

AN EDUCATIONAL INITIATIVE BY *Stayfree* IN ASSOCIATION WITH **TINKLE**  
WHERE LEARNING MEETS FUN

# *Stayfree* *Stay Ahead*



One day, when Mynah returned home from school...



Hmph!

What happened, Mynah?  
You seem upset.

It's Sheena! She was acting so weird in school with me today!

Your best friend, Sheena? Why? What happened?

"During recess, I saw some blood stains on her skirt..."



...I asked her if she'd injured herself somewhere."

"Then, suddenly, without telling me anything..."



...she ran away and people around me started giggling!"

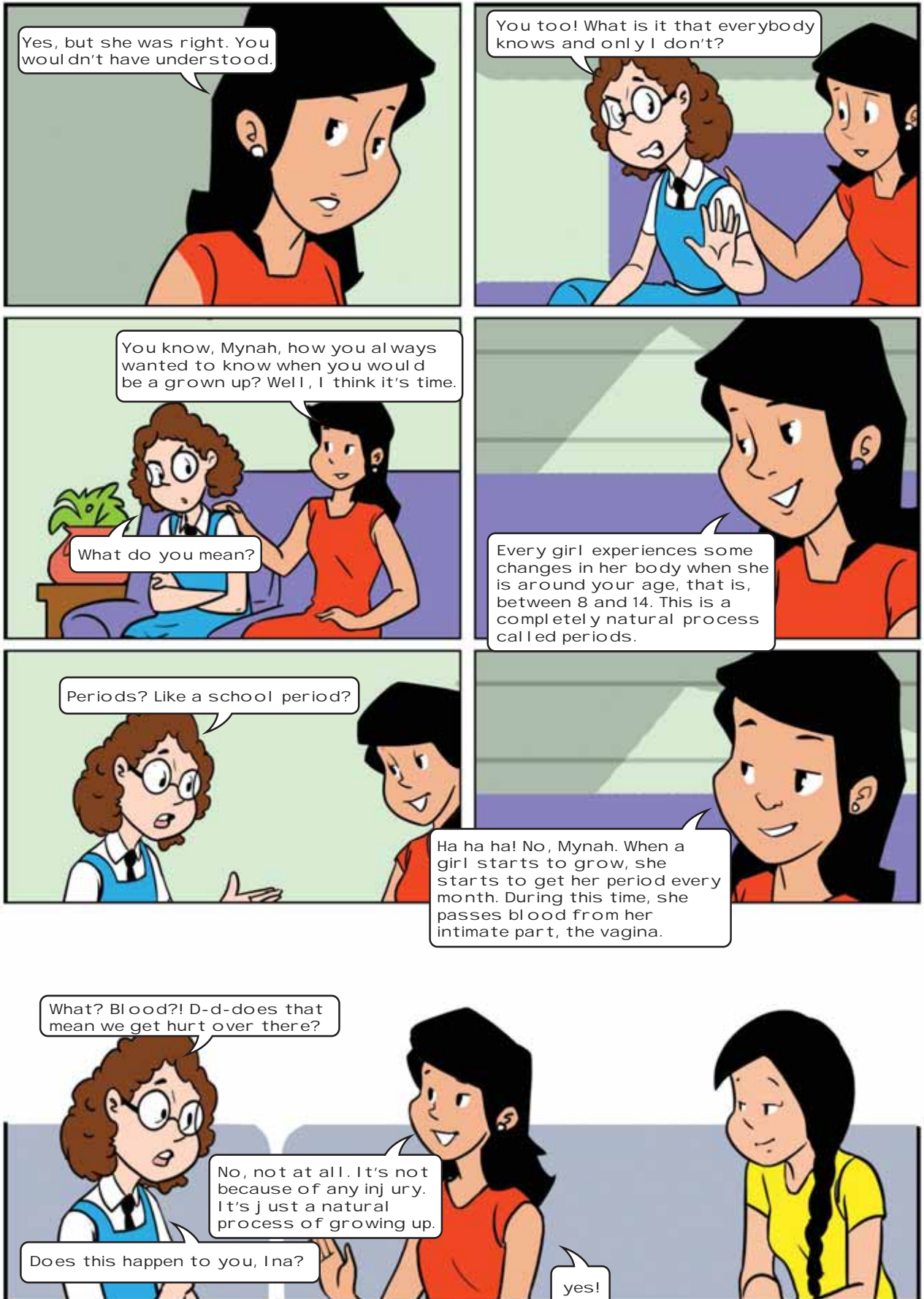
When I went back to class, I asked her why she ran away. she just said I wouldn't understand and didn't speak to me the whole day!



Mynah, you shouldn't be angry with Sheena.

Why not? She's my best friend. She's supposed to tell me everything!





And you, Mina?

Erm... yes.

So why didn't you tell me anything about it before?!

Just... I didn't think you would understand.

Argh! I'm not a kid! Of course I'll understand if you explain it to me!

Yes, you're right. So ask me anything you want to know, Mynah.

Does this happen to boys also?

There are other signs of growing up in boys as they enter puberty, but not menstruation.

why not?

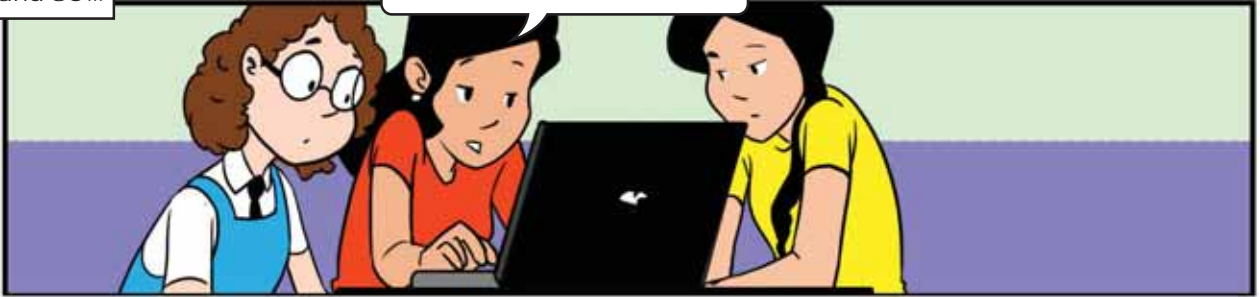
Because there's a difference in the way female and male bodies are formed.

oh! As in? how are we different?

Wait, let me get my laptop. It'll help explain.

and so...

See, this is what our body looks like from the inside.



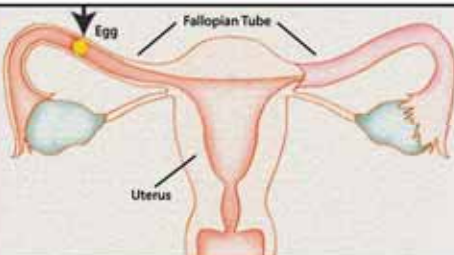
"this is the female reproductive system."



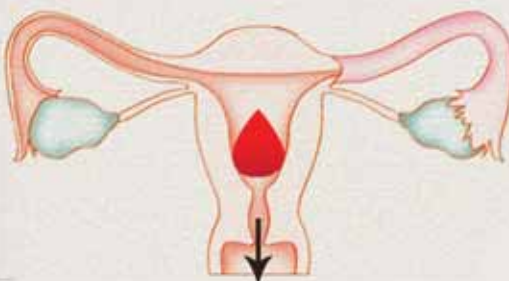
"Every woman has two ovaries, which are the female reproductive organs."



