

KNOW YOUR FLOW

QUESTION:

How do I decide whether to use a pad or tampon? 🙄



ANSWER:

It's totally up to you! Many girls switch back and forth. The decision to use a pad or tampon can depend on the situation, where they're going to be, and one's menstrual flow. Some use pads at night and tampons during the day. Girls with heavy periods often use tampons with pads or pantliners for added protection against leakage. 💧

For more information on menstruation go to medlineplus.gov/menstruation.html