

Stayfree® Stay Ahead



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

What happened, Mynah?
You seem upset.

Hmph!



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."

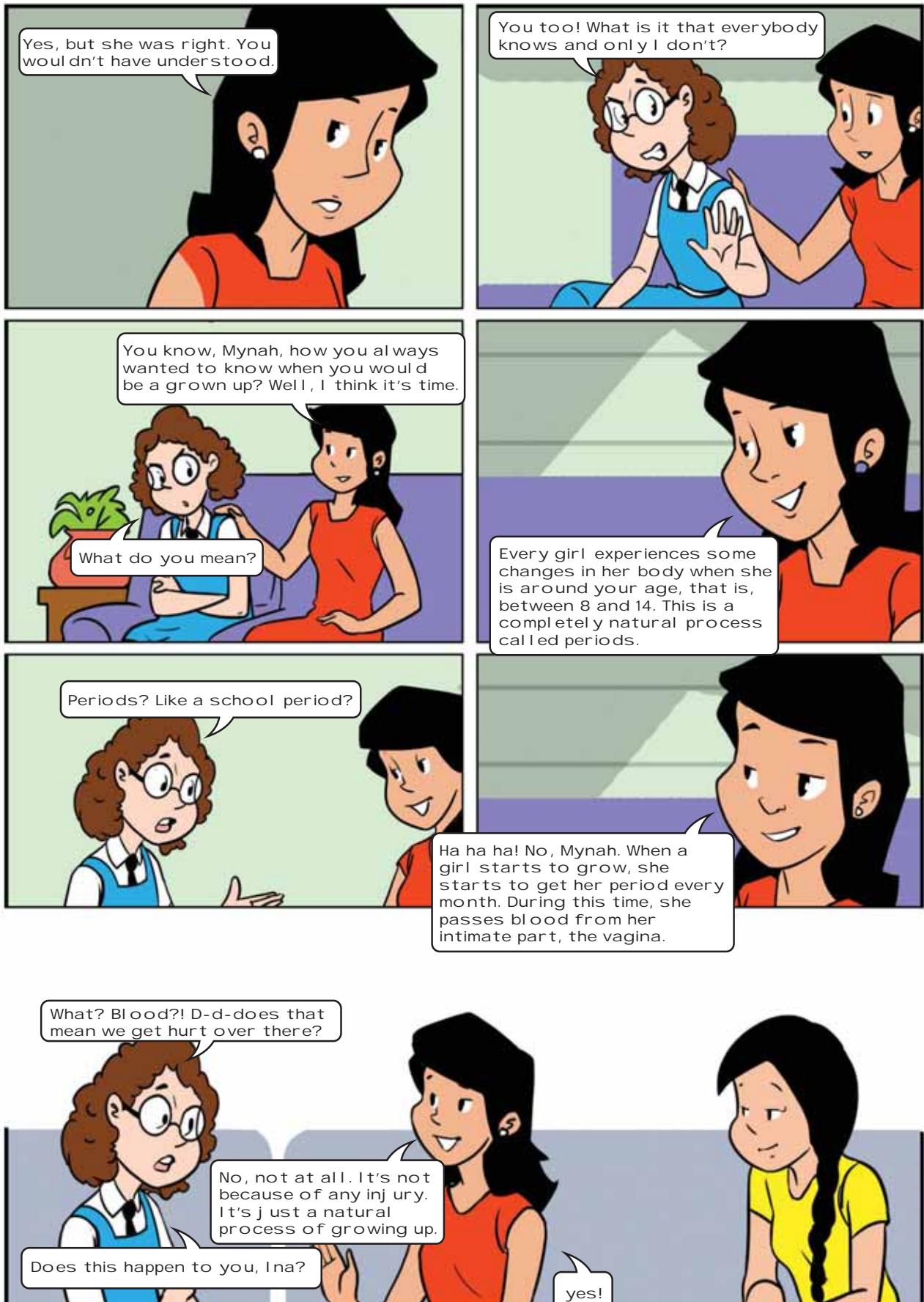
"Then, suddenly, without telling me anything...



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!



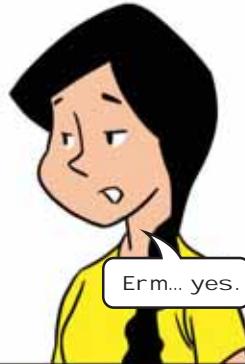
Why not? She's my best friend. She's supposed to tell me everything!



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.

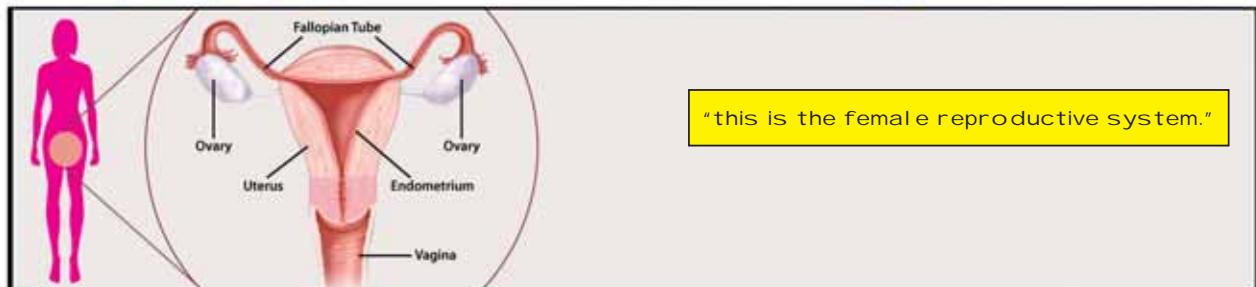
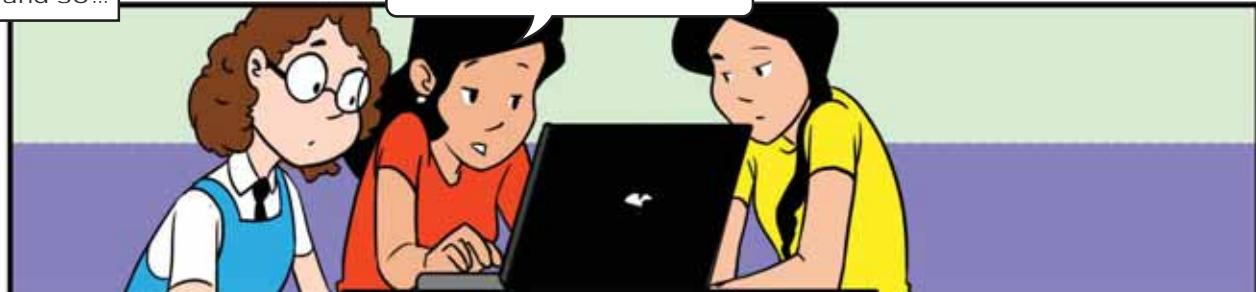
oh! As in? how are we different?



