

Coping with change

Periods: myth or reality?



It hurts when you have a period.

You cannot exercise when you have a period.

There is always someone you can talk to about periods if you need to.

Periods always start for a girl at the age of 15.

Boys do not have periods.

Periods can last between two and seven days each month.

Using a sanitary pad helps keep a girl clean and hygienic when she is on her period.

You shouldn't have a bath if you are having a period.

You can't go swimming when you have a period.

Everyone knows if a girl is having her period.