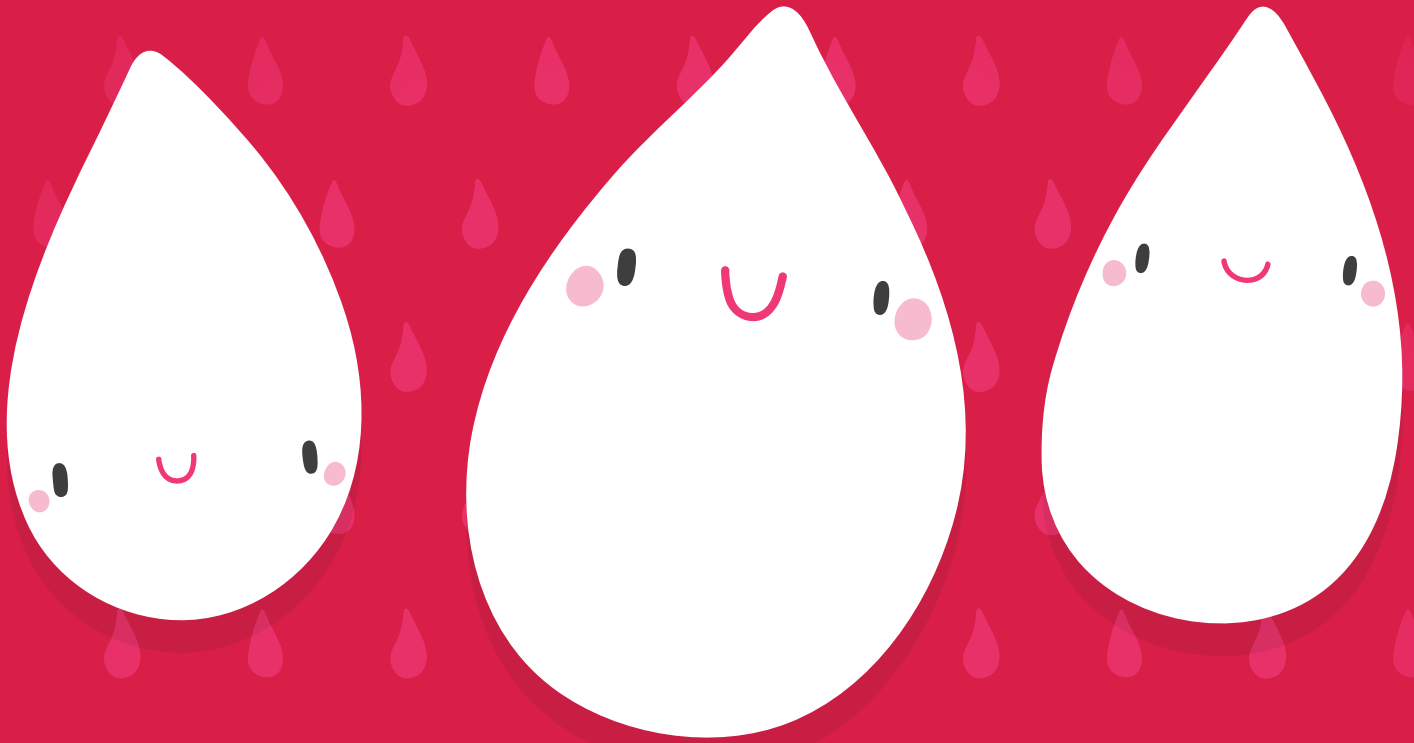


# Do you think you have started your periods?

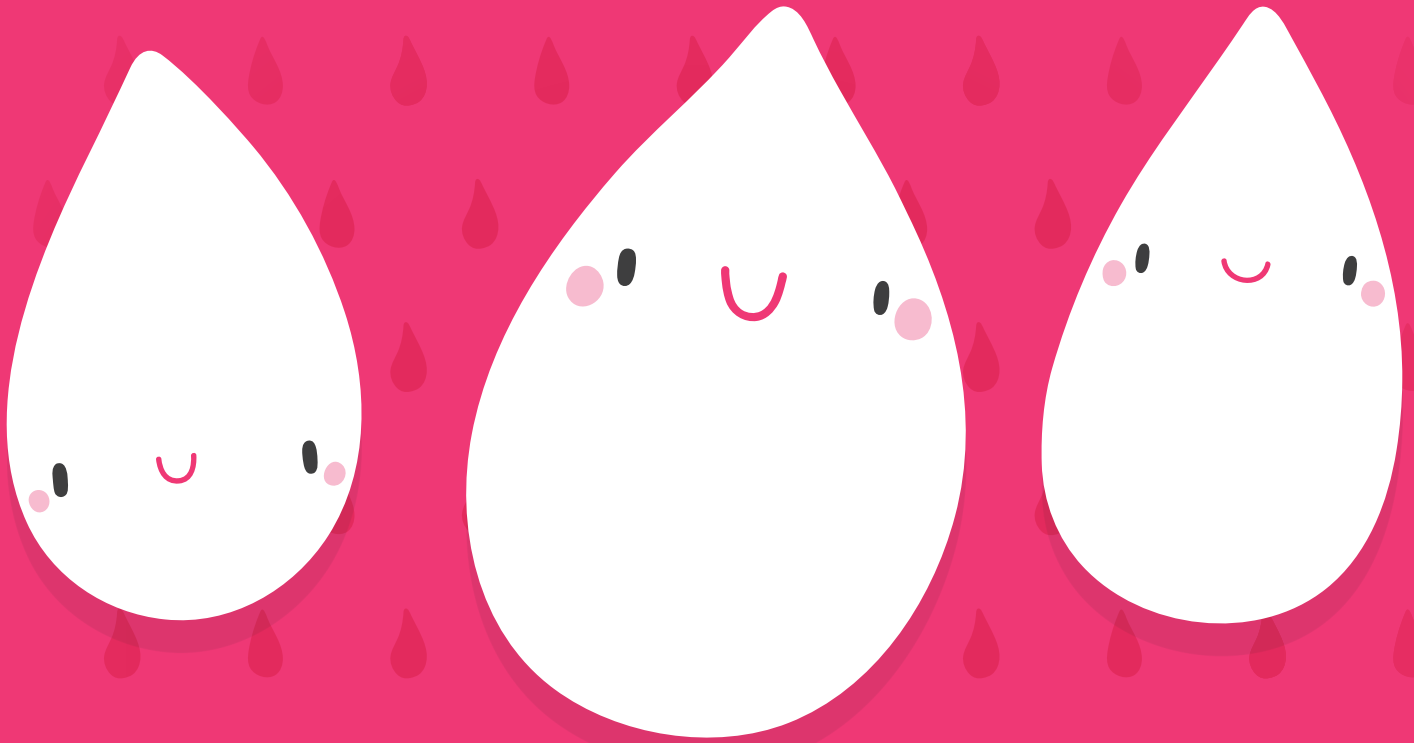


## If you are worried or need some help, speak to your school nurse or a parent or adult.

If you need a pad please help yourself.



# Do you think you have started your periods?



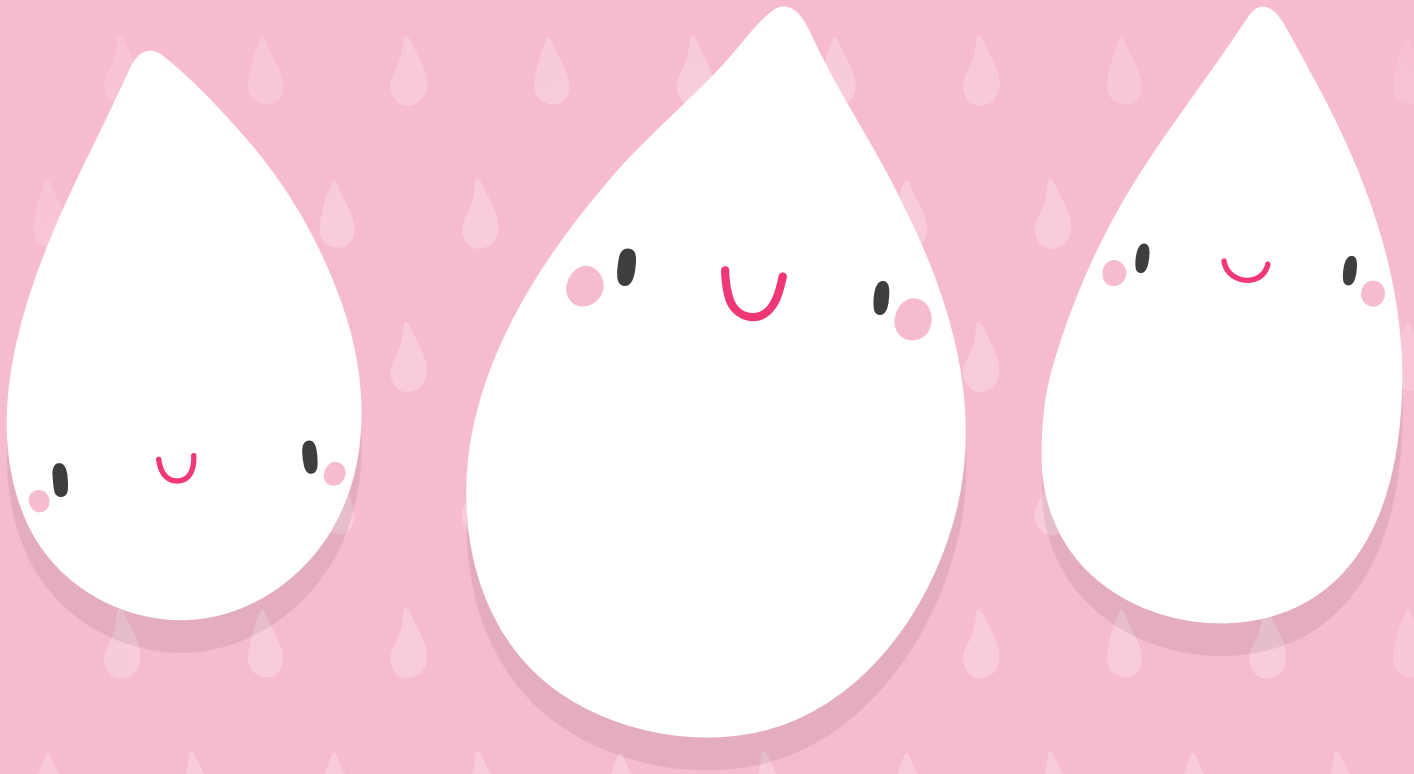
## If you are worried or need some help, speak to your school nurse or a parent or adult.

If you need a pad please help yourself.



**Delivering for you**

# Do you think you have started your periods?



## If you are worried or need some help, speak to your school nurse or a parent or adult.

If you need a pad please help yourself.

