



Periods and the








Menstrual Cycle



As a  girl  grows into a  woman during  puberty  her  body

 starts to  do something  amazing.



 It starts to  get ready for if  she  decides to  have a  baby!



Babies



grow



in



a special

part of a



woman's



body.



This

is



called



her



uterus.

A woman's



body

gets ready

for



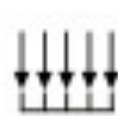
this

in the



same

way



every



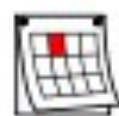
month.

This is



called

a menstrual



cycle.

This



happens



until

the



woman

is



too



old

to have a



baby.



Lets



find out



what

happens



inside



a woman's



body

during



her

menstrual



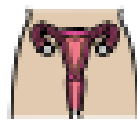
cycle.



Inside

the

woman's



uterus

the



lining



starts

to get



thicker.



An

egg



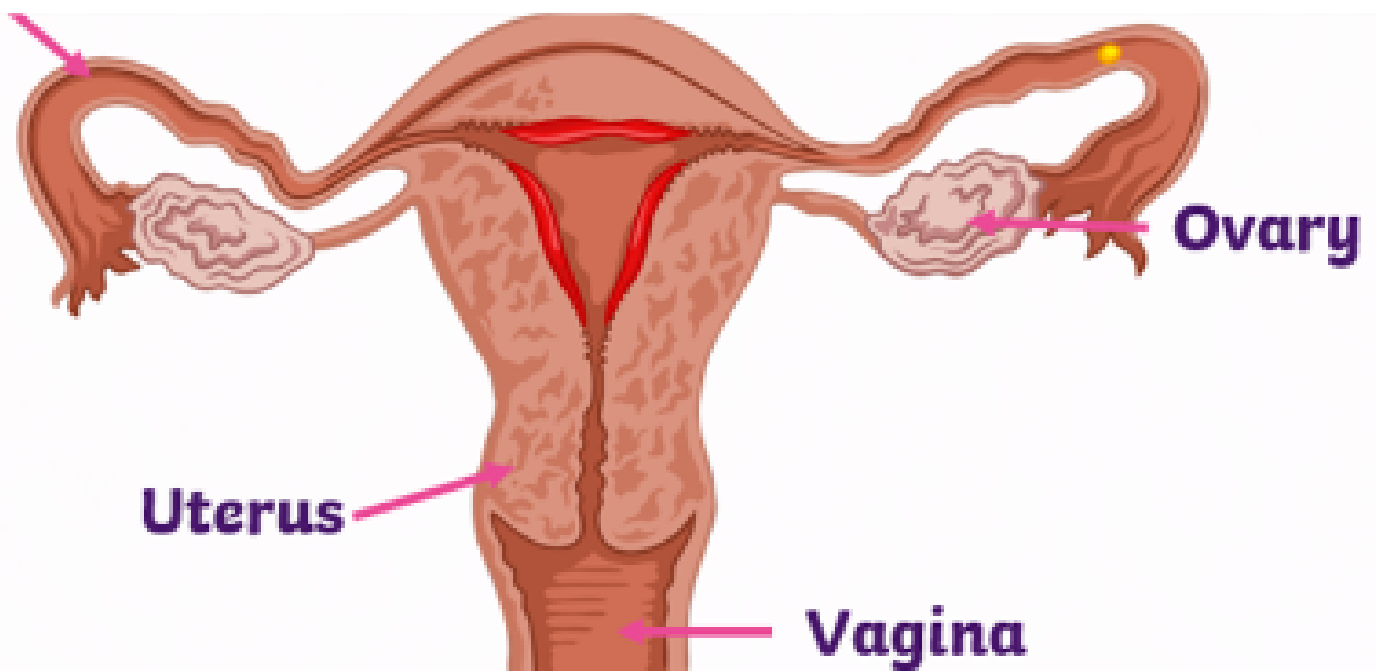
gets ready

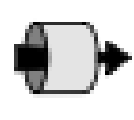
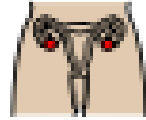
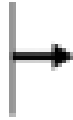
to



travel

to the uterus.

