



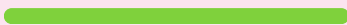
THE GIRLS ROOM

PROJECT

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What's Normal & What's Not.

A friendly body guide for girls,
so nothing catches you off guard.



A free guide just for you



Knowing the difference is power.

Your body sends little signals all the time. Most of them are completely normal. A few are worth mentioning to a trusted grown-up or your doctor. When you know which is which, nothing about your body can scare or surprise you.

One important thing: the "worth checking" side does not mean something is wrong. It just means it is a smart idea to ask. You are never being dramatic, and there is no such thing as a silly question.

The golden rule

If anything ever worries you, tell a trusted grown-up. That is always the right move, every single time.

Your body is not a mystery you have to solve alone.

Your **period** & body.

Your period & cycle

✓ **Totally normal**

- Irregular timing in the first year or two
- A cycle anywhere from 21 to 35 days
- Bleeding for about 2 to 7 days
- Mild cramps you can still get through

Worth a check-in

- Soaking a pad or tampon every hour for hours
- Bleeding that lasts longer than about 8 days
- No period yet by age 15
- Cramps that keep you home from school

Discharge

✓ **Totally normal**

- Clear or white discharge in your underwear
- A little more around the middle of your cycle
- A mild, faint scent

Worth a check-in

- Green, gray, or clumpy discharge
- A strong or fishy smell
- Itching, burning, or soreness

The pink side just means it is worth asking. It is never a reason to panic.

Changes & feelings.

Growing & developing

✓ Totally normal

- Starting earlier or later than your friends
- One breast growing before the other
- Aches and growing pains as you change

Worth a check-in

- Body changes starting before age 8
- No signs of developing by about age 14 to 15
- A lump that feels hard or sore (usually nothing, still worth a look)

Mood & energy

✓ Totally normal

- Mood ups and downs around your period
- Feeling more tired or hungry some days
- Wanting more alone time sometimes

Worth a check-in

- Sadness or worry that will not lift
- Feelings that get in the way of school, friends, or sleep
- Anytime you just need to talk (that always counts)

Bodies grow on their own timeline. Different is normal.

How to **bring it up.**

If something lands on the "worth a check-in" side, here is how to start the conversation. Starting is the hardest part, and you can do hard things.

1 Pick your person

A parent, school nurse, doctor, or another trusted adult.

2 Start simple

Try, "Can I ask you something about my body?"

3 Use the real words

Period, cramps, discharge. Real words make it easier, not weirder.

4 Write it down first

If saying it out loud feels hard, jot it on your phone or a note.

5 Remember your why

Asking for help is brave and smart, never babyish.

Trust your gut. If something feels off, it is always okay to ask.

There's a whole room waiting.

This guide is just the start. Inside The Girls Room you'll find more guides, trackers, real talk, and a community built for girls, teens, and the parents who love them.

Join us at thegirlsroomofficial.com

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This guide is general body-literacy education, not medical advice. For anything on the "worth a check-in" side, talk to a trusted adult or your doctor.