Bravo to you for doing this!

My history with menstruation was highly impacted by having my mother die when I was 4 and being raised by my Dad. I learned what to expect by covertly reading a book at a friend's house. Once I got my period, I was embarrassed to talk about it or buy supplies. I sometimes stole them from friends' bathrooms. I remember standing in a store with my heart racing, so embarrassed that the cashier was male, trying to get up my nerve to walk up to the counter. Years later, a doctor asked me how old I was when I got my first period. I actually didn't know. There was no one to tell at the time, no discussion, and I just moved on. When I told him I didn't know, he looked at me as if I were crazy.