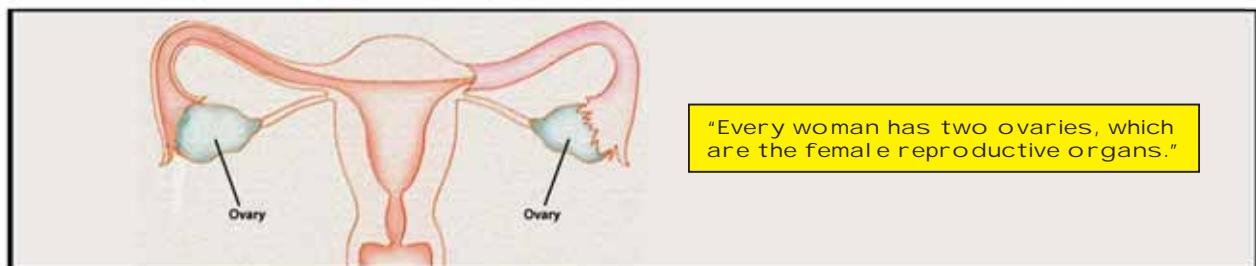
Wait, let me get my laptop. I'll help explain.

and so...

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



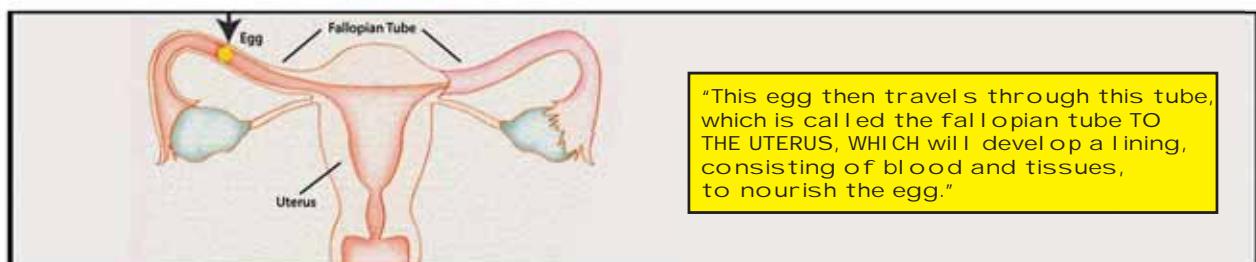
"this is the female reproductive system."



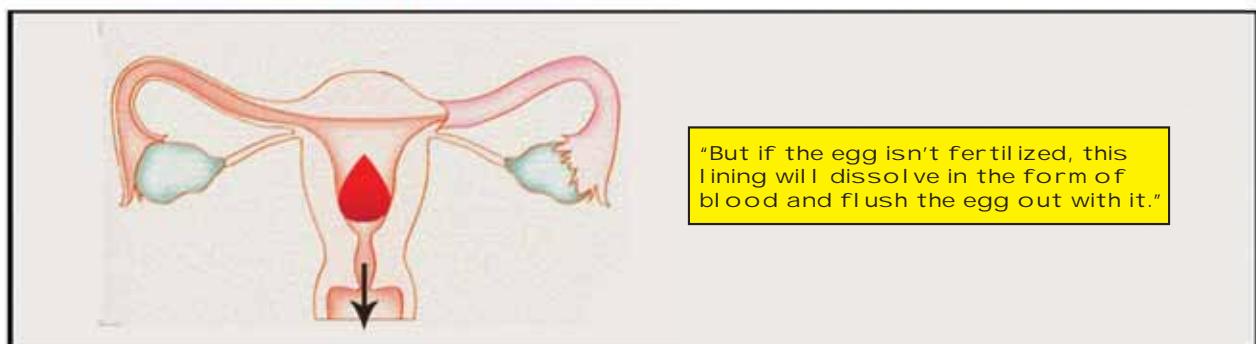
"Every woman has two ovaries, which are the female reproductive organs."



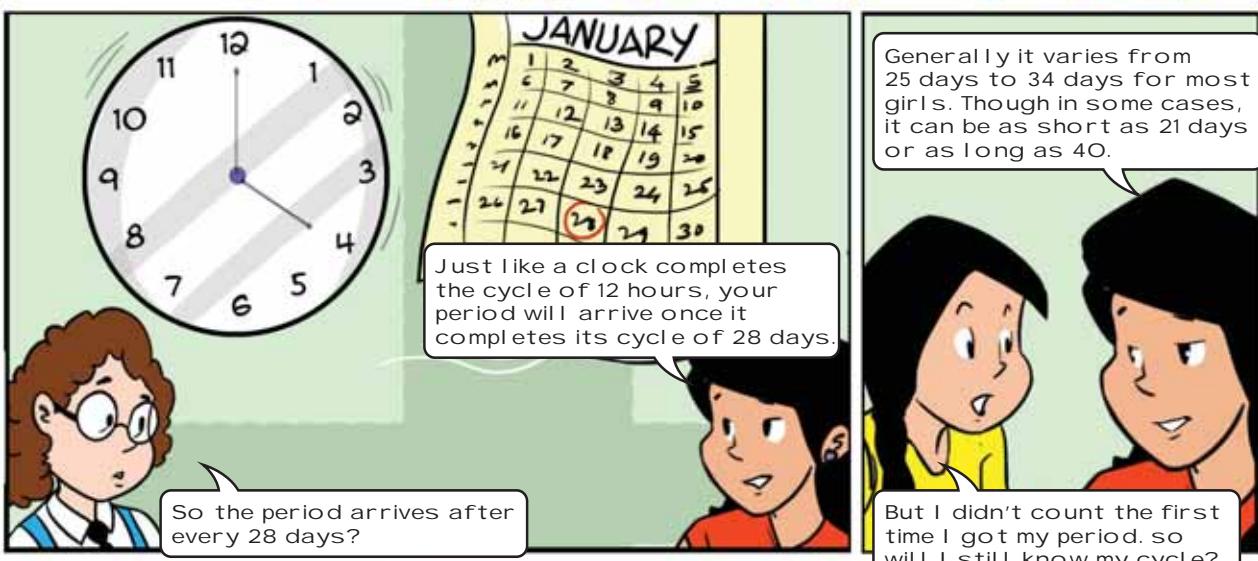
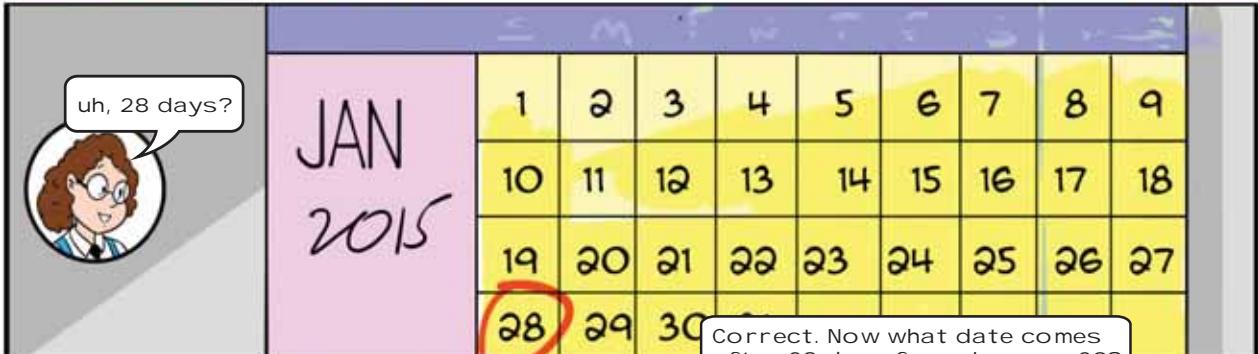
"Once we reach puberty, these ovaries start producing eggs."



