

MY FIRST period

stay
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WITH **KO+EX**



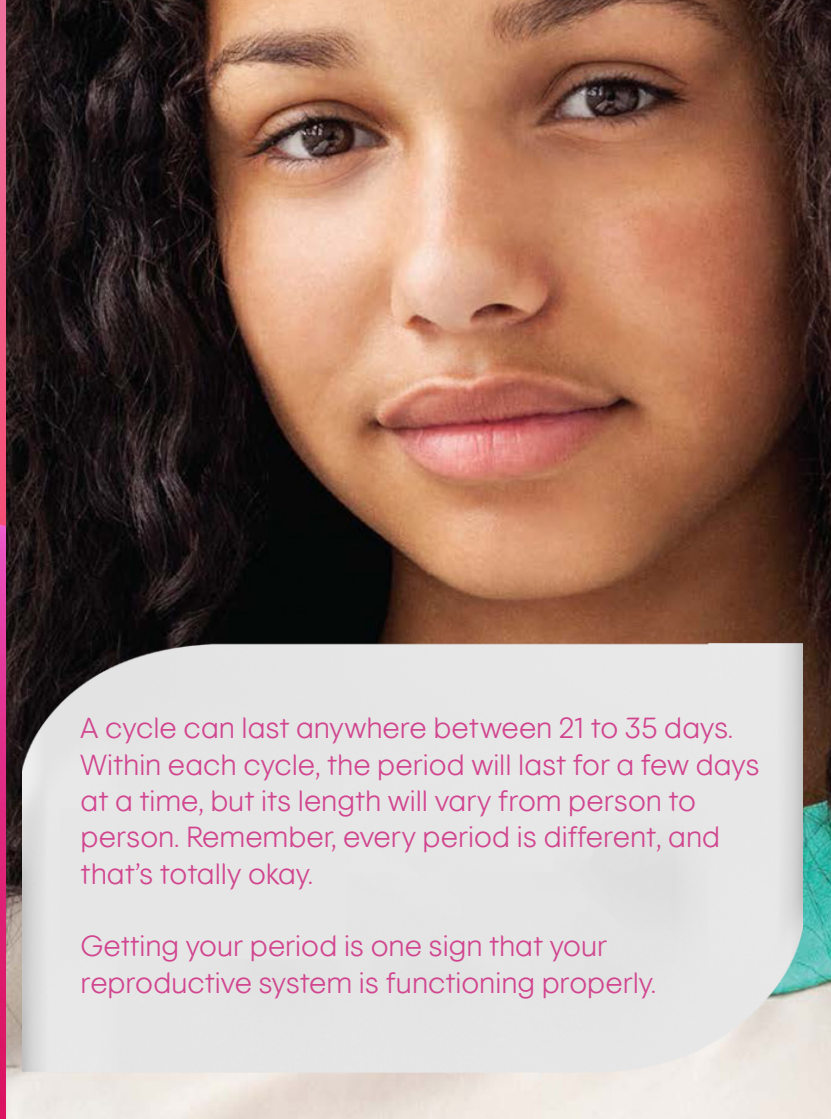
 SCAN ME



Let's get this
out of the
way - getting
your period is
nothing to be
ashamed of.

A cycle can last anywhere between 21 to 35 days. Within each cycle, the period will last for a few days at a time, but its length will vary from person to person. Remember, every period is different, and that's totally okay.

Getting your period is one sign that your reproductive system is functioning properly.



FIRST PERIOD indicators

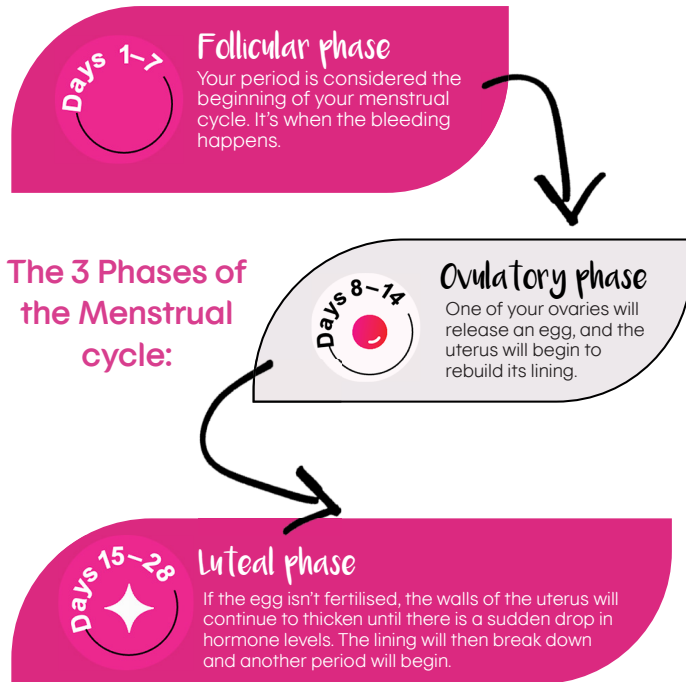
There are a few signs that will help you determine if you're about to get your period for the first time.