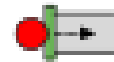
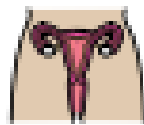




The egg moves from the ovary to the uterus through



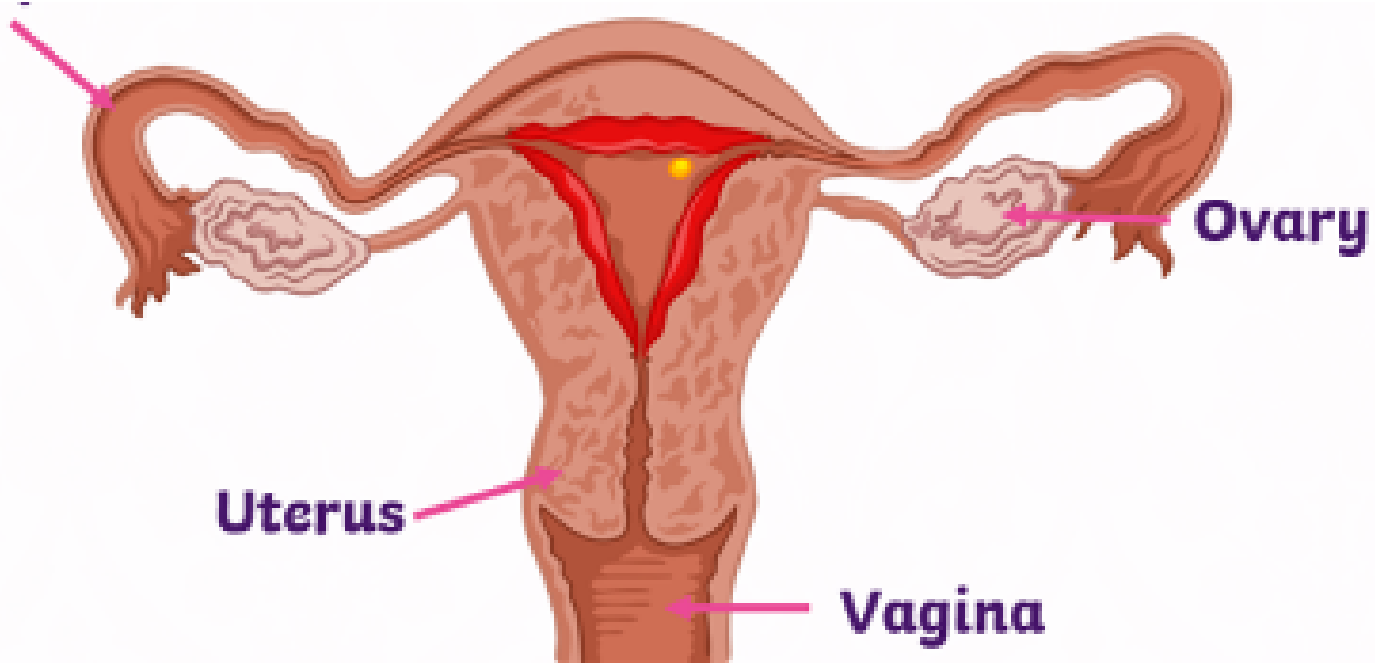
the Fallopian tube.


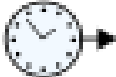








The lining of the uterus gets even thicker to get ready for









the egg.



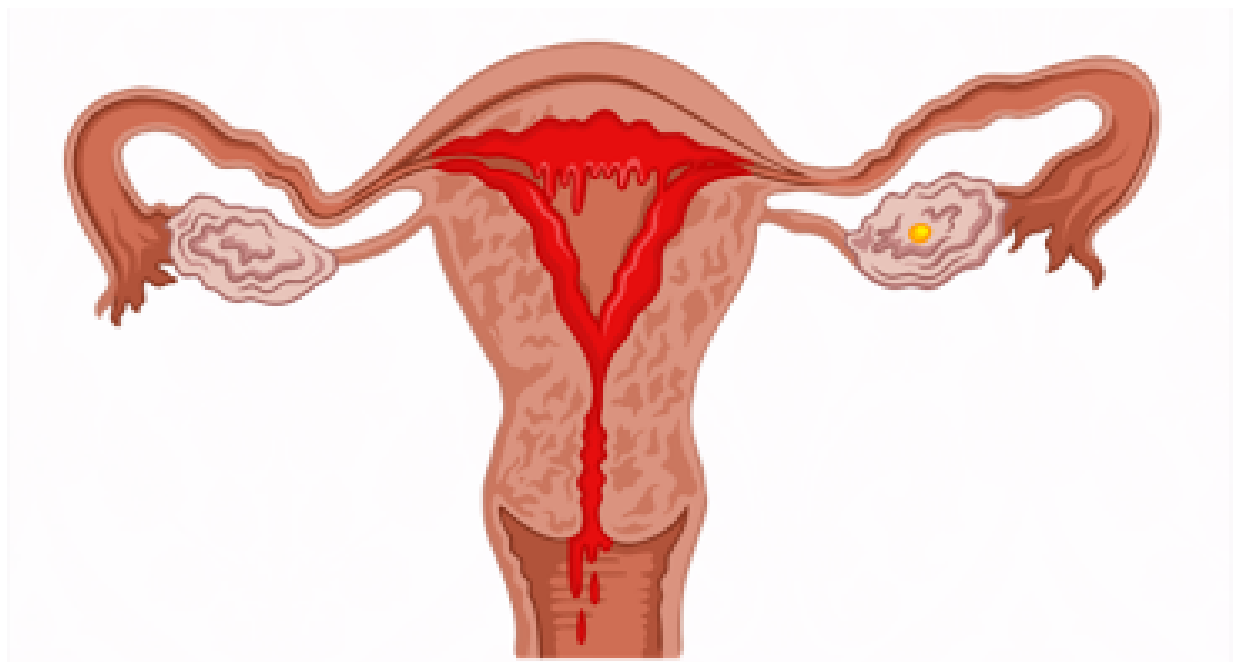
     
The woman will only have a baby if the egg is fertilised by

  
sperm from a man.

