help when you need it. Someone can help talk you through it!**

**IT GOES WHERE?!**

