A guide to periods

Once a month, many women, girls and other people with a uterus bleed from their vagina. The bleeding is called a period.

Periods are part of the menstrual cycle. A cycle means something that happens over and over again.

Periods are normal but can be scary and confusing if you don’t understand what is happening.

Planet Puberty and Family Planning NSW made a step by step guide to the menstrual cycle. The guide has pictures that show the inside parts of your body, like your uterus, and words that explain the different steps of the cycle.

Teaching girls about the menstrual cycle can help them feel ready when they have their first period.

Everyone has the right to learn about their health and their body. All people who have periods should have the chance to learn about the menstrual cycle.

We trust this resource

We trust this resource because it is:

- Made with people with intellectual disability
- Made to help, not for profit
- Made by people who know a lot about the topic
- Made in Australia

We've checked this resource, and you can follow our guide to know if health information is true and right for you.

This resource was made by

Family Planning NSW

Family Planning NSW helps people look after their sexual health. They give clinical services and health information to people in NSW.

- Family Planning NSW

Planet Puberty

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Planet Puberty is a set of digital resources made by Family Planning NSW. It has information about puberty for parents and carers of children with intellectual disability and autism.

Planet Puberty was co-designed with adults with intellectual disability and autism.

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