"Once we reach puberty, these ovaries start producing eggs."

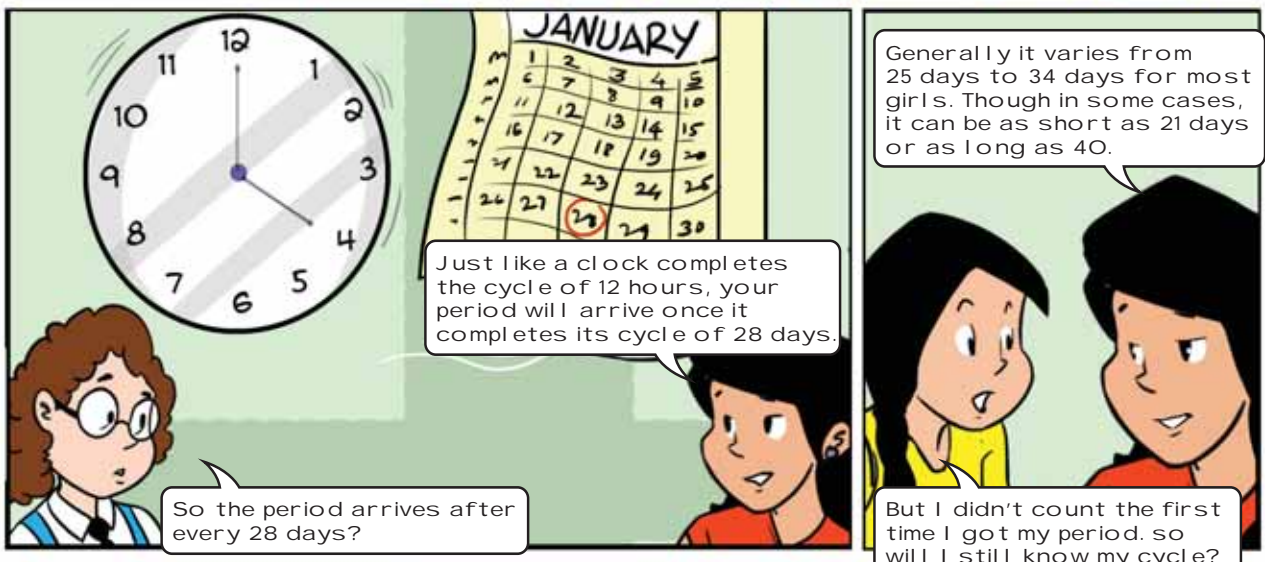
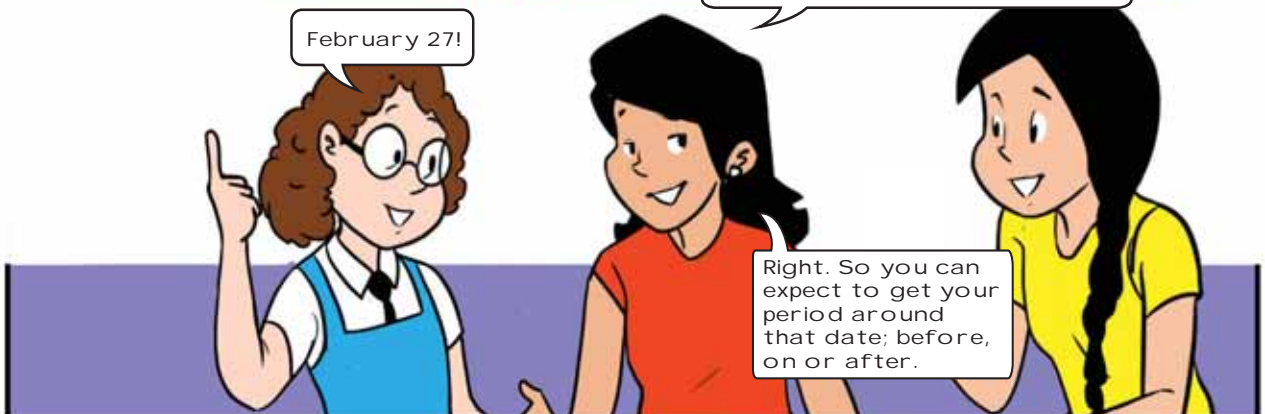
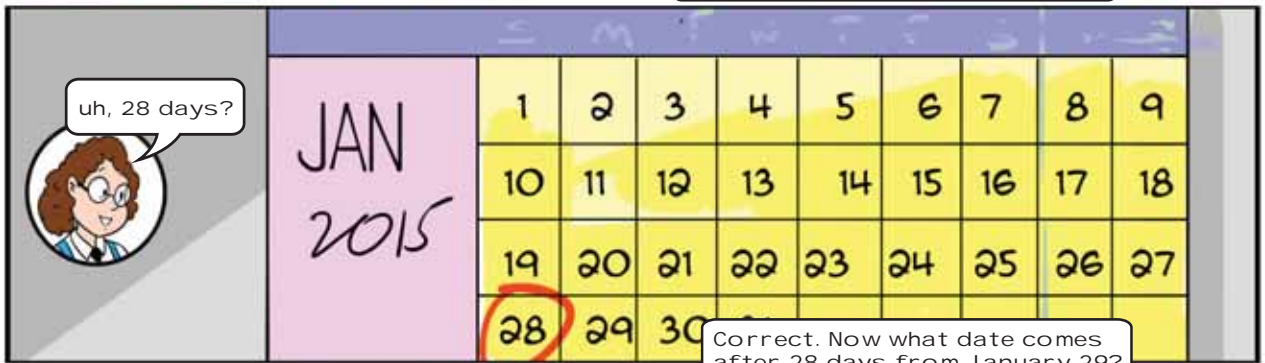


"This egg then travels through this tube, which is called the fallopian tube TO THE UTERUS, WHICH will develop a lining, consisting of blood and tissues, to nourish the egg."

