

Vuokkoset®



Club





Name:

Favourite emoji:

Special skills:

What I like about myself:

My secret bad habit:

My most important belongings:

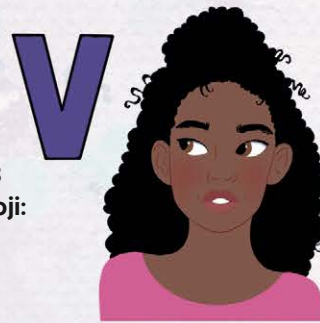
What I wish for the most:

Do any of these sound familiar?

Pimples	Laughing fits
Vaginal discharge	Feeling sad
Feeling insecure	Body image pressures
New hairstyle	Hair growing in new places
Growth spurt	Trying out a new style
Developing breasts	First period
Embarrassment	First bra
Crush	New questions
Body odour	Wanting to make your own decisions
Mood swings	Feeling irritated ARGH!
Wanting to talk	

PUBERTY  
HERE WE  
COME!

Name: Viivi  
Age: Almost 13  
Favourite emoji:



**Family:** Mum, dad, and big sister Veera  
**Hobbies:** Football ❤️ (since I was 4 years old)  
**Special skills:** I encourage others and never give up  
**What is beautiful about me:** Everything, honestly. I'm great, just like all of us! 💎  
**My secret bad habit:** "Forgetting" my wet sports clothes in my bag (when I'm in bed, I shout to dad that I forgot to put them in the wash and he does it for me, haha!)  
**What I wish for the most:** Is it embarrassing to want to be a professional footballer? My second choice is to be president. 😎

Name: Karo  
Age: 12  
Favourite emoji:



**Family:** My parents and three brothers  
**Hobbies:** Does skateboarding count? Chilling 😎  
**Special skills:** I don't know any other girls who can walk on their hands for all of break time.  
**What is beautiful about me:** My freckles are pretty fun, and all scars are cool.  
**My secret bad habit:** If I told you, I'd have to kill you. (Just kidding. I guess it would be that I'm lazy, or I steal my brothers' sweets.)  
**What I wish for the most:** That's a hard one. My own minipig, 🐷 or.. hey, a round-the-world trip!

Name: Usva  
Age: 11  
Favourite emoji:



**Family:** Mum, my little sister Pilvi (she's pretty annoying 🆘). I see my dad sometimes.  
**Hobbies:** All art stuff and playing piano  
**Special skills:** Languages! I'm bilingual and I'm learning two more languages at school. I'm also good at concentrating.  
**What is beautiful about me:** My hair, my singing voice 🎵  
**My secret bad habit:** Not doing my music homework and dipping sausages in caramel sauce.  
**What I wish for the most:** An artistic career. And boobs would be nice. 😏 (Don't show this to anyone!)

Name: Kerttu  
Age: 12  
Favourite emoji:



**Family:** dad and dad's boyfriend, my dog Ruupertti  
**Hobbies:** scouts, baking, reading  
**Special skills:** I'm good at discussing and debating.  
**What is beautiful about me:** My curly hair (although sometimes it's annoying) and green eyes  
**My secret bad habit:** Checking out a certain guy at school 😏  
**What I wish for the most:** For global warming to stop.

Name: Ompu  
Age: 12  
Favourite emoji:



**Family:** There are quite a many of us: Dad, dad's wife, mum and her boyfriend, two sisters, one brother and 5 half-siblings  
**Hobbies:** PlayStation, bikes and comics  
**Special skills:** Sleeping in  
**What is beautiful about me:** I dare to be myself 💰  
**My secret bad habit:** I love maths homework (I'm already reading an upper school maths textbook at home)  
**What I wish for the most:** For no-one to be bullied or discriminated against for being different 🌈

