KNOW YOUR FLOW

When will I get my period?

No one can say exactly when you'll get your first menstrual period, but it will be sometime during puberty.

✨ Puberty is the term for the time when your body begins to develop and undergo changes as you transition from childhood to adulthood.

🩸 For most, their first period, or menarche, begins about 2 years after they first start to develop breasts. For most folks, this is around age 12. But it can be as early as age 8 or as late as 15. 🌟

👩‍⚕️ Talk to your doctor if your period started before age 8 or if you are 15 and haven't started your period yet.

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

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