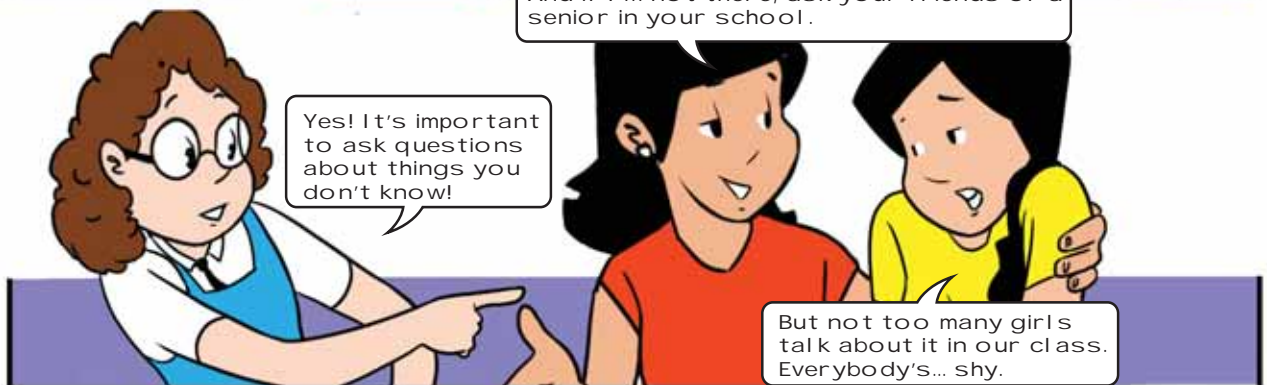
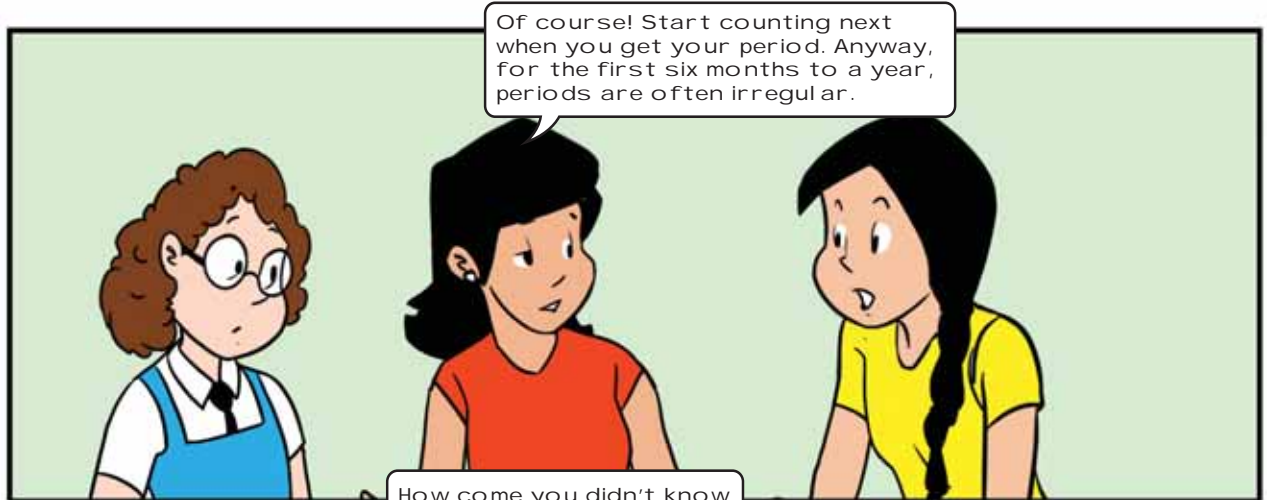


"But if the egg isn't fertilized, this lining will dissolve in the form of blood and flush the egg out with it."





## AMAR CHITRA KATHA





Taller? That's awesome! Finally, some silver lining to all this!



Ha ha! Yes, so make sure you exercise and play a lot of sports to boost this growth.

we also develop breasts. Some girls put on weight while some get pimples...

Pimples! Eew!



Don't worry. As long as you play sports, eat healthy, drink lots of water and keep your skin clean and clear, you'll be fine.



You know my friend, Nikita? She had such clear skin. Now she has pimples all over her face.

It's okay. Usually, this acne goes away after a few years but if it doesn't, she can use a foaming facewash or seek help from a doctor.

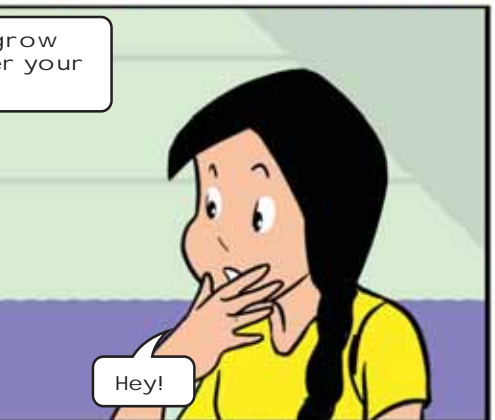


Besides that, you'll also start to grow hair around your genital area, under your arms and above your lips.



Like Mina's?

Hey!



Ha ha! Yes, But as you grow older, you will find that there are many simple ways to deal with this.



I thought growing up would be fun but...





It is fun! It's just that adjusting to these changes will take some time and sometimes, some help.

Help as in?

See, if your periods come regularly every month and if the blood flow is average, you're fine.

What does average mean?

The first two to three days, if your blood flow is heavy, that's fine. But if it's heavy for six to seven days, then you should tell your mother, sister or an elder and visit a doctor.

How do you know if it's heavy?

If you have to change your napkin many times a day, or if you see lots of clots of blood on your napkin.

Man, that sounds scary.

Erm... I sometimes get a brown discharge...

Towards the end of your periods, right? That's just a 'clean-up of your vagina'. There's a white discharge too, which is normal. But if either is excessive, we need to do a check-up with a gynaecologist.

Hear that, Mina? Talk to people!

I know all of this sounds scary. But it isn't. I was really nervous and scared the first few months as well, but then I spoke to mom and my friends, and I felt more confident.

After a few days...





I wore a dress that she had kept out for herself, but she's gotten so upset over it, as if I'd taken over her whole closet!

I see.

Mina, are you feeling okay?

come, let's go and talk to her.

Argh... I don't want to talk to her!

no...

My full body is aching and on top of that, Mynah is being mean to me!

I was not—!

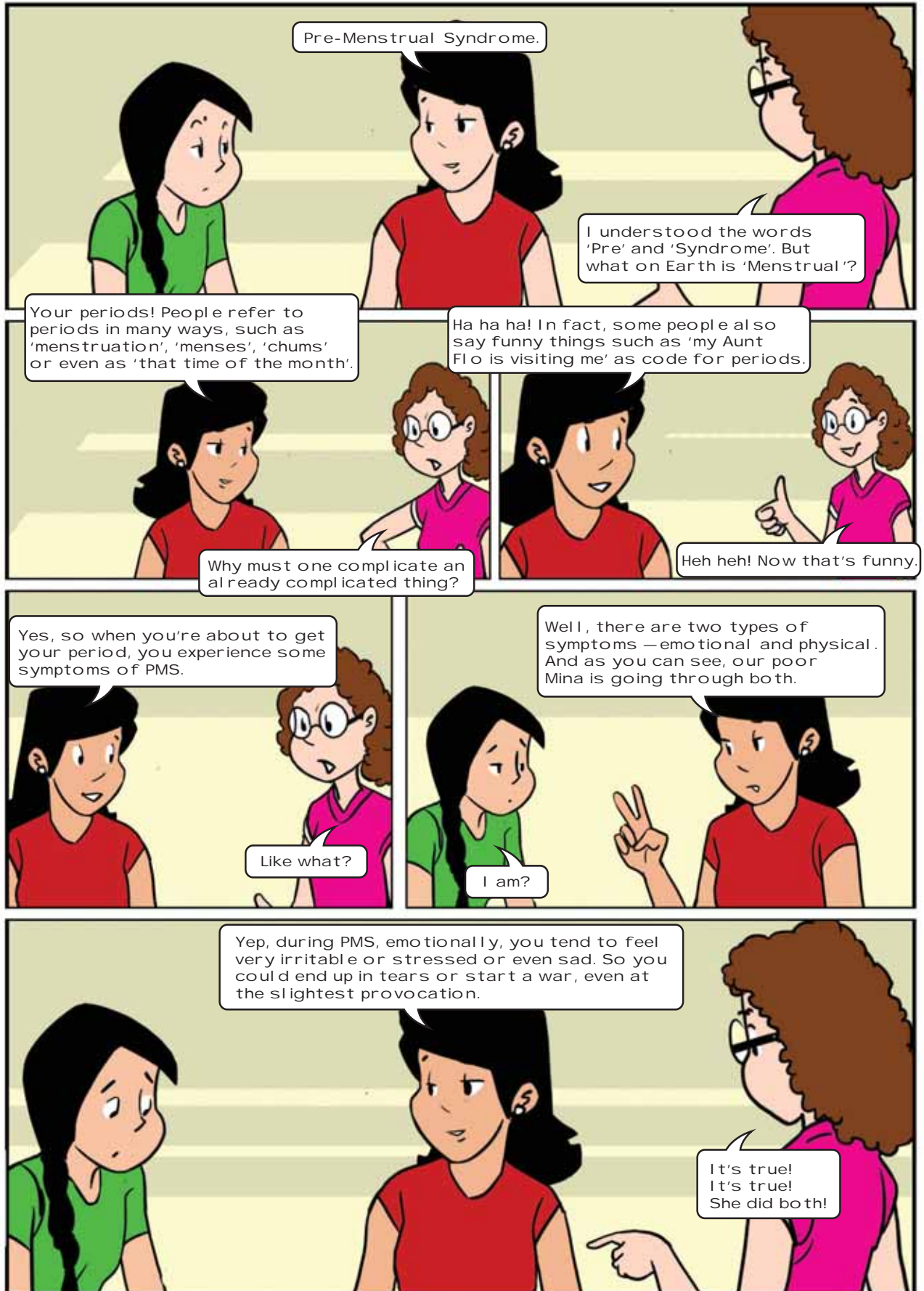
Shush!

