PHYSICAL CHANGES AT PUBERTY

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TAMPAX
TAKING CARE OF YOUR BODY

- SKIN CARE
- HAIR CARE
- SWEAT
- SMILE CARE
- BODY HAIR
YOU MAY NOTICE SOME CHANGES DURING PUBERTY

1. Excitement
2. Changing mood
3. Many Physical changes
4. Part of every Girl’s life
5. Happiness
6. Between Age 10-16
7. The reproductive system matures
8. Confusion

Puberty

Between Age 10-16

The reproductive system matures

Confusion

Excitement

Changing mood

Many Physical changes

Part of every Girl’s life

Happiness
HOW IT ALL BEGINS – SENDING SIGNALS

Your Brain

Your Body

Your Uterus
OVERVIEW OF THE FEMALE REPRODUCTIVE SYSTEM

1. Eggs
2. Ovary
3. Endometrium
4. Uterus
5. Fallopian Tube
6. Vagina
7. Menstrual Flow
THE MENSTRUAL CYCLE

1 Pre-Ovulation

2 Ovulation

3 Premenstrual

4 Menstruation
DON’T GET CAUGHT BY SURPRISE!

• It’s a really good idea to keep a pad (like Always®) in your purse or your locker, especially around the days you expect your period to start.

• You can also wear a panty liner! They are absorbent and are designed to be thin, soft and comfortable to help you feel fresh all day and confident around your periods.

• In cases where there is no protection product at hand, you can use toilet paper until you can get a pad.
VAGINAL DISCHARGE

• It is a healthy sign of a changing body
• It prevents the vagina from drying out
• It helps to protect the vagina against infections

Use a daily liner to protect your underwear and feel fresh every day!
PERIOD PROTECTION – WHAT IS A PAD?

ANATOMY OF A PAD
Pads come in different shapes and sizes based on different needs. You can select from the absorbency and length you need.

LENGTH AND ABSORBENCY RANGE:
- **SLENDER**: For light to moderate flow. Shorter pad from front-to-back and side-to-side than Regular, making them ideal for girls with a small panty size.
- **REGULAR**: For moderate flow, average length and width, based on a small panty size.
- **LONG SUPER**: For heavy to extra-heavy flow with longer length for added front-to-back leak protection.
- **OVERNIGHT**: For extra heavy flow/overnight use. Longer than Long Super.
PERIOD PROTECTION - WHAT IS A TAMPON?

- **Slim plastic applicator** for easy insertion.
- **LeakGuard Braid™** backup protection to help avoid leaks.
- **Rounded Tip** for a comfortable insertion.
- **Tampon** soft materials that absorb blood.
- **String** for easy removal.

TAMPAX
YOU’RE PROBABLY WONDERING…

- Am I old enough to use tampons?
- Can I use tampons when I play sports or go swimming?
- Can I use a tampon at night?
- Do tampons hurt?
- Do I need to wear a pad AND a tampon?
- Am I going to insert it the wrong way?
- Are tampons easy to take out?
WHICH TAMPON SHOULD I START WITH?

Tampons are made in different levels of absorbencies. Why? Because every girl has a different flow that changes each day of her period!

Tips to find the right absorbency:
- If your tampon gets full before 4-8 hours, try the next higher absorbency.
- If you feel discomfort when you remove it, or see the white of the tampon, use a lower level of absorbency or keep it in longer, but never more than 8 hours.
HOW TO USE A TAMPON

1. Unpack the tampon.
2. Sit on the toilet.
3. Hold the applicator.
4. Insert the tampon.
5. Trim the applicator.
6. Sit on the toilet again.
7. For more videos about how to use tampons, visit www.tampax.com!
TOXIC SHOCK SYNDROME (TSS)

TSS, or Toxic Shock Syndrome, is a rare but serious disease that can be fatal. About half of the cases are associated with tampon use, but it also occurs in men, children and women who are not on their periods.