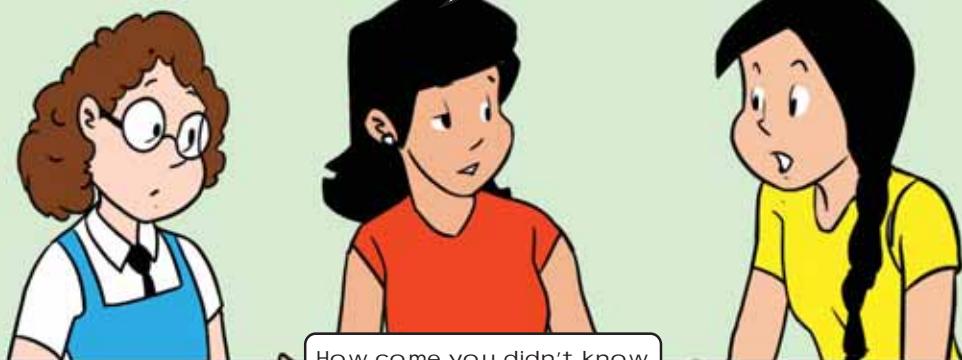
"This egg then travels through this tube, which is called the Fallopian tube TO THE UTERUS, WHICH WILL develop a lining, consisting of blood and tissues, to nourish the egg."



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



Of course! Start counting next when you get your period. Anyway, for the first six months to a year, periods are often irregular.



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

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

Pimples! Eew!

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

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.

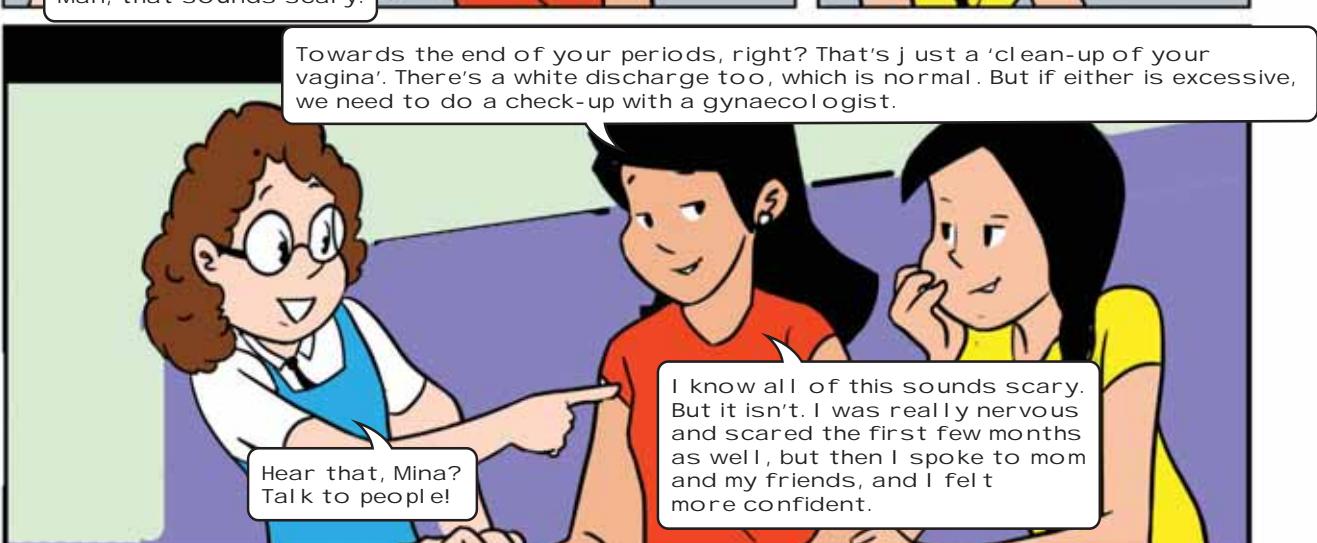
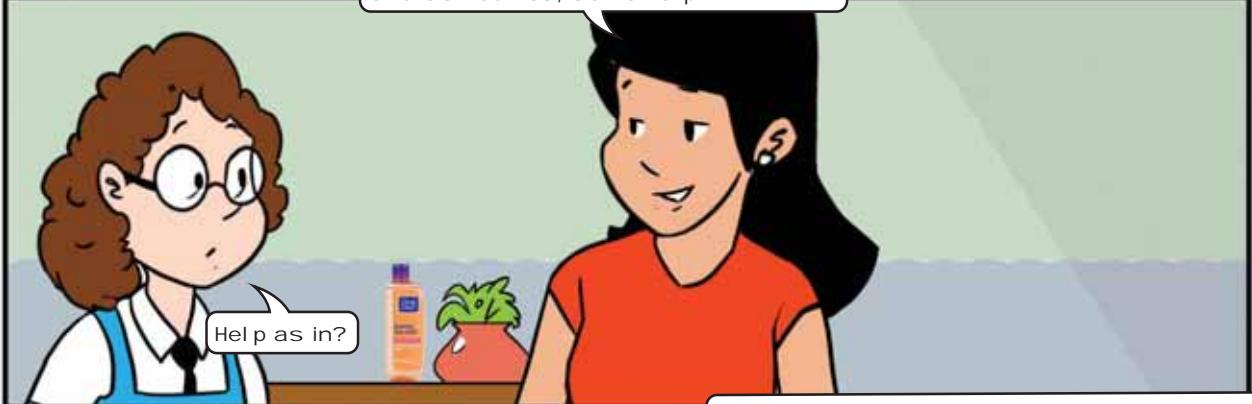
Like Mina's?

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.



After a few days...

I was going to wear that dress today!

So wear something else now. I'm already wearing it.

But I had taken it out for me! Why did you take it?

Fine! Take it. Who cares about what I want anyway?

I didn't know it was reserved!

what?