My stomach, calves, lower back...

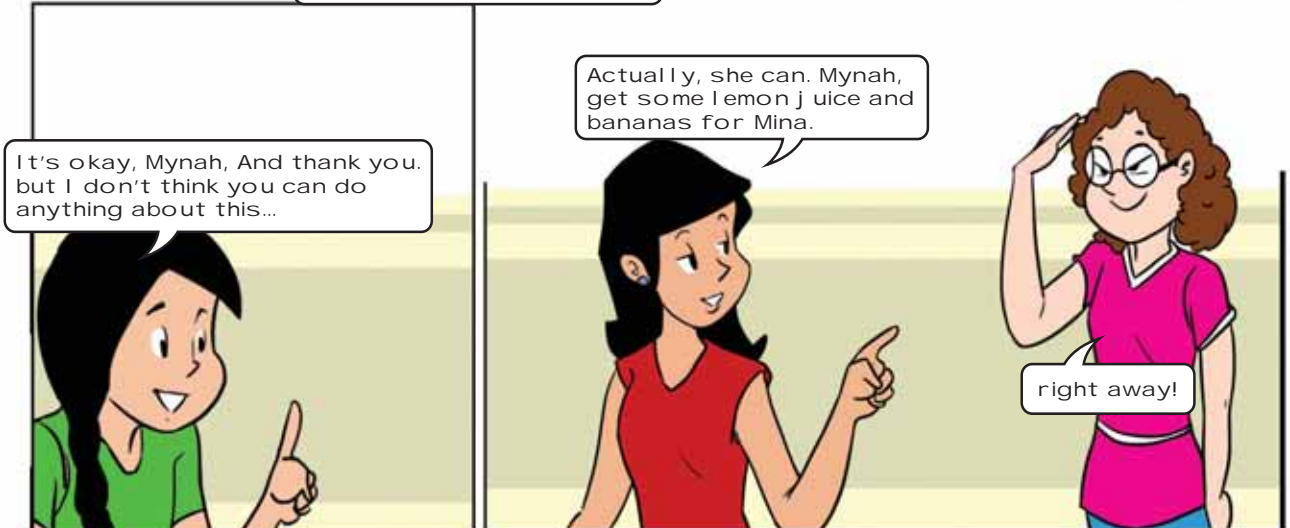
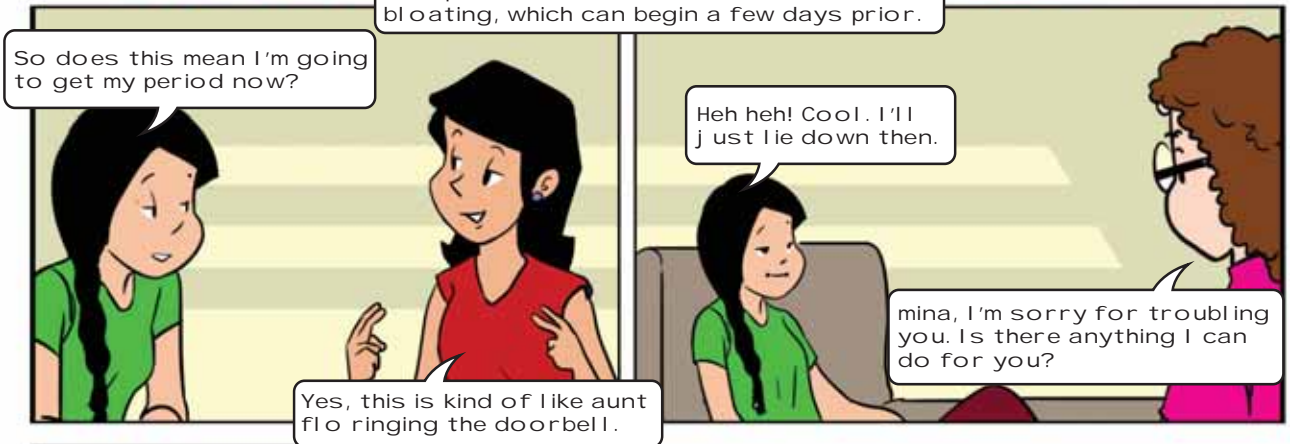
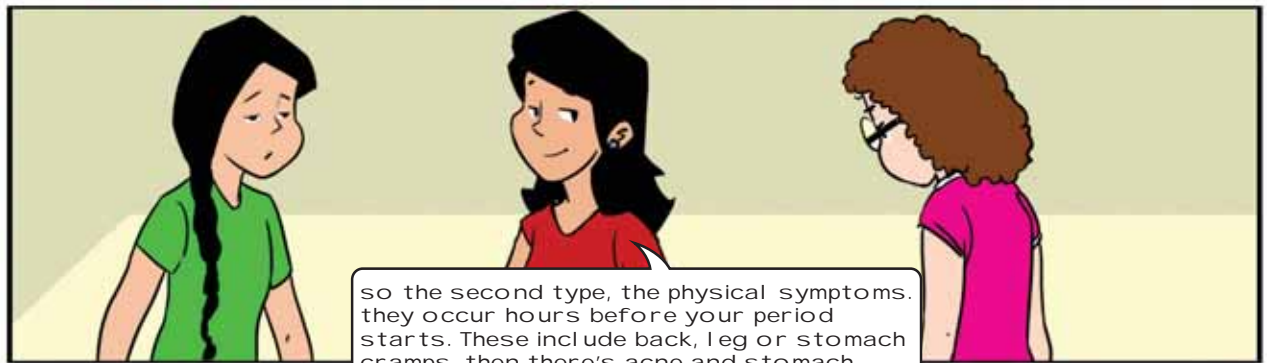
Where is it aching, Mina?

Hmm... Sounds like you're going to get your periods. As for your mood swings, that sounds just like PMS.

PMS? What's that?

