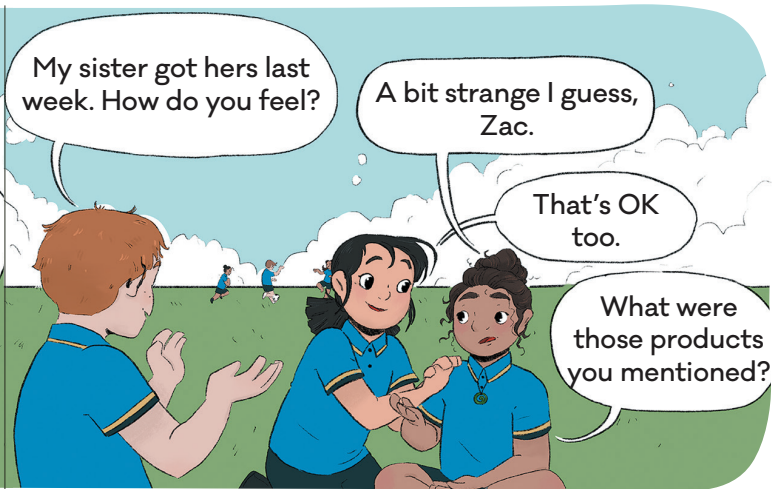
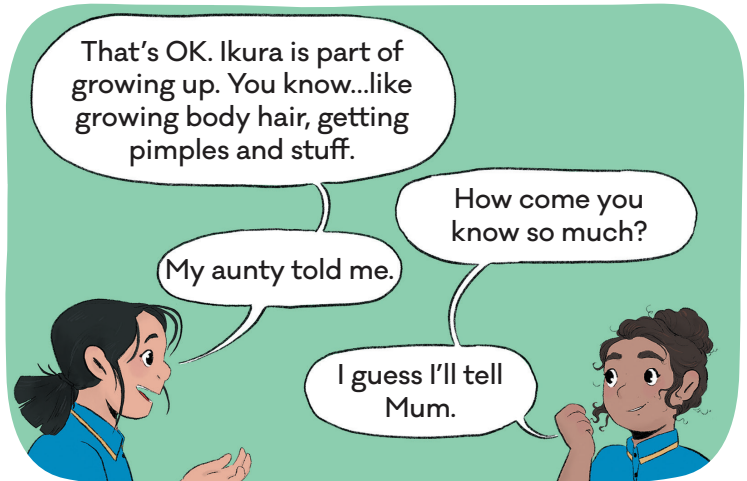


# IT'S ALL GOOD!

EPISODE  
#1

## Marama's First Period.



**Ikura**  
Manaakitia te whare tangata  
Period Products in Schools



## MARAMA'S FIRST PERIOD.

In this story, Marama's Ikura (period) arrived for the first time. Read the story, then see if you can answer these questions.

- How do you think **Marama felt** at the start of the story?
- How do you think **Marama felt differently** at the end of the story?
- How did Bella and Zac each **help and support** Marama?
- Who will Marama and her friends **ask for help** to get a pad from school?



## Get the facts: THE ARRIVAL OF IKURA

**IKURA (A PERIOD)**, is when blood and tissue from inside the womb (uterus) leaves the body through the vagina. A person will know that their period has arrived when there is blood coming out of their vagina. Ikura has many names, including period, menstruation, moon-blood and waiwhero. **Do you know any other words for ikura?**

**THE FIRST IKURA WILL ARRIVE WHEN A PERSON'S BODY IS READY**, usually between 9 and 15 years old. The average age for ikura to start is 13 years old. Bleeding usually happens about

once a month, but at first, it may arrive earlier or later for a few years. After that, there are usually about 23 to 35 days between the start of one ikura and the next. **Bleeding usually lasts 3 to 7 days depending on the person.**

**IF YOU THINK THAT YOUR IKURA MIGHT START SOON**, it's a good idea to talk to an adult you trust. You could talk to someone at home or a teacher. They can help you find a period product, like a pad or tampon, which will catch the blood before it gets onto your clothes.

**IF YOUR IKURA HAS ALREADY STARTED**, and is a little bit different from other people's, don't worry. You will get used to what

is normal for you. If your ikura is not what you expect, or if you are worried, check with someone you trust.

**STARTING YOUR FIRST IKURA IS PART OF 'PUBERTY'**, a time when bodies start to change as people grow up from a child into an adult. In the story, Bella talks about some other parts of puberty, like growing hair and getting pimples. **Do you know any other signs of puberty?**

See if you can find out by talking to an adult you trust. They can support you with any changes you notice.

**IKURA IS PART OF GROWING UP.** Just like Marama, it's good to talk about this.



The **Ikura | Manaakitia te whare tangata—Period Products in Schools** Initiative from the Ministry of Education is supporting schools and kura around the country to offer free period products, including pads and tampons, to all students. **Talk to your teacher to find out whether they have free products available.**

**Find out more about the Ikura initiative at the Ministry of Education website.**