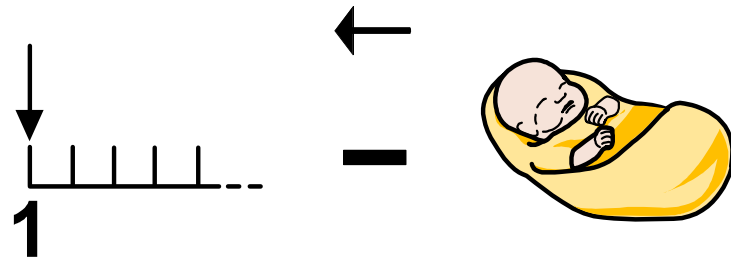
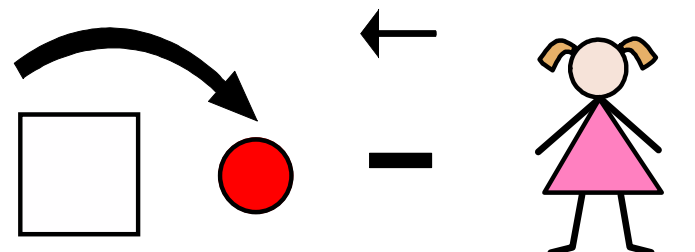


A

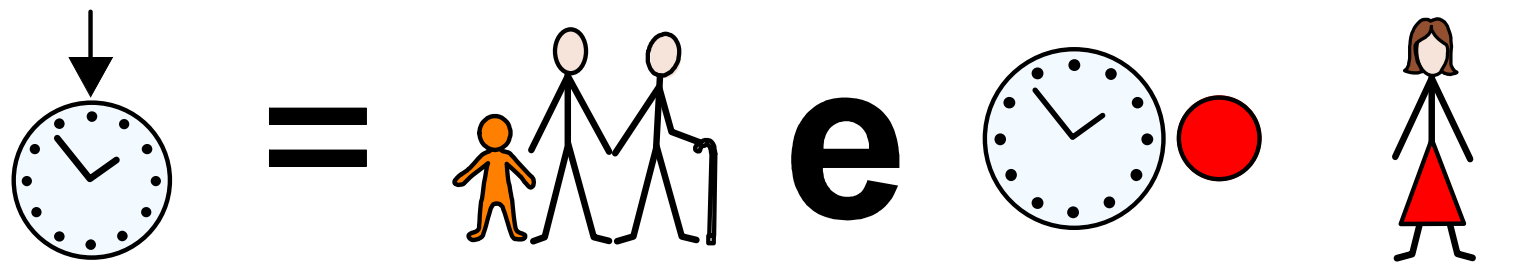
menstruação



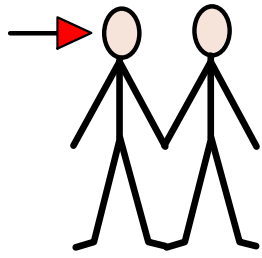
Primeiro fui bebê.



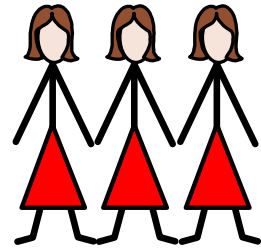
Depois fui menina.



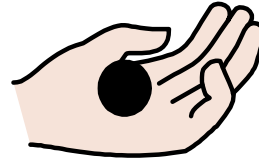
Agora sou jovem e mais tarde mulher.



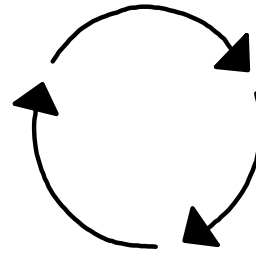
As



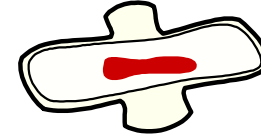
mulheres



têm



ciclo

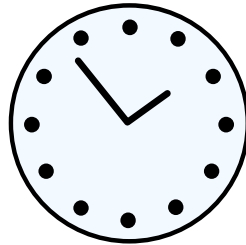


menstrual.



Aparece

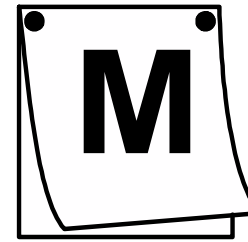
1



uma vez



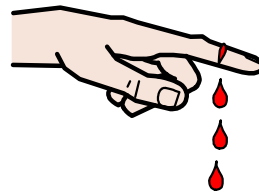
por



mês.



