She experiences spotting and strongly hates menstruation

I am a 14 year old girl and latley i have been having problems with my period. I keep spotting small amounts of blood on my underwear even though it was over 1 or more weeks ago. I am getting really mad and frustrated, how am i supposed to pray when every couple days i see small amounts? When i searched up on the internet it said that was a sign of pregenacy and I am freaking out. I go to school to learn, never in my life have i been alone with a boy. And i dont wanna go to hell for not praying properly.
1. Is it normal that this is happening to me
2. Am i pregnant?
3.How do i become clean when i see small amounts of blood
4. Is it okay if i stop praying to see if it continues
5. Do i go to hell for hating my period so much
6. How do i clean that white stuff after the period from my system without having to insert my finger because it really hurts
Please replie as fast as you can, and i dont understand arabic so can you make some of the words clear.

Praise be to Allaah.

First:
These spots are not counted
as menstrual blood and may be the result of physical exertion, sports activities or other than that for which you should consult your doctor. They do not indicate pregnancy as far as we know.
What you need to do is wash
away the blood from your body and clothing and pray.
For further benefit, see
the answer to question 38624.
Second:
Menstruation is a matter
Allah has decreed for the daughters of Adam and during it the woman is not required to pray or fast. What a young girl experiences of uneasiness and

emotions during menstruation is normal and affects most women, especially

those who are younger.
A woman may dislike
menstruation and be turned off by it since she needs to be careful of the blood, leave salah and not touch the Quran, however, those feelings do not harm her as long as she acknowledges the Shari ' ah rulings and their wisdom;
this is called a natural disliking. It is like a person disliking the use of cold water for wudhu or fighting, while accepting and submitting to the laws of Allah, as the Exalted says (what means): " Fighting has been enjoined upon
you while it is hateful to you. But perhaps you hate a thing and it is good for you; and perhaps you love a thing and it is bad for you. And Allah Knows, while you know not. " [2:216]
And similar to this is a
woman ' s dislike of having a co-wife while she believes in the permissibility of polygyny and does not object to the law of the Law-Giver and His wisdom.
So natural dislike towards
something does not incur a sin, as long as the slave submits to the laws of Allah.
However, the more a slave ' s
Iman (faith) increases and the greater his understanding of the laws and wisdoms of the Shari ' ah become, the more content they become and their hearts become accepting. They praise Allah for things which are pleasing as

well as hardships; so the slave goes where he is ordered and stops where he
is ordered and when hardships befall him, he comprehends what they contain
of rewards and good and becomes calm and happy. This is not the case with
everyone, and one who has not reached this level will not be held accountable for it.
We ask Allah to increase
you in Iman (faith), knowledge and guidance.

And Allah knows best.