

## Periods

A period refers to the part of the menstrual cycle when a woman experiences bleeding from her vagina. It typically happens once a month, and lasts for a few days; however, it varies from person to person.

Periods begin when your body is mature enough to have a baby. Every month, the lining of your uterus (womb) gets thicker with tissue and your ovaries release an egg (called an ovum). If a sperm fertilizes the egg, the tissue stays where it is to help with pregnancy, but if the egg isn't fertilized, your body sheds the tissue through the vagina. That tissue is the blood you see and this monthly process is called menstruation.

Most girls start getting signs of their first period and start menstruating between 11 and 14 years old, but it could happen any time between age 8 and 16. Remember that everyone is different, so a normal age for your friends might not be the same for you. You will have periods until you are around 50 years old when you start something called the menopause. That is when your body stops menstruating and can't have children any more.

A girl can get pregnant as soon as her period starts. A girl even can pregnant right before her very first period. This is because a girl's hormones might already be active. The hormones may have led to ovulation (releasing of the egg from the ovary) and the building of the uterine wall. If a girl has sex, she can get pregnant, even though she has never had a period.

### Resources:

*What you need to know about periods*

*My First Period*

What are periods, really?

<https://www.bodyform.co.uk/myths-and-facts/your-first-period/what-are-periods/>

Periods explained

<https://www.nhs.uk/conditions/periods/>

Menstruation explained (YouTube video)

[https://www.youtube.com/watch?v=vXrQ\\_FhZmos](https://www.youtube.com/watch?v=vXrQ_FhZmos)