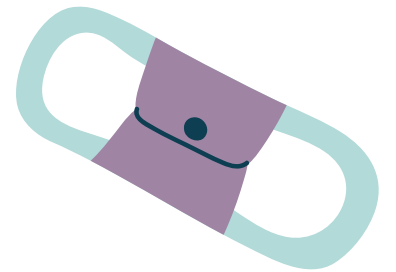
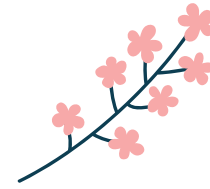
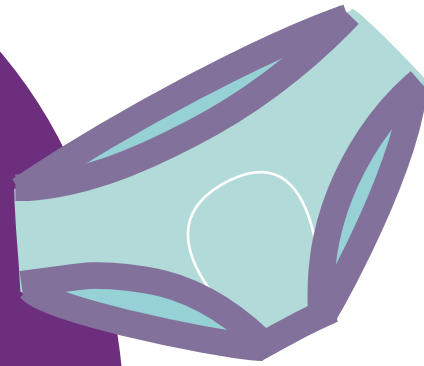


Feeling ready for my period

Social Story



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We have learned about puberty at school, and some of the girls in my class have started talking about periods.

My period could start soon, or it might still be a while away - all bodies are different and have their own timing.



Sometimes I feel nervous when I think about my period starting - I worry about it happening somewhere unexpected, like at school or when I am out.

Feeling nervous about this is okay - lots of girls feel this way. Feeling prepared is one thing that can help the nervous feeling get smaller.



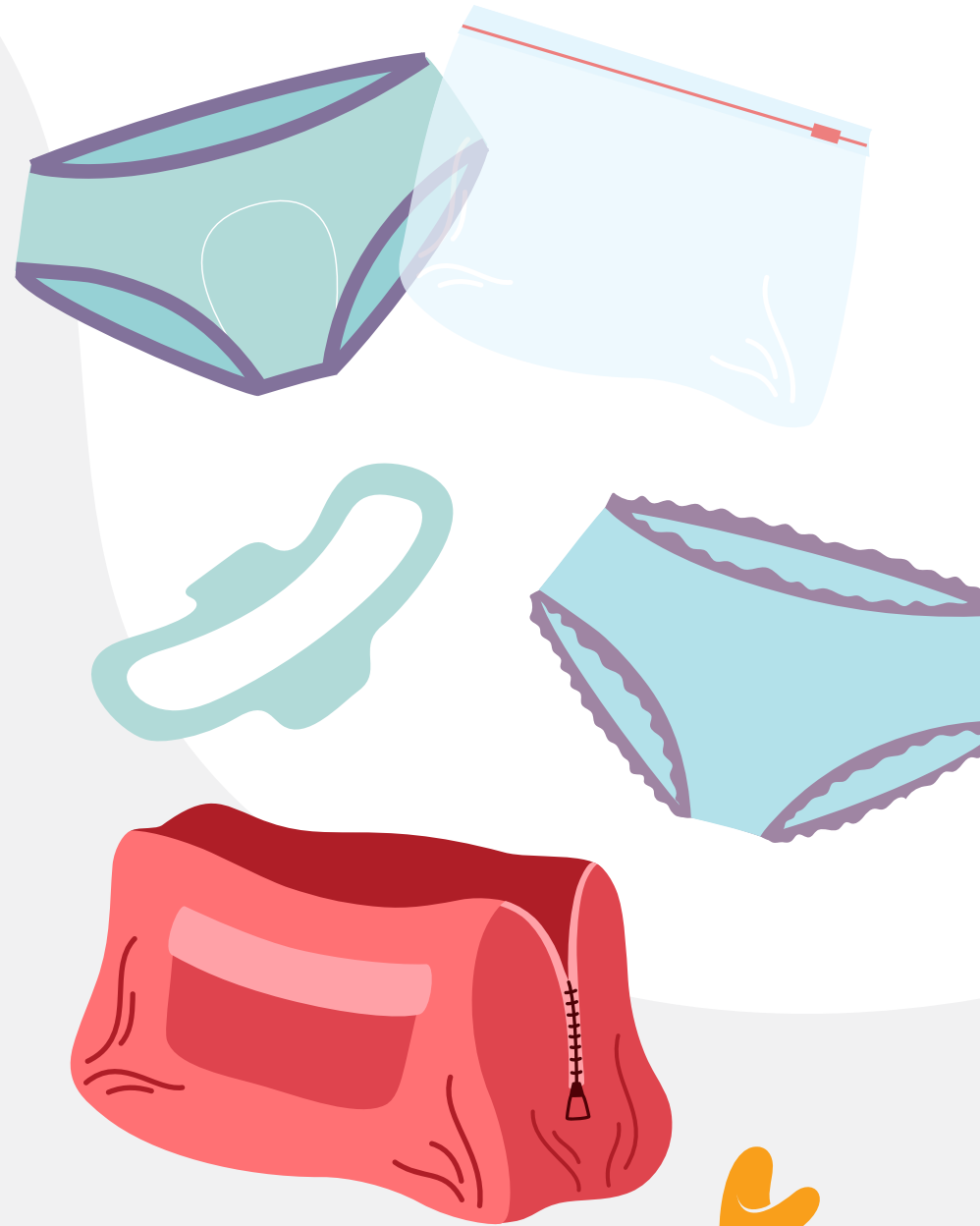
One thing that helps me feel prepared is talking about it. I can talk to a trusted adult about my questions, worries, or my plan, any time I want to!



Another thing that helps is having a small period kit with me, so I am ready even if my period starts somewhere other than home.

My kit is small enough to fit in my school bag or the bag I usually carry, with a pad or period undies, spare underwear, and a small plastic bag inside.

My trusted adult will help me get my period kit ready.



If my period starts when I am out or at school, I have a plan I can follow, step by step:

1

I tell a trusted adult, like a teacher, school office staff, my support worker, or a family member, so they know and can help if I need anything.

2

I go to the toilet and get my period kit from my bag.

I put on a pad or period undies.

3

If I need spare clothes, another pad or period undies, or to go home, my trusted adult can help me sort that out.



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I do not have to manage this by myself. There are trusted adults at school and home who can help me.

I can also practise my plan ahead of time - packing my kit, checking my bag before I leave home, or saying out loud the words I would use to ask for help – so it feels more familiar if I ever need to use it.



It is okay to feel nervous sometimes, even when I am prepared. Feeling nervous does not mean something is wrong - it just means this is something new.

The more prepared I am, the calmer I can feel.



I have a kit in my
bag, I have a plan,
and I have people
who can help me.

I am ready.

I am not alone.

I can do this.





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