

Click here to
view all our
free products



Visual Aids
for learning



Click here to
view all our
free products

Adolescent Girl When I Have a Period

Version 1.0

About Visual Aids for Learning

Visual Aids for Learning is a company that develops images to streamline and support learning, empowering people to participate and achieve independence.

The free downloads are supported from revenue generated by online advertising on our website. We encourage you to visit our website often as we are continually updating these products and adding new images.

www.visualaidsforlearning.com

How to make your booklet

1. Print this document (we recommend using 180—200 gsm matt card)
2. Cut each card in half using the grey lines as a guide if you want a smaller booklet.
3. Place the visuals in the correct page order as numbered on the bottom right corner
4. Staple or ring bind the pages together.

Tips

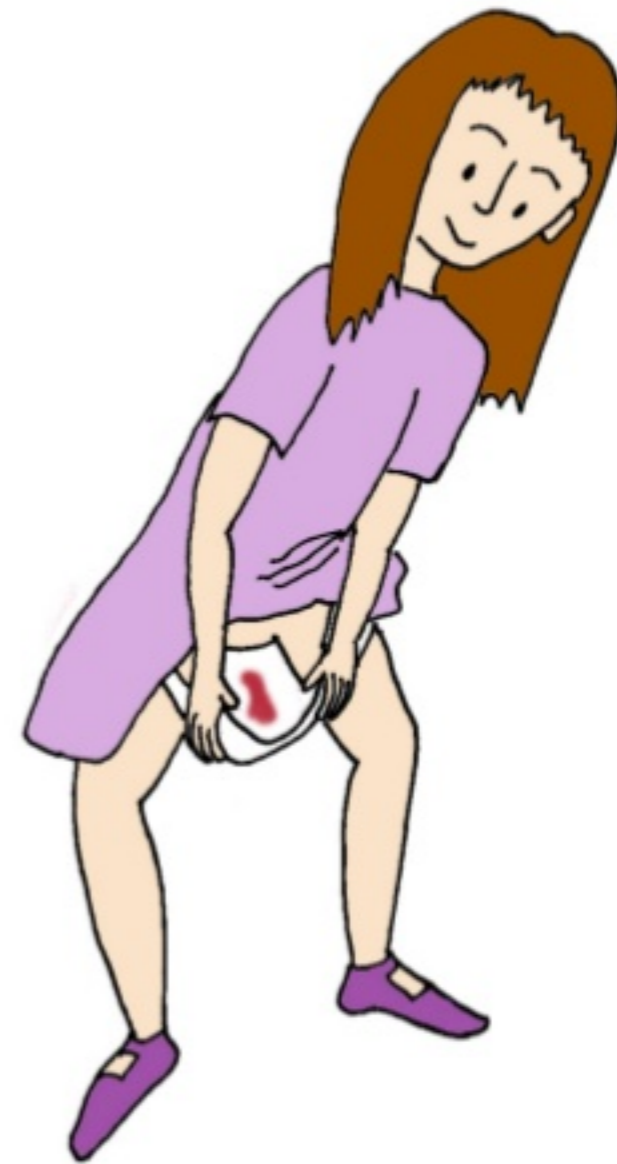
1. For greater durability consider laminating the cards before binding together.

