



**You know your body.
If something feels
wrong, speak up.**

Track what is happening. Tell someone you trust. Ask a healthcare provider what could be causing it.

NEED ANSWERS OR SUPPORT?

endometriosiscanada.org



SCAN TO LEARN MORE

Teen-friendly information,
support and resources

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Educational information only. This pamphlet does not replace medical advice.

**Endometriosis is not just
a bad period**

ABOUT 1 IN 10

women of reproductive age worldwide are
affected

SYMPTOMS CAN BEGIN

in the teen years - sometimes from the
first periods

YOU DESERVE SUPPORT

when symptoms keep interrupting school,
sleep or daily life

You are not overreacting.

Symptoms that repeatedly disrupt your
life deserve attention.

Prevalence source: World Health Organization, 2026

**Is your period
taking over?**

LET'S TALK ABOUT IT

**Bad enough to miss out?
That is a red flag.**

Learn which symptoms deserve
attention, how to track them and how to
ask for help.

**Periods should not control your
school day.**

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KNOW YOUR NORMAL

Periods can feel different for everyone

Some cramping, tiredness or mood changes can happen. What matters is how intense symptoms are and whether they stop you from doing everyday things.

Often manageable

- Discomfort improves with simple support
- You can still attend school and activities
- Symptoms do not regularly wake you or make you vomit
- Bleeding is manageable with your usual products

There is no single “perfect” period. Your own pattern - and changes in it - matter.

NOTICE RED FLAG

Symptoms worth talking about

- Pain that makes you miss school, sports or plans
- Vomiting, fainting or feeling unable to stand because of pain
- Pain with bowel movements or urination
- Very heavy bleeding or frequent leaking through products
- Pelvic pain between periods
- Symptoms that keep getting worse or do not improve
- A family history of endometriosis plus similar symptoms

Your pain is real.

Severe or repeated symptoms are not something you simply have to “push through.”

YOUR NEXT STEPS

Track it. Talk about it. Ask for help.

Write down what happens before, during and after your period. Patterns can help you explain what you are experiencing.

Track

- Pain level and location
- Bleeding and product changes
- Nausea, dizziness or fainting
- Bowel, bladder, sleep and energy changes
- School or activities missed

Try saying

“My symptoms are affecting school and daily life. I tracked what is happening. Can we talk about what might be causing it?”

GET URGENT HELP

For fainting, severe weakness, trouble breathing, chest pain or bleeding that feels unsafe, tell an adult and seek urgent medical care.