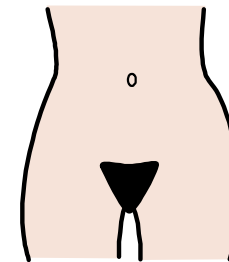
Sai



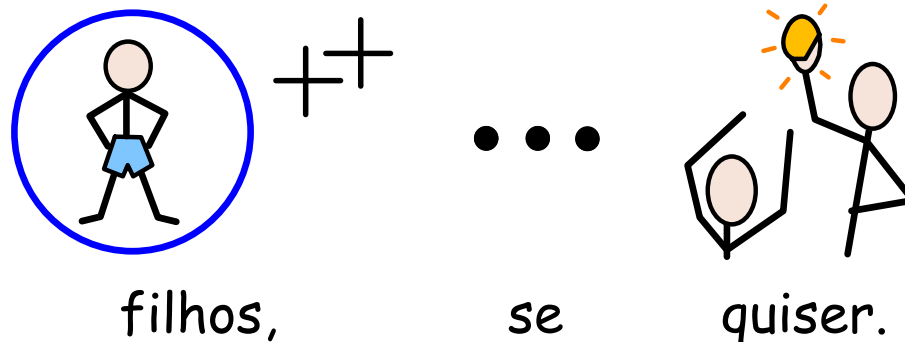
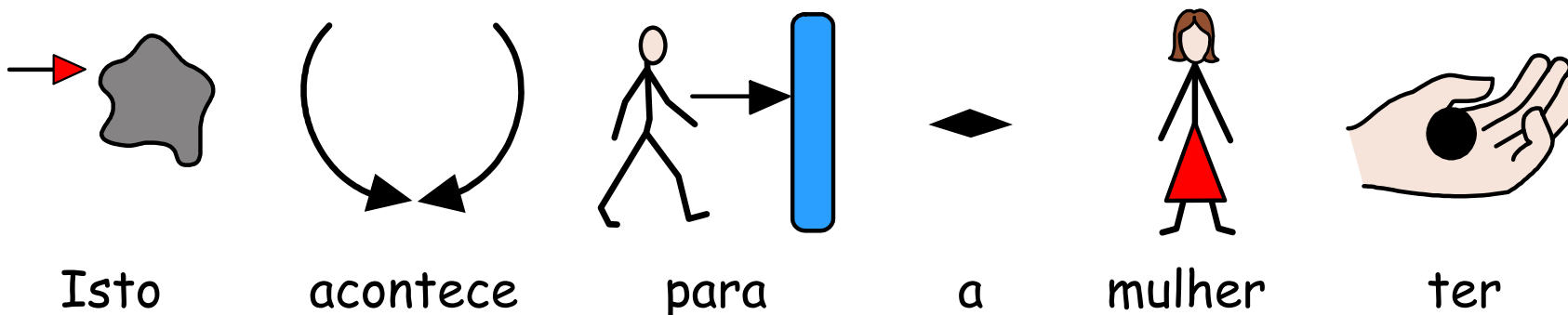
sangue



da

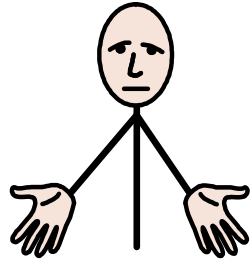


vagina.

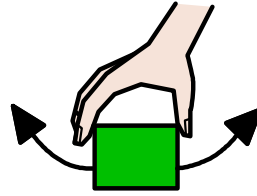




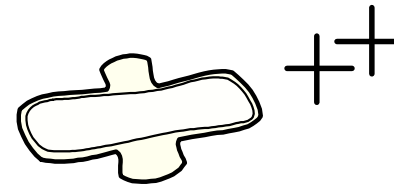
É



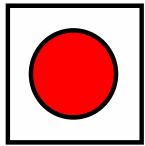
preciso



usar



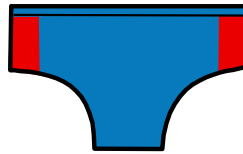
pensos higiénicos.