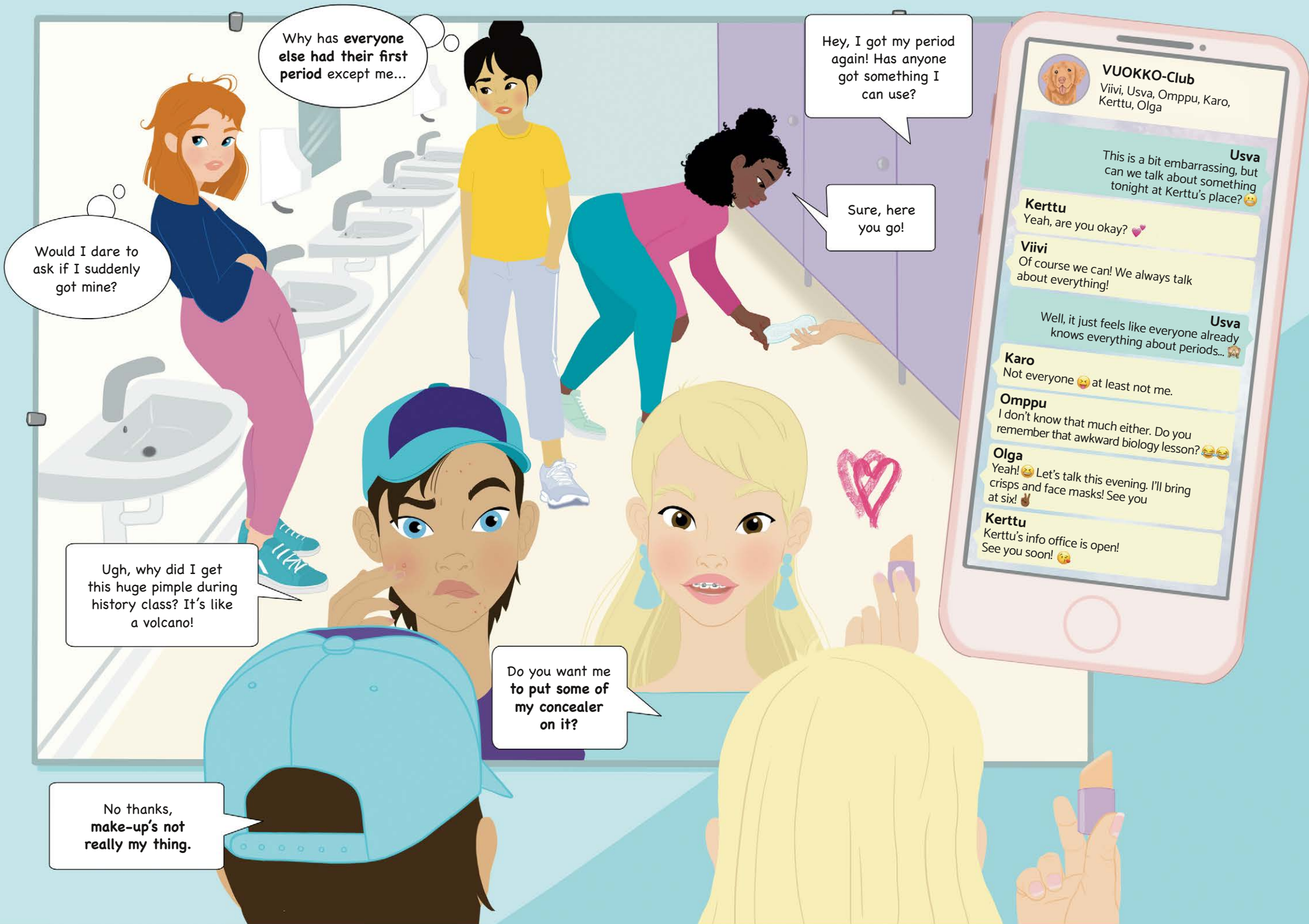
Name: Olga (Saara Serafiina)  
Age: 12  
Favourite emoji:



**Family:** Mum and dad (they live apart)  
**Hobbies:** Figure skating  
**Special skills:** I'm the world's fastest at putting my hair in a bun for figure skating competitions 🛼  
**What is beautiful about me:** My style, eyelashes and posture  
**My secret bad habit:** Online shopping and social media dances  
**What I wish for the most:** My parents' permission to start a YouTube channel.