Hair growth under your arms and around your pubic area

White vaginal discharge
(it's like milky-white water coming out of your vagina - nothing to worry about!)

Feeling bloated and having some pain in your stomach area or lower back; this pain is called "menstrual cramps" (or just "cramps")

Emotional changes ranging from irritability to sadness



Menstrual-Cycle Symptoms

A few days before your period starts, you might notice that your breasts feel a little sore or that your stomach is achy. You may get acne, feel tired, or go to the bathroom more frequently. That is all caused by your menstrual flow. But you might also feel the same as you usually do.

It doesn't sound glamorous or fun - but having periods means you can create life.

Menstruation: Also referred to as having a period. It's the vaginal bleeding that occurs as part of your monthly cycle.

Menstrual cycle: The regular and natural change in the reproductive system that makes pregnancy possible. On average, this lasts 28 days but can be shorter or longer.

Uterus: Also known as the womb. This is where a fertilised egg will become a foetus.

Ovary: Where eggs (also known as ova) develop. Eggs are released from the ovaries and travel down the fallopian tubes into the uterus.

Ovum: Also known as an egg. It is a reproductive cell that will develop into a foetus if it is fertilised by a sperm cell. One ovum is released each month during your menstrual cycle. Fertilisation usually happens after unprotected sex. **FYI: The plural for ovum is ova.**



Puberty

Between the ages of about 8 and 14, you will begin to notice changes to your body. Or you might just feel different. That's puberty – everyone goes through it. There are many different signs that suggest you may be going through puberty. Some of the changes your body go through will be more exciting than others – but they're all part of becoming an adult.

Signs of Puberty in girls:

Increased tiredness

Height and weight increasing

Emotional changes –

(e.g. loneliness, crushes, wanting to be independent, self-consciousness)

Acne

Breasts getting bigger

Hips widening and body becoming more curvy

Sexual curiosity and attraction developing

A need for independence from parents

Hair beginning to grow in your armpits and pubic region

Sweat and body odour becoming more noticeable



Managing your period.

Self-care is always important, but especially when you have your period.

Bathe regularly and gently wash your genital area with water.

Avoid using soap as it will irritate the sensitive skin.

Use a product that will absorb or collect your period blood.

Remember to change your product at the recommended time to avoid staining, odour, and bacteria buildup.



Period flow

Period flow can be broken down into three simple terms: heavy, medium, or light. The strength of a woman's flow determines which kind of product will be needed.

The good news is that Kotex® has a great selection of products that caters to each woman's flow. All Kotex products are labelled and marked with little drops on the packaging to symbolise which product is suitable for your flow 🍃🍃🍃🍃🍃

The way to determine what kind of flow you have is by noting how often you need to change the product.

On regular (medium) days, a pad or tampon with regular absorbency would need to be changed about every four hours.

If four hours pass and the pad or tampon is still mostly white (dry), then it's considered to be a light day.

On these days, it is recommended that the product is switched over to a pantyliner or a pad/tampon with light absorbency.

On the heaviest flow days, you can avoid accidents and overflow by wearing a pad or liner with a tampon and perhaps sleeping in our Kotex® All Nite pads, which are the longest and widest in the Kotex® range, offering maximum protection.

If the product is checked before four hours have passed, and the pad or tampon (or both) needs to be changed sooner, that is considered a heavy flow, and it is recommended that you use a Kotex® Super pad or tampon.

Period products

The product you choose is totally up to you. Different people prefer different products, and you might use a variety of products depending on the occasion.

It's your decision. Just make sure you feel comfortable and confident with your choice.



Pads

Pads are the most-used period product, and come in many different kinds. Pads vary in thickness, absorbency, and length, but all adhere to your underwear so they stay in place while absorbing period blood.

There are two product formats when it comes to pads: Ultra Thin and Maxi Protect Pads.

1. **Ultra Thin Pads** are thin pads that offer discreet protection and high levels of absorbency.