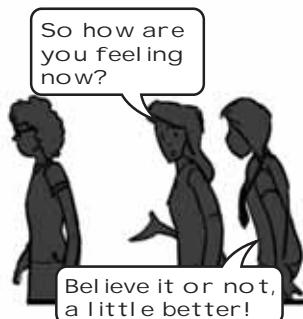
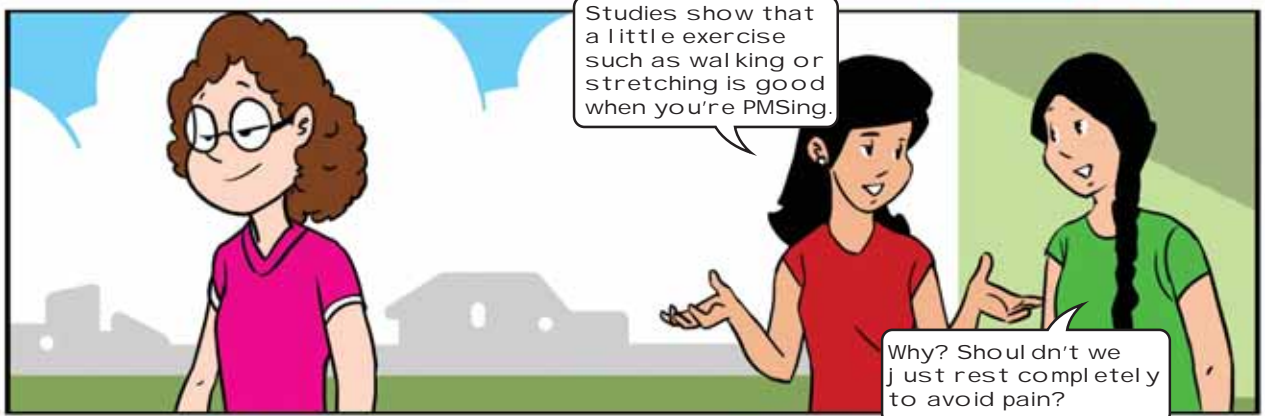




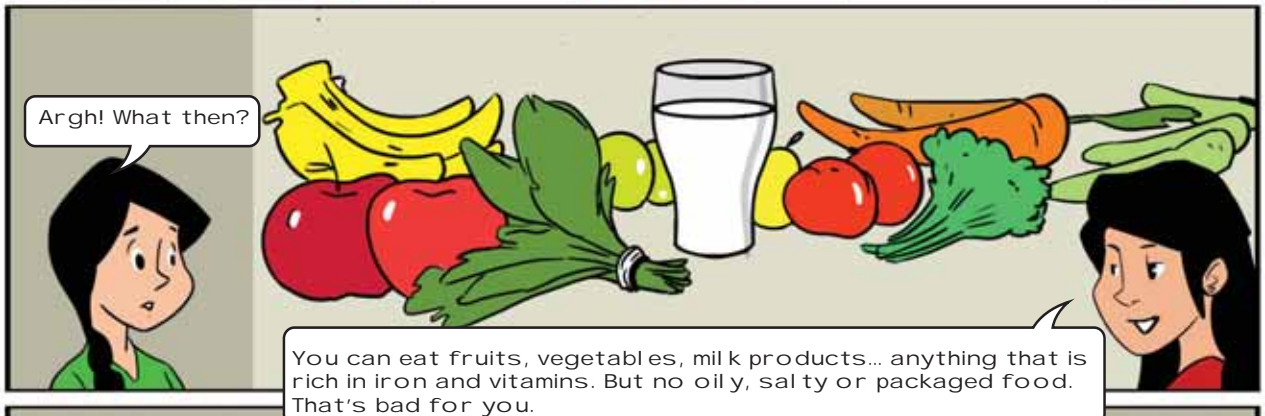








And so...

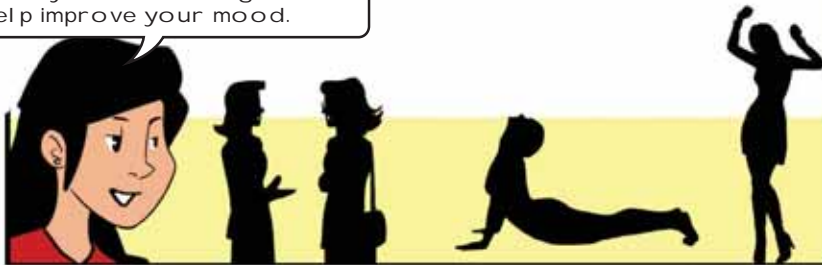




Sheesh. There are so many things you can't do when you're on your period...



In fact, it's better to hang out with friends, exercise, take a walk, read books, listen to music, or dance when you're chumming. It'll help improve your mood.



But my friends don't do anything when they have their period.



They say it's too much trouble to keep cleaning the cloth every now and then.



Why not?

It's not very comfortable or hygienic.

So then what do you use?



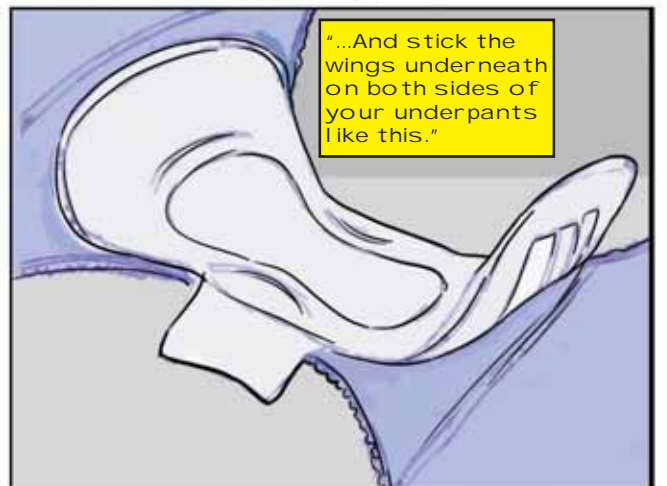
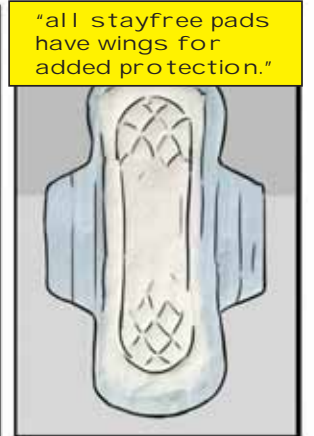
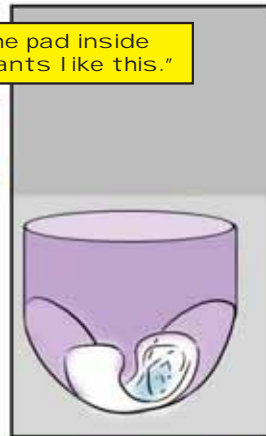
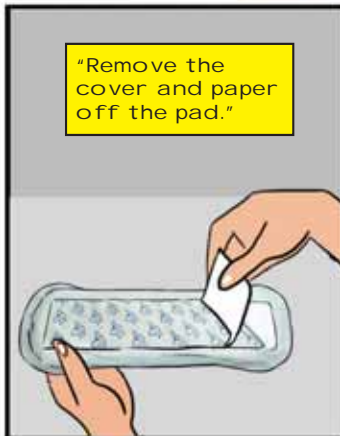
Sanitary napkins. Let me buy a few napkins and I'll explain how to use them at home.



at home-

This is a pack of sanitary napkins called Stayfree.

These pads are made of cotton that help absorb the flow. so, unlike cloth, you don't feel wet nor do they stink. they also absorb upto five times more than cloth, hence lasting longer as well.