Copyright and allowable uses

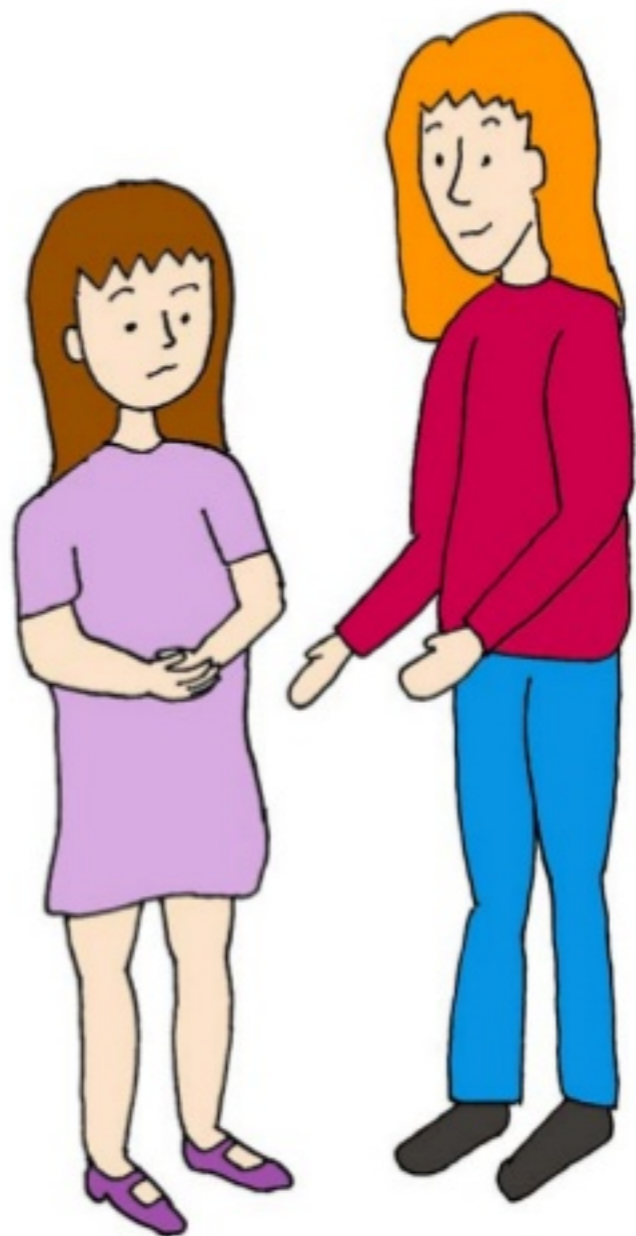
This product is supplied free of charge. You may print, use and distribute as many hard copies of this product as you wish. You may also store, copy and distribute as many electronic copies of this product as you wish. We encourage you to email this PDF file as often as you like to as many people as you think may benefit from it.

However, you may **not** sell this product or any of its content. All the images are protected under international copyright and remain the property of Visual Aids for Learning.

*When I
have my
periods*



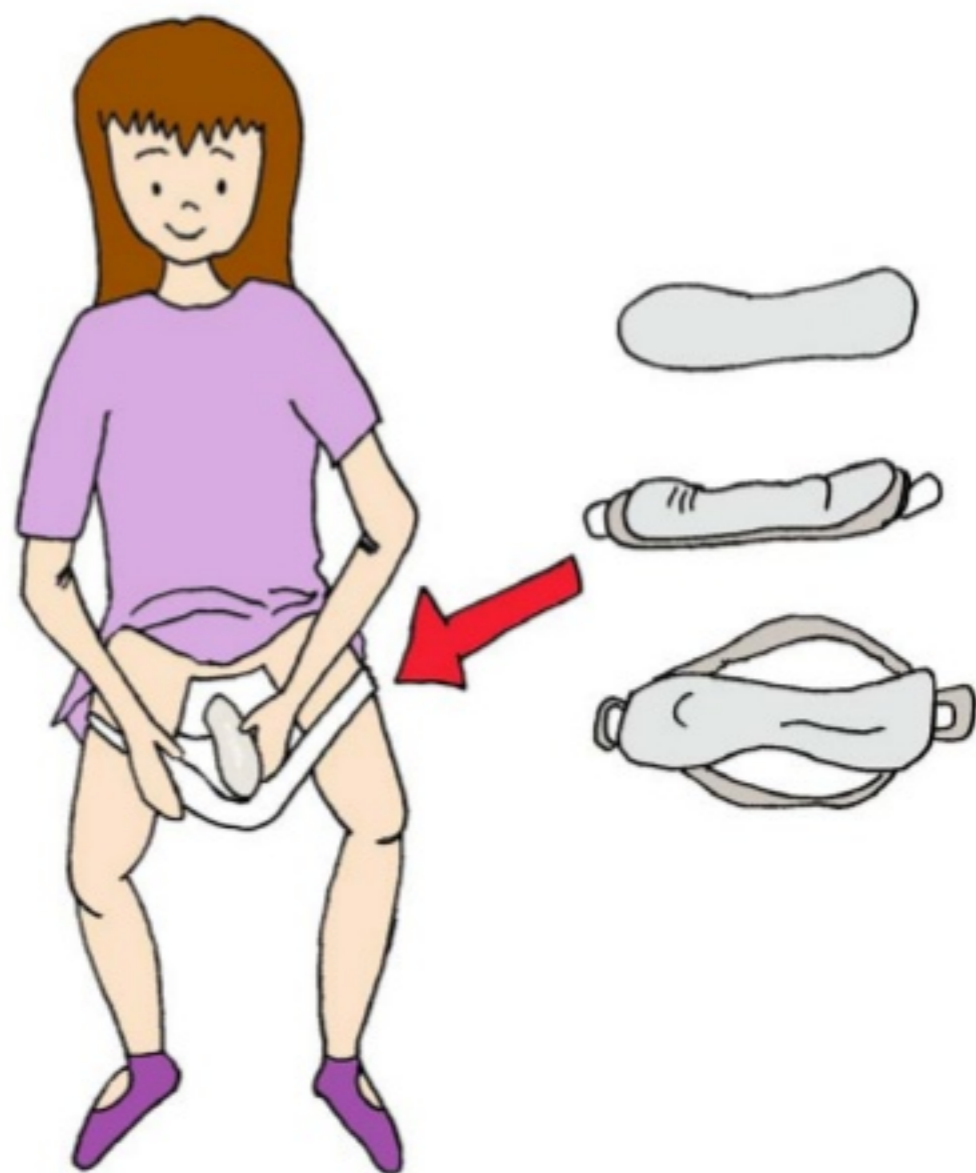
*Sometimes there is blood
in my pants. This is
called my period.*