    
If the egg is not fertilised then the lining comes away from the


uterus.







     
The lining comes out of the woman's vagina. This is called a period.











The  period  will  usually  last  between **2**  to 7 days.

During a  period  a woman  might  have  stomach ache,  headaches or

 back  pain.  They  might  feel  more  grumpy or  sad  too.

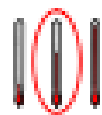
 It is  important  for a woman  to  ask  for  help  if  she  is  finding

 her  period  too  painful  or  difficult  to  manage.



Have

a



warm



bath



Use

a

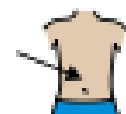


hot water bottle



on

the



stomach

or



back



Do



some



gentle

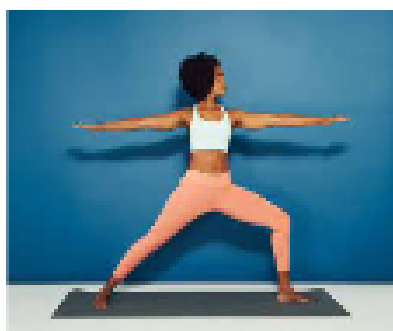
exercise



Ways to feel better

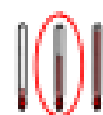


during a period



Have

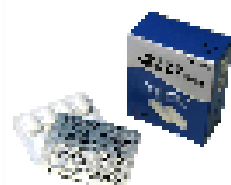
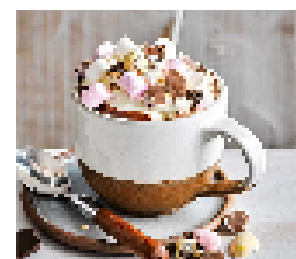
a



warm



drink



Ask

for



some



medicine



About

3



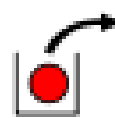
tablespoons

of



blood

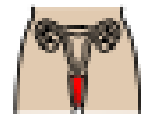
will come



out of



her



vagina



during a woman's period.



To keep



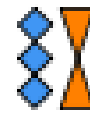
clean

during a



period

there are



different



products

a



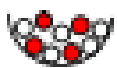
woman



can



use.



Some



products

are



used



inside

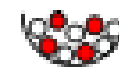
the



body



and

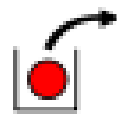


some

are



used



outside

the



body.



A woman



can



choose

the



products

which work

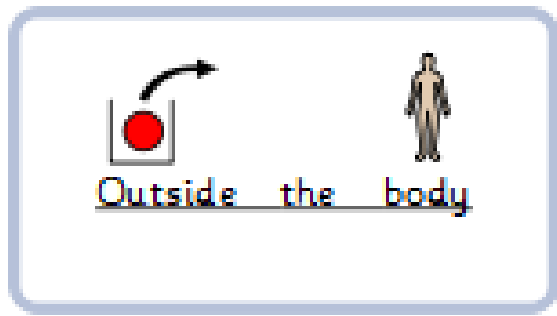


best

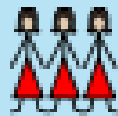
for



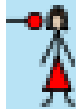
her.



Sanitary towels (pads)



These stick into a womans pants to absorb the blood during



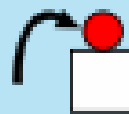
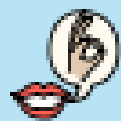
her period.



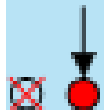
Period pants



These are pants which can absorb blood then be washed



without letting any soak through onto the woman's



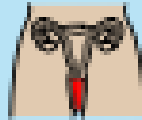
other clothes.



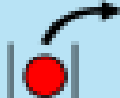
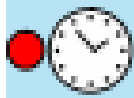
Inside the body



Tampons



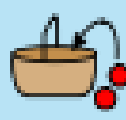
These are placed into the vagina to absorb the blood



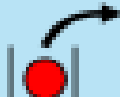
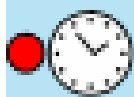
before it comes out of the woman's body.



Menstrual cups



These are placed into the vagina to collect the blood



before it comes out of the woman's body.