



Adolescent wellness self-check

For teenagers to fill in with a parent, guardian or school counsellor. It helps you talk about periods, mood, energy and support, and decide together whether a visit would help.

Name _____

Date _____

TICK WHAT APPLIES TO YOU

- ☐ My periods have not started and I am 15 or older
- ☐ My periods are very heavy, or last more than seven days
- ☐ Period pain makes me miss school
- ☐ My periods are still very irregular two years after they started
- ☐ I often feel tired or low in energy
- ☐ I often feel sad, worried or irritable
- ☐ I have trouble sleeping
- ☐ I am worried about my weight, eating or body
- ☐ Acne or extra hair bothers me
- ☐ I have someone I can talk to when things are hard

GET HELP NOW IF

- Thoughts of harming yourself: tell a trusted adult now, and call Tele-MANAS on 14416
- Very heavy bleeding with dizziness or fainting
- Severe tummy pain
- Someone is hurting you or making you feel unsafe: call 1098 (Childline) or 112

In clinic hours (Mon to Sat, 8:00 am to 4:00 pm) call +91 93660 92897. At any other time, call 108 or go to the nearest hospital emergency department.



MY NOTES

Age when periods started	
Date of last period	
How many days periods last	
Days of school missed this term	
Things I want to ask	

BEFORE YOUR VISIT

- Come with a parent or guardian. Part of the visit can be with the doctor alone.
- The doctor will explain what can stay private, and what must be shared to keep you safe.
- Bring your period dates if you track them.
- Write down anything you want to ask, so you don't forget.

QUESTIONS YOU MAY WANT TO ASK

- Are my periods normal for my age?
- What can help with period pain?
- Who can I talk to about how I feel?

