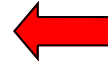


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# Adolescent Girl When I Have a Period

## Version 1.0

### About Visual Aids for Learning

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The free downloads are supported from revenue generated by online advertising on our website. We encourage you to visit our website often as we are continually updating these products and adding new images.

[www.visualaidsforslearning.com](http://www.visualaidsforslearning.com)

### How to make your booklet

1. Print this document (we recommend using 180—200 gsm matt card)
2. Cut each card in half using the grey lines as a guide if you want a smaller booklet.
3. Place the visuals in the correct page order as numbered on the bottom right corner
4. Staple or ring bind the pages together.

### Tips

1. For greater durability consider laminating the cards before binding together.

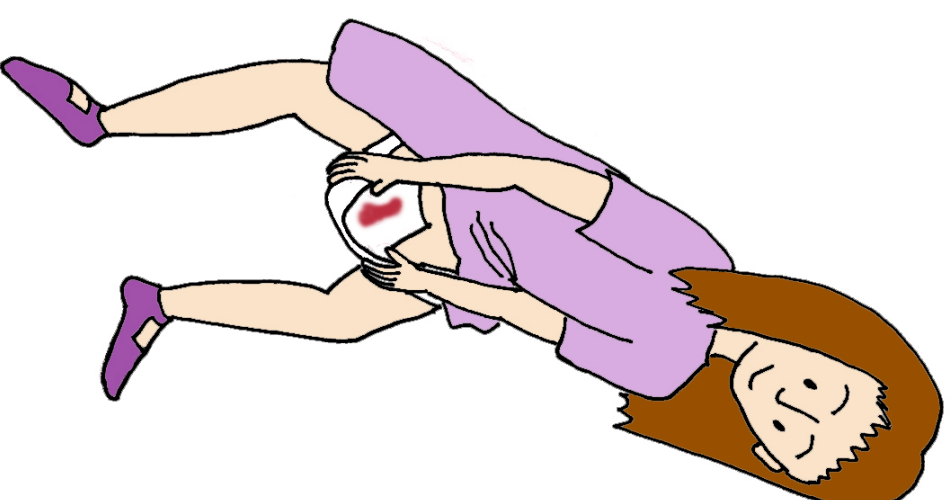
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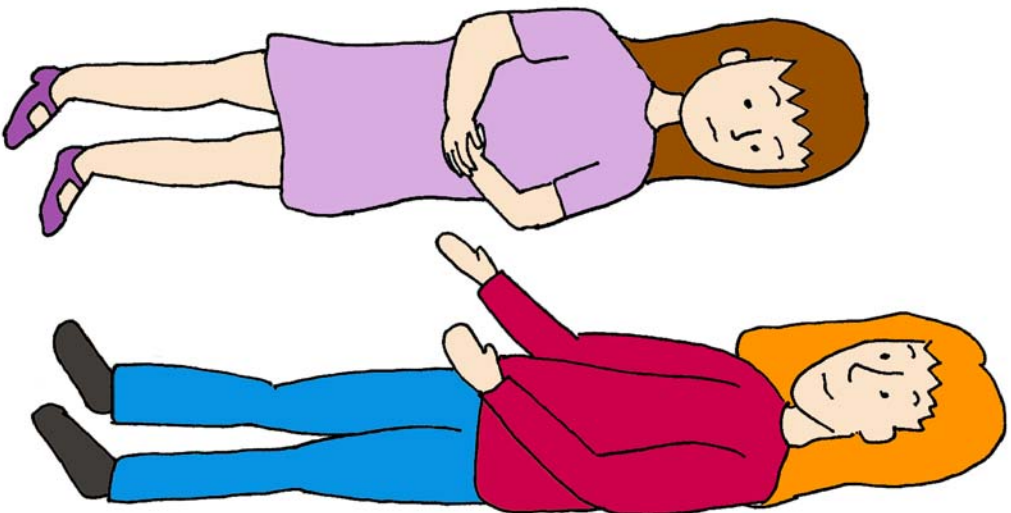
When I  
have my  
periods