2. **Maxi Protect Pads** are thick pads which give extra reassurance, while Maxi Protect All Nighter Pads are the longest and most absorbent pads. They extend in the back for extra protection when you lie down.



It's recommended that you change your pad every five-to-six hours, but it really depends on how heavy your flow is.

Pantyliners

These are a great option for when your menstrual flow is lighter towards the end of your period, or for regular daily discharge.

Frequency of change: Recommended every three-to-four hours depending on your flow, or daily for an everyday fresh feeling.



Tampons

Tampons are designed to absorb period blood by being inserted into the vagina. Just like pads do, they come in different sizes. The choice of product size is related to your blood flow and has nothing to do with the size of the vagina. Doctors recommend using the lowest-absorbency tampon that will meet your personal needs and to change the tampon regularly.

Frequency of change: Recommended every five-to-six hours.



Reusable Period Underwear

Period underwear is a reusable period product that is made up of multiple layers of a special type of fabric that keeps period blood from leaking onto your other clothes.

Frequency of change: Recommended every five-to-six hours.



Menstrual Cups

A menstrual cup is a reusable period product made of rubber or silicon. It's a small, flexible, funnel-shaped cup that is inserted into the vagina to catch and collect period fluid. **Depending on how heavy your flow is, you can leave a menstrual cup in for up to 12 hours.**



FAQ

Will you lose your virginity if you use a tampon?

No. Nope. Definitely not.

Is it true that you can't take medicine when you have your period?

If you have your period and you need to take medicine, you should always check with your doctor.

How much blood will you lose?

During your period, you will lose two-to-six tablespoons of blood, depending on your flow. This amount of blood loss is not dangerous.

Is there a normal length of time your period should last?

The length of every period is different. The average is five days, but it could range anywhere **from two days to seven days**

Are you allowed to exercise when you have your period?

Go for it! Exercise will actually help relieve any cramps.

Can you go swimming when you have your period?

Yes, go swimming! Just use a tampon. The tampon won't fall out as long as it's inserted properly. And no, sharks will NOT attack you just because you have your period while you are swimming in **the ocean – that's an old myth.**

Can stress delay your period?

Really serious emotional or physical stress can delay your period.

Is menstrual blood different from regular blood?

Menstrual blood isn't different at all. It's just regular blood that flows from the vagina.

Can you pee with a tampon in?

Yes, you can pee with a tampon in. The urine comes through the urethra, and the tampon is inserted into the vagina – two separate parts of your body.

Will other people know when you have your period?

There's absolutely no way for others to know unless you decide to tell someone.

Does your period stop when you're in the bath?

Your period doesn't stop when you're in the bath. The water may dilute the blood flow, but your period continues.

Can having a cold delay your period?

A cold by itself won't delay your period, but a serious illness can disrupt your cycle.

Changing Perceptions

Don't assume someone has their period just because they are

Angry – Anxious – Sad

Moods actually change throughout the whole menstrual cycle. So, instead of judging someone, let's support, encourage, and empower them.

Did you know?

Globally, among teens who get their period:

58%

have heard jokes about being emotional because they're having their periods.

51%

have experienced comments about being helpless because of their periods.

59%

have heard jokes about being angry or irrational because they're having their periods.

58%

have been told to avoid physical or social activity because of their periods.

Don't believe everything you hear!

Myth #1 : Period blood is dirty.

False. The blood that comes out of your vagina is no different than the blood that comes out of a cut. It's the same blood! It's not "dirty." It requires no type of different care than that of a nosebleed.

Myth #2 : Using a tampon will cause you to lose your virginity.

This is a harmful myth that is NOT TRUE. A tampon is safe and easy to use, especially when your outfit for the day is a pair of your favourite pants.

Myth #3 : You shouldn't swim or take a bath when on your period!

This is NOT TRUE! Definitely go for a swim! In fact, it can be really relaxing, help you with your mood, and help alleviate those cramps. Using a tampon or a menstrual cup is completely sanitary for swimming while on your period.

Myth #4 : Avoid exercise when you're on your period!

Some cultures believe that exercising during your period may cause infertility. This is a MYTH! Exercising while on your period is safe and can actually help to alleviate cramps and improve your mood. So, go for it!



Talking about your period

It might feel uncomfortable to talk with parents or caregivers about your period, but it's nothing to be ashamed of. The adults in your life won't be surprised when you tell them; they know it's coming.

Your period is personal, so make sure you tell them in a way that makes you feel comfortable

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