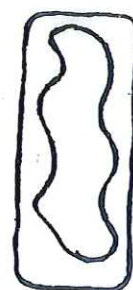
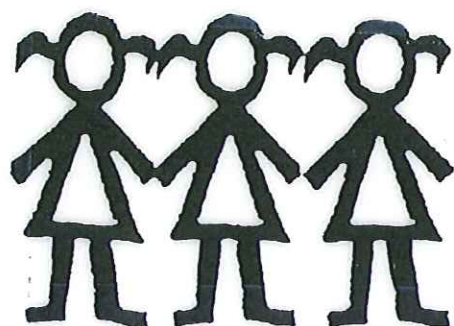
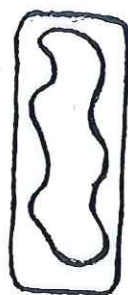


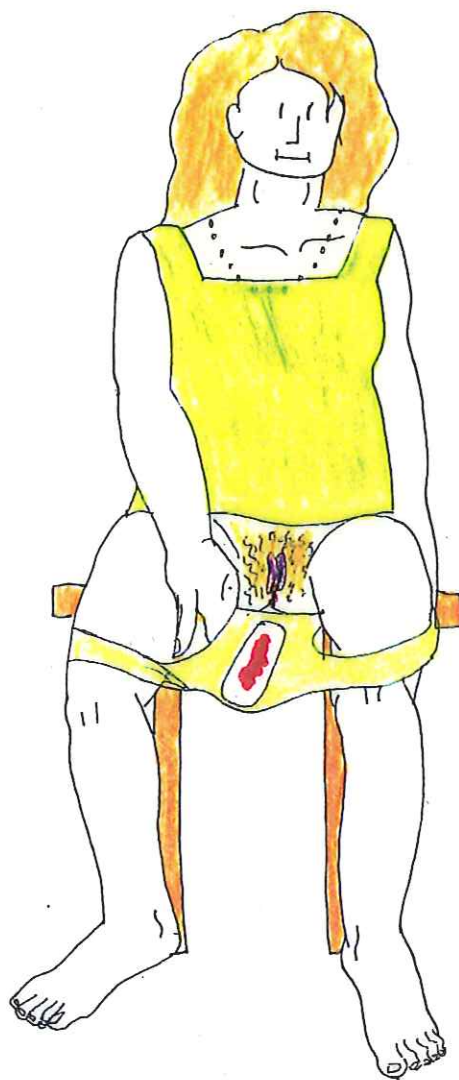
This Australian resource was developed in 1994 by a joint project between the Department of Social Work and Social Policy at the University of Queensland and the Division of Intellectual Disability Services in the Queensland Department of Family Services and Aboriginal and Islander Affairs, with original funding from RADGAC, Commonwealth Department of Health, Housing and Community Services, from Sancella Pty Ltd and Libra Products. Original artwork is by Ann Taylor. This resource is from the original Menstrual Preparation and Management Kit (copyright) which was produced as a community resource. The developers encourage the materials to be reproduced for personal use and individualised training purposes, not at a large-scale level. Copyright means that the developers, as mentioned above, and the Queensland Centre for Intellectual and Developmental Disability (QCIDD) must be acknowledged in any reproduction or citation.



