

Lil-Lets
becoming
a teen

Being Prepared

Learning Objectives:

- By the end of the lesson you should be able to:
- Know where to find information and advice
 - Identify products that can help you to manage your period
 - Understand how these products work
 - Know how your daily life might be affected by having a period

As you get older you will become more socially active. You will start to go out more and increasingly become independent.

How do you feel about this new independence?

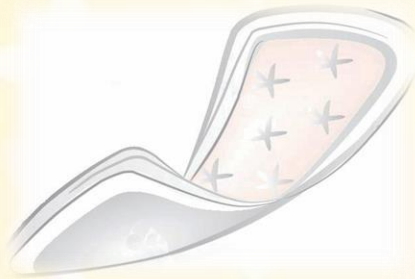


If someone was having their period and they wanted to go out - to a party, the youth centre, even their friends house – what might be their worry?



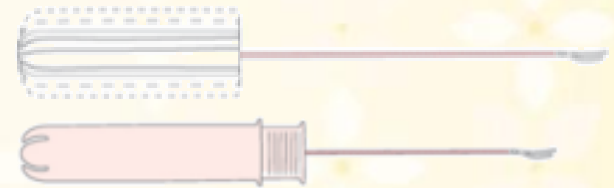
Sanitary Protection

The fantastic thing about Lil-Lets is that they fit into your life.
You don't have to stop doing anything just because you have your period.



Pantliners

Sanitary Towels



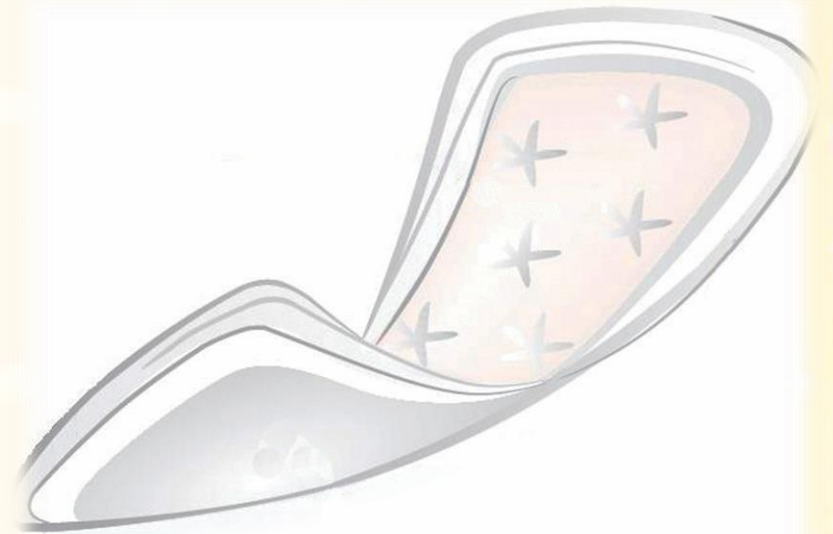
Tampons

Pantliners

Lots of girls use pantliners when they think their first period may be starting soon.

They can be used at the beginning and end of you period when your flow is lighter.

Some girls use them even when they are not on their periods to keep both them and their underwear clean and fresh.



Sanitary Towels

Ideal for when you first start your periods. Some women use tampons during the day and towels at night, whilst others prefer to only use towels.

Most girls change their towels every 3-4 hours, but they can be worn longer, especially at night.



When the time is right some girls decide to use tampons either as well as towels or instead of towels.

Lil-Lets tampons are available in non-applicator and applicator varieties.

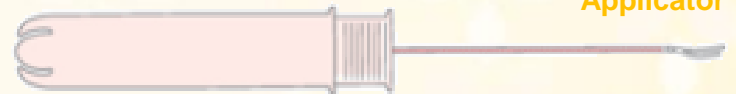
They are made of absorbent material which catches the flow of blood before it leaves the body.

To see how a tampon expands, watch the Dip Test video at

www.becomingateen.co.uk



Non- Applicator



Applicator



Questions and Answers



I use pantliners all the time. They absorb any discharge that I have, and I worry less if I wear one when my period is due. I change them regularly so I always feel fresh.

I have been having my periods for several years now and have decided to use tampons. They allow me to keep doing everything, like swimming, even when I am on my period.



I love using sanitary towels, they are so thin, absorbent and discreet that I can't feel them at all.



Questions and Answers

You may have other questions that you would like answered.
Would you like to discuss the following questions?

Do I need to wash more often?

What age are you likely to be when these changes start?

Does it hurt to use a tampon?

Can a tampon get lost inside you?

‘Fascinating facts’ about how girls in other countries manage their periods.

Do they use the same sanitary protection?

Find out about periods in history – what sanitary protection did they use?



The Worry Box

Even though we are going to be discussing lots of different subjects and answering lots of questions, if you have a question but do not feel you can share it with the class, use the worry box.



- You can add questions/comments/worries to it at any time.
- All notes left in the box are completely confidential – no names will ever be used in class sessions.
- We will answer any of your worries in future lessons.