Wings don't let the pad move or shift from its position and so, it reduces the chances of you staining.

How do you clean it after use then?

You don't clean it. You wrap it in paper and...

"...throw it in the dustbin. please wash your hands later."

So then, isn't cloth better since you can reuse it?

No, not at all. In fact, doctors say that using cloth can cause an infection or burning sensation.

Oh! I must tell my friends about it then!

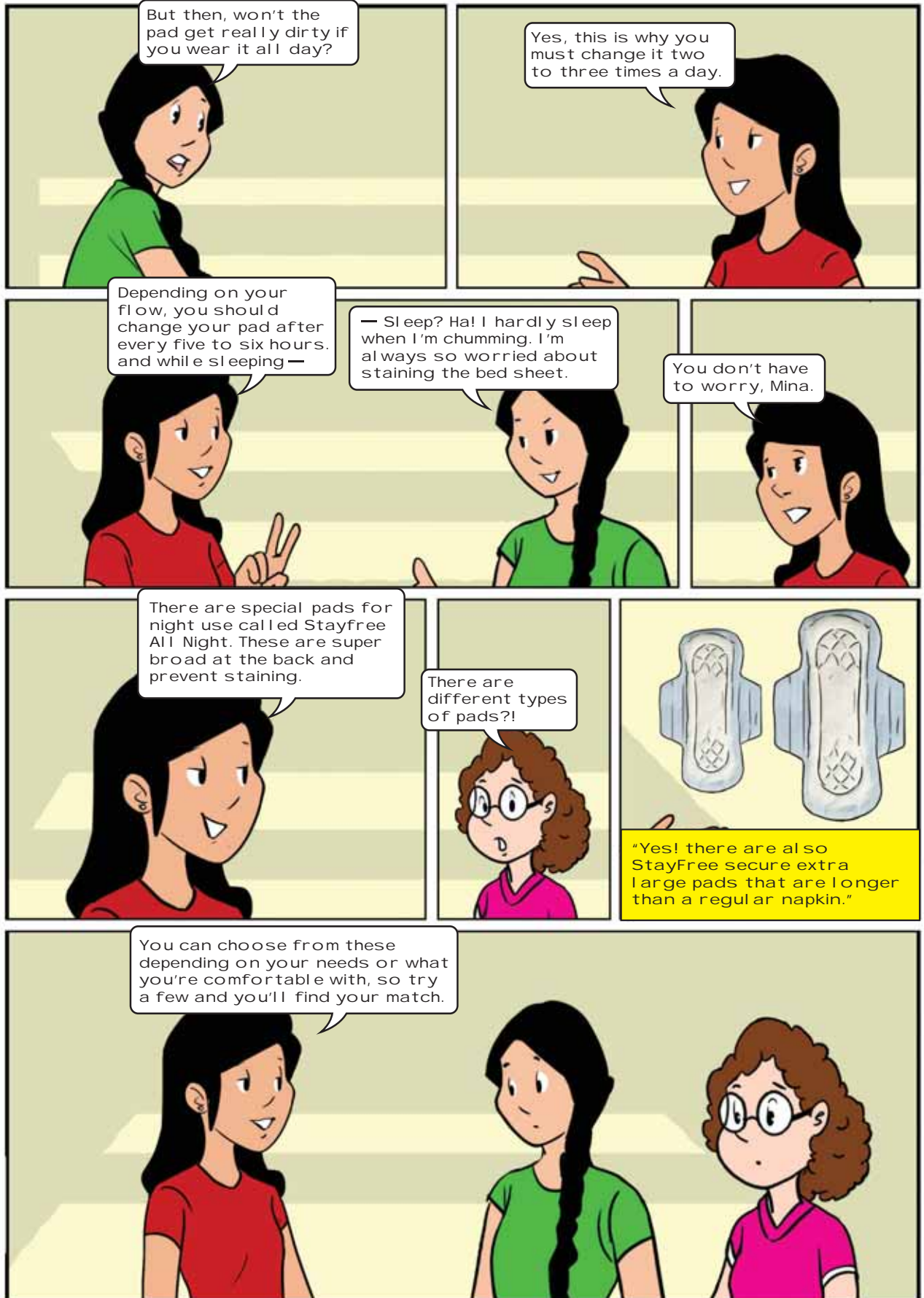
Yes, you should inform them.

But, guys, remember to never throw a used pad down the toilet or on the road. Always throw it in the dustbin.

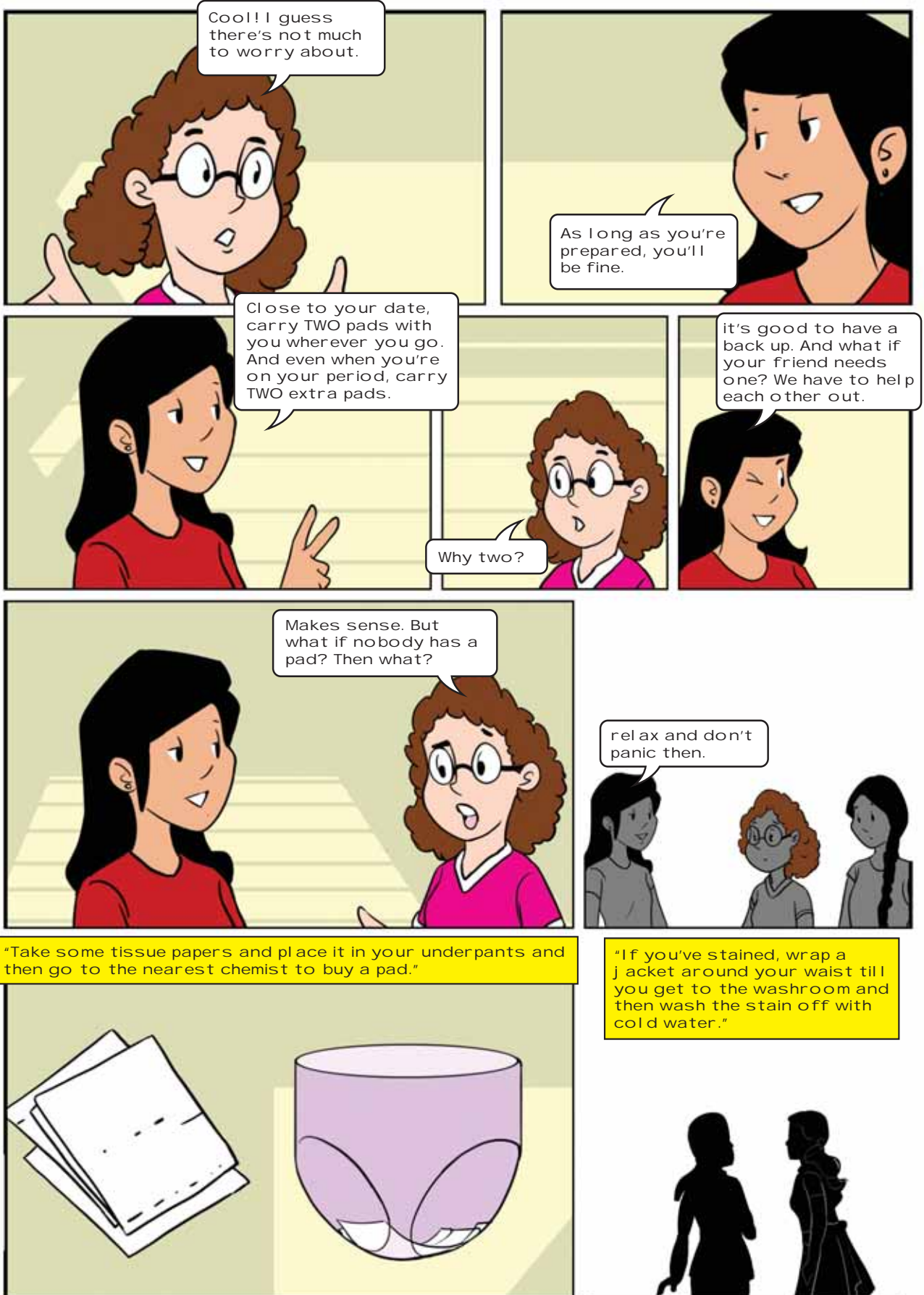
why not?