I always listen to you and Ina, but nobody ever listens to me or cares about me!

Where is this conversation going?

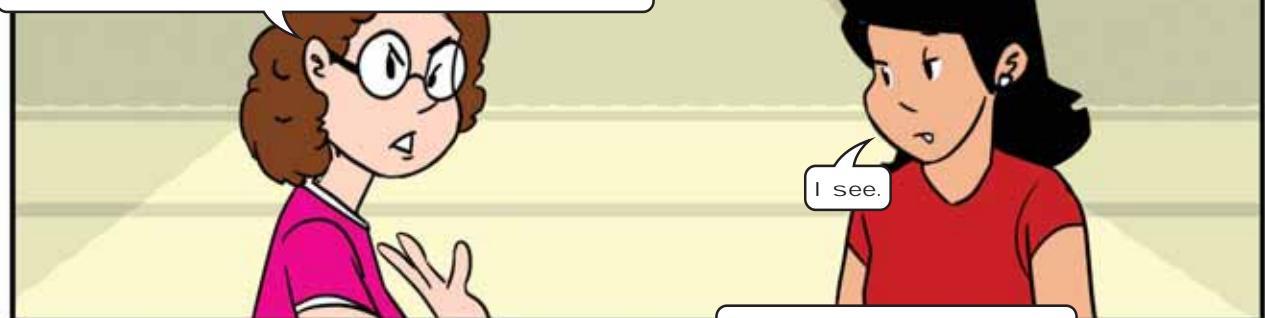
I'll tell you where I'm going — to my room!

What's going on?

Our sister has gone mad.

All my sisters are mad. So what's new?

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!