Club





Why has **everyone** else had their first period except me...

Would I dare to ask if I suddenly got mine?

Hey, I got my period again! Has anyone got something I can use?

Sure, here you go!

Ugh, why did I get this huge pimple during history class? It's like a volcano!

Do you want me to put some of my concealer on it?

No thanks, **make-up's** not really my thing.



**VUOKKO-Club**  
Viivi, Usva, Omppu, Karo, Kerttu, Olga

**Usva**  
This is a bit embarrassing, but can we talk about something tonight at Kerttu's place? 🙄

**Kerttu**  
Yeah, are you okay? 💕

**Viivi**  
Of course we can! We always talk about everything!


**Usva**  
Well, it just feels like everyone already knows everything about periods... 🙄

**Karo**  
Not everyone 🙄 at least not me.

**Omppu**  
I don't know that much either. Do you remember that awkward biology lesson? 🙄🙄🙄

**Olga**  
Yeah! 🙄 Let's talk this evening. I'll bring crisps and face masks! See you at six! 🙌

**Kerttu**  
Kerttu's info office is open! See you soon! 🙄



It feels like I'll never start puberty. How do you even know if it's started? Mum says, "**your body will know when it's time**", but I wish it would hurry up already.

You know that the changes that come with puberty are pretty difficult for me. I don't feel comfortable with the idea of having periods, but I guess they'll start at some point anyway. It feels really weird to think that I'd grow breasts, too. **Maybe I should talk to the nice nurse about this stuff.**

My dad talks about everything, but he doesn't really know how it feels to grow up in a girl's body. That's why Kerttu's info office has the **Tasaseks game and all kinds of books**. Shall we check them out?

I got my period over a year ago. I don't mean I've had a period for a whole year, of course! **It's a little bit random when they start**, they don't come at the same time every month. Will they always be so irregular?

I've only just started to think about this stuff. My big brothers and **parents probably still think I'm a little girl**. My family is so chaotic that I can't really ask about this stuff, and **I think mum would be embarrassed, too.**

I talk about all kinds of things with my mum. That's why I already kind of knew what to expect. I was still surprised when my period came, though. **My flow is pretty heavy and my belly hurts.** Do they ever get any easier? Or do you just get used to them?



## What actually is puberty?

Puberty is the process in which a person physically and mentally develops from a child into an adolescent and then finally into an adult. When a person goes through puberty, they also become **able to reproduce**. This means that their body is ready to have their own children. But why on earth would your body be ready to have children so young? The answer can be found in history. Back then, people lived for a much shorter time than nowadays, so they also had children a lot younger than we do. Luckily, today puberty doesn't mean that you have to start behaving like an adult. Despite the changes occurring in your body, you can still play and do the same things as before. Or you can try out new things; everyone takes things at their own pace.

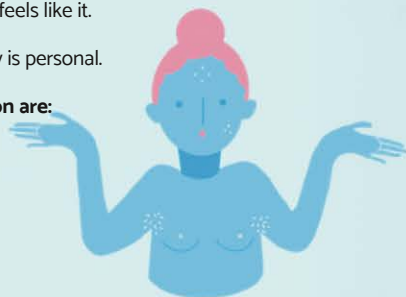
## How does your body change?

Puberty brings with it a number of changes that can feel confusing, and you may have some questions. Knowing about the changes that take place in your body during puberty is an important part of self-care, and no question is embarrassing, wrong, or stupid, even if it feels like it.

Everyone's body changes in puberty, but everyone's puberty is personal.

