

My Story About Menstruation

Once, I was a baby. 

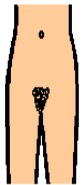


Then, I was a little girl.

Now, I am a big girl and later, I will be a **woman**.



Women have a menstrual cycle that comes once a month. Blood comes from your **vagina**.



This is so a grown up woman will be able to have a baby, if she wants. .

The blood flow lasts about **5 days**.

You need to wear a **sanitary pad** inside your panties so that blood does not get on your clothing.

