

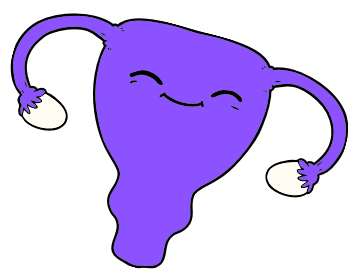
QUESTIONS ABOUT PERIODS

1 WHAT IS A PERIOD?

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

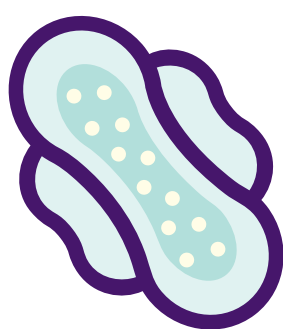
2 WHO CAN HAVE A PERIOD?

A menstruator is an individual who menstruates or has a period. Most people with ovaries and a uterus will have a monthly period. A person on hormone-replacement therapy may experience an increase or decrease in period-related symptoms, depending on which hormone levels are altered.



3 WHAT IS DISCHARGE?

Discharge is released from the vagina. It is fluid and cells that maintain vaginal health. Throughout a menstrual cycle, the discharge may be clear/white, thick, and sticky.



4 WHAT SHOULD A MENSTRUATOR WEAR ON THEIR PERIOD?

A menstruator can wear disposable or reusable period products while bleeding. When accessing period products, it is important to know what your period flow is. A light flow means that period products need to be replaced every 3-5 hours. A heavy flow means that period products need to be replaced every 1-2 hours. The flow can change over the course of one period.

5 WHERE CAN A MENSTRUATOR RECEIVE PERIOD PRODUCTS?

A menstruator can access period products at any convenience store. The most affordable options are generic brands.



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

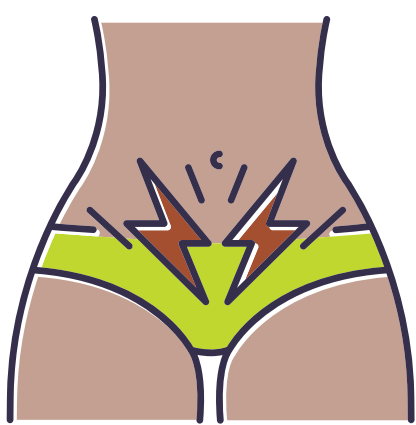
It is healthy for a menstruator to have an average period duration of 2-7 days and an average menstrual cycle that is 21-35 days. A menstrual cycle **begins** on the first day of period bleeding. A menstrual cycle **ends** on the first day of the next period.

7 DOES A PERIOD HURT?

A period is not painful in the way that a bleeding paper cut is. Some menstruators experience a comfortable period. Others 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. It is important to see a healthcare provider if period-related pain is disruptive and/or debilitating.

8 CAN I HAVE SEX ON MY PERIOD?

A menstruator can have a sex on during their period. Protection is still strongly recommended to reduce the risk of STI's and unwanted pregnancies.



9 WHEN SHOULD I SEE A HEALTHCARE PROVIDER ABOUT MY PERIODS?

A menstruator should discuss their menstrual cycle with their healthcare provider during each physical, or yearly, appointment. A **symptom may be normal for a menstruator but that does not mean that it is healthy**, especially if it causes discomfort.



10 WHO CAN I TALK TO ABOUT PERIODS?

A menstruator should discuss their periods with anyone in their life, such as friends or family. If periods are conflicting with school or work performance, then a menstruator should mention this to their teacher/school administrator/employer. For questions about period-related pain, it is best for a menstruator to ask a healthcare provider because they will offer the most factual and useful information.