A SMALL STEP TOWARDS HEALTH . . .

IS A GIANT STEP TOWARDS SUCCESS!
DOCTOR AUNTY, WHAT ARE PERIODS? HOW DOES IT FEEL TO GET PERIODS?

LET ME TELL YOU.

EVERY MONTH DURING PERIODS, A SMALL AMOUNT OF BLOOD COMES OUT OF THE VAGINA FOR A FEW DAYS.

VAGINA! ISN’T IT WHERE WE PEE FROM?

NO, WE PEE FROM THE URETHRA. VAGINA IS A SLIGHTLY BIGGER OPENING JUST BELOW URETHRA.

WHEN YOU GET YOUR PERIODS FOR THE FIRST TIME, YOU’LL FEEL SLIGHTLY WET IN YOUR PANTY BECAUSE OF THE PERIOD BLOOD AND YOUR PANTY WILL HAVE RED BLOODSTAINS AS WELL.
WHAT HAPPENS IN OUR BODY DURING PERIODS?

BETWEEN OUR HIPS, THERE IS AN ORGAN CALLED UTERUS. THERE ARE OTHER ORGANS CALLED OVARIES. EVERY MONTH OUR OVARIES RELEASE AN EGG THAT TRAVELS ALONG THE FALLOPIAN TUBE TO THE UTERUS.

AT THE SAME TIME THE INNER LINING OF THE UTERUS THICKENS.

WHEN YOU GET PREGNANT, THIS LINING HELPS NOURISH THE BABY. BUT WHEN YOU ARE NOT PREGNANT, THIS LINING IS NOT NEEDED. SO EVERY MONTH, THIS LINING COMES OUT AS RED BLOOD FROM YOUR VAGINA. IT IS VERY NORMAL.
Ma, what should we use during periods?

Sanitary pads! Remember, what doctor aunty said?

During periods, it is better to use sanitary pads instead of cloth because...

Pads...
Are more hygienic
Give better protection from stains
Are more comfortable

But cloth...
Is unhygienic and may lead to infections
May leak, causing stains
Moves and shifts when you walk or run causing stains
But what if I get periods in school and I am not prepared for it?

It’s quite common for girls to be not prepared for their periods, specially when it is their first period.

You can ask a lady teacher or a school nurse for a pad. They’ll understand and help you. If you are at home, you can ask your mother or an elder sister for a sanitary pad.

Teacher, I think I have got periods. Could you help me get a pad?

It is very important that you use a good quality sanitary pad like Whisper that is hygienic and comfortable to use. It is a good habit to keep a few pads handy at all times.
WHEN IT COMES TO HYGIENE AND COMFORT, NOTHING BEATS WHISPER.

DRI WEAVE TOPSHEET KEEPS THE SURFACE DRY AND PREVENTS INFECTION

STICKY WINGS HOLD THE PAD FIRMLY IN PLACE, SO THAT YOU CAN MOVE FREELY

FRESH SCENT KEEPS PERIOD SMELL AWAY

THOUSANDS OF MAGIC GEL CRYSTALS TURN MENSTRUAL FLOW INTO GEL AND LOCKS IT IN. NO LIQUID MEANS NO LEAK AND THEREFORE NO STAINS.

WHISPER IS NEARLY 40% LONGER THAN ORDINARY SANITARY PADS. WHICH MEANS YOU DON'T HAVE TO CHANGE THE PAD FREQUENTLY EVEN ON LONG DAYS AT SCHOOL!
TO USE A PAD:

1. Pull off the paper strip covering the sticky part on the back.

2. Attach the sticky part to the crotch area of your panty and remove the strip that holds the wings.

3. Fold the wings around your panty and stick them to the bottom.

TO DISPOSE A USED PAD:

1. Wrap the used pad in a news paper or a waste paper.

2. Throw it in the dustbin and cover the lid.

3. Never throw the used pads in the toilet as it will clog the drainage.

Change your pad every 6 hours or more often if needed. Don't forget to wash your hands after changing the pad!