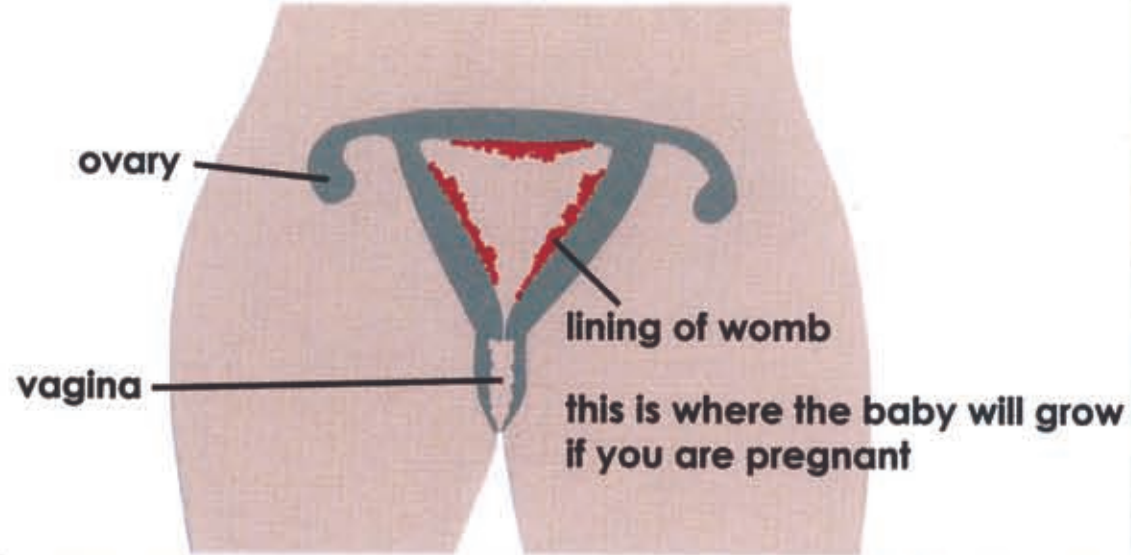


**Help!**  
**I've started my periods**



Most women have periods.  
 Periods can start between the ages of 9 and 16.  
 A period comes about once a month.

When you have a period it comes from your womb.



The period is the lining of your womb. It looks like blood.

A period shows that you are not pregnant.

But having periods means that you could get pregnant one day.



Every week of the month there are changes in your body.  
 The same things happen every month.

Week 1



The lining of your womb comes out of your vagina as blood.  
 This is your period.

This is when I get backache.



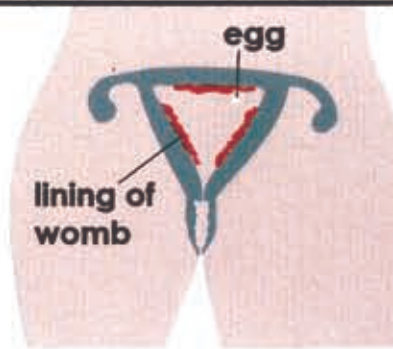
I get cramps in my stomach.

Week 2



An egg grows in your ovary.  
 Your womb gets ready to grow a baby.

Week 3



An comes out of your ovary.  
 The egg goes into your womb.  
 This is called ovulation.

At this time I feel really happy and confident.



I get discharge in my pants. It is like egg white.

Week 4



If there is no sperm the egg will not grow into a baby.  
 The egg comes out of your body.  
 It is too small to see.

This is when I get spotty and bloated.



I start to feel down and moody.

Your period starts after week 4.

Your periods may not be the same as your friends' or sisters'.  
Everyone is different.

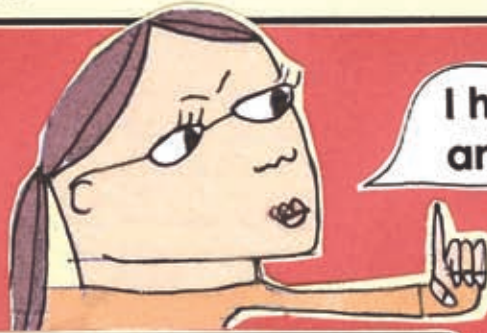


My periods are very heavy.  
They can last for a week.

My bleeding lasts for 2 or 3 days  
it is very light.



When you start your periods they may be irregular  
for a year or more.



I had one period  
and then nothing for months.

Some things can affect your periods.



I haven't had a period  
since I started depo provera injections  
and I'm worried.

My periods stopped  
when I put on lots of weight.  
I went to talk to my doctor about it.



You can talk to your doctor  
if you have any worries about your health.  
You can ask to see a woman doctor or the practice nurse.

If you have questions about your body or periods  
you can telephone Women's Health and talk to a woman in private.

**Helpline: 0845 125 5254**

Monday-Friday 9.30am-1.30pm

Minicom 020 7490 5489