

Menstruation

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1. Starting your period after your friends do

2. Being scared to use a tampon

3. Talking to your friends about your period

4. Leaking blood on your clothes during a period

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5. Brown period
blood

6. Being angry a
few days before
your period starts

7. Going swimming
on your period

8. Having a bath
on your period

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9. Having a period about every 25-35 days

10. Having labia that dangle down

11. Cloudy stretchy discharge about 10 days after your period

12. Having really irregular periods

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13. Talking to your dad about periods

14. Having a heavy flow for the first couple of days

15. Feeling really depressed and anxious each month

16. Dark red blobs in your period blood

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17. Such bad cramps that you faint or pass out

18. Having a sore back on the first day of your period

19. Finding green discharge in your pants

20. Needing to change your period product every hour

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21. Not starting
your period until
you are 16 years
old

22. Using a
menstrual cup

23. Feeling itchy
around your
vulva