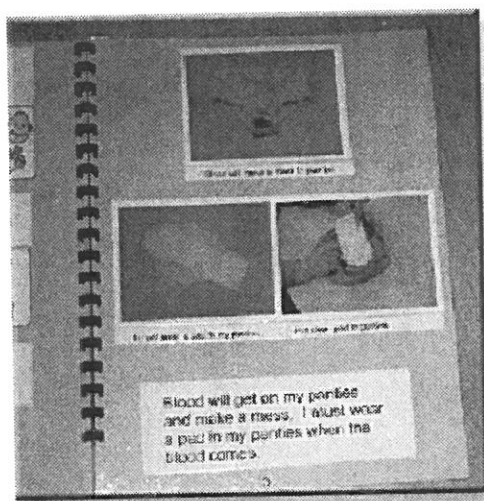


The Picture Communication Symbols copyright 1981-2002, Mayer-Johnson, Inc. Used with permission.

A fifth grade student learns about menstrual periods reading the story, Getting My Period with the author.

This story was written to explain in simple language what will happen during a period and why we need to wear pads. The story was originally made using some actual photos of panties, pads and "blood" for those students who may not understand abstract pictures. This is an example of how you can tailor a story to meet the specific needs of an individual. See figure.



The Picture Communication Symbols copyright 1981-2002, Mayer-Johnson, Inc. Used with permission.

Some students need photo illustrations in order to understand the content of a story. This is an example of how you can use photos to accompany the story, Blood Will Come.

Blood Will Come

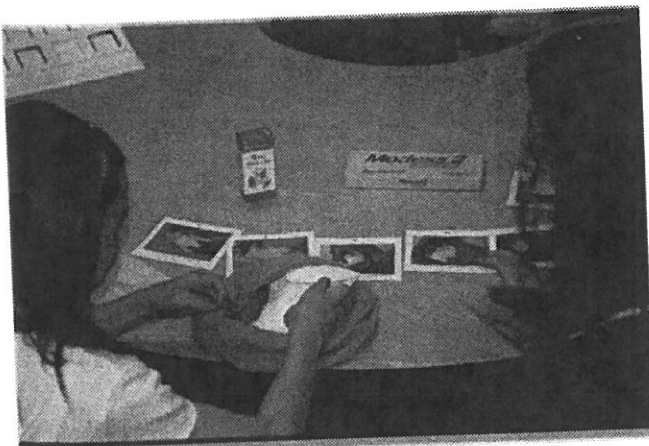
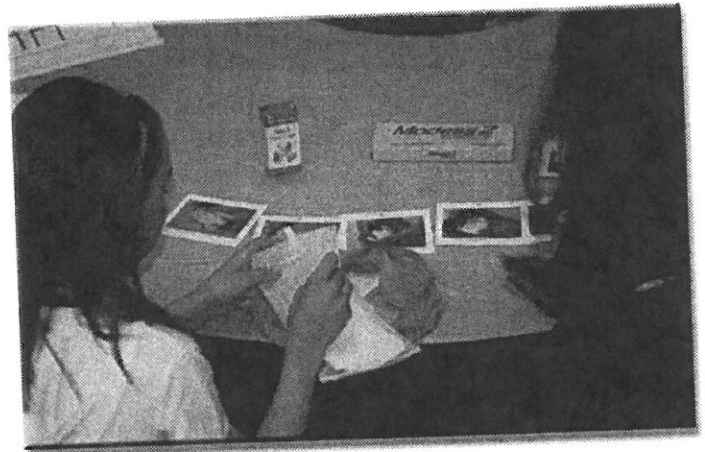
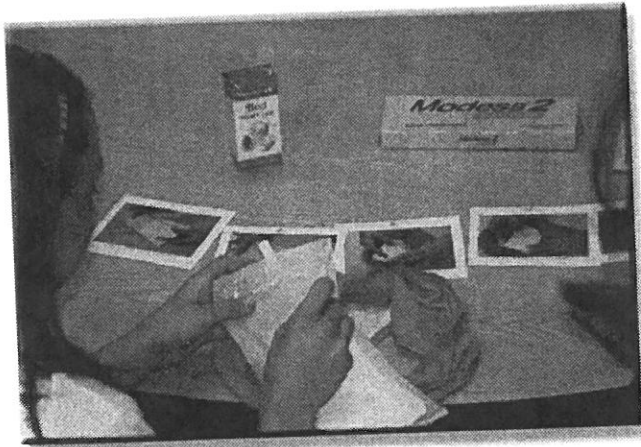
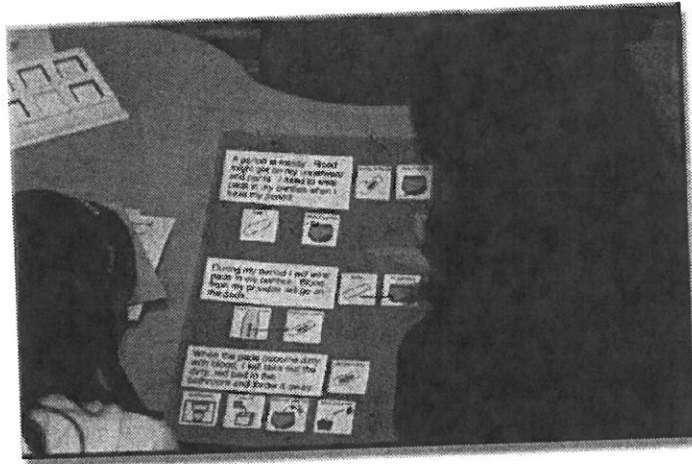
- ↪ I am a big girl now. I will get my period every month and blood will come between my legs from my privates.
- ↪ Blood will come every month. I don't like the blood, but I know it is okay when the blood comes.
- ↪ Blood is supposed to come out between my legs when I have my period. The blood does not hurt me. I'm not sick. I'm fine.
- ↪ The blood coming from my privates means I'm a big girl. I am becoming a woman, like my mommy.
- ↪ The blood is called my period. The blood makes a mess. I need to wear pads in my panties when the blood comes.