1

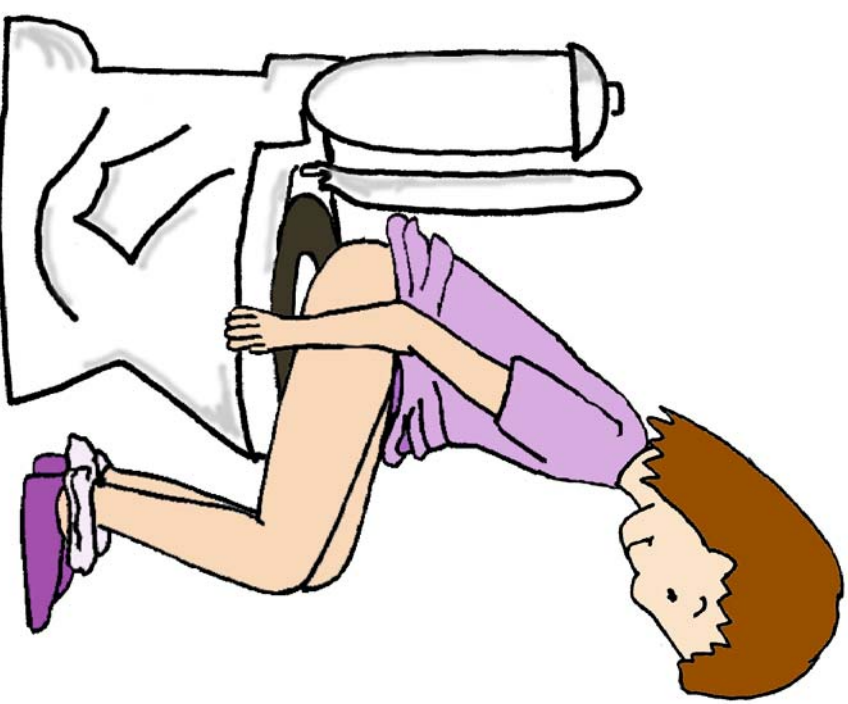


Sometimes there is blood  
in my pants. This is  
called my period.

