

Curious Questions About Periods, Puberty & Your Body

This guide answers some of the most common questions girls ask about their bodies, periods, and growing up. Remember, there's no such thing as a silly question!

What is a period and why do we get them?

A period is when blood comes from the uterus and leaves the body through the vagina. It's part of a healthy cycle that helps prepare your body for a possible pregnancy one day.

When will I get my first period?

Everyone is different, but it usually happens between 9 and 16. You might notice signs like breast changes, discharge, or growth spurts first.

How long does a period last and how often do you get it?

Most periods last 3–7 days and come every 21 to 35 days. It can take a few years to become regular.

What's that white stuff in my undies?

It's called discharge and it's totally normal. It helps keep your vagina clean and healthy. You'll usually see it before your first period starts.

Is it normal to feel cramps or pain during a period?

Yes—mild pain or cramping is common. But if it's so painful you miss school or can't do normal things, it's time to talk to an adult or doctor.

What if I get my period at school?

It's okay! Lots of students carry pads or period undies just in case. Most schools have supplies if you ask a teacher or nurse.

Can I swim or do sport with my period?

Yes! You can wear a tampon or period swimwear if you're comfortable. Movement can even help reduce cramps.

Can you pee and have your period at the same time?

Yes! Your period comes from your uterus and leaves through your vagina. Pee comes from your urethra, which is separate.

Is it okay if my period isn't regular yet?

Absolutely. It can take a couple of years after your first period for your cycle to settle into a pattern.

Can you use a tampon if you haven't had sex?

Yes! Using a tampon has nothing to do with virginity. It's all about comfort and personal choice.

What's the best period product to use?

There's no 'best'—only what works for you. Try pads, tampons, period undies or cups. Some people like to mix and match.

What if I leak through my clothes?

It happens to everyone at some point. You can wrap a jumper around your waist, talk to a teacher, and always keep spare undies in your bag.

What if someone teases me about my period?

It's never okay. Talk to a trusted adult. Periods are a natural part of life and nothing to be ashamed of.

Why do I feel so emotional sometimes?

Hormones can cause big feelings before or during your period. Self-care, rest, and talking it out can really help.

When should I talk to a doctor about periods?

If your periods are super painful, very heavy, or you haven't started by 16—it's a good idea to check in with a doctor.

Why do boobs grow at different times?

Everyone develops at their own pace. It's totally normal for one breast to grow faster than the other.

Is it normal to get pimples or body odour?

Yes! Your skin and sweat glands are more active during puberty. Washing daily and using deodorant can help.

Why is hair growing 'down there'?

That's part of puberty. Hair grows under your arms and around your vulva to protect your body.

Is everyone going through this or just me?

Everyone goes through puberty, but at different times. You're not alone.

What if I haven't started puberty yet and others have?

That's okay. Puberty starts at different times for everyone. It doesn't mean anything is wrong.

Is my body normal?

Bodies come in all shapes and sizes. There's no one 'normal' way to grow.

Why don't people talk about periods?

Because of old taboos—but that's changing! Periods are natural and deserve open, respectful conversations.

Do boys need to learn this stuff?

Yes! Everyone benefits from understanding how bodies work, even if they don't menstruate.

Why does it feel awkward to talk about?

Because many people didn't grow up learning openly. But talking helps break shame and builds confidence.

Is it true you can 'smell' when someone has their period?

Not really—unless there's poor hygiene. With good care, no one should notice.

Why do I feel embarrassed to buy pads or tampons?

Because of social messages—but there's nothing embarrassing about taking care of your health.

Is it normal to feel dizzy or tired during my period?

A little tiredness is normal, but if you feel weak or dizzy often, talk to an adult or doctor.

Can I use the pill to stop period pain?

Some people do, but it's best to talk to a doctor to find what's right for your body.

How do I talk to my parents or a doctor about this?

Start by saying, 'I have a question about my body.' Most adults will be glad you came to them.

Can stress make my period late?

Yes. Stress, illness, or changes in routine can affect your cycle. Tracking it can help you spot patterns.