

## Missing or late period



You may not get your period, when you expect it if you are:

- Anxious or stressed
- Pregnant
- Underweight/ overweight
- On certain forms of birth control, such as some types of contraceptive pill or the implant
- Going through early Menopause
- Diagnosed with polycystic ovaries
- Experiencing other medical issues

**It's really important that you speak to your GP if you are concerned about a missed period. For information on Streetwise drop in sessions please visit our website.**

## Bleeding between periods

Bleeding in between periods can have a number of causes:

- Use of hormonal contraceptives
- Infection
- Polycystic ovaries
- Cervical cancer

**You should speak to your GP if you are concerned about unusual bleeding in between periods.**

### Useful contacts

Periods - NHS ([www.nhs.uk](http://www.nhs.uk))

First Period Kit | Be Prepared Period | Period Starter Kit  
[www.bepreparedperiod.com](http://www.bepreparedperiod.com)

## For More Information:



If you would like more information, please visit our website.

If you have been affected by any of the issues described in this leaflet you can talk to a Counsellor or a Youth Worker at a Streetwise drop-in.

**Advice is FREE and CONFIDENTIAL.**

Produced by: Streetwise Young People's Project:

Young People's Information, Advice, Counselling, Sexual Health and Support Service for 11-25 year olds.

## Streetwise

YOUNG PEOPLE'S PROJECT

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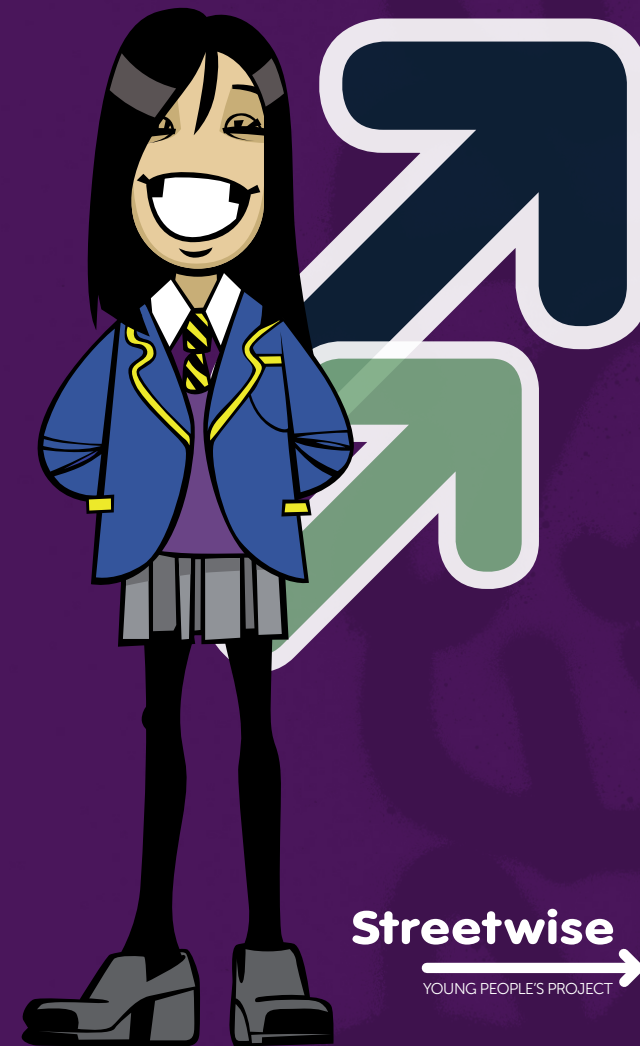
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# The Streetwise guide to Periods

Your guide to accessing free, confidential and discreet period products.



Streetwise  
YOUNG PEOPLE'S PROJECT

## What is the M-Card



The M-Card is a new way to access free, confidential, and discreet period products, right here at Streetwise for young people aged between 11 and 25 years.

The free period products provided with this card can include: tampons, pads and menstrual cups.

### The M-Card also grants you:

➔ Support from staff

A discreet and safe place to get products (particularly helpful if you're in the town centre and your period arrives unexpectedly!)

➔ Further information on any period/ sex related questions you may have.

## How to get the M-Card

If you would like to register for an M-Card, simply ask one of the Streetwise staff. They will have a quick confidential, open, honest and non-judgemental chat with you, to provide you with any support that you need, so that you can talk openly and honestly in a private space. They will then issue you with your card.



## What are periods



A period is a healthy part of growing up. A period is part of the menstrual cycle which happens once per month, where a person assigned female at birth will bleed from their vagina for between 3 – 8 days, it is usually heaviest during the first couple of days.

Most young people assigned female at birth will start having periods between the ages of 10 – 15.

## Period Products:

**Period pads:** padded strips attached to the sides of underwear that absorbs blood. Pantyliners, small/ thin type of pad used at the end of a period.

- Non invasive
- Easy to use
- Available in different sizes and shapes

**Tampons:** cotton tubes inserted into the vagina that absorbs blood. At one end there is a string to remove the tampon.

- Comes with clear instructions of use
- Inserted correctly, the wearer cannot feel it or experience pain
- Needs to be changed regularly to avoid Toxic Shock Syndrome (TSS)

**Menstrual cups:** medical grade silicone placed in the vagina to collect blood.

- Re-usable
- Can be tricky to use at first but gets easier with practice
- Cheaper long-term

## PMT/ PMS



Some people experience pre-menstrual tension (PMT/PMS) in the weeks leading up to their period. This is believed to be due to the body's changing hormone levels. A person may experience:

- Bloating
- Breast tenderness
- Mood swings
- Abdominal pain
- Increase in spots

### Things that help

- Exercise
- Hot water bottle
- Certain supplements and vitamins
- A balanced diet (we think a little chocolate might help!)
- Certain forms of birth control
- Contact your GP if you feel you need more help

Just remember, you can get through it!

### Irregular periods

Most people have a menstrual cycle of approximately 28 days between cycles, but everyone is different. It can be helpful to use a cycle tracker or diary so you can work out your cycle which can help you to be prepared.