If you throw it down the toilet, the water will get clogged and rise, while, on the road, it will create an unhygienic environment.

That makes sense...

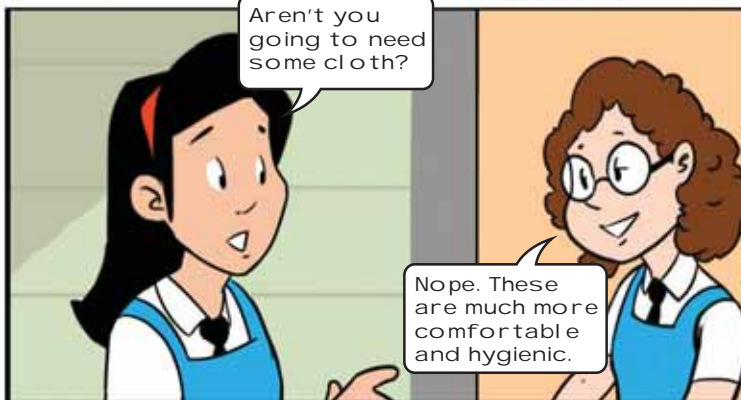


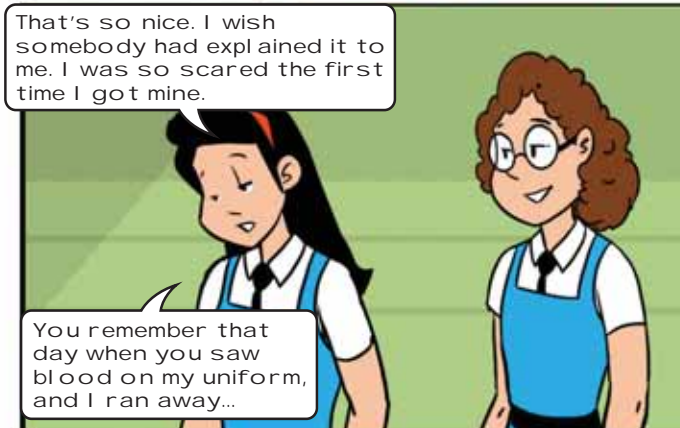








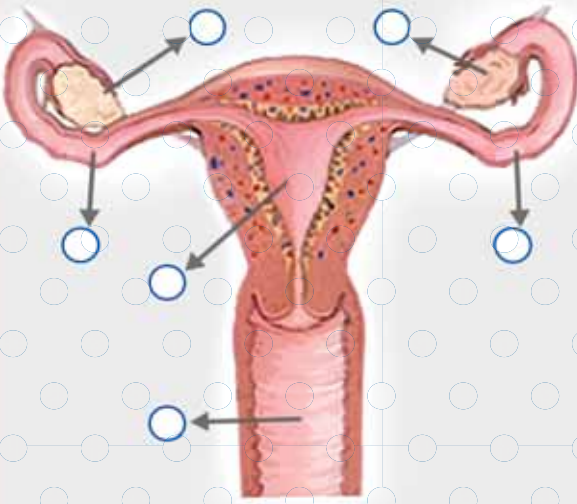








## LABEL THEM RIGHT!

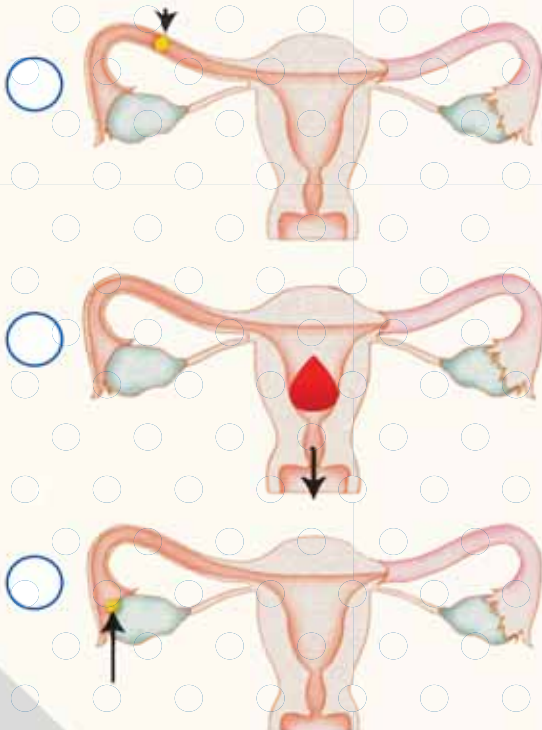


Now that you know what goes on inside your body when you get your periods, get ready to test if you know all the organs that are integral to your periods like the back of your hand! Label the organs in this diagram with their correct names from the list given below.

- A. Ovary
- B. Fallopian tubes
- C. Uterus
- D. Vagina

## ARRANGE THE STAGES CORRECTLY!

We have shown the various stages of the menstrual cycle below. It's up to you to tell us how to put them in the correct order! Use the information you have learned from this book to correctly arrange the stages of the menstrual cycle.

