



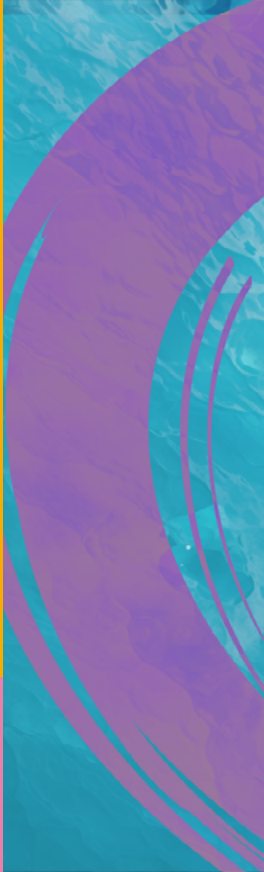
*lil-lets.*

# BREAK *the* CYCLE

Lil-Lets.com

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## FIRST PERIOD PREP & FAQs



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# THE ONLY ‘FIRST’ PERIOD GUIDE YOU’LL EVER NEED

“I know we can be the **cycle breakers**.”



## **Starting your period is a big step, and we’re here for you every step of the way!**

This guide is your go-to for everything you need to know—from understanding what’s happening in your body to managing your period confidently at school (yes, it really can be done!).

When your parents were growing up, periods were often treated as something to keep quiet about. Some people even felt embarrassed by them. We’re here to break that cycle. Periods are normal, natural, and nothing to hide—and this guide is here to help you feel informed, supported, and confident every step of the way.

**Lil-Let’s dive in.**

# OK, FIRST THINGS FIRST:

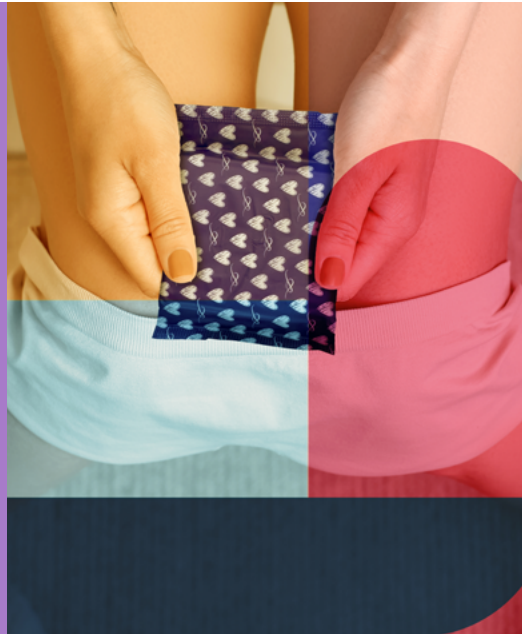
## What is the Menstrual Cycle, and Why Is It Happening?

Your menstrual cycle is your body's way of getting ready in case you decide to have a baby someday—but that doesn't mean you're ready for that now. It's just one of the many changes that come with growing up.

Some people **get their period as early as 8 years old**, so it's important to know that having a period doesn't mean you're suddenly an adult. You're still a child, and that's okay. This is just one step in your journey through puberty.

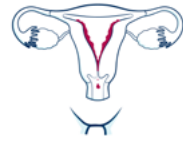
**Your menstrual cycle has four phases**, kind of like how a month is divided into weeks. Each phase plays a different role in how your body works and gets ready for a period.

Don't worry if it sounds a little confusing at first—we're going to explain each part in a simple way so it's easier to understand. Just like learning anything new, it makes more sense once you break it down step by step!



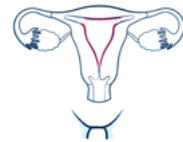
### Phase One - Menstrual Phase:

This is when your period happens. If your body doesn't need to grow a baby, it lets go of the lining that built up inside your uterus (that's the part of your body where a baby would grow one day). When this lining comes out of your body as blood, it's called menstruation or your period.



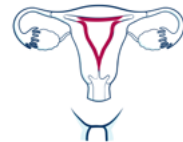
### Phase Two - Follicular Phase:

After your period ends, your body starts getting ready all over again. Hormone levels start to change and tiny sacs on your ovaries called follicles begin to grow. One of these will turn into an egg. At the same time, the lining inside your uterus starts to grow thicker, getting ready in case it needs to support a baby later.



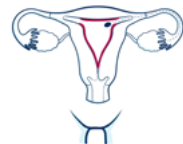
### Phase Three - Ovulation Phase:

About half way through your cycle, your ovary releases an egg. This is called ovulation. The egg is very small, and you can't feel it, but it's a big part of how your body works.