### In girls, common changes that occur before menstruation are:

- their breasts become tender and develop
- they grow taller, often in a growth spurt
- their body shape changes
- they grow underarm and pubic hair
- vaginal discharge appears in their underwear
- their skin produces sebum, and their hair becomes greasy



These **first signs** of puberty commonly occur between the ages of 8 and 13. **Girls usually get their first period** after they have had the first signs of puberty for some time. Menstruation begins once the body is ready, and there is no way to predict an exact age when it will start. Girls often begin to menstruate after a growth spurt, between the ages of 10 and 16.

During puberty, you should pay even more attention to personal **hygiene**. Puberty **hormones** make your hair become greasy more quickly, and increase both the amount and smell of your sweat. You should shower daily and wash your genitals with lukewarm water. However, your vagina (the inside part) cleans itself with vaginal discharge. **Discharge** can be white, yellowish or even slightly red in colour near your period, when a small amount of menstrual flow mixes with the discharge. The amount of vaginal discharge can vary, and if it bothers you, you can use a pantyliner. Your skin will also **secrete more sebum**. This may cause pimples or more persistent acne.

## What changes emotionally?

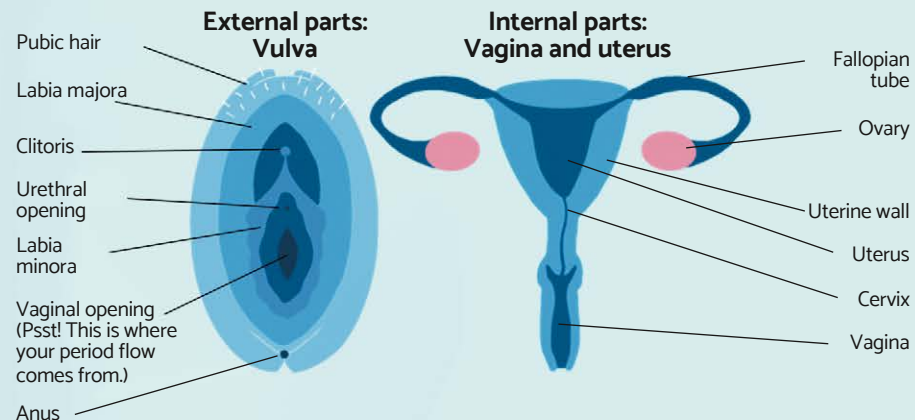
Puberty causes emotional changes as well as physical ones. During puberty, many people experience **emotions** that they have never felt before. Even familiar feelings can feel a hundred times more intense than before. You may feel happy and full of energy one moment, and irritated, ashamed, or tearful the next, or perhaps feel as though you have no energy to do anything. There is nothing wrong with these feelings; they are a part of us all. There is no need to try to shut out or hide your feelings, but you will learn to adjust the reactions you have to them. After all, slamming the door or shouting at people doesn't actually help the situation, right? Think of a safe adult you could talk to if you feel down, lonely, angry, or distressed. Help is available.

## Where do periods come from? How, and why?

In order for us to understand periods, we first have to look in more detail at where they come from. The pictures below show the **outside (vulva)** and **inside (vagina)** of a girl's genitals. The vulva and vagina help us to urinate, feel pleasure, and to perhaps have children one day.

Genitals are a sensitive and private area. Everyone makes their own decisions about their body, and who touches it and how. This is called **bodily autonomy**.

You can take a look at your vulva using a handheld mirror. It may feel like a strange thought, but wouldn't it be weird if you had never seen your bellybutton or your back? Your vulva and vagina are a part of your body like any other. Although we cover some parts of our bodies at the beach, for example, everyone has the right to know their own body - and to get to know it at their own pace.



Every **vulva** is different. The size and colour of the labia vary from person to person, as does the colour and amount of pubic hair. In the upper part of the vulva is the **clitoris**, which is the most sensitive area of the vulva and, for most people, feels pleasurable to touch. All vulvas and vaginas have their own smell, too.

