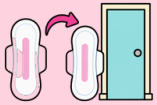
mom 	doctor 	nurse 	teacher 	aide 	my 	yes 	no 
it hurts a little 	what's happening 	I need to change my pad 	is this normal 	I have cramps 	that's not okay 	can I go to the bathroom 	please explain 
I need a heating pad 	I need privacy 	excuse me 	my body is changing 	not now 	how long will it last 	sorry 	tell someone I trust 
I need a pad 	it hurts a lot 	I can say no 	sad 	mad 	tired 	hungry 	hurts 
sick 	wet 	bathroom 	different pad 	panty liner 	heating pad 	bra 	cramps 
body smell	clothes	headache	phone	stomach	help	stop	

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