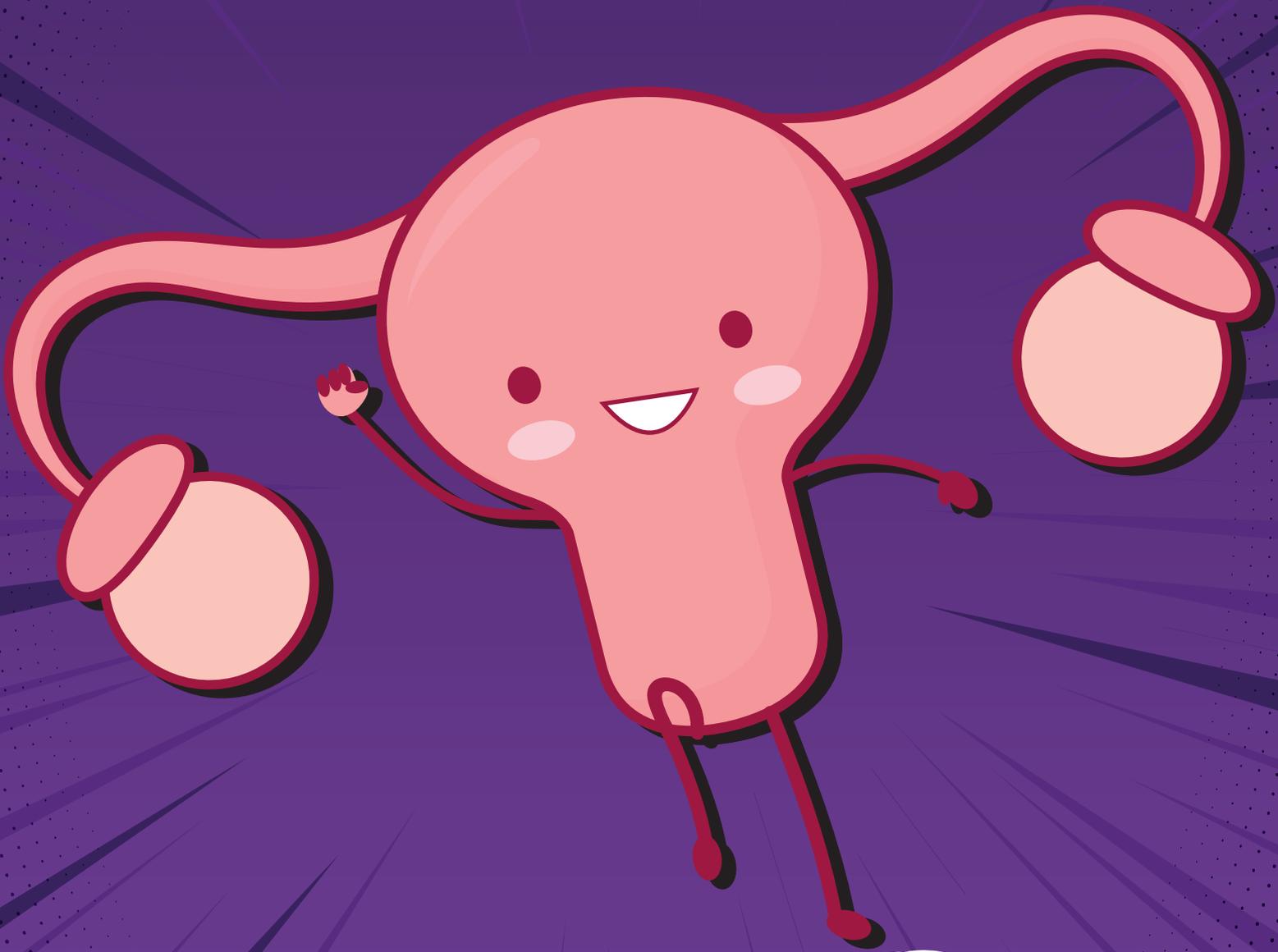


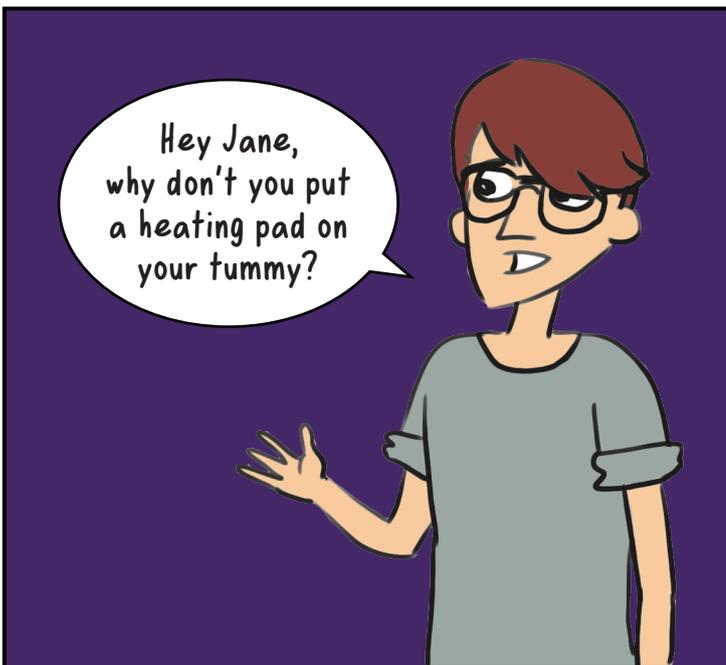
amaze COMICS



GETTING YOUR PERIOD



amaze



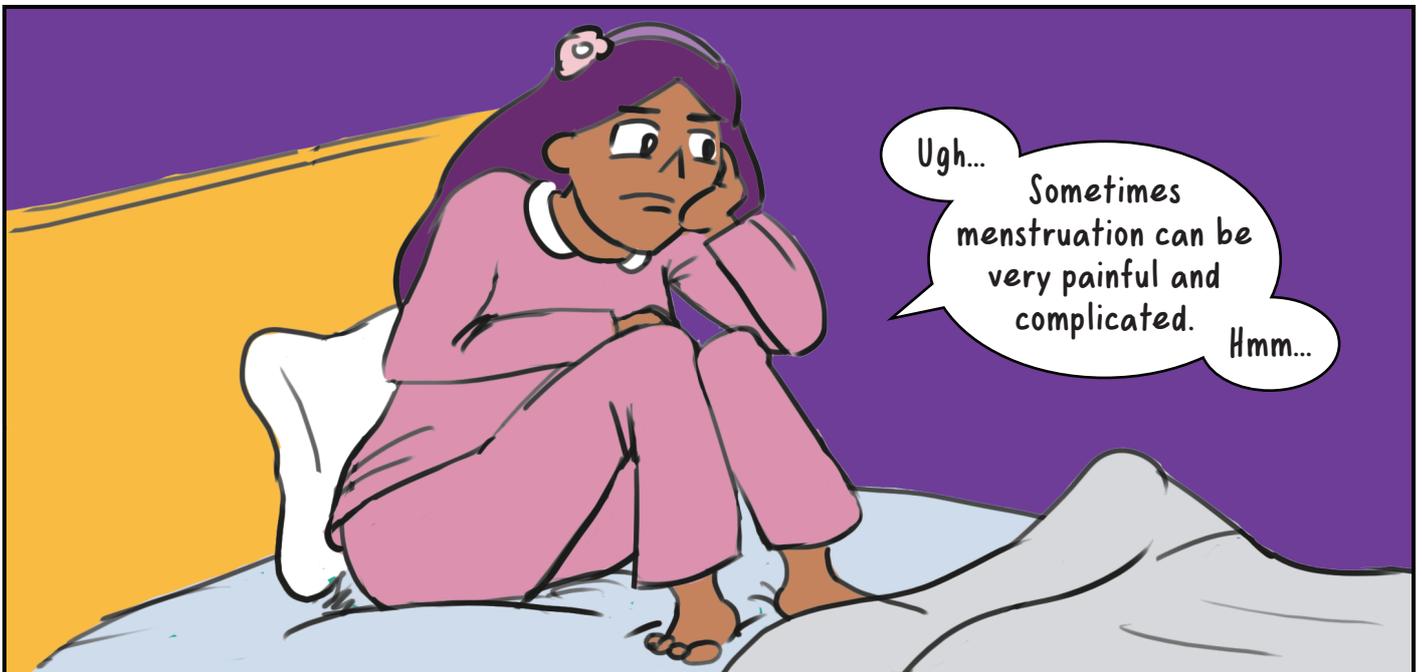


I can take care of you until your mom gets home.

I'll go make you some tea.



Thanks Jim!



Ugh...
Sometimes menstruation can be very painful and complicated.
Hmm...