*1. Most girls menstruate.*



*It is part of growing up and becoming a woman.*



*2. To menstruate means that*



*blood comes from inside your*

*body through an opening  
between your legs.*



*This opening is called a vagina.*



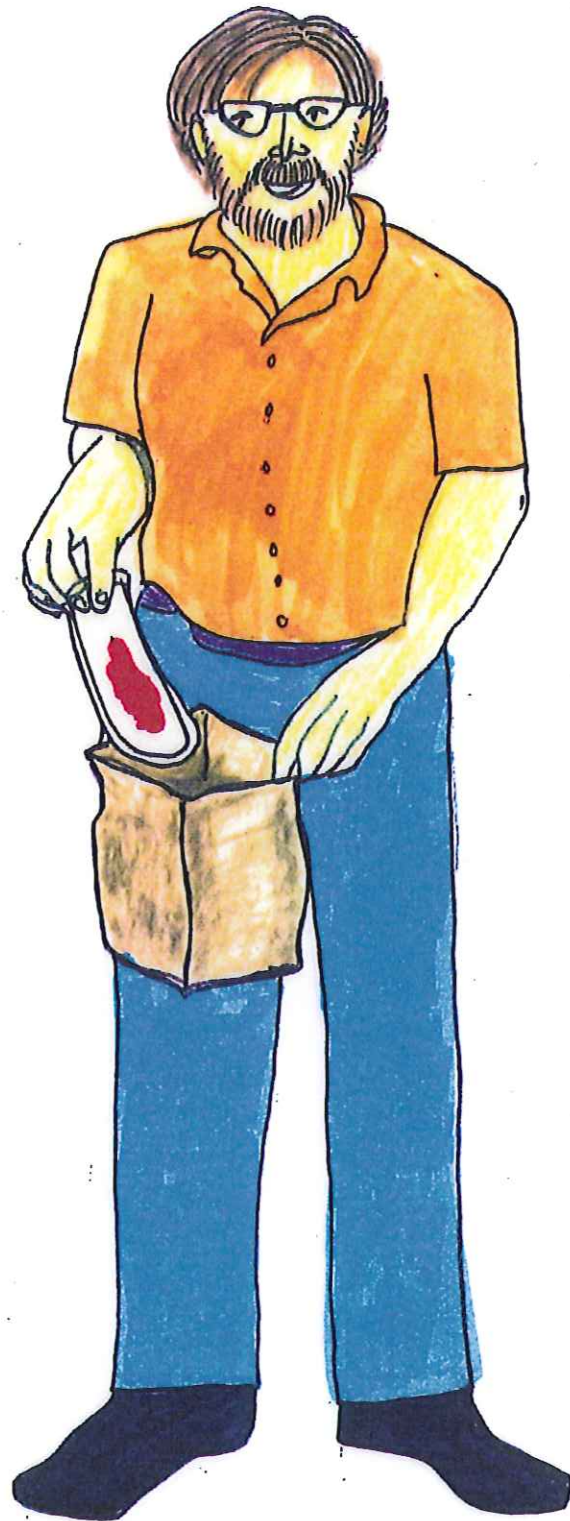


**3. It is good to menstruate.**



**It means you have a healthy body.**

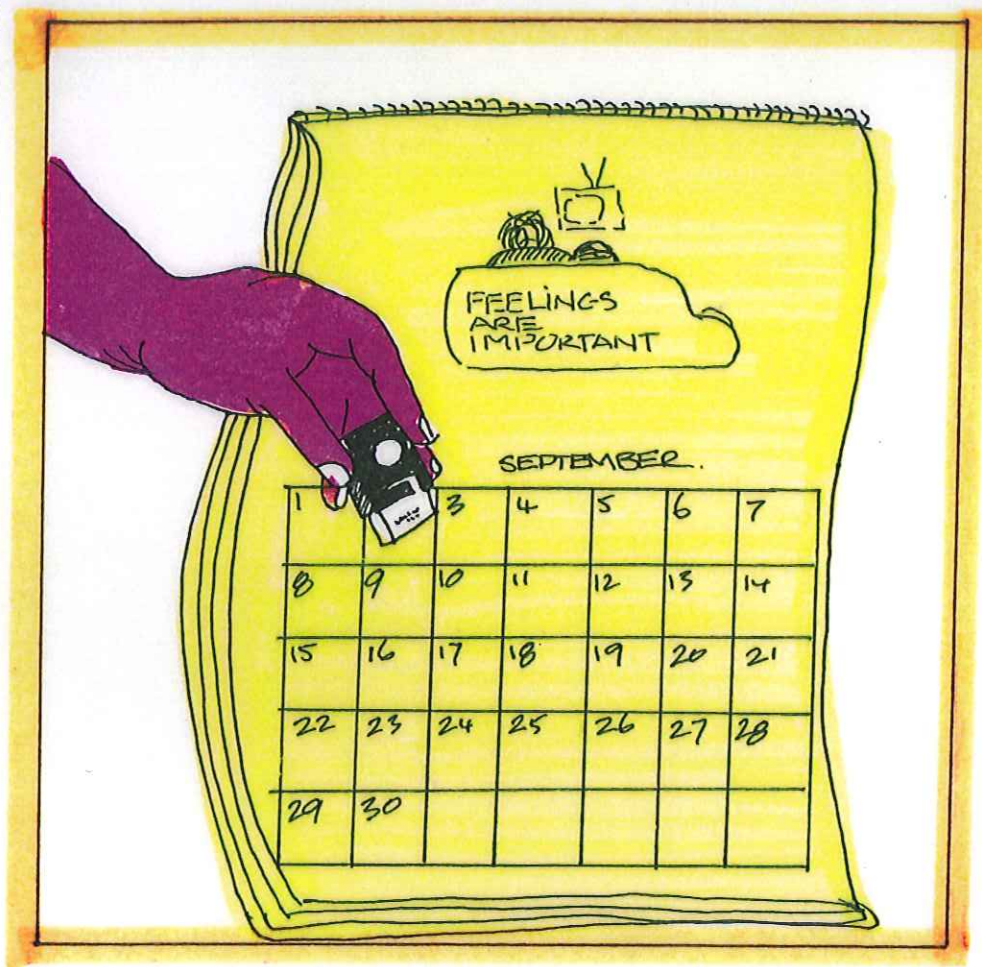




4. *The blood is clean.*



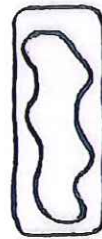
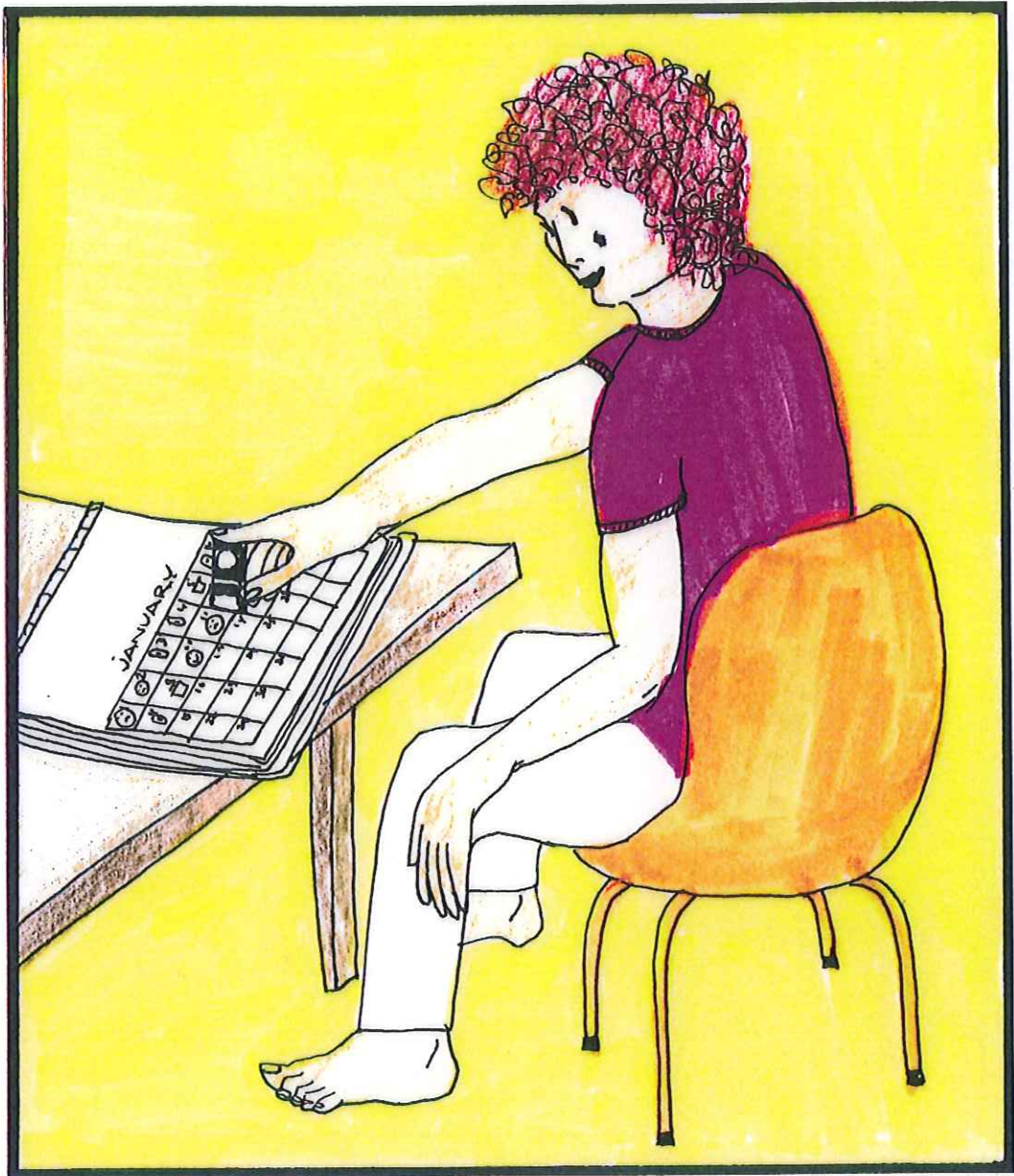