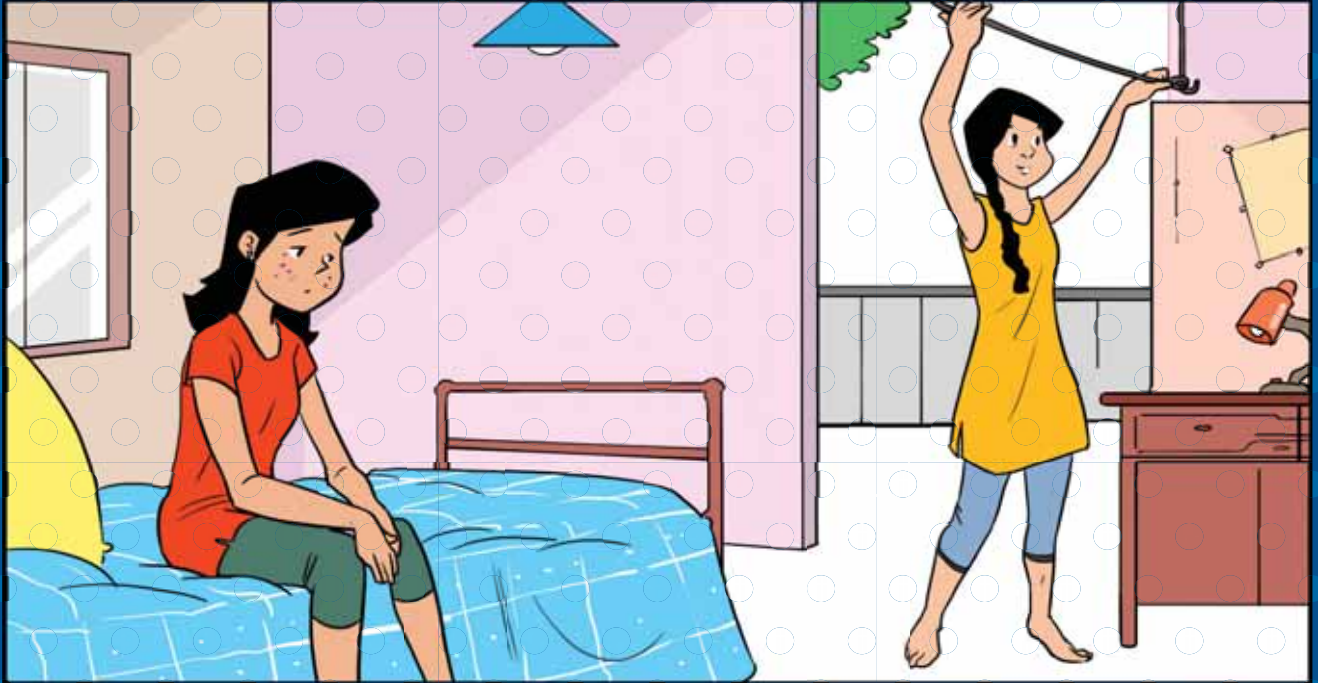


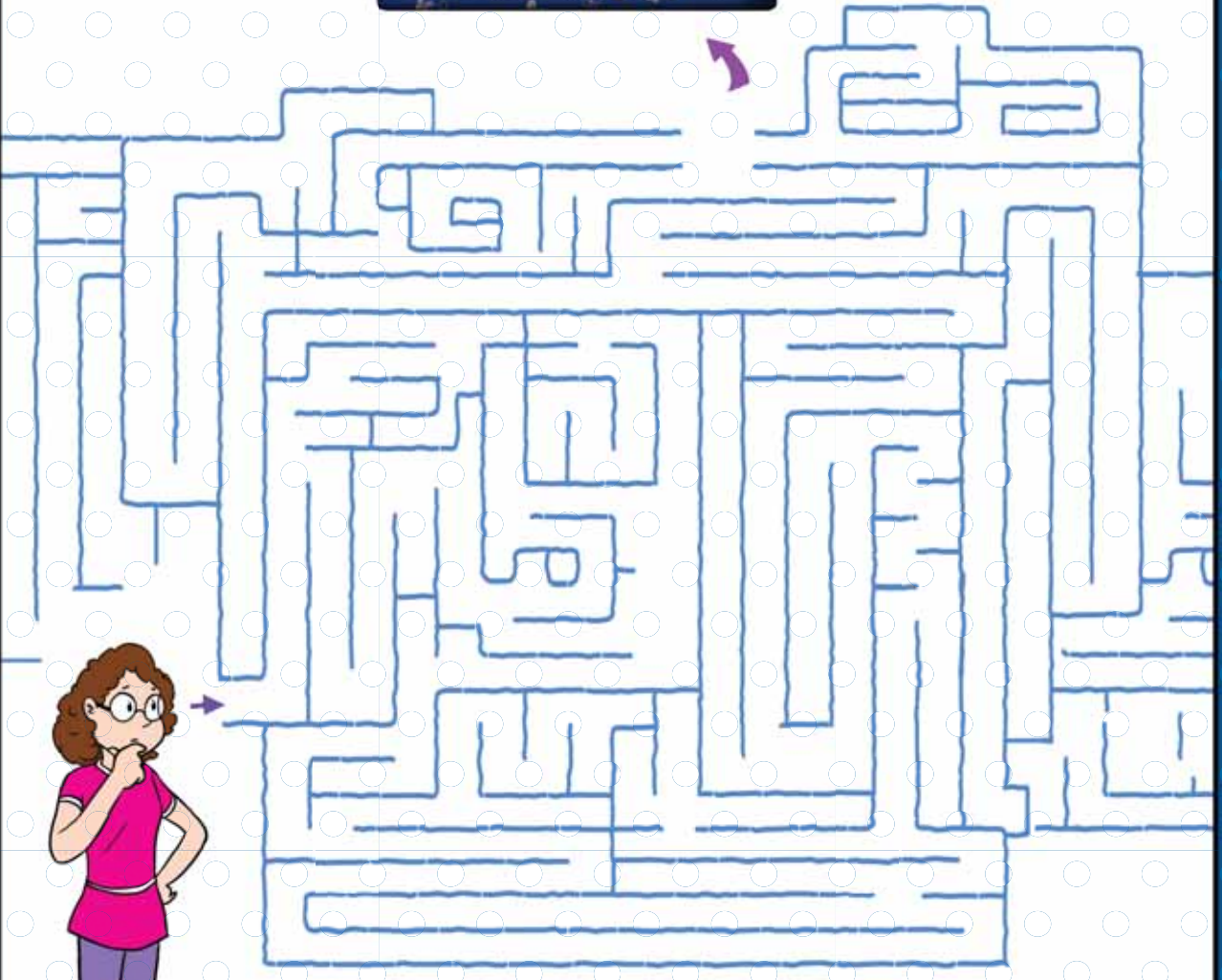
- A The process begins when an egg forms in your ovary and the lining of your uterus becomes thicker in anticipation of possible fertilisation of that egg.
- B Once the egg in the ovary is released, it moves into one of the fallopian tubes.
- C If this egg is not fertilized, then it falls apart and the uterine lining breaks and sheds. This shedding that manifests in the form of bleeding is called periods.



## SPOT THE CHANGES!

Your body changes after you get your periods.  
Show us how! Spot the **five differences** in the two images given below:





**HELP MYNAH GET TO HER  
STAYFREE AND STAY AHEAD!**



# YOUR PERSONAL TRACKER

	SEPT	OCT	NOV	DEC	JAN	FEB	MAR	APR	MAY	JUNE	JULY	AUG
1												
2												
3												
4												
5												
6												
7												
8												
9												
10												
11												
12												
13												
14												
15												
16												
17												
18												
19												
20												
21												
22												
23												
24												
25												
26												
27												
28												
29												
30												
31												



How do I track my period?

Tracking your period is simple and easy. Let me show you how...



## How to track your period?

- Mark the date of the first day of your first period. Say it is **5 September, 2015**.
- Then mark the first day of your second period, say it is **3 October, 2015**.
- Count the days between the two dates and that is your menstrual cycle, in this case, **28 days**.
- This means you will get your period every 28 days as shown in the example below:

### SEPTEMBER

SUN MON TUE WED THU FRI SAT

		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

### OCTOBER

SUN MON TUE WED THU FRI SAT

				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

### NOVEMBER

SUN MON TUE WED THU FRI SAT

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

### DECEMBER

SUN MON TUE WED THU FRI SAT

		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		



This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

# *Stayfree* *Stay Ahead*

**"Stayfree Stay Ahead"** is a fun and friendly companion for every girl taking her first step into adulthood.

Follow Mynah's journey as she steps into adolescence under the guidance of her older sister, Ina. Through various open and friendly conversations, Ina explains the process of menstruation, the development of the body as well as hormonal changes in the body, taking her through the physical and emotional transformation she will undergo on her path from girl to woman.

Filled with accurate diagrams and fun activity pages, **"Stayfree Stay Ahead"** is your friendly guide to one of the most challenging yet beautiful times in a young girl's life.

CONTENT  
VERIFIED BY  
GYNAECOLOGIST

