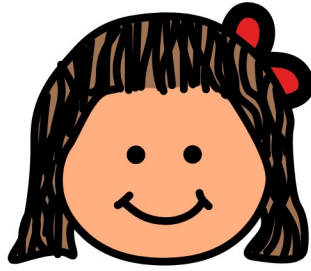
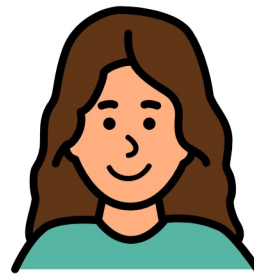




Once I was a baby



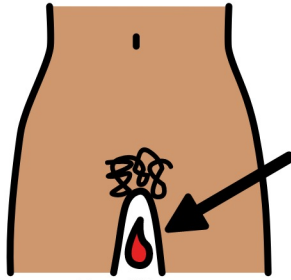
Then I was a little girl



Now I am a young girl



Later I will be a woman



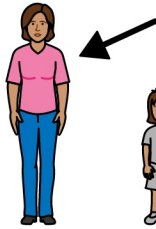
Soon I will start my period



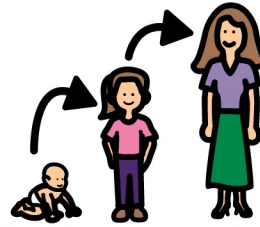
I will need to wear a sanitary pad in my underwear

SUN	MON	TUE	WED	THU	FRI	SAT

My period will last 5-7 days



I can talk to my trusted adults if I am worried or need help



Starting my period means I am growing up