



betty

it's  
perfectly  
natural

feminist

## CAUGHT SHORT?

Sometimes, thinking about periods can feel a little overwhelming.  
But don't worry - we've got you covered just in case.

You can find spare pads and tampons at:

You can also come to me if you need any advice or  
have a question you want answered.

betty.me is an advice hub created for superstar young girls like you.



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