

Let's make this the best period of your life.

Whether this is your first period or you're an experienced menstruator, here are some tips.

- Become familiar with your own body. Use a mirror, check it out down there!
- Use the lowest tampon absorbency level to meet your needs. Depending on your flow, you should change your tampon every 2-4 hours. Never keep a tampon in for more than 8 hours.
- If the tampon is inserted correctly, you should not feel it. If it feels uncomfortable, it might not be inserted deep enough.

How to insert a tampon:

1. Wash those hands.
2. Find the seam on the wrapper and pull to remove the plastic (then recycle it!) **TIP** Use part of the plastic wrapper as a finger glove to avoid getting blood on your finger.
3. Grab the string at the bottom of the tampon and uncoil.
4. Place your index finger at the base of the tampon.
5. Spread your legs and use your other fingers to spread the vaginal opening.
6. Insert the tampon into the vaginal opening and continue to push until the base of your index finger is at your vaginal opening.
7. Wash your hands & flow forward.

