

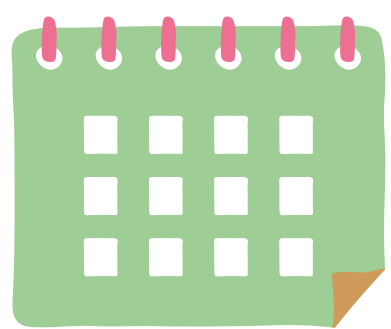
chocolate



exercise



Plenty of rest



period tracker or journal

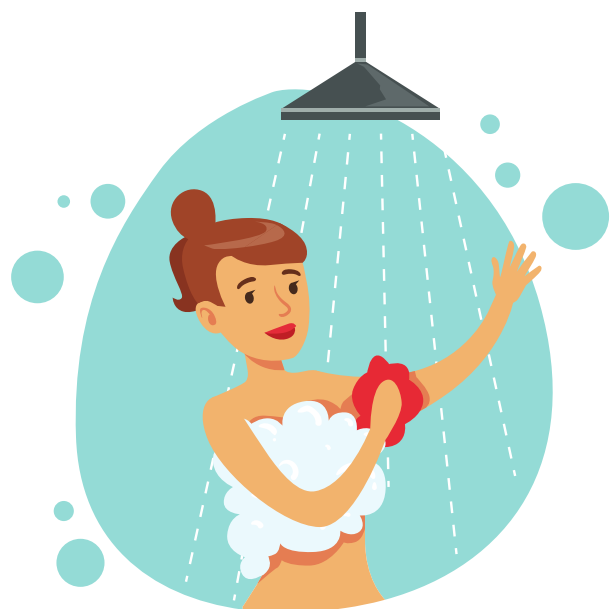
WHAT I REALLY NEED



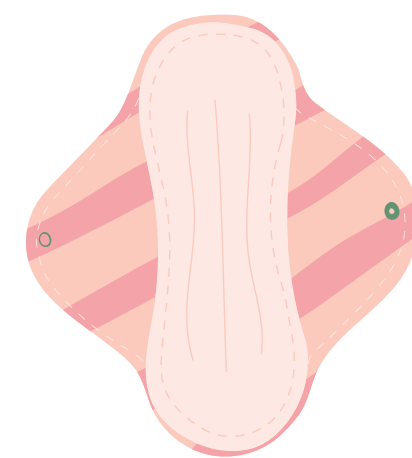
WHEN MY PERIOD COMES



healthy eating



good hygiene daily



The right products



support

DONT FORGET!

- *CHANGE YOUR PERIOD PRODUCTS EVERY 3-4 HOURS.
- *CHANGE YOUR UNDIES AND USE SOAP & WATER DAILY TO STAY FRESH.
- *TALK TO A TRUSTED ADULT IF YOU NOTICE CHANGES OR FEEL LIKE SOMETHING IS WRONG.
- *NEVER FLUSH PERIOD PRODUCTS DOWN THE TOILET!