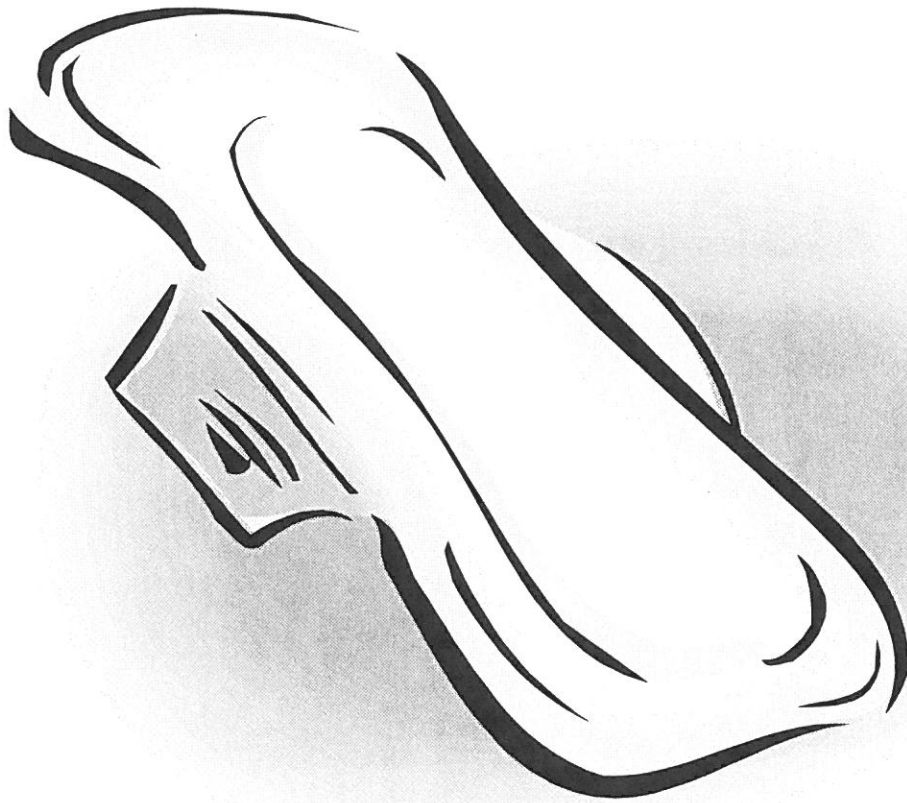
- ↪ I must wear pads when the blood comes. The blood will go on my pad, not on my panties.
- ↪ Maybe the pads will feel strange and uncomfortable in my panties. Maybe I won't like the pads at first. But soon the pads will feel fine and I won't worry about them.
- ↪ The pads will keep my panties clean when the blood comes. I must keep the pads in my panties when the blood comes.
- ↪ The blood comes between my legs from my privates for about five days and then the blood will stop.
- ↪ When the blood stops, I won't need to wear pads in my panties.
- ↪ Soon the blood will come again. Then I will need to wear pads in my panties again.
- ↪ I will be okay when I get my period and the blood comes.



I will do a good job of wearing pads in my panties when the blood comes.



The following is a hands-on activity to help instill the concept of wearing and changing pads. This simple story has been created in a workbook form to allow students to read, write and color or as a reinforcement of the information learned.



I Wear Pads in My Panties

1. Clean white pad
2. Pad goes in panties
3. Blood on pad
4. Yucky red pad comes out
5. Wrap pad. Don't touch blood
6. Throw pad away
7. Wash hands