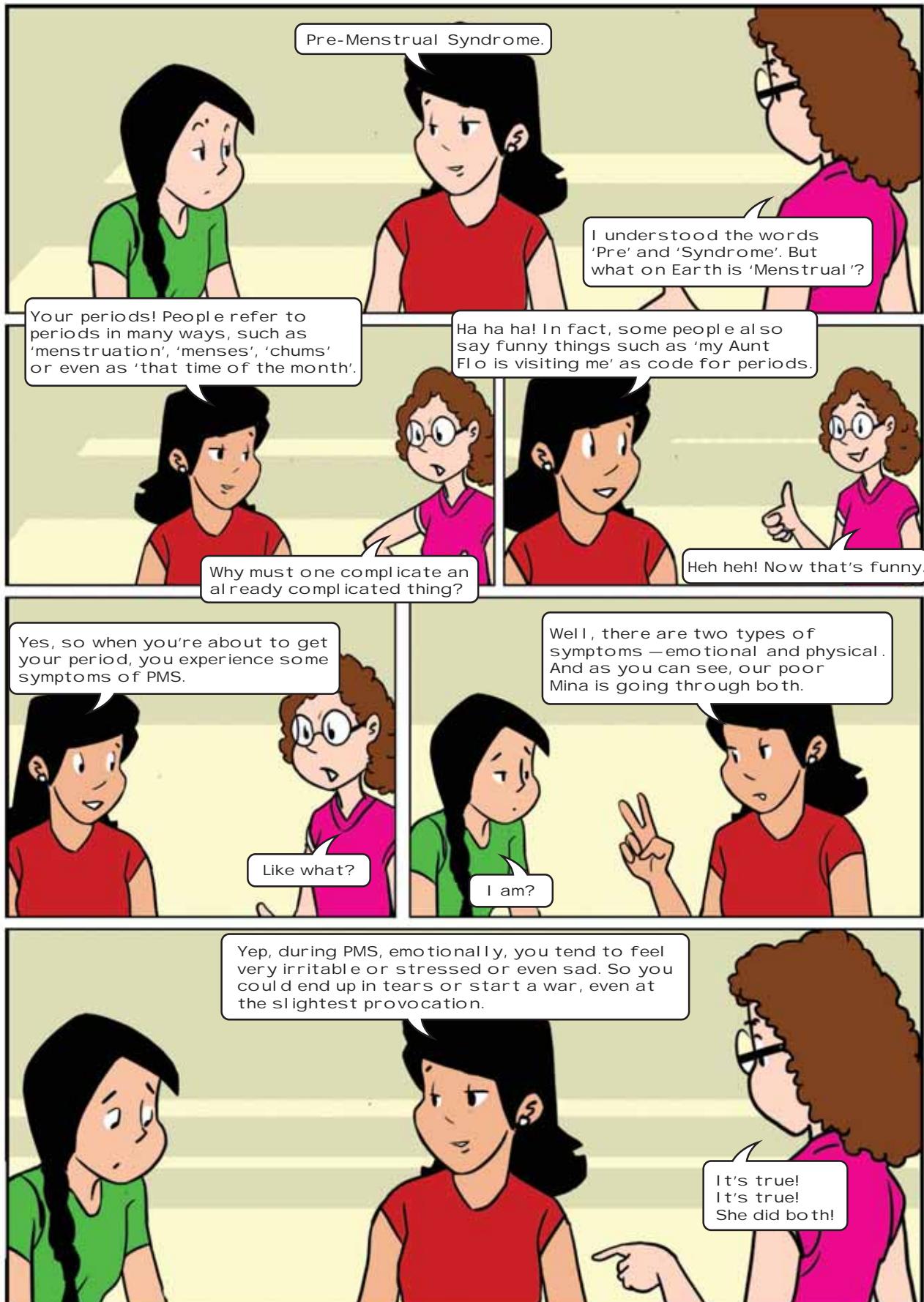


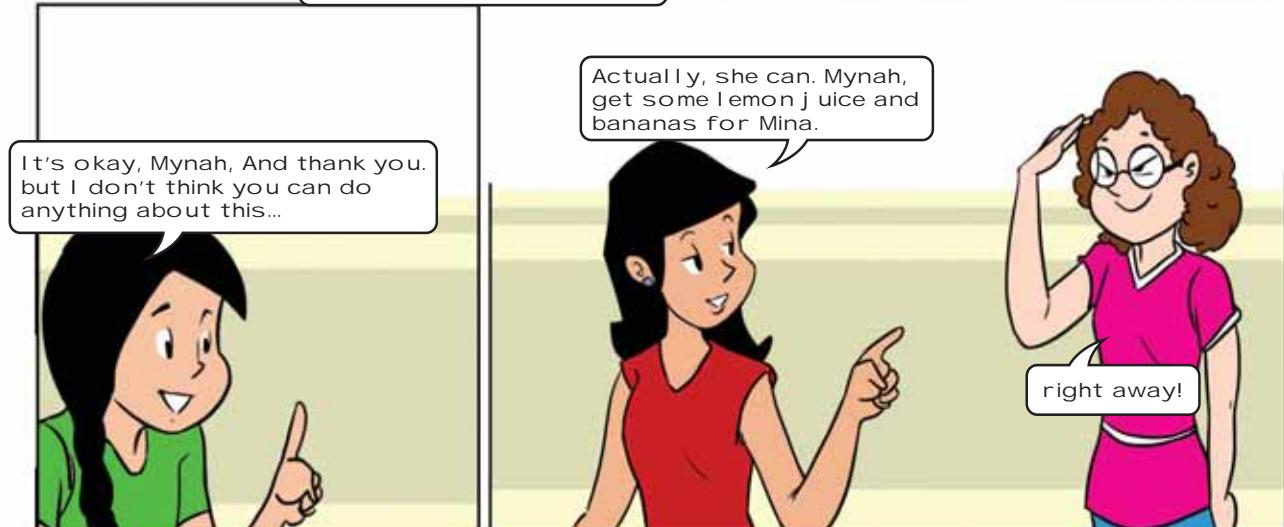
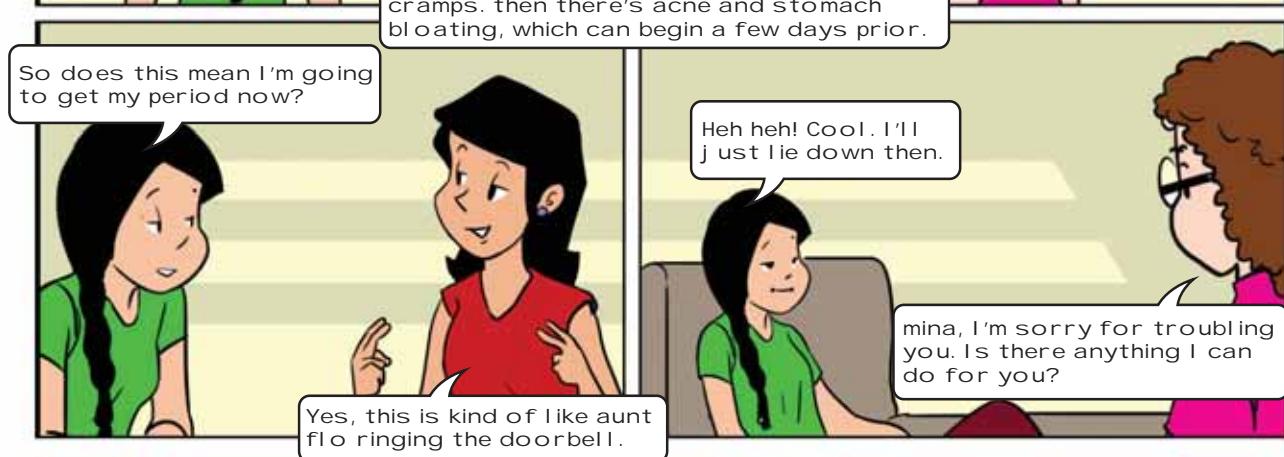
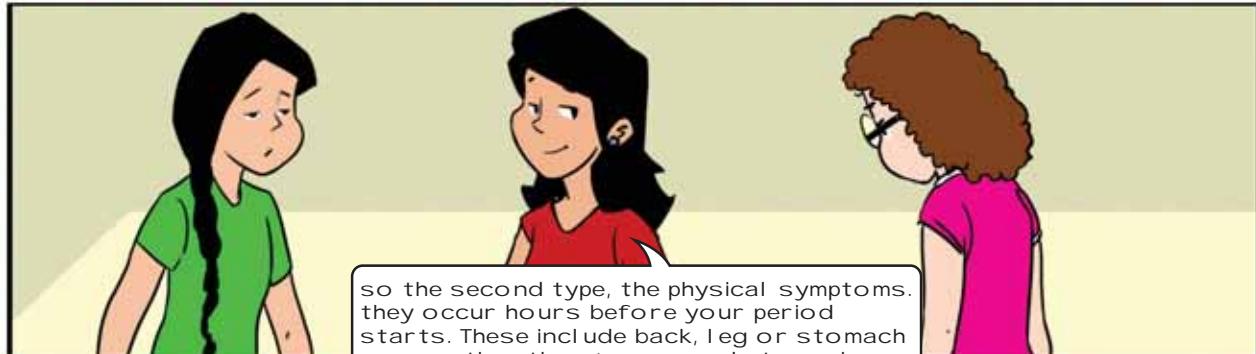
Mina, are you feeling okay?



My stomach, calves, lower back...







There are no bananas. But I got the lemon juice.

no problem.

Take this, Mina. You'll feel much better.

Ah, I do feel a little better.

I'm glad. If the pain increases, let me know. We'll get you a hot water bag to keep on your stomach. It helps relieve the pain a lot.

That's normal, Mina. Most of us do. But tell us if you feel too much pain. We'll visit the doc to relieve the pain.

Really? I always feel a lot of pain on the first day of my period...

You know, I'm glad I don't have my periods yet!

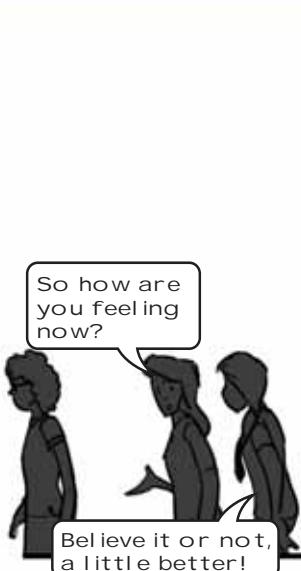
Ha ha! There's nothing to worry about, Mynah.

You'll get yours sooner or later, and you'll be just fine! Now that you know everything...

I hope so!

Anyway, I'll go down and get some bananas for Mina.

Why don't we all go for a short walk?



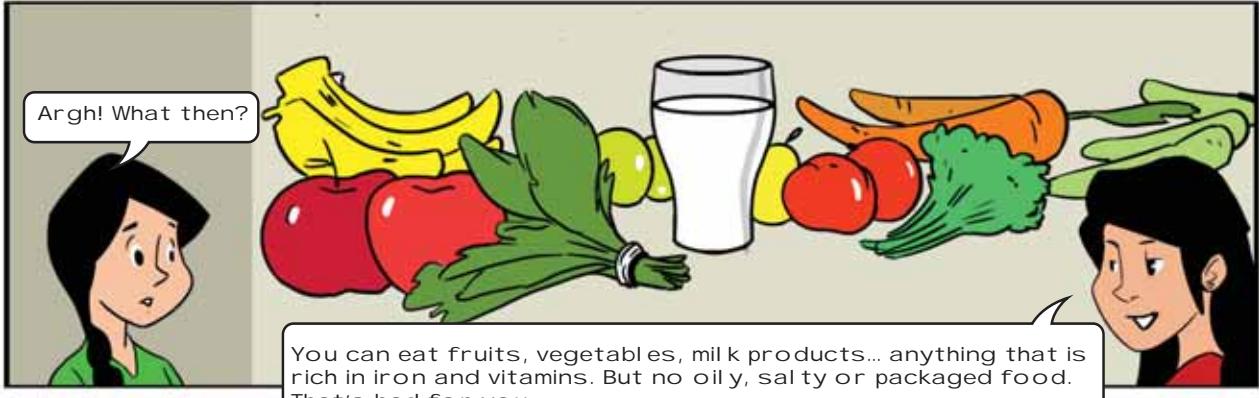
And so...



