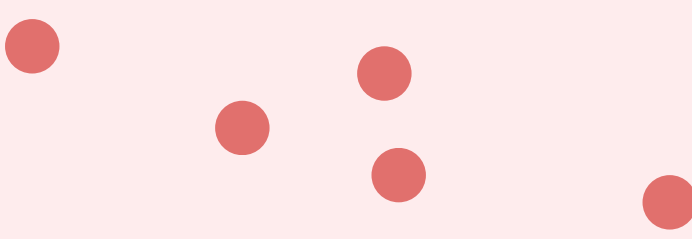


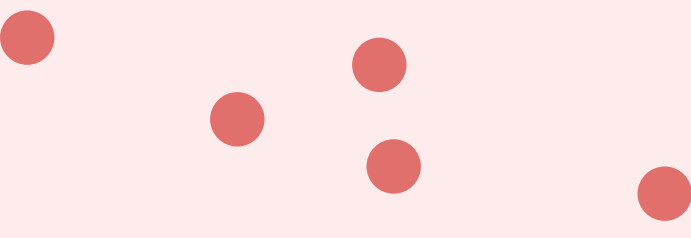
Let's Talk About...

**Period Anatomy
and Biology**

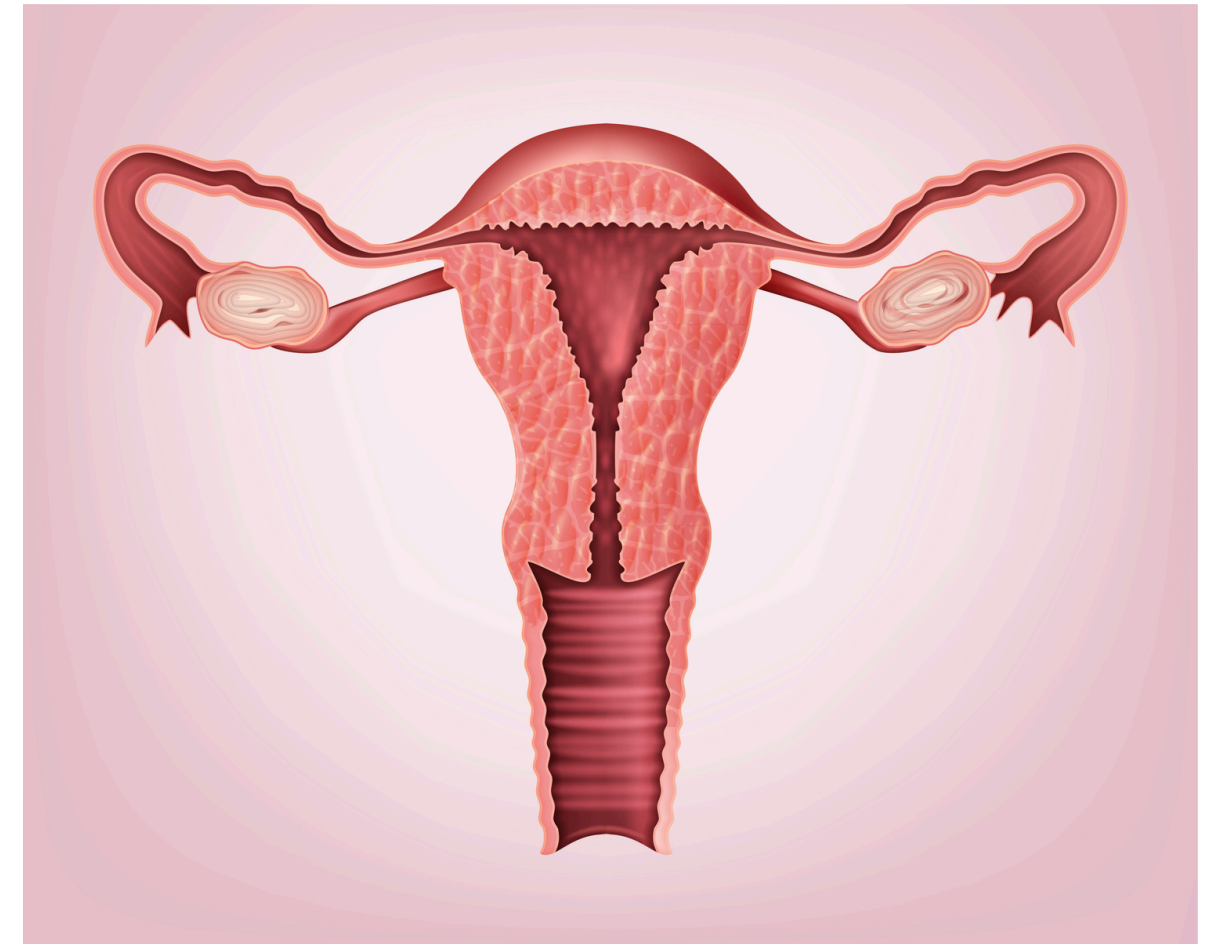
Understanding your period by understanding the science!



