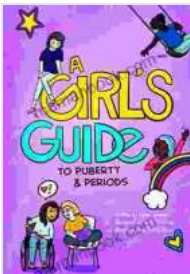


# A Girl's Guide to Puberty: Everything You Need to Know About Periods

Puberty is a time of great change for girls. One of the most significant changes is the onset of menstruation, or periods. This can be a confusing and even scary time for girls, but it's important to remember that it's a normal part of growing up. This article will provide you with all the information you need to know about periods, from what to expect to how to manage them.



## A Girl's Guide to Puberty & Periods by Marni Sommer

★★★★☆ 4.8 out of 5

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## What is a period?

A period is the shedding of the lining of the uterus. This happens every month when a girl's body is preparing for pregnancy. If the girl does not become pregnant, the lining of the uterus breaks down and is shed through the vagina. This is what causes the bleeding that is associated with periods.

## What are the symptoms of a period?

The most common symptom of a period is vaginal bleeding. However, other symptoms can also occur, such as:

- Cramps
- Headaches
- Fatigue
- Bloating
- Mood swings

### **How often do periods occur?**

Periods typically occur every 28 days. However, it is normal for periods to vary in length and frequency. Some girls may have periods every 21 days, while others may only have periods every 35 days. It can also take several months for a girl's period cycle to become regular.

### **How long do periods last?**

Periods typically last for 3-5 days. However, it is not uncommon for periods to last for up to 7 days.

### **How much blood is lost during a period?**

The amount of blood lost during a period varies from girl to girl. However, it is normal to lose between 2 and 4 tablespoons of blood during a period.

### **What is PMS?**

PMS stands for premenstrual syndrome. PMS is a group of symptoms that occur in the days or weeks leading up to a period. These symptoms can include:

- Mood swings
- Irritability
- Fatigue
- Bloating
- Headaches

### **How can I manage my periods?**

There are a number of things you can do to manage your periods, such as:

- Using pads or tampons to absorb the blood
- Taking over-the-counter pain medication to relieve cramps
- Applying a heating pad to your abdomen to relieve cramps
- Getting regular exercise to help reduce cramps
- Eating a healthy diet to help reduce PMS symptoms

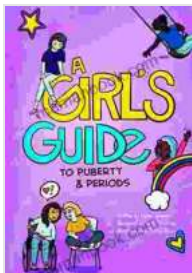
### **When should I see a doctor about my periods?**

You should see a doctor about your periods if:

- Your periods are very heavy or painful
- Your periods are irregular
- You have other symptoms that are concerning you

Periods are a normal part of growing up. They can be a confusing and even scary time for girls, but it's important to remember that they are nothing to

be afraid of. This article has provided you with all the information you need to know about periods, from what to expect to how to manage them. If you have any other questions or concerns, be sure to talk to your doctor.



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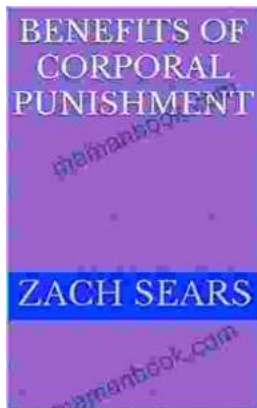
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