The inner part, the **vagina**, leads to the **uterus**, a small pear-sized organ that is connected to the **ovaries**. Girls are born with a uterus and ovaries, but they only get to work in puberty.

The ovaries release an egg around once a month, and the uterus begins to prepare a nice place for the egg to grow. If the egg is fertilised by a sperm cell, it will begin to develop into a baby in the uterus. When the body realises that there is no baby, the bloody membrane that has accumulated on the uterine walls detaches. The uterus contracts to speed up the process, and the membrane flows along and out of the vagina as **menstrual flow**. These contractions can cause **period pain**. This pain can be treated with regular painkillers and many home remedies. If period pain gets in the way of everyday life, it's worth talking to a nurse or doctor.

Periods may be irregular at first, but they usually become more regular and follow a set schedule. The time between the first day of a period and the first day of the following period is known as the menstrual cycle. This cycle is usually one month long.

So puberty makes your body think that we want to have children the whole time?

Apparently so! Someone should tell it that we have other plans for at least the next ten years!

Remember swimsuit!

Exam on Tu

Am I supposed to buy all of these? **There are so many different kinds!** I have no idea what kind of periods I'll have, especially if they are different for everyone.

My flow is quite heavy, so **I use these winged pads during the day and these night pads when I go to bed**, so that I don't have to get up in the night to change pads. I haven't tried tampons yet, I'm a bit nervous. I've heard that they aren't suitable for everyone. Should I ask the nurse?

Oh no, that's my neighbour... **It would be so embarrassing** if they saw me!

Lots! **You will only find the best fit for you if you try them on.** Some girls don't wear a bra at all, others like soft padding, and others choose plenty of support. If you're buying a sports bra, always try it out with the jump test!

I usually use a **tampon** since I can't feel it when I do sports. Sometimes I also use a pantyliner along with the tampon. At night I only use a pad.

I usually buy these **cotton ones or biodegradable ones**, because they're environmentally friendly. Perhaps when I'm older I could try a menstrual cup.

I'm still quite confused about all this. Well, at least this is taken care of. Next up: **my first bra.**

Seriously, **how many** more of these do I have to try on?



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FOLLOW THE  
ARROWS TO FIND  
THE BEST  
PERIOD PRODUCT  
FOR YOU!

WHAT PRODUCT IS BEST FOR ME?

START HERE

Have you had your first period?

NO

Do you have vaginal discharge?

NO



Everyone's body develops  
at their own pace.  
Vaginal discharge and  
periods arrive when the  
time is right.

YES



Biodegradable



Longer pad



Suitable  
for different  
types of  
underwear



Organic  
cotton

You can protect  
your underwear  
with pantyliners  
if discharge  
bothers you.



YES

I prefer...

TAMPONS



My flow is...

Light



Heavy



Period products  
should be changed  
every 4-8 hours,  
depending on  
your flow.

I use different  
period products  
on different days  
of my period. The  
number of dots  
on the package  
shows the  
absorption.



Sometimes I use night  
pads in the daytime, if  
my flow is really heavy.  
Winged pads prevent  
your flow from leaking  
out of the sides of your  
underwear.

PADS



My flow is...

Heavy

Moderate

Light

Biodegradable



A reliable  
basic pad



Wingless  
pad



It's really important  
to me that my pad  
is biodegradable  
so that it doesn't  
burden the  
environment.



For  
sensitive  
skin



# "HEY, I GOT MY PERIOD!"

Starting your first period can evoke a wide range of feelings. Karo has decided to celebrate! How do you think the Vuokkoset Club members would dress for a fun day?



## Which of these would you choose for your dream day?

### Activity:

Movie Hike Wall-climbing  
Dance party Sofa and TV Shopping

### Food:

Meatballs and mashed potato Hamburger  
Sushi Veggie ramen Pizza Fresh salad

### Special dream day wish:

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### Treat:

Sweets Crisps Ice cream Donuts  
Veggies and dip Macarons

### Who would you spend it with:

My family A big group of friends Alone  
My best friend My siblings

Many take a **period pouch** with them just in case they get their period when they aren't expecting it. Find five things you can put in the pouch in the wordsearch. Once you've found them, you can draw them below.



