

Actors: *Narrator, Maria, Friend*

Narrator: *Maria is in 7th grade and has been charting her cycle for about a year.*

Maria: *I can't believe it's already been a year since we started charting.*

Friend: *I know! It's kind of cool to see your body change, month to month and to know what your hormones are doing.*

Maria: *Yeah, I had my first period about 6 months ago and I already notice that my cycle is becoming a bit more predictable.*

Friend: *I'm kind of jealous that you have an older sister who also charts so that you can talk to her about it, too.*

Maria: *I guess... I used to have such an easy time sharing with my Mom and sister. These days...*

Friend: *You don't anymore?*

Maria: *I don't know. Lately, when I have a problem or a tough day, I just feel really down and avoid everyone. At night I just scroll through my phone as I honestly don't even want to sleep.*

Friend: *Do you feel that way every day?*

Maria: *No, just in the days before I get my period, and maybe a little during my period. Like right now.*

Friend: *Don't you think that's normal?*

Maria: *I'm not sure. My school work feels harder on those days and practice feels like it goes on forever. The coach seemed really upset with me yesterday.*

Friend: *Really? I didn't think the coach was any different.*

Maria: *It's fine. Like I said, I don't really want to talk about it.*

Narrator: *Do you think everything is OK with Maria? What do you think Maria should do?*