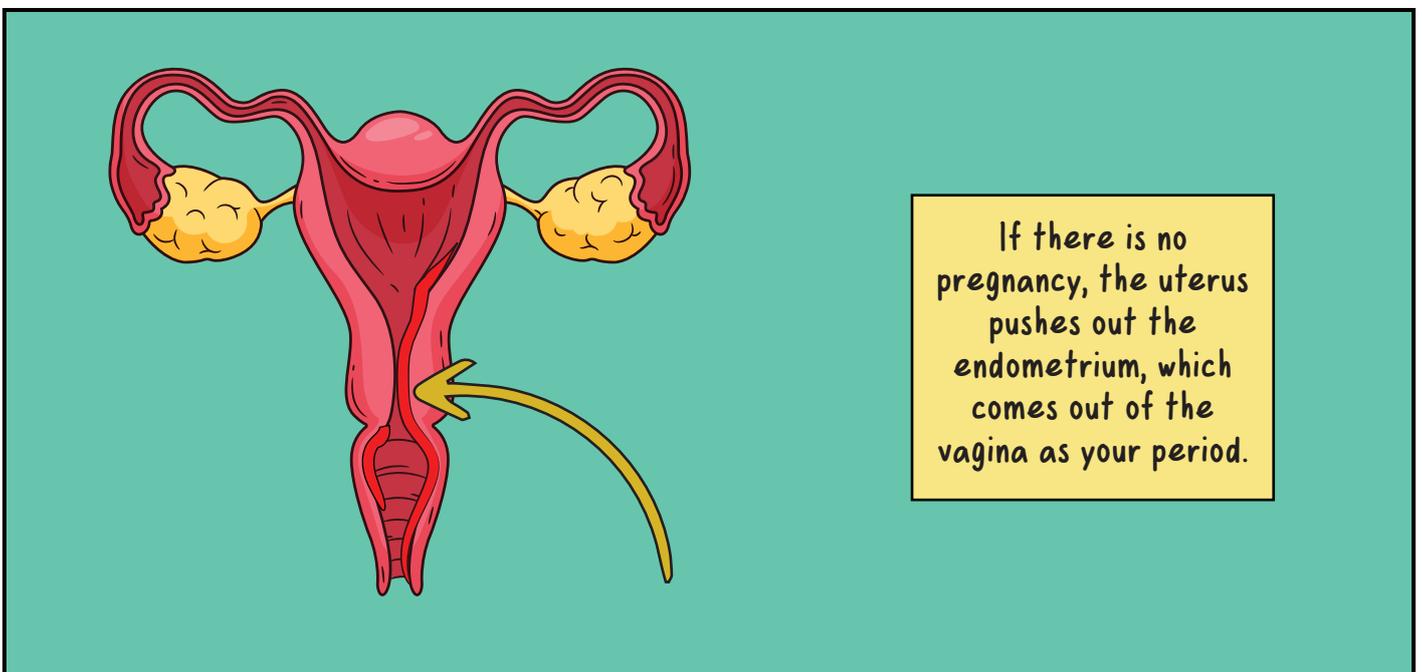
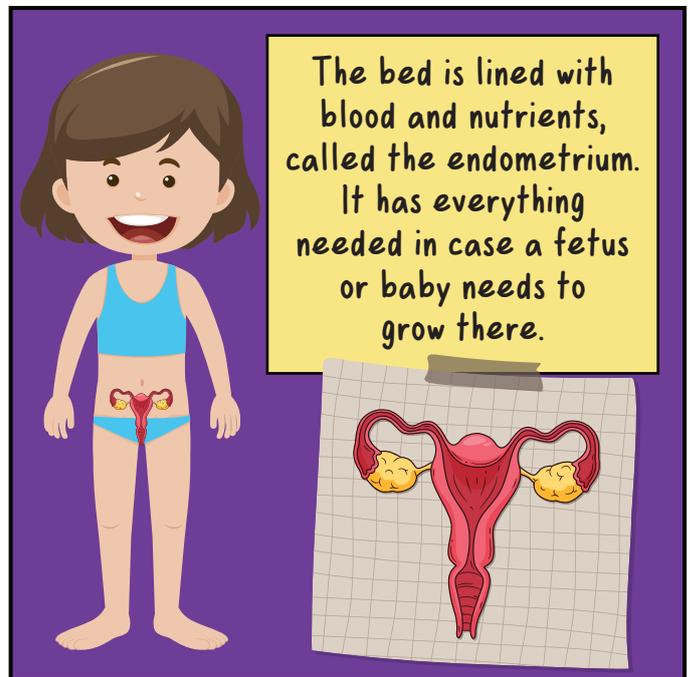


What do they call it? That time of the month, girls flu, shark week, code red...

Ouch, another cramp!



Let's just focus on today's topic. Welcome!





After the uterus is cleaned out, the body starts making a new bed, getting the womb ready again just in case there's a pregnancy next month. Pretty amazing, right?