Sometimes my tummy
feels sore and I tell my
mum or a teacher.



When I see this blood I
Need to go to the toilet.



I put a pad in my pants to stop them getting dirty.



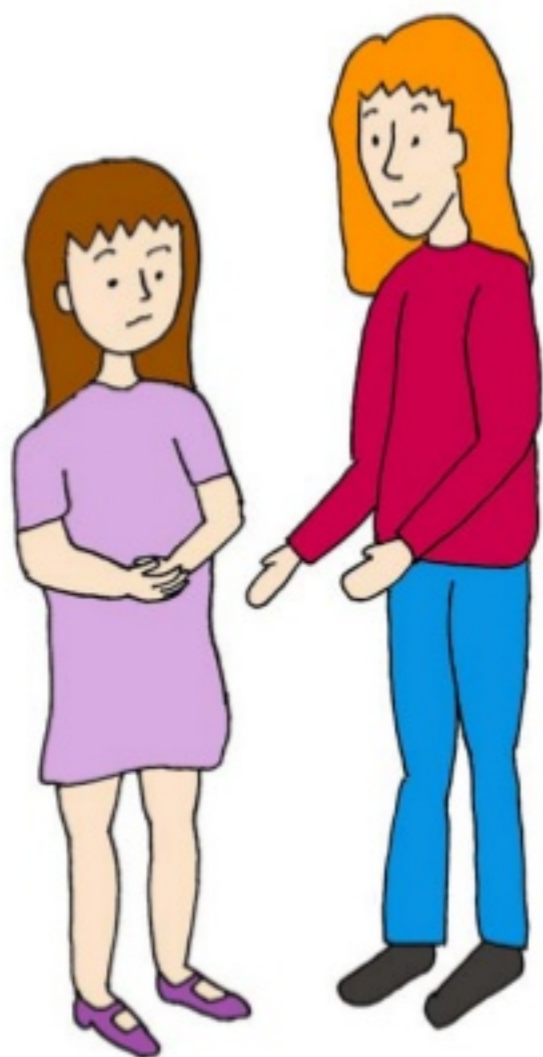
I wrap the old pad with toilet paper and put it in the bin.



I wash my hands
with soap.



I need to change my pads
morning, lunchtime,
afternoon and before
I go to bed.



Having my periods is a private thing. I only talk to my mum or teacher about them.