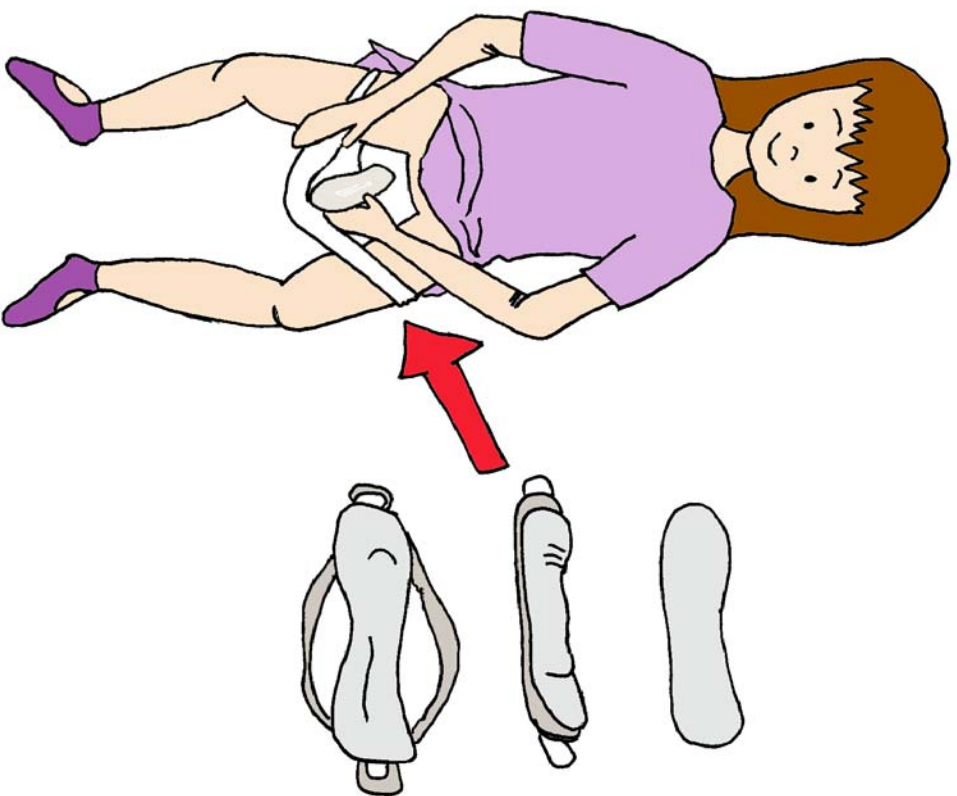
2



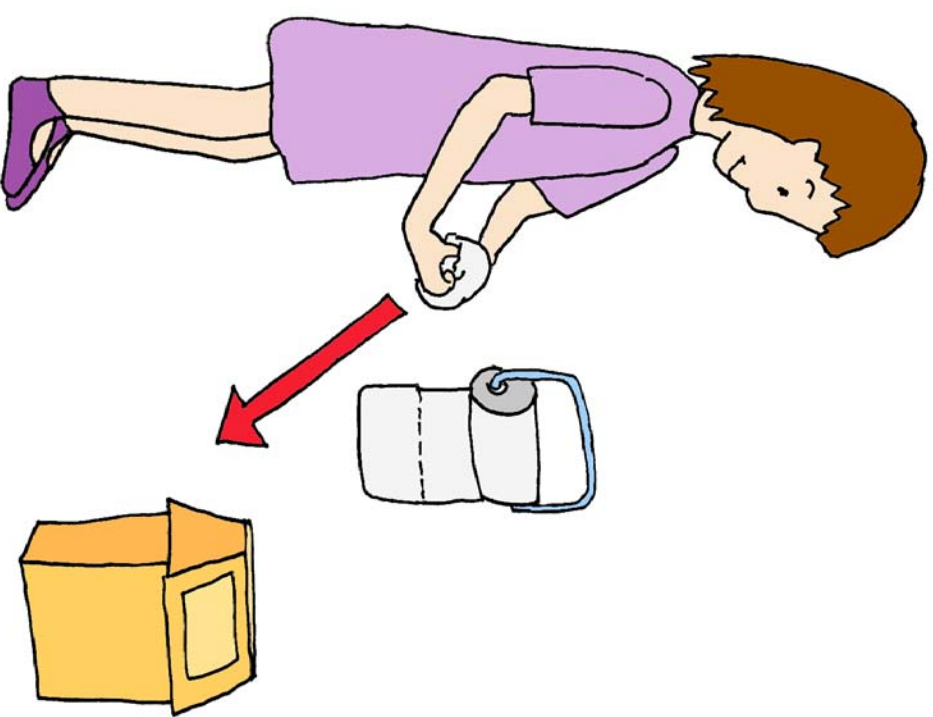
*Sometimes my tummy  
feels sore and I tell my  
mum or a teacher.*