Nah. Cold drinks are not such a good idea during this time. Have something hot to drink such as soup.

Oh, okay. How about some samosas then?

Nope. All junk. Can't eat those either.



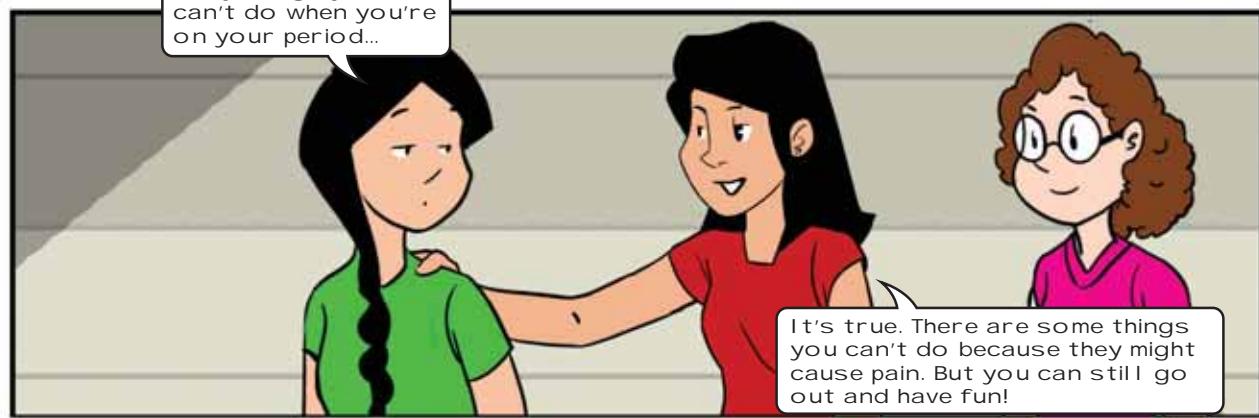
Seriously, is there anything good about this time?

How does this look?

Okay! I'll take that!



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.

Why not?



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

Cloth?! That's not such a good idea...

Why not?

It's not very comfortable or hygienic.

So then what do you use?



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.



"Wash your hands. Then open the pack and take one pad out."



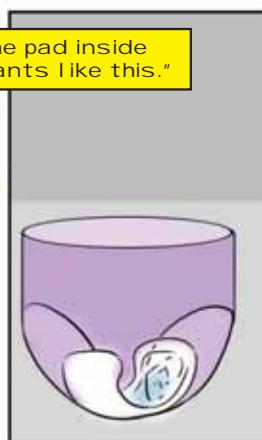
"Pads are shaped like a dog-bone. And because of their cotton material, they're comfortable and soft on the skin."



"Remove the cover and paper off the pad."



"Now stick the pad inside your underpants like this."



"all stayfree pads have wings for added protection."



"remove the sticker from the wings..."



"...And stick the wings underneath on both sides of your underpants like this."

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



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



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.

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

why not?

That makes sense...

But then, won't the pad get really dirty if you wear it all day?

Yes, this is why you must change it two to three times a day.

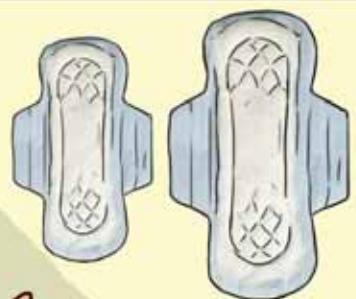
Depending on your flow, you should change your pad after every five to six hours, and while sleeping —

— Sleep? Ha! I hardly sleep when I'm chumming. I'm always so worried about staining the bed sheet.

You don't have to worry, Mina.

There are special pads for night use called Stayfree All Night. These are super broad at the back and prevent staining.

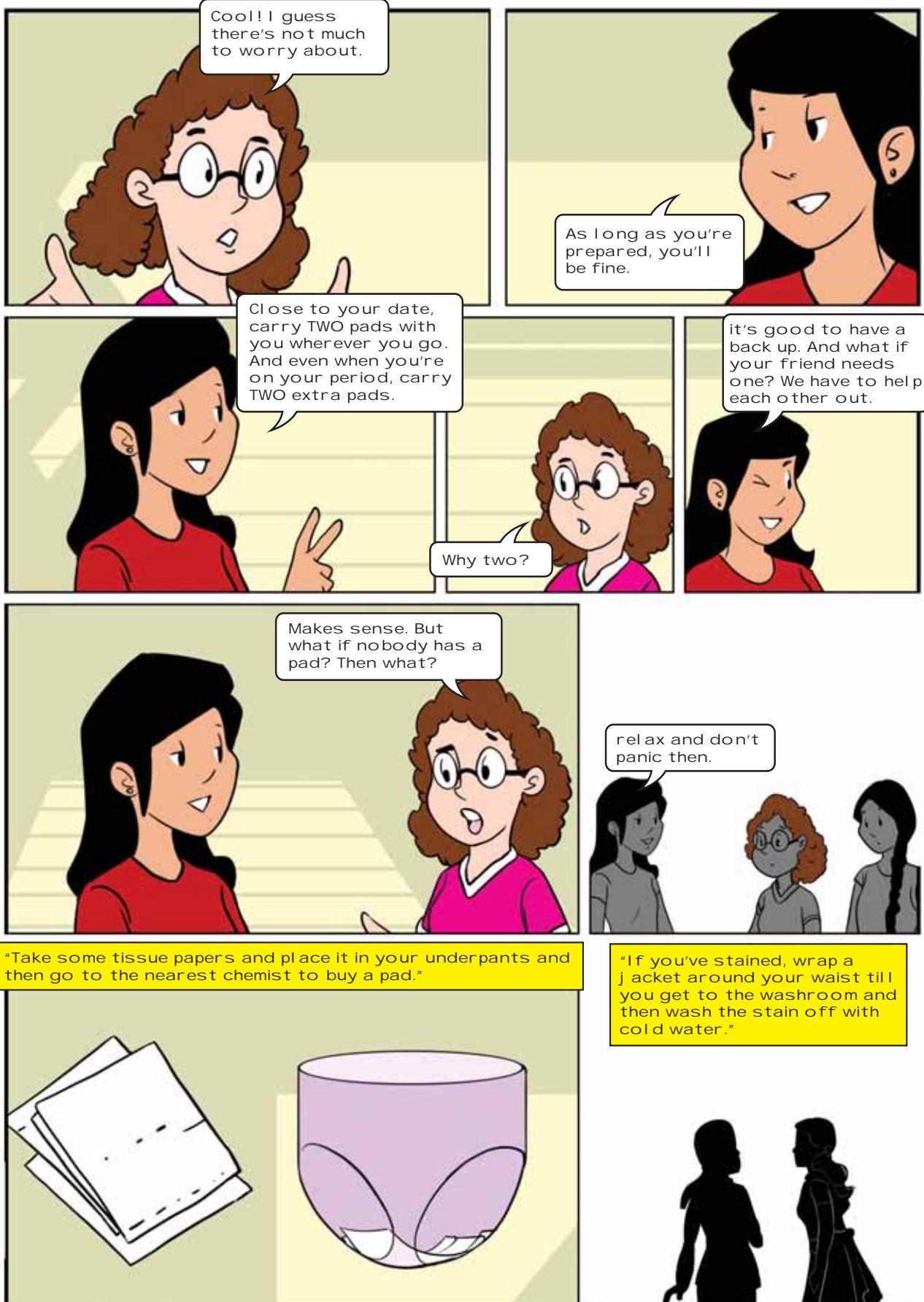
There are different types of pads?!