### Phase Four - Luteal Phase:

After the egg is released, it travels through a tiny tube called the fallopian tube toward your uterus (also known as your womb). If the egg isn't needed for a baby, your body will start the cycle again, and your period will come.



Everybody's menstrual cycle is unique, but most people have a cycle that is **between 21-35 days**. This is calculated from the first day of your period to the first day of the following period.

Don't worry if your cycle is not regular yet – **your body is still growing** and it may take some time before it finds its rhythm!

# HINT-HINT: SIGNS THAT YOU'RE GOING TO START

**Your body might give you a few hints, such as:**



Cramping in your lower abdomen (belly)



Tender, sore and achy boobs



Feeling moody, emotional, irritated or upset



A whitish fluid – called discharge – in your underwear





# NOW YOU'RE READY. HERE'S WHAT TO EXPECT

## What it looks like:

You might think that your period will be bright red, like blood that appears when you have a scrape or wound. This makes sense. But... that's not always the case! Your period might be brown or even pinkish at first.

**This is totally normal.**


## Flow:

It might start light and get heavier over a few days. Some people find that a certain day in their period is when they bleed the most.

## How it feels:

You're not going to feel yourself bleed, unless you're not wearing a period product, and your pants get wet from the blood.

But what you might feel is **extra tired, or cramps** (that achy feeling in your lower tummy), also called period pain. Resting, using a heated pad or hot water bottle and drinking plenty of water or calming tea can really help. Light exercise, like stretching or going for a walk will make any period cramps easier to handle.

A photograph of a young girl with dark hair in a bun, wearing a grey knit sweater, being hugged from behind by a woman with brown hair in a bun, wearing a pink turtleneck sweater. They are both smiling and looking down. The background is a bright yellow and blue abstract design.

If you're **unsure whether something is normal**, ask a parent or trusted adult.

Visit **Ask Vicki** on the Lil-Lets website, where you can find a library of blogs with honest and expert advice on periods and puberty.

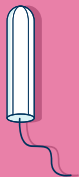
# LIL-LETS - HELPING YOU CHOOSE PERIOD PRODUCTS

Choose what works for you!



## Pads:

Great for your very first period! They come in 3 absorbencies, normal, long and night for all flows. Simply peel the backing strip off, stick the pad to your underwear, and fold the wings underneath your pants. **Change your pad every 4-6 hours.**



## Tampons:

Perfect for swimming or active days, especially if you're playing a lot outside. Gently insert following the instructions in the pack. You might want to ask your mum or another trusted adult to read these with you. Start with Lil-Lets Lite tampons. **Change your tampon every 4-6 hours.**



## Menstrual Cups:

A reusable option if you want to do your bit for the planet. Pinch, fold and insert.

**Empty it down the loo every 4-8 hours.**

You can read more about menstrual cup folds at [www.lil-lets.com](http://www.lil-lets.com)



## Pantyliners:

For in between periods, or at the beginning and end of your period when your flow may be very light. **Change it as soon as it feels damp, or every 4-6 hours.**

Be a binner not a flusher.



# CHECK OUT OUR 'HOW TO USE' GUIDES

How to  
**Insert** a Tampon

[FIND OUT MORE](#)



**HOW TO  
INSERT A**  
**NON-APPLICATOR**  
*tampon*

How to  
**Use** Pads

[FIND OUT MORE](#)



*Using a pad*

How to  
**Insert** a Menstrual  
Cup

[FIND OUT MORE](#)

**How to insert**  
*A Menstrual Cup*



# IT'S NOT AS BAD AS YOU THINK:

## Getting Your Period at School

### Pack for your period:

Your first period can arrive at any time and quite unexpectedly too, so it is worth keeping a couple of pads in your school or sports bag.

And if you think your period may not be too far away, then you may find wearing a pantyliner every day is a good idea, that way if your period does arrive you and your underwear will be protected until you can get to the toilet to swap your pantyliner for a Lil-Lets Teen pad or tampon.



### What if I don't have any pads?

Ask one of your friends. If it was the other way round, you'd want to help them! Your teacher, school nurse and school secretary are likely to have supplies and they'll be happy to help too!

### What if I need to change when in class?

Pads can be worn for up to 8 hours, so there should be no need to ask to be excused from class, when you can change at school break. But if you do need to visit the toilet, simply put your hand up and ask if you can be excused.



# WHAT'S NORMAL, AND WHEN TO ASK FOR HELP

## **Totally Normal:**

Periods that are **2-10 days**, mild cramps or having periods that aren't very regular in the first year of having your period.

## **Ask for Help:**

Heavy bleeding that soaks through your pad in under 2 hours, periods **lasting over 10 days** or pain that is so intense you can't focus, go to school or play sport.