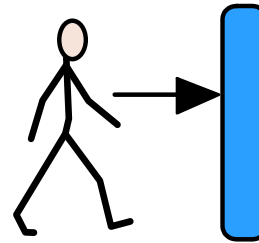
dentro



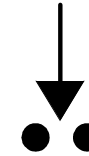
das



cuecas



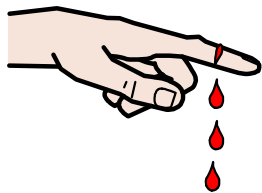
para



que



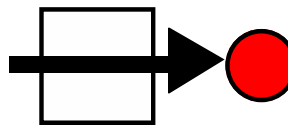
o



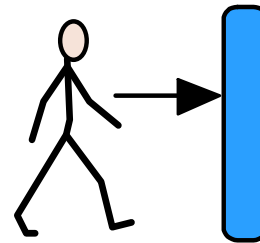
sangue



não



passe



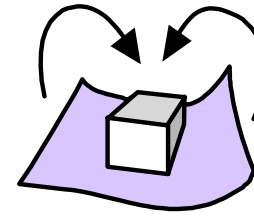
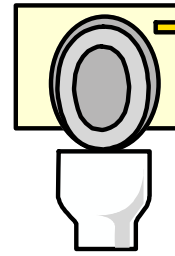
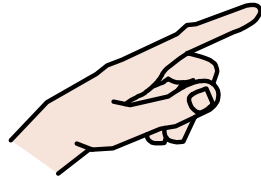
para



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roupa.



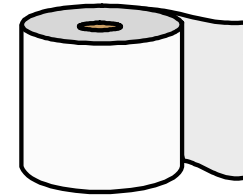
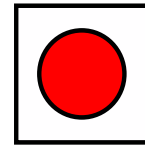
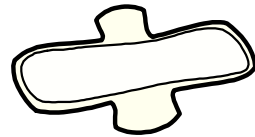
Quando

vais

à

casa de banho

embrulha

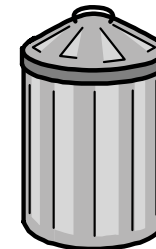
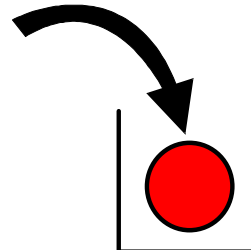
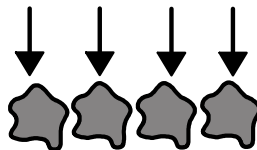
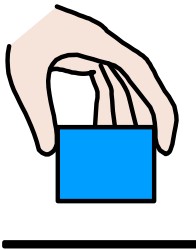


o

penso higiénico

em

papel higiénico.

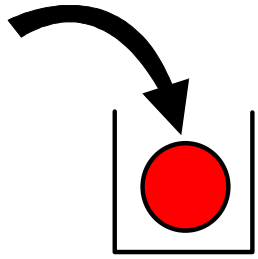


Põe

tudo

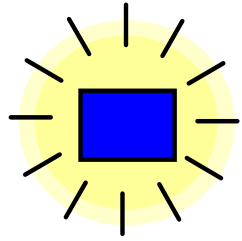
no

caixote do lixo.

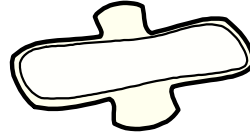


Coloca

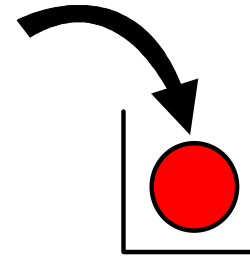
um



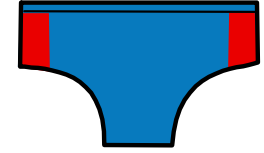
novo



penso higiénico



nas



cuecas.



Quando

—

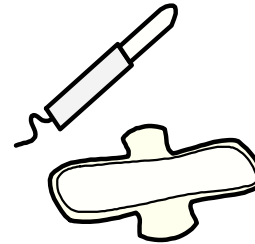
estás



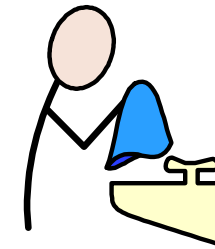
com

A

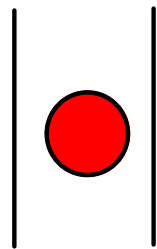
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menstruação



