Becoming CycleSmart with CycleBeads®

**For Girls**

CycleBeads help you learn about a girl’s menstrual period. This is the normal, healthy blood that flows from the vagina for about 3 to 7 days each month.

The menstrual cycle includes all the days between one period and the next.

On the days of your period, put a sanitary pad in your underwear or insert a tampon in your vagina to keep menstrual blood from staining your clothes. Change the pad or tampon as needed, and don’t use tampons at night. If you don’t feel well around the time you get your period you can use a heating pad, or take a mild pain reliever.

**How Girls Use CycleBeads**

Each bead represents one day of your menstrual cycle. To keep track, move the ring one bead each day.

1. **The day you start your period, put the ring on the red bead.**
2. **Slide the ring one bead each day, including the days you have your period.**
3. **When the ring is on any of the white beads, these are days when you can get pregnant.**
4. **The brown beads mark the days when pregnancy is not likely.**
5. **When your period comes, move the ring to the red bead again, and start over.**

The arrow shows which way to move the ring.

Between one period and the next you may notice cervical secretions. This is a wetness or fluid that sometimes flows from your vagina, but is not your period.

Girls often notice secretions when the ring is on a white bead. Some even notice this before their first period. Healthy secretions aren’t smelly or itchy. They are a normal sign of fertility, as your body becomes able to get pregnant.

Girls should not try to use CycleBeads as a way to prevent pregnancy.

If you, or someone you know, need birth control or more information, talk with a health provider or trusted adult.

**Becoming CycleSmart with CycleBeads®**

How else is your body changing?

These changes happen over several years and are all normal!

**For Girls**

- You get your period
- Taller, curvy hips
- Oily skin and acne
- Body odor
- Bigger breasts
- Moody

**For Boys**

- You get wet dreams
- Taller, bigger muscles
- Facial hair
- Deeper voice
- Acne

- Shameless

Instead of getting a period, a boy notices a “wet dream,” when semen comes out of his penis while sleeping. This means he is able to get a girl or woman pregnant if he releases semen in her vagina when having sex.
Part of growing up includes noticing changes in your body, and in the way you feel. Everyone goes through these changes in their own way and at their own pace. While growing up, girls and boys might act or be treated differently. How do YOU want to be treated?

**Talking about Changes**

Hey Mom, check out CycleBeads. They help me understand my period.

These beads help us talk about SO many important things!

**Talking about Feelings**

It's normal to have romantic feelings or be attracted to someone. And it's also normal not to have these feelings. We show love in many ways. Love and caring does not have to mean having sex. Not having sex is the best way for young people to prevent pregnancy and infections a person can get from having sex, like HIV.

**Staying Safe and Healthy**

Part of growing up is learning to stay **HEALTHY** and **SAFE**. How can you and your friends do this?

- **Have friends who care about what's best for YOU!**
- **Stay away from alcohol and drugs. These lead to risky choices.**
- **Say NO to things that aren't healthy and safe for you!**
- **Never go to a private or secret place alone with a guy.**

**Remember**

No one should touch you in a way that makes you feel uncomfortable or bad.

Talk to a trusted adult if you feel pressured or unsafe about anything.

Take good care of yourself and stay healthy!

**CycleSmart Girls**

CycleBeads can help you learn about a girl’s menstrual cycle!

**CycleSmart Guys**

I'll tell you about it.