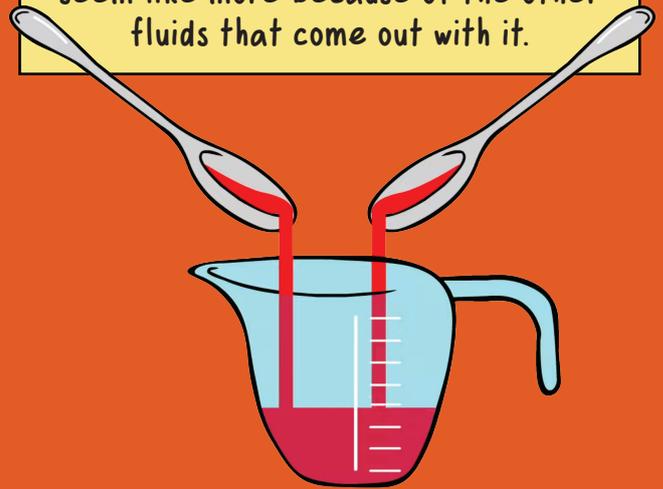


The menstrual cycle usually happens every 21 to 35 days for adults, and every 21 to 45 days for teens. Most periods last between 3 and 7 days.

MENSTRUAL CYCLE
21 TO 35 DAYS IN ADULTS
21 TO 45 DAYS IN YOUNG TEENS

PERIOD
3 TO 7 DAYS

During your period you expel less than two tablespoons of blood. But it can seem like more because of the other fluids that come out with it.



Many people do not feel pain during their period, but others may experience:

- 🤕 Headaches
- 🤕 Stomach aches
- 🤕 Cramps

Ugh... that's me isn't it?!

But sometimes a little bit of exercise, a warm bath or a heating pad on your stomach can help.

And don't forget to stay hydrated...



I know waiting for your period can feel nerve-racking, but it can also be an exciting time, your body is doing exactly what it's supposed to do.

You're healthy, your body is healthy, and this is all just part of the natural cycle.

To keep your clothes clean during your period, you can use pads, tampons, or a menstrual cup to catch the flow.

PADS



TAMPONS



MENSTRUAL CUP



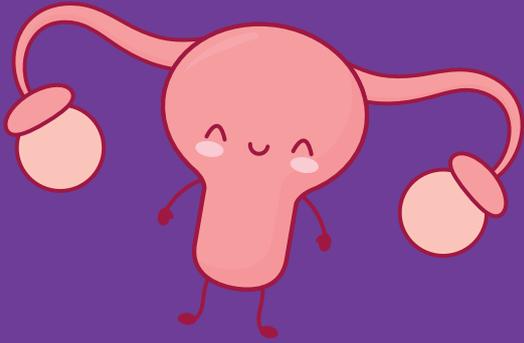
You'll need to change whatever you're using a few times a day depending on your flow.



Plus, you can use those days to take extra care of yourself and practice self-love.



And remember...
Menstruation is a normal
part of growing up. However,
if you experience severe pain or
heavy bleeding, it's always
a good idea to consult a
doctor for guidance
and support.

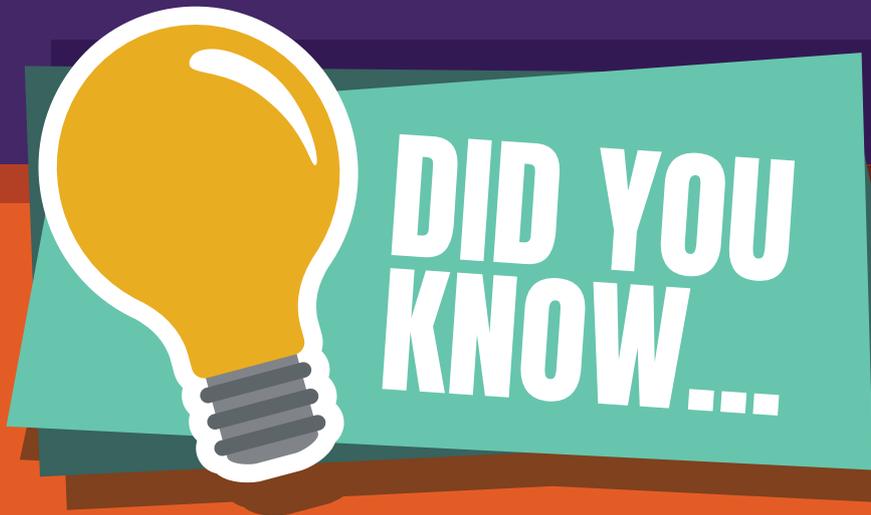


Menstruation doesn't
have to be a negative
experience.



Anyways, see you
next time!!!





Menstruation can cause a variety of physical and emotional changes each month, which can affect someone's daily life.

Having a period is not an illness, nor is it something dirty or shameful.

Menstruation is a natural biological process. Embracing and understanding it empowers you. Prioritize your health and well-being, and explore different menstrual products to find what works best for your lifestyle, preferences, and beliefs.

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GRUPO
MONO
COMICS

Sexualidad
Sin Misterios

