

Periods



**a practical
guide**

SCREEN PRESENTATION

To view full-screen: Ctrl&L. To revert after: press Esc.

See instructions on next page.

A training pack to provide women who have a learning disability with a practical visual guide to sanitary protection during their period.

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Conwy & Denbighshire NHS Trust

Me-and-Us

Periods—a practical guide

presentation in pdf format

To View Full-Screen

To view the presentation full-screen press:

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If the line drawings look a little blobby, this can be rectified with a setting in Acrobat, see next page.



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Acrobat Reader on a Windows pc (check which version of Acrobat you are using first as they’re all slightly different):

Acrobat Reader 7 and 8:

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Acrobat Reader 6:

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Acrobat Reader 5:

Acrobat > Preferences > General > Display > and make sure that Smooth Line Art is ticked

If you have a version of Acrobat that is higher than 8, then it came out after this CD did, so this page cannot say for sure what the instructions are.

Periods—a practical guide

A training pack to provide women who have a learning disability with a practical visual guide to sanitary protection during their period.

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BLUE

GREEN

YELLOW

PINK

Periods—a practical guide

Mai Rees, Charlotte Carter and Lindsay Myers

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illustrations David Gifford

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Periods

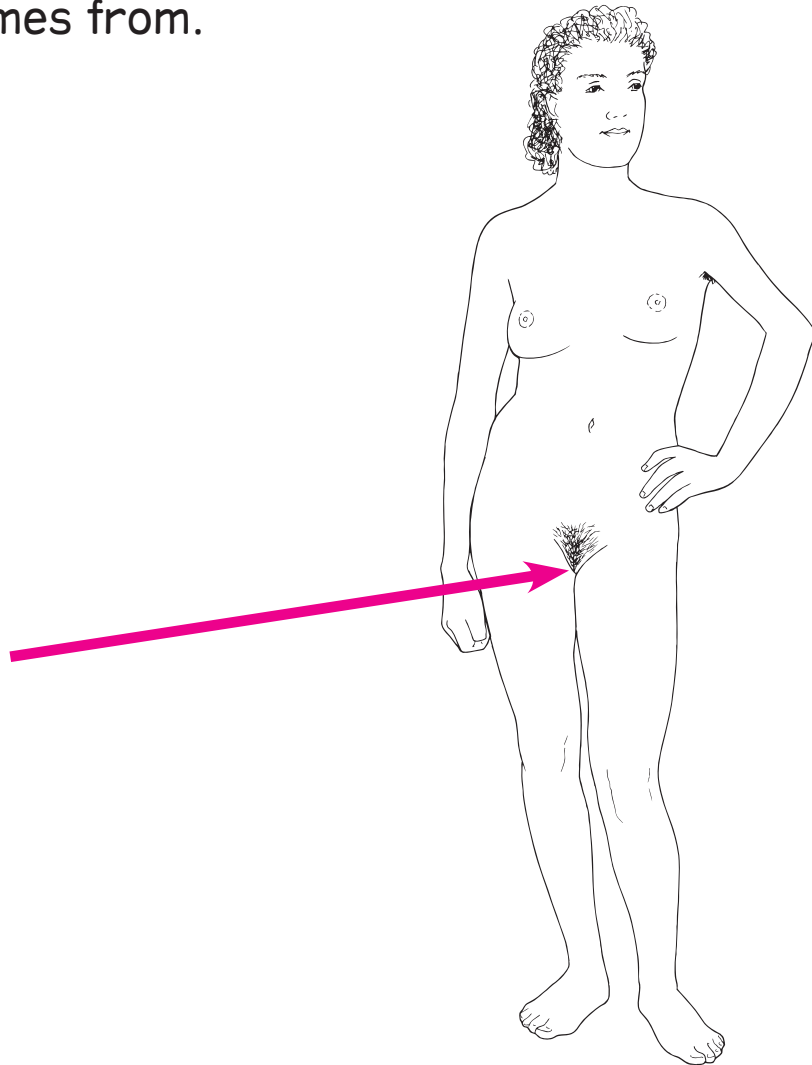


A period (menstruation or being 'on') is a small amount of blood that comes from the vagina.

A period happens every month for about 3–7 days.

The vagina

The vagina is a small opening between a woman's legs, very close to where the wee comes from.



Pads or towels

Pads are used to:

- soak up the blood

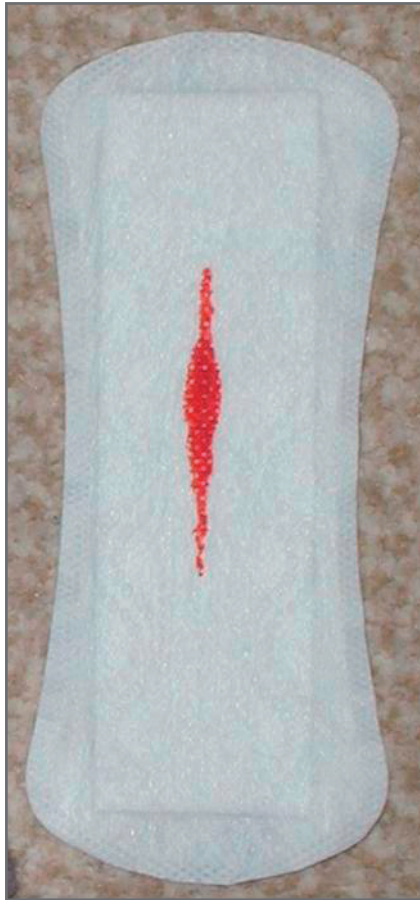
- stop the blood getting on your pants or knickers and clothes.