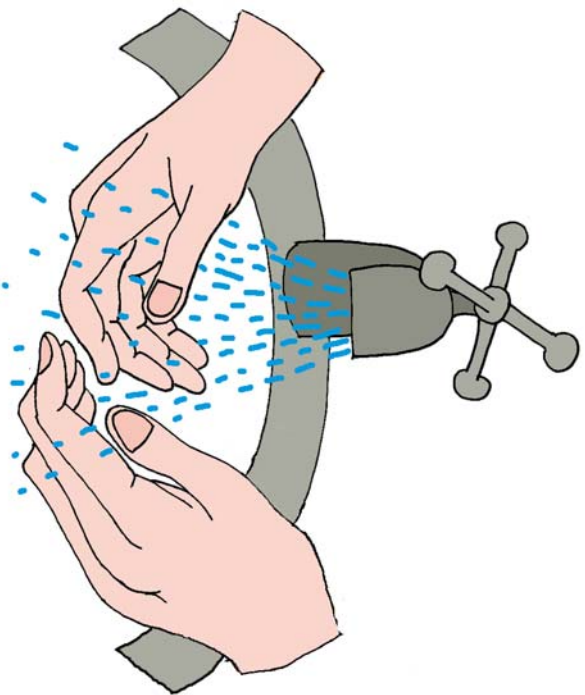
*When I see this blood I  
Need to go to the toilet.*



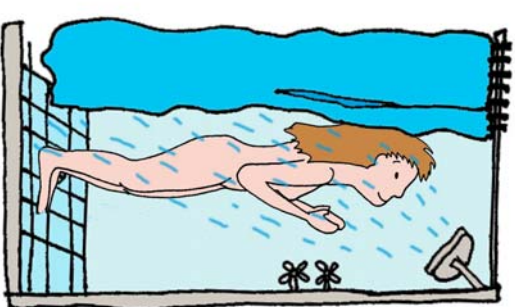
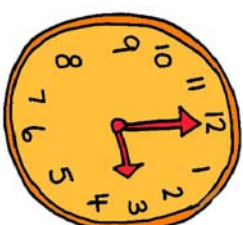
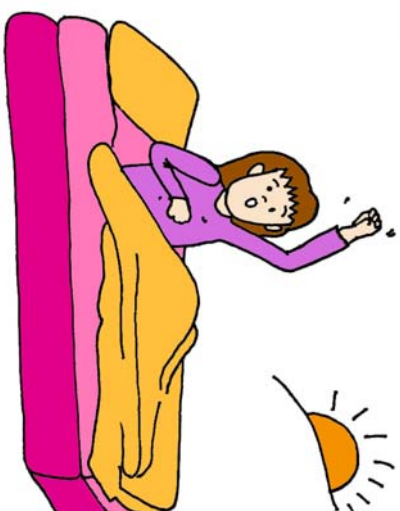
*I put a pad in my pants to stop them getting dirty.*



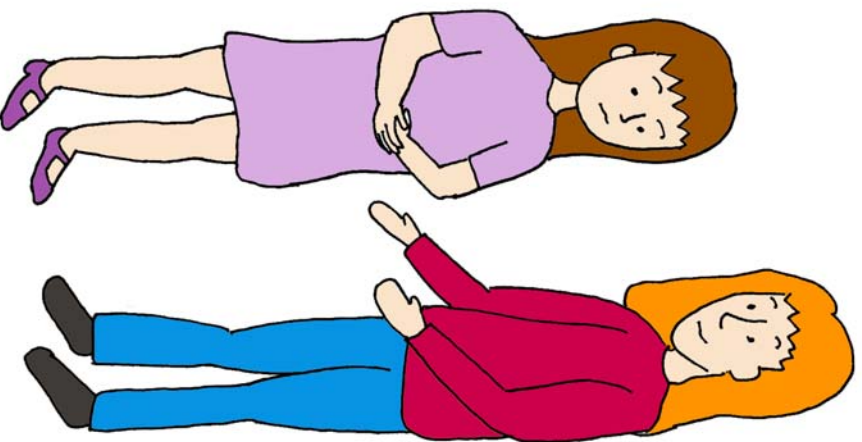
*I wrap the old pad with toilet paper and put it in the bin.*



*I wash my hands  
with soap.*



*I need to change my pads  
morning, lunchtime,  
afternoon and before  
I go to bed.*



*Having my periods is a  
private thing. I only  
talk to my mum or  
teacher about them.*