Be aware of these warning signs:

- Sudden high fever (102°F/38°C or higher)
- Vomiting
- Diarrhea
- Sunburn-like rash
- Dizziness
- Muscle ache
- Fainting/near fainting when standing

If you have one or more of the warning signs above, immediately remove your tampon and contact a doctor. Tell them your symptoms, that you were using tampons and think you may have TSS.
• Mark the first day of your period
• Count the days until the very first day of your next period

WHAT IS PMS?

P.M.S. = Pre-Menstrual Syndrome

What are PMS symptoms?
- Breast sensitivity
- Feeling of bloating
- Headaches
- Appetite changes
- Contractions
In general, doctor visits are an important part of a healthy lifestyle. As you get older, you and your parents may determine it is time for you to see a gynecologist, a doctor who treats women specifically for female reproduction.

If you feel there is something wrong with your development, talk to your parent about making a doctor’s appointment.
YOUR BRAIN IS CHANGING, TOO

BUILD YOUR BRAIN POWER

Your brain is like a muscle: When you take on challenges and practice until you overcome them, neurons in your brain create new and stronger connections. And when your brain gets stronger, your skills do, too.1

That means you can get better at pretty much anything—from school, sports, and after-school activities to relationships, small talk, and public speaking! It starts with taking a first step, and not stopping when it gets tough.

- Keep doing things #LikeAGirl. It’s working! -

always

TAMPAX
**GROW YOUR MIND WITH THE GROWTH MINDSET**

<table>
<thead>
<tr>
<th>GROWTH MINDSET</th>
<th>FIXED MINDSET</th>
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<tr>
<td><strong>Challenging herself</strong></td>
<td>Embraces the chance</td>
</tr>
<tr>
<td>Avoids opportunities</td>
<td></td>
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<tr>
<td><strong>Facing criticism</strong></td>
<td>Learns from feedback</td>
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<tr>
<td>Ignores useful feedback</td>
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<tr>
<td><strong>Making an effort</strong></td>
<td>Sees effort as key to success</td>
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<tr>
<td>Sees effort as useless</td>
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<tr>
<td><strong>Overcoming obstacles</strong></td>
<td>A misstep is a step forward</td>
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<tr>
<td>A misstep is a reason to give up</td>
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<tr>
<td><strong>When others succeed</strong></td>
<td>Finds inspiration in their performance</td>
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<td>Feels threatened and upset</td>
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POWERFUL WORDS TO HELP YOU OUT

**I CAN.** Have you ever said things like, “I’m totally going to fail this test” or “I got so many questions wrong?” Lose the negative talk, and think about how you can study harder and do better next time.

**AND.** When you praise yourself, it’s easy to add “but” to lessen your success. Try using “and” instead. Instead of, “I’m pretty good at geometry, but I still have a B-,” try saying, “and I’m getting better every week.”

**LIKE A GIRL.** Only 19% of girls have positive feelings about the phrase “Like a girl.” We can change that. Let’s make #LikeAGirl mean amazing things! What do you do #likeagirl?
Your brain needs to leave its comfort zone in order to grow and thrive. Risk-taking can be scary, hard and, well, risky! It can also be exciting, fun, and rewarding. Everyone has a different “risk zone.” If you’re super freaked out by the risk you chose, you’re not ready (YET!) to take it.

TO PRACTICE TAKING RISKS, TRY THESE SMALL ONES:

• Speak up in class: ask a question or share your opinion
• Be honest about what you really want
• Volunteer to lead a project
Growing up is a journey with missteps along the way. The point is not WHETHER you make mistakes; it’s what you make of them that matters.

- It’s up to you how to interpret your setbacks, whether to give up or keep going!
- Be kind to yourself, the way you would treat a friend going through the same thing.
- Take time and figure out what went wrong, without blaming yourself or anyone else.
- Try again. And again. And again. Know that sometimes you have to keep practicing and trying new ways if you want to succeed.
More Questions? Talk to a trusted adult like your parent, an aunt, your school nurse or teacher. Always and Tampax also have additional information on their websites and videos on their YouTube channels.

Take the opportunity to learn and celebrate the things that are unique about you!