"Yes! there are also StayFree secure extra large pads that are longer than a regular napkin."

You can choose from these depending on your needs or what you're comfortable with, so try a few and you'll find your match.





Wow. You sure know a lot.

Ha! Experience, my dear sister, teaches you a lot.

Sounds like a whole lot of 'dos' and 'don'ts' and 'remembers'.

Ha ha! Yes, part of growing up is being more responsible.

But worry not, after a while, you'll get used to it.

i hope so!

After a few months—

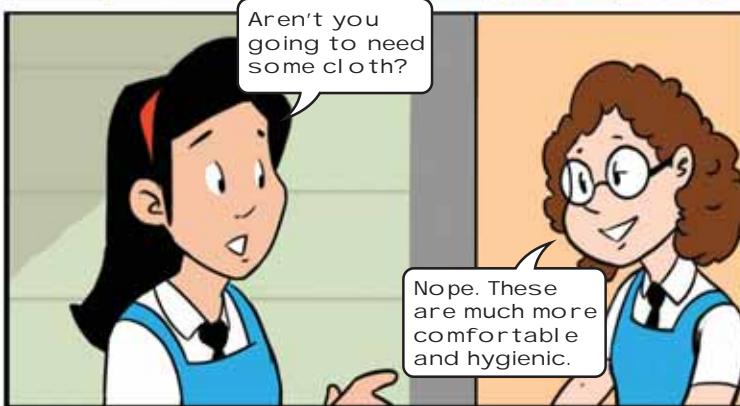
Mynah! Come on out already! What's taking you so long?

Sheena, I think I've got my period...

Yikes! N-now what...

Erm... should I get you some cloth?

no! could you please go to our class and get my bag here?



Nope. These are much more comfortable and hygienic.



Tell me, Mynah, is this the first time you got your periods?

Yes.

You look so calm... and you know so much.

Oh! My sister, Ina, explained everything to me. that's why I'm not worried.

Oh... What did she tell you?

Everything. What periods are, why they happen, how to deal with them...

That's so nice. I wish somebody had explained it to me. I was so scared the first time I got mine.

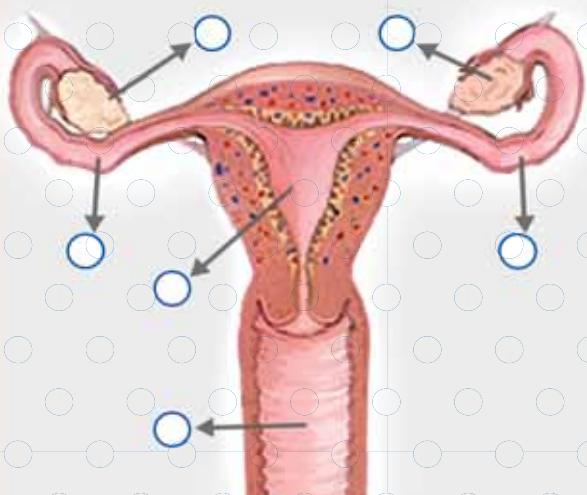
You remember that day when you saw blood on my uniform, and I ran away...

Yes, I'm sorry I didn't understand you then.

It's okay. It's just so stressful when you get your period.



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.

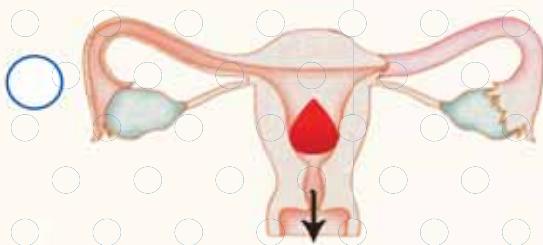
- A. Ovary
- B. Fallopian tubes
- C. Uterus
- D. Vagina

ARRANGE THE STAGES CORRECTLY!

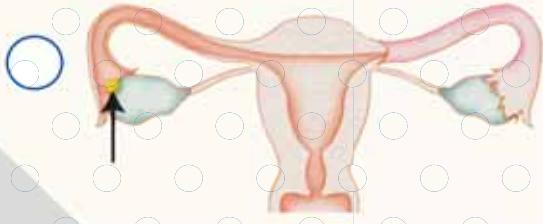
We have shown the various stages of the menstrual cycle below. It's up to you to tell us how to put them in the correct order! Use the information you have learned from this book to correctly arrange the stages of the menstrual cycle.



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.



