

Something is different this morning

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I have finally started my period!



Just like any other morning, Nyoka woke up and did a big stretch and yawn.

Today was Monday, which meant she had PE, her favourite. Nyoka looked forward to running around and playing sports with her friends.

As Nyoka was thinking about how much fun she was going to have, she felt a slight ache in her stomach. "Strange" she thought but she went back to thinking about PE.

As she removed her covers to get out of bed, she spotted a red mark on her bedsheets. Nyoka was surprised, "my period" she thought, "I have finally started my period!".





“I really loved this book, I wish I had this book when I was raising my daughter. I will definitely use it with my two granddaughters. Highly recommended read”

Naana Otoo-Oyortey MBE, Executive Director, FORWARD