

My Growing Up Body

A social story for Kairav — understanding menstruation as a normal part of growing up



1

My body is growing up.
Sometimes growing up
means new things happen.



2

One day I might see blood
in my underwear. This is
normal. It is not a cut.



3

Mummy shows me a pad.
The pad goes in my
underwear to catch the
blood.



4

I change my pad every few
hours. I put the old one in
the bin.



5

My period is part of
growing up. I am safe and
normal.