O	L	P	U	Y	T	K	W	E	K	I
P	D	F	W	R	P	T	E	T	C	N
A	P	A	D	S	E	A	I	A	O	U
N	N	Q	I	K	N	M	E	M	E	W
T	T	O	O	A	T	P	S	P	O	E
Y	O	E	X	A	W	O	D	V	S	S
L	L	L	Y	P	A	N	T	I	E	S
I	S	I	T	C	M	S	D	U	Y	Q
N	W	O	T	N	S	O	Y	N	Q	A
E	M	K	V	E	W	N	R	N	A	P
R	S	U	W	E	T	W	I	P	E	S
P	I	T	K	P	A	I	P	I	N	C



Hey You! ♥

It's great that you've picked up a Vuokko Club booklet. We really hope you've enjoyed it. It's written for everyone who has questions or is a little confused about growth and development. The topics in the booklet may be relevant to you now, or perhaps a little later on. You can always put the booklet aside and return to it when the time is right.

Vuokko Club was developed in collaboration between two Finnish companies. Vuokkoset and Tasaseks work hard to make sure that age-appropriate and easily approachable information about puberty is available to everyone - safely and in good time.

Every young person needs support, information, and the opportunity to think about puberty and the changes it brings with it. Adults don't always know the right words and children don't always dare to ask. We wanted to create the Vuokko Club to answer young people's questions, but also to encourage discussion about topics that many people find awkward or embarrassing.

We all develop at our own pace, and everyone will experience situations in which they need advice. We hope that Viivi, Usva, Ompu, Kerttu, Karo and Olga's stories can help you to find that advice.

*Wishing you a warm welcome to the Vuokko Club!*

Happy regards,  
**Vuokkoset and Tasaseks**

### Safe and fun learning in a positive Tasaseks package

Developing the Vuokko Club has been a really fun and inspiring process. Through the Vuokko Club, I am able to provide young people and educators with information that I have accumulated over the years as a teacher, sexual health educator and Tasaseks educator. All Tasaseks products consider the age of the user and provide information for children in a fun and positive way. Once you've read through this booklet, you can learn about our other products on our website. I am happy to help adults who need some encouragement with sexual education in Tasaseks training sessions.

More information and tips for sexual education can be found on our popular Instagram account @tasaseks and online at [tasaseks.fi](http://tasaseks.fi) Also check out our YouTube channel, where we regularly upload new videos aimed at 10-14-year-olds on topics such as the body, growth, identity, and relationships.

*Sofia Lind*  
Authorised sexual educator  
Tasaseks material developer,  
educator, and teacher



Instagram @tasaseks  
Facebook #tasaseks



### Secure and discreet Vuokkoset - from us to you

Hi from the Vuokkoset factory! When we were little girls, our dad Raimo set up a company and began to make period products. Now we are continuing our dad's life work with Vuokkoset products, and we want to support young people as they grow into adults.

We've included some Vuokkoset product samples for you so that you can try them out at home in your own time. When the time is right, try out the products and practise using them. The flowchart on pages 12-13 will help you to find the most suitable options for you. We hope that you find some favourites! You can also order a Vuokkoset sample set online free of charge at [vuokkoset.fi](http://vuokkoset.fi).

We develop and manufacture Vuokkoset period products in Finland. They are a gentle choice for your skin and a responsible choice for the environment. More information is available at [vuokkoset.fi](http://vuokkoset.fi) and you can follow us on Facebook and Instagram.

*Vuokkoset*  
*Sanna and Riikka*

Instagram @vuokkoset  
Facebook #vuokkoset



**Vuokkoset**