



Special Learning

SOCIAL STORY PREVIEW

My Time of Change Starting My Period

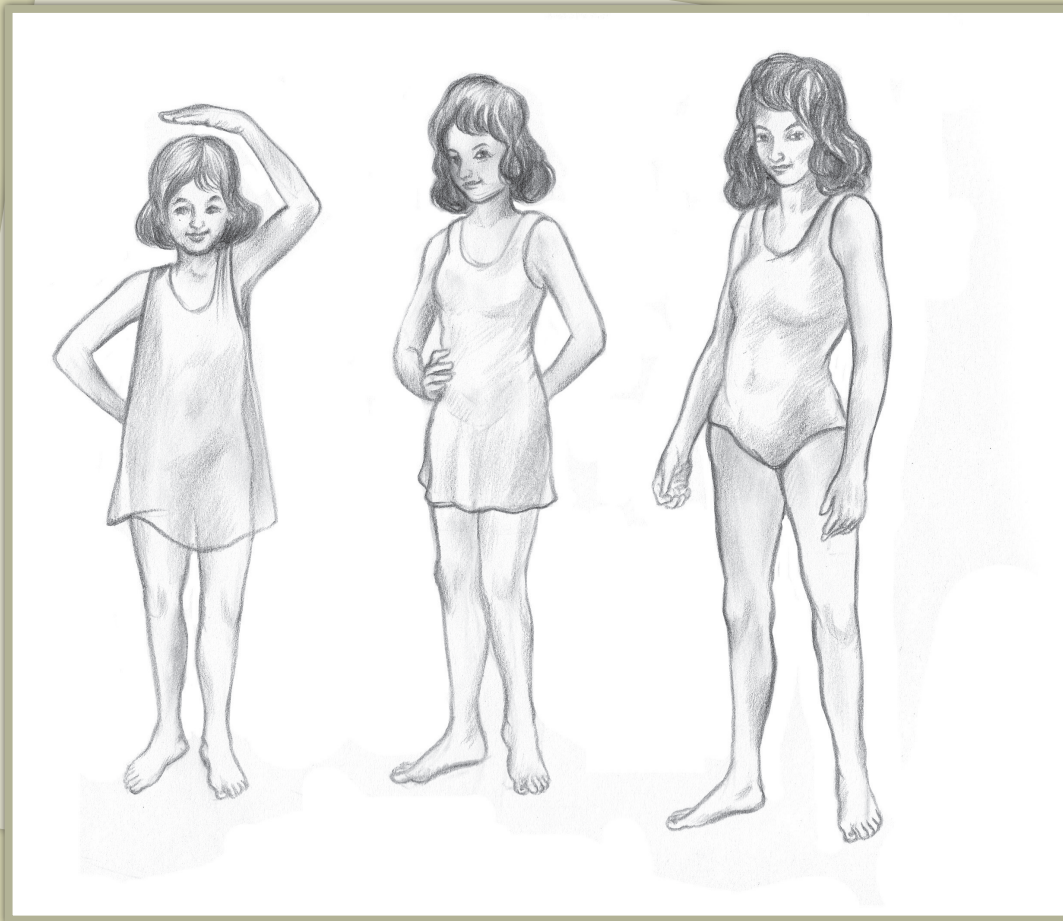
Two story pages from the current book.

A trusted adult

Trusted adult: someone who listens to me, believes me, and does not tell me to keep it secret. If the person who hurt me is the one I usually go to, I can tell someone else instead.

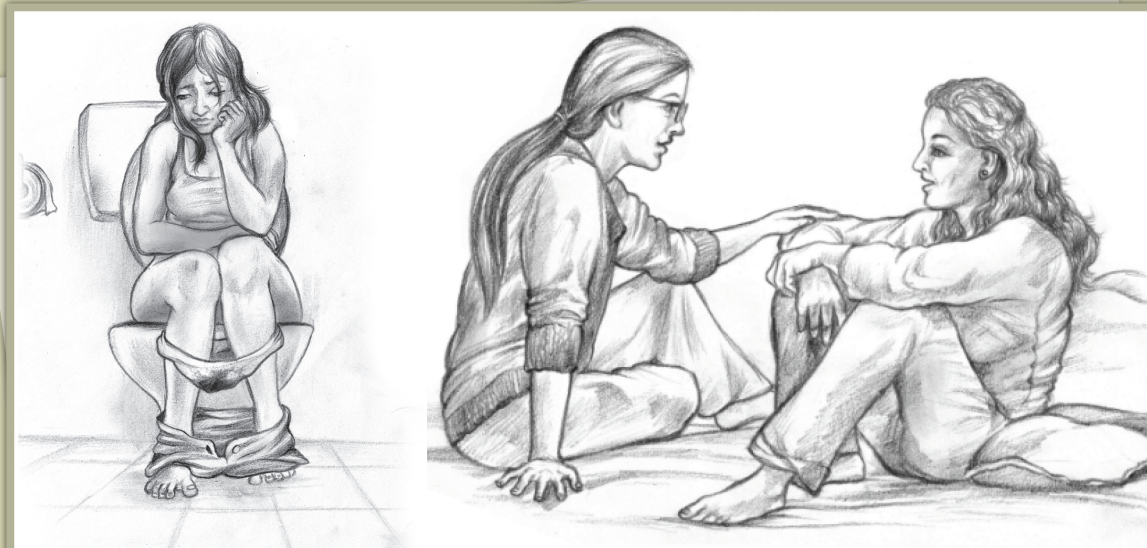
Sample excerpt. The complete resource is available separately.

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As I grow into a teenager and go through **puberty**, my body will start to go through many changes as I become a young woman. During puberty, I will start my **period**, or **menstruation**. A period is monthly bleeding that happens to girls. Starting my period means that my body has started maturing into a young woman.

The parts of my body under my underwear are private. They belong to me. If anyone touches them, or asks me to touch theirs, I can say no and I can tell a trusted adult - even if they told me not to.



Every girl gets her period at different ages. I will first know that I have started my period when I notice blood in my underwear. I might be surprised and maybe even a little scared when I get my period. I can talk to a **trusted adult** about how I am feeling. That person can help me understand better.

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