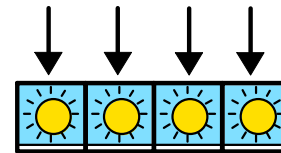
lava-te



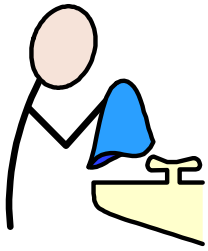
entre



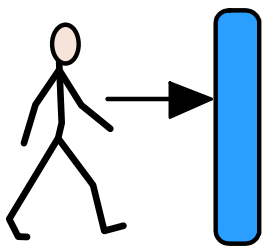
as pernas



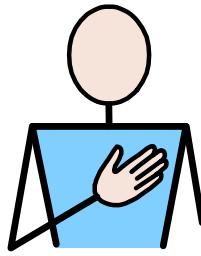
todos os dias.



lava-te



para

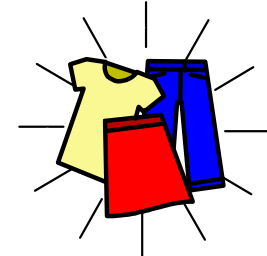


te

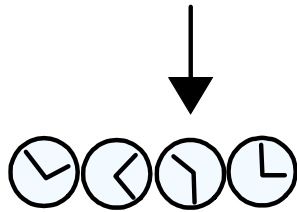
sentires

fresca

e



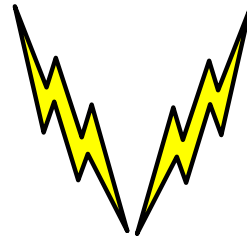
limpa.



Às vezes



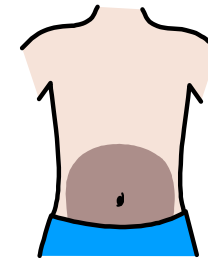
podes



sentir dor



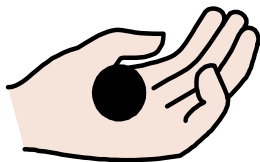
de



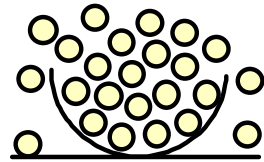
barriga.



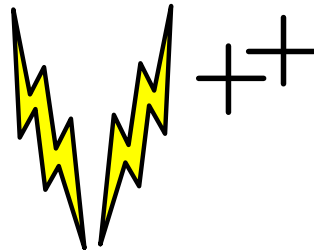
Se



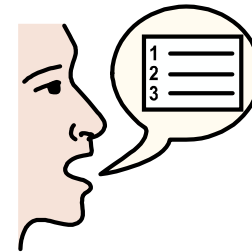
tiveres



muitas

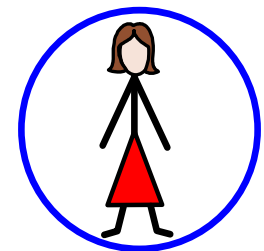


dores

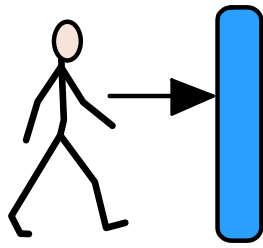


pede

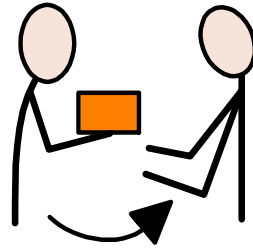
à



mãe



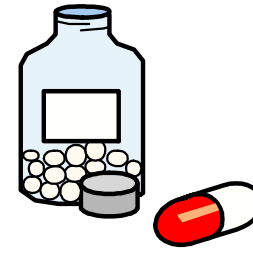
para



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dar

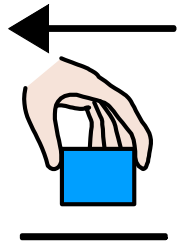
1



um
trifene.



Podes



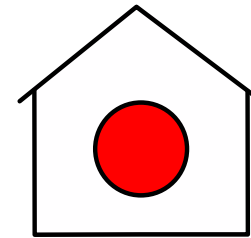
pôr

1

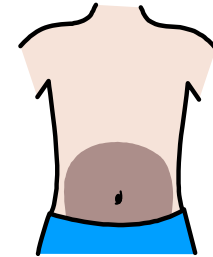
um



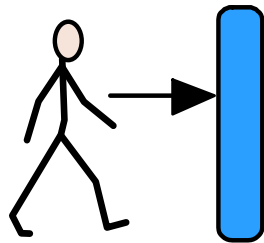
saco de água quente



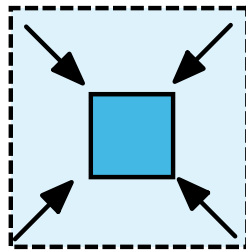
na



barriga.



para



diminuir



a



dôr.