

Becoming CycleSmart with CycleBeads®

For Girls

CycleBeads help you learn about a girl's menstrual period. This is the normal, healthy blood that flows from the vagina for about 3 to 7 days each month.

The **menstrual cycle** includes all the days between one period and the next.



On the days of your period, put a sanitary pad in your underwear or insert a tampon in your vagina to keep menstrual blood from staining your clothes. Change the pad or tampon as needed, and don't use tampons at night. If you don't feel well around the time you get your period you can use a heating pad, or take a mild pain reliever.



CycleBeads help you know when your next period is coming.

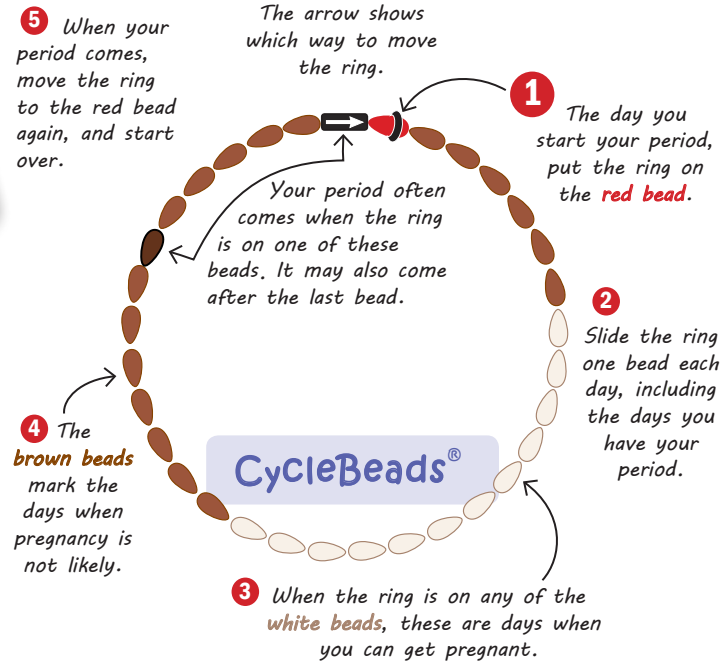
Yeah, that way you know when to carry a pad, so you're always prepared!



It is normal to get your period each month, but it can come earlier or later than you expect. Over time, girls usually get their periods about a month apart.

How Girls Use CycleBeads

Each bead represents one day of your menstrual cycle. To keep track, move the ring one bead each day.



Between one period and the next you may notice cervical secretions. This is a wetness or fluid that sometimes flows from your vagina, but is not your period.

Girls often notice secretions when the ring is on a white bead. Some even notice this before their first period. Healthy secretions aren't smelly or itchy. They are a normal sign of fertility, as your body becomes able to get pregnant.

Girls should not try to use CycleBeads as a way to prevent pregnancy.

If you, or someone you know, need birth control or more information, talk with a health provider or trusted adult.

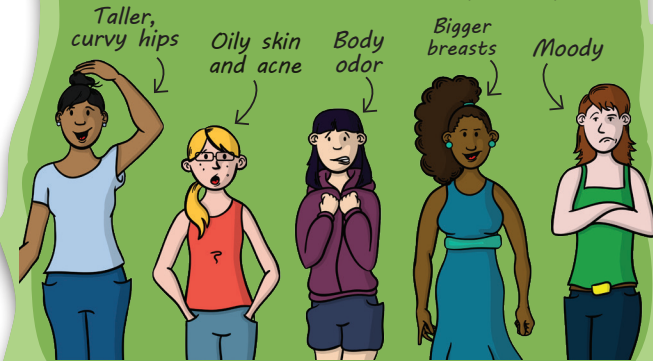
How else is your body changing?

These changes happen over several years and are all normal!

For Girls

You get your period

Hair under armpits and on private parts

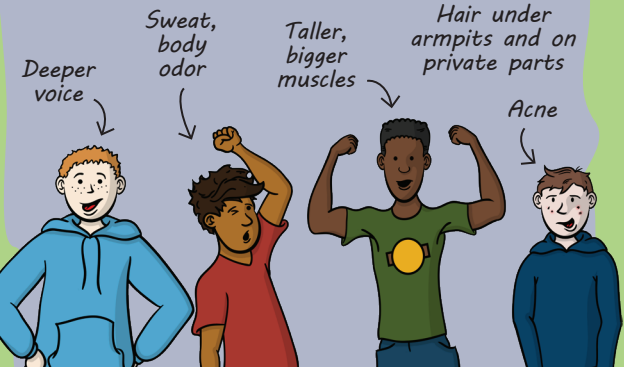


For Boys

Facial hair

You get wet dreams

Penis grows



Instead of getting a period, a boy notices a "wet dream," when semen comes out of his penis while sleeping. This means he is able to get a girl or woman pregnant if he releases semen in her vagina when having sex.

Your Changing Body

Part of growing up includes noticing changes in your body, and in the way you feel. Everyone goes through these changes in their own way and at their own pace.

While growing up, girls and boys might act or be treated differently. How do YOU want to be treated?

Talking about Changes



Talking about Feelings



It's normal to have romantic feelings or be attracted to someone. And it's also normal not to have these feelings. We show love in many ways. Love and caring does not have to mean

having sex. **Not** having sex is the best way for young people to prevent pregnancy and infections a person can get from having sex, like HIV.

Staying Safe and Healthy

Part of growing up is learning to stay **HEALTHY** and **SAFE**.

How can you and your friends do this?



Remember



No one should touch you in a way that makes you feel uncomfortable or bad.

Talk to a trusted adult if you feel pressured or unsafe about anything.

Take good care of yourself and stay healthy!



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