*Place a photo  
of the young  
woman here*



**5. One day you will get your periods. You will menstruate.**



**6. *You will have a period***

***every month.***







**April**

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30





SEPTEMBER

1 	2 	3 	4 	5 	6 	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

7. *Your period will last*



*a few days.*

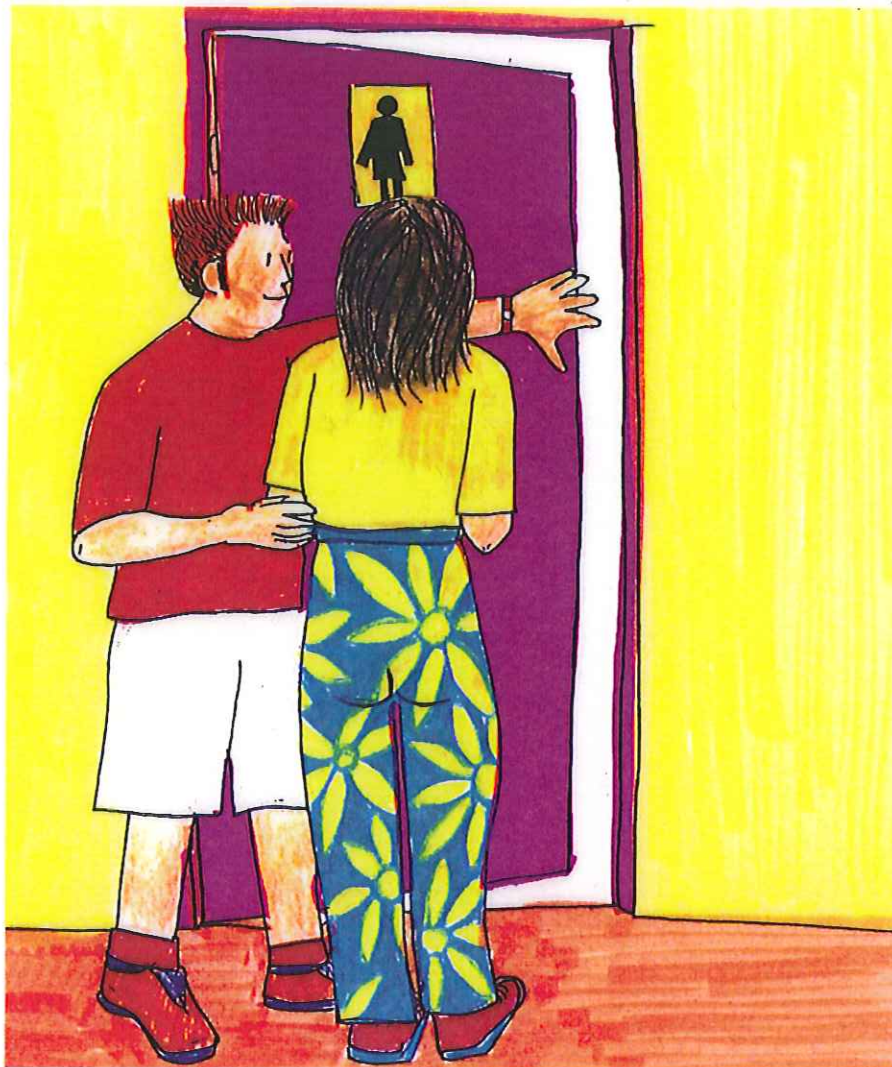


*Place a photo  
of the young woman's  
bedroom, toilet, bathroom,  
or school toilet here*



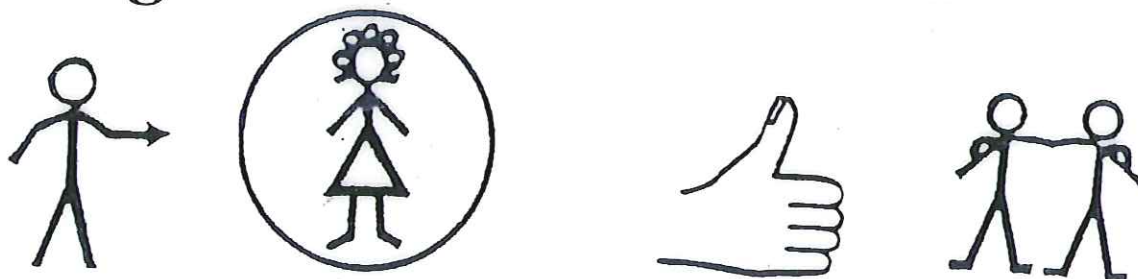
**8. *Women change their pads  
in a private place.***





***9. Some people may need assistance to change their pads.***

***It might be a man or a woman.***



***You might like to choose someone to help you.***