

PERIOD EDUCATION



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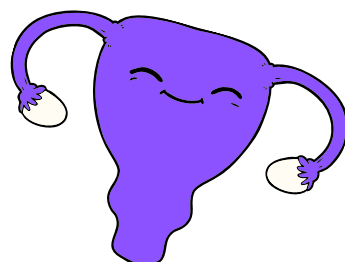
WHAT IS A PERIOD?

A period is the monthly release of blood and bodily fluids from a menstruator's reproductive organs.

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WHO CAN HAVE A PERIOD?

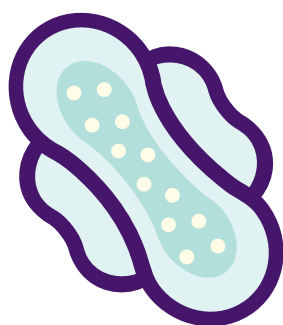
A menstruator is an individual who menstruates or has a period. Most people with ovaries and a uterus will have a monthly period.



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WHAT SHOULD A MENSTRUATOR WEAR WHILE ON THEIR PERIOD?

A menstruator can wear disposable or reusable period products such as sanitary pads, tampons, menstrual cups, and/or period underwear when on their period.



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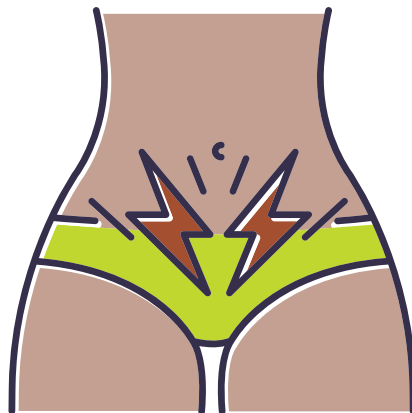
WHERE CAN A MENSTRUATOR RECEIVE PERIOD PRODUCTS?

A menstruator can access period products at any convenience store or pharmacy. The most affordable options are generic brands. There are also free products at the Corner Store!

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DOES A PERIOD HURT?

Some menstruators may have period cramps that cause lower abdominal pain. Period cramps are due to the uterus contracting so blood can be pushed out of the body. Ibuprofen is recommended for regular cramping and discomfort. It is important to see a healthcare provider if period-related pain is disruptive and/or debilitating.



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CAN I HAVE SEX ON MY PERIOD?

A menstruator can have sex during their period if they are comfortable and want to do so. Using protection against STI's and pregnancy is recommended.

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HOW DO I KNOW WHEN I WILL BE ON MY PERIOD?

It is healthy for a menstruator to have an average period duration of 2-7 days and an average menstrual cycle that is 21-35 days. A menstrual cycle **begins** on the first day of period bleeding. A menstrual cycle **ends** on the first day of the next period.



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CAN THERE BE ANY CHANGES TO MY PERIOD?

Periods can change over time. Also, if you use any hormonal medications such as hormone-replacements, birth control, or emergency contraceptives, you may experience changes in your period, symptoms, or period cycle. Other things that can change your cycle includes pregnancy, stress, infections, and changes to your environment, sleep and/or nutrition.

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WHAT IS "NORMAL DISCHARGE"?

All menstruators have normal discharge. Discharge is fluid and cells that come out of the vagina everyday to keep the vagina clean and healthy. Discharge can be clear/white, watery or sticky/thick. If your discharges changes or does not seem "normal" to you, contact your healthcare provider.



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WHO CAN I TALK TO ABOUT PERIODS? SHOULD I TALK TO MY HEALTHCARE PROVIDER?

Periods can be discussed with anyone in your life such as friends or family. It should not be a taboo topic. Menstruators should talk with their health care providers about their periods at yearly physicals and if they have any questions related to abnormalities or pain.