**Got A Question - Ask Vicki**



# TIPS ON SELF CARE - DOWN THERE



## **pH Balance:**

Did you know? Your vagina is amazing—it actually cleans itself! That means you don't need to wash inside it. In fact, doing so can upset its natural balance and cause irritation.

What you should do is gently wash the outside area, called the vulva. This includes the outer and inner lips (called the labia) and the area where pubic hair grows. You don't need fancy products—just warm water or a gentle, pH wash is enough to keep things clean and healthy.



## **Hygiene:**

Clean your vulva every day, just as you would other parts of your body.



## **Discharge & Smells:**

Discharge is completely normal and it can change in colour, texture and how much is produced daily. If it's strong-smelling or becoming clumpy let your parents or trusted adult know, as this can be a sign of infection. Pantyliners are great for capturing discharge and sweat throughout the day.



## **Our Top Tip:**

Wash your vulva every day with warm water to stay fresh and clean. And remember—when you use toilet paper, always wipe from front to back. This helps prevent spreading bacteria and keeps your vagina healthy.



# GOT A QUESTION? WE'VE GOT ALL THE ANSWERS

We're always  
here for you.



Visit **Ask Vicki** on the Lil-Lets website where you can ask any questions you may have about periods, puberty or anything else.



# THE A-Z OF PERIODS:

## This Means Whaaaat?

### **A – Absorbency**

How much fluid a pad or tampon can hold. Choose the right level for your flow.

### **B – Blood**

Well, blood, nutrients and tissue to be precise, that comes out during your period. It may look red or brown and is totally normal!

### **C – Cycle**

Your cycle is the time from the first day of one period to the first day of the next which is usually around 21-35 days.

### **D – Discharge**

A natural fluid your body makes to keep the vagina clean. It's normal and changes during your cycle.

### **E – Endometrium**

The soft lining of the uterus that builds up and sheds during your period.

### **F – Flow**

How much blood comes out during your period. Everyone's flow is different!

### **G – Growth**

Your body is amazing and your period is just one sign that your body is growing and changing just as it should.

### **H – Hormones**

Special chemicals your body makes that control your menstrual cycle and many of those changes you are noticing during puberty.

## **I – Irregular Periods**

When your period doesn't come at the same time each month—this is normal, especially at the start and as you continue to mature.

## **J – Journal**

Keeping a note of when your period arrives is a great way to track your cycle.

## **K – Kit (Period Kit)**

A collection of items like pads, tampons, pantyliners, or period underwear to help you feel prepared and confident.

## **L – Liner (Pantyliner)**

A thin pad worn for light flow days or to catch discharge between periods.

## **M – Menstruation**

The scientific word for your period—when blood leaves your body each month.

## **N – Normal**

There's no one "right" way to have a period. Every girl's experience is different—and that's totally normal.

## **O – Ovary**

One of two small organs that release an egg each month during ovulation.

## **P – PMS (Premenstrual Syndrome)**

Feelings like mood swings, bloating, cramps, or cravings some girls get before their period starts.

## **Q – Questions**

Never be afraid to ask questions about your period. Talking about it helps you feel more confident and supported.

## **R – Regular**

When your period starts coming around the same time each month—that often happens after your cycle settles into a routine after a few years.



## **S – Support**

Help, care and guidance from family, friends, or trusted adults can be very helpful when you're going through something new, like your first period. It can also come from products, advice or resources that make you feel more confident and comfortable.

## **T – Tampon**

A small, tube-shaped product you place inside your vagina to absorb blood. It comes with or without an applicator.

## **U – Uterus**

Sometimes called the womb. The part of your body where a baby could grow one day. It's where your period starts!

## **V – Vulva**

The outside part of your genitals. It includes the labia (lips), clitoris, and the opening to the vagina.

## **W – Well-being**

Take care of yourself during your period, rest, eat well and keep active.

## **X – X-Tra Pads!**

It's always a good idea to carry extras in your bag, just in case.

## **Y – You**

Your body, Your rules, we believe in choice so you can choose what works for you.

## **Z – Zits**

Pimples or spots you might notice around your period. Hormones can cause these changes in your skin.



# THE ULTIMATE PERIOD CHECKLIST

- ✓ **Period products**
- ✓ **Spare underwear**
- ✓ **Wipes**
- ✓ **Small plastic bag**  
- to store used pads,  
or stained underwear
- ✓ **Hot water bottle**





# YOU'RE AMAZING, AND YOUR BODY IS **AWESOME**

Even if it doesn't always feel that way, your period is a natural sign that your body is developing just as it should. It's a part of growing up—and a reminder of how **strong and incredible** you really are.

**WE'RE ALWAYS HERE FOR YOU!**

**Got a question, visit:**

 <https://www.lil-lets.com/uk/ask-vicki>

