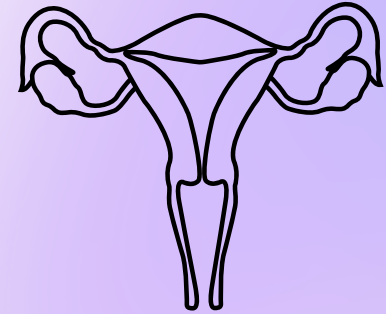


ALL ABOUT MENSTRUAL HEALTH



The Menstrual Cycle

Cycles are usually 26–31 days long, with 3–7 days of bleeding on average. The blood is the inner lining of your uterus; it builds up and then sheds every month. The timing of the cycle will vary a lot during the first 2 years of having a period.

Tracking Your Period

Tracking your period can help you prepare products for your period, tell when there are changes in your health, and know when you're most likely to get pregnant. You can use a free app to track your period. Find recommendations at violetproject.org/menstrual-health.

Managing Period Pain

There are a lot of things you can try to manage period pain, including over-the-counter pain meds (like Tylenol), applying a heat pack to your stomach, doing some light exercise, sleeping well, eating healthy foods (less salt and less oil = less bloating), using a pad or cup instead of tampons, and changing positions lying down to relieve pressure. Talk to a doctor about if birth control might be right for you – some methods can lighten periods and period pain.

Period Products

Period products include tampons, pads, menstrual cups, discs, and underwear. There are pros and cons to each method. You may want to give cups or underwear a try, as they last over 2 years, but it might not be for you! You can also use a combination of products. To learn more about the pros and cons of each product, see violetproject.org/menstrual-health.

More information about menstrual health including abnormal periods can also be found on our website!



The Violet Project
violetproject.org/menstrual-health | @violet4teens on Instagram & TikTok

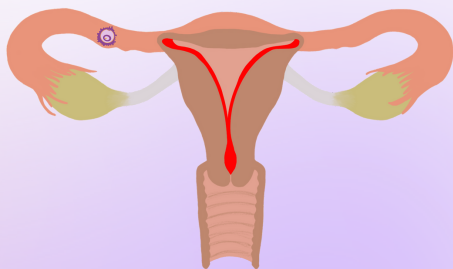


THE MENSTRUAL CYCLE

Days 15-28:

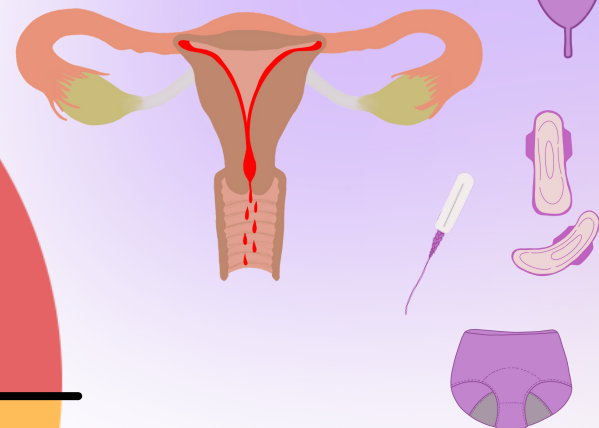
Pre-menstruation

The lining of the uterus is thickening to prepare for a baby, in case the egg is fertilized by sperm.



Days 1-7: Menstruation (period)

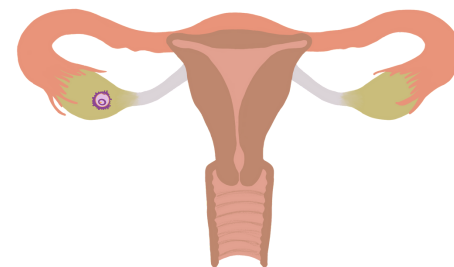
The thick blood lining in the uterus sheds through your vagina if no egg was fertilized by sperm (AKA, you didn't get pregnant).



Days 8-13:

Pre-ovulation

Hormonal changes happen during this time to get the body ready to release an egg.



Day 14: Ovulation

Days 12-16 (approximately) are when pregnancy is MOST likely to happen (pregnancy CAN happen at any time of the month though). Ovulation is when an egg leaves the ovary and moves into the fallopian tube.