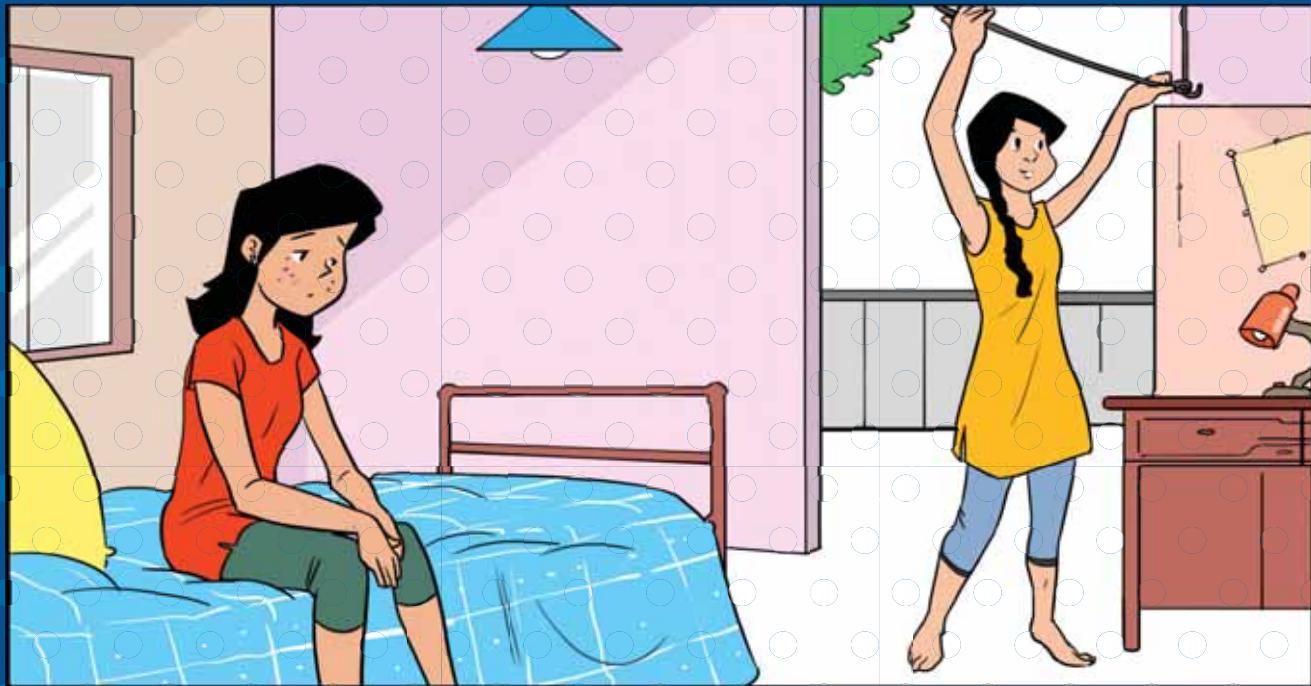
B Once the egg in the ovary is released, it moves into one of the fallopian tubes.

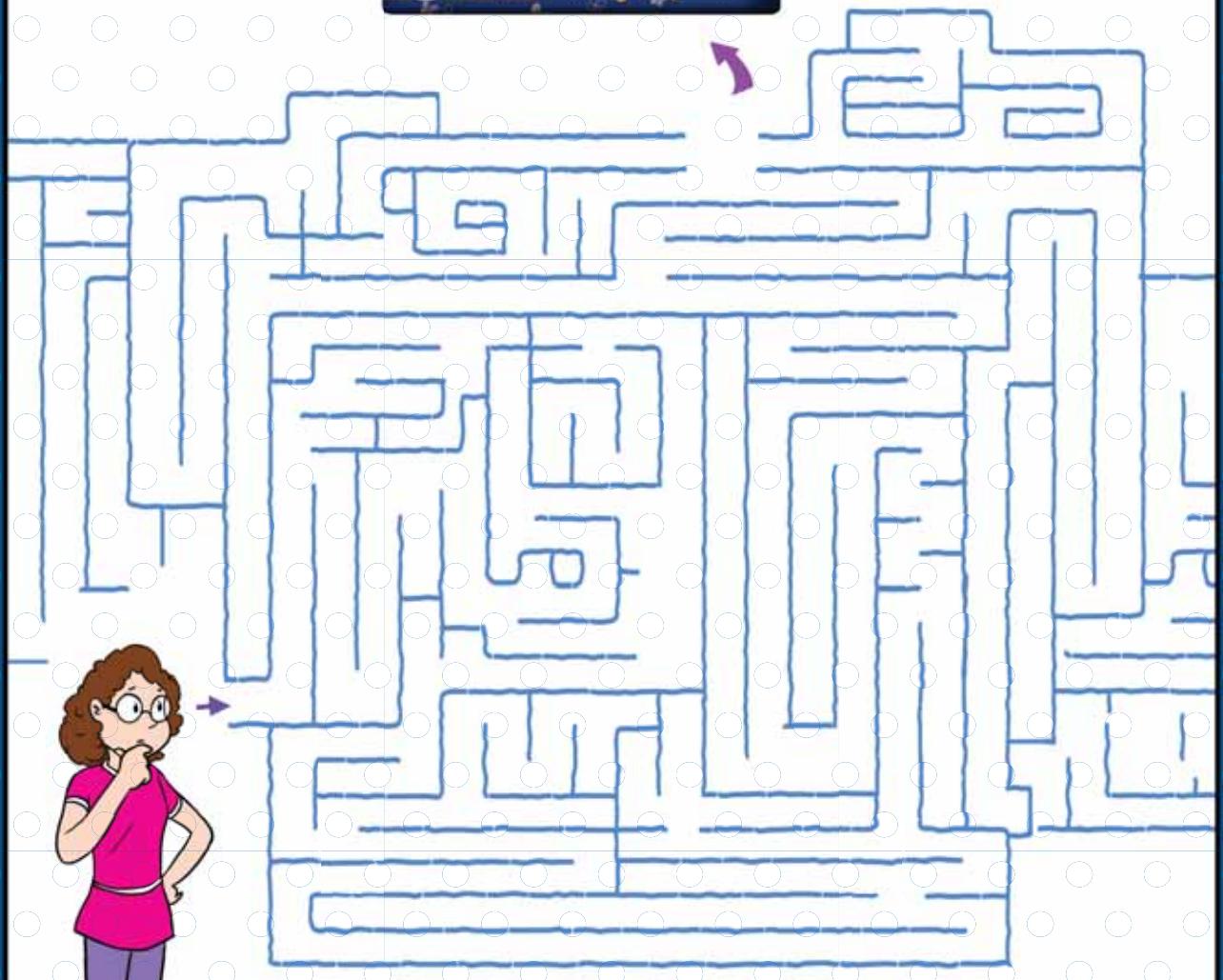
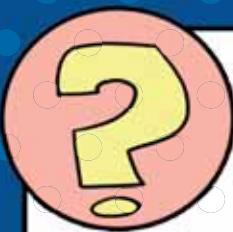


C If this egg is not fertilized, then it falls apart and the uterine lining breaks and sheds. This shedding that manifests in the form of bleeding is called periods.

SPOT THE CHANGES!

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





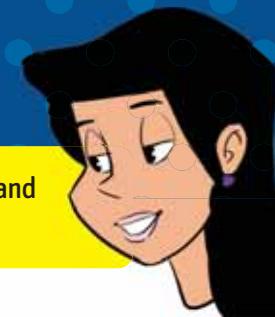
**HELP MYNAH GET TO HER
STAYFREE AND STAY AHEAD!**

YOUR PERSONAL TRACKER

	SEPT	OCT	NOV	DEC	JAN	FEB	MAR	APR	MAY	JUNE	JULY	AUG
1												
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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
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		

NO QUESTION IS TOO SMALL!

Getting your period can be confusing but it doesn't have to be if you have the right guidance. Here is your chance to ask an expert anything you want to know about your periods. Clarify all your doubts, use the space below to write down all your questions and send them to our experts at Johnson & Johnson.



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.

