

Menstruation Facts:

What is your period?

“Your menstrual cycle takes around 28 days but it can be longer or shorter”

Menstruation, or getting your period, is a word people use to describe the few days (usually 2-7 days) every month when blood comes out of your vagina. It can be scary at first! But it is totally natural. Every girl will start her period (or to menstruate) in the next few years. At first, it may not be regular and happen every month.

Why do you bleed?

It is part of the cycle of your body that prepares you to have babies one day. All girls have thousands of eggs inside their ovaries (the body part that makes the eggs). At puberty these eggs start to ripen and begin to release one at a time, every month. If the sperm from a boy or man has joined with the egg a girl or woman can become pregnant. If not, you will get a menstrual period (bleed) once a month.

Your menstrual cycle takes around 28 days but it can be longer or shorter.

Days 1-5: Your Period

Day 1 is the first day you bleed. This means your uterus (also called the "womb," and is where a baby grows when a woman is pregnant) is losing its wall (lining). You may feel very sore and emotional.

Days 6-13: Period finishing and eggs prepare to escape

A new egg is getting riper inside your ovaries. Your uterus wall (lining) is growing thicker to prepare for release of the eggs.

Days 14-19: Ovulation time!

As your egg travels towards the uterus, your body is very fertile (ready to meet the sperm). So be careful, you can get pregnant easily during this time.

Days 19-28: Egg reaches the uterus and breaks

Once your egg reaches the uterus, it starts to break. If you are not pregnant, your period will start. You will be on day 1 of your menstrual cycle again.

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