Pads come in different sizes.



Pantyliner

Use a pantyliner to soak up a small amount of blood.



You might use this pad at the end of your period.



Normal or medium pad

You can use a normal or medium pad to absorb a medium amount of blood.

Use this pad in the middle of your period.



Night or maxi pad

You can use a night pad or maxi pad to absorb a large amount of blood.



You can use this pad at the beginning of your period or during the night.



Pads with wings

Some pads have sticky wings.

The wings fold over your pants.

They help keep the pad in place.



Section 1

Buying pads

You can buy pads from corner shops or garages.



All chemists sell pads.



All supermarkets sell pads.



Coin machines

You can sometimes buy pads in ladies public toilets or toilets in a pub.

You will need coins for these machines.



Carry a pad at all times

You should always carry a pad with you.

Carry a pad in your handbag or pocket.



Choose a pad with a pretty wrapper.

If you haven't got a pad

If you do not have a pad with you and your period starts suddenly:

You can use rolled-up toilet paper in your pants.



This will absorb the blood for a short time, until you can get a pad.

Getting help

You could ask someone you trust for help.

Your Mum



A Nurse



A Teacher



A Carer



When your period starts

At the start of your period you will find small amounts of blood

on your pants



or

on the toilet paper
when you wipe
yourself.



Now you need to put a pad in your pants to soak up the blood.

Section 2

Now you need a pad

Take a pad from the packet.



Peel off the
paper strip.



Feel the sticky strip.



Putting
on a Pad

How to put a pad in your pants

Press the sticky side of the pad into your pants.



The sticky strip will help keep the pad in place.

Pull up your pants.



Putting
on a Pad

To finish

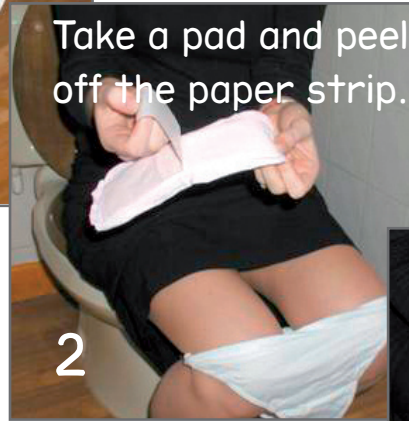
Put the wrapper in the bin.



Wash your
hands with
soap and
water.



Remember



Putting
on a Pad

When to change a pad

You need to change a pad or it will smell.



When you get up. 7.30am



Mid morning. 10.30am



Before lunch. 12.30pm



Mid afternoon. 3 o'clock



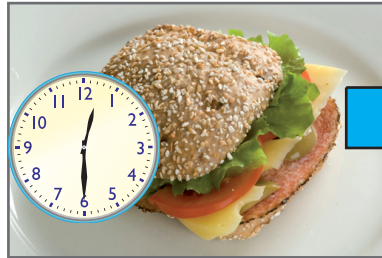
Before tea. 6.00pm



Before you go to bed. 9.30pm

Always use these breaks to change your pad.

When to change your pad



Changing
a Pad

Section 3

When to change your pad



Changing
a Pad



Always use these breaks to change your pad.

Changing
a Pad

Section 3

Where to change a pad

To change a pad
you must go to the
toilet.



Lock the door.



Make sure you have
a pad with you.



To take off a soiled pad

Take down your pants.

Take off the soiled pad.



Fold the pad in half.



Deal with a dirty pad

Wrap the pad in toilet paper.



or

Put the pad in a bag.



Some public toilets have special bags for pads.

How to throw away a dirty pad

Put the wrapped
pad in the bin.



or

Special sanitary bin.



Some toilets have special sanitary bins.

Not in the toilet

Do not put pads in the toilet.



They will block the
toilet.

Now you need a new pad

Take a pad from the packet.



Peel off the paper strip.



Feel the sticky strip.



How to put a pad in your pants

Press the sticky side of the pad into your pants.



The sticky strip will help keep the pad in place.

Pull up your pants.



To finish

Put the wrapper in the bin.



Wash your hands with soap and water.



Change your pad every break time



You need to change your pad and put a new one on every 2 to 4 hours.

If you don't change a pad in time:

- the pad will smell
- blood might leak onto your pants
- blood might leak onto your clothes



If blood does leak

If blood does leak you need to change your pants and clothes as soon as you can.



Put on clean pants and clothes
and a new pad.

If you can't change

If you can't change straight away, you can hide the blood stain by tying a jumper or coat round your waist.



Keeping clean

Keep yourself and your clothes clean.

Have a bath or shower every day.



Wash your clothes regularly.



This will keep you feeling fresh and not smelly.

What to
Do if Your
Pad Leaks

Getting help

You could ask someone you trust for help.

Your Mum



A Nurse



A Teacher



A Carer



Feeling embarrassed

Talk to someone you trust:

- If you are worried, or
- If you need to ask more questions



Try not to feel embarrassed about your periods.

Remember: all women have periods.

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