



Mood swings

At puberty, hormones not only change the way our bodies look and work, they also change the way we think and feel.

Your feelings may change quickly. You might find yourself:

- ♥ Feeling misunderstood.
- ♥ Arguing with family, teachers or friends.
- ♥ Wanting to be by yourself.
- ♥ Feeling angry.
- ♥ Sad, or crying.
- ♥ Feeling lonely.



This is not much fun!



These things might help

If you are feeling out of sorts, upset or angry then these things might help:

Exercise

- ♥ dancing
- ♥ swimming
- ♥ jogging
- ♥ walking the dog
- ♥ bike riding



Have some quiet time by yourself

- ♥ Read a book.
- ♥ Paint or draw.
- ♥ Take a bath.
- ♥ Listen to music.
- ♥ Write a journal.
- ♥ Do relaxation exercises.
- ♥ Count slowly from 1 to 10.
- ♥ Do some calm, deep breathing.





Using pads

Using pads is easy.

A pad has a sticky strip to stick inside the undies.

Pads come in different shapes and sizes. Thicker ones for heavy days (when you lose more blood), and thinner ones for lighter days. Check out which is best for you.



Changing tampons

Tampons need to be changed when they are full of blood. They should not be left in the vagina for more than 4 hours.

To remove the tampon, gently pull it out with the string.



Wrap the used tampon in paper. Put it in the rubbish bin or in a special sanitary bin if one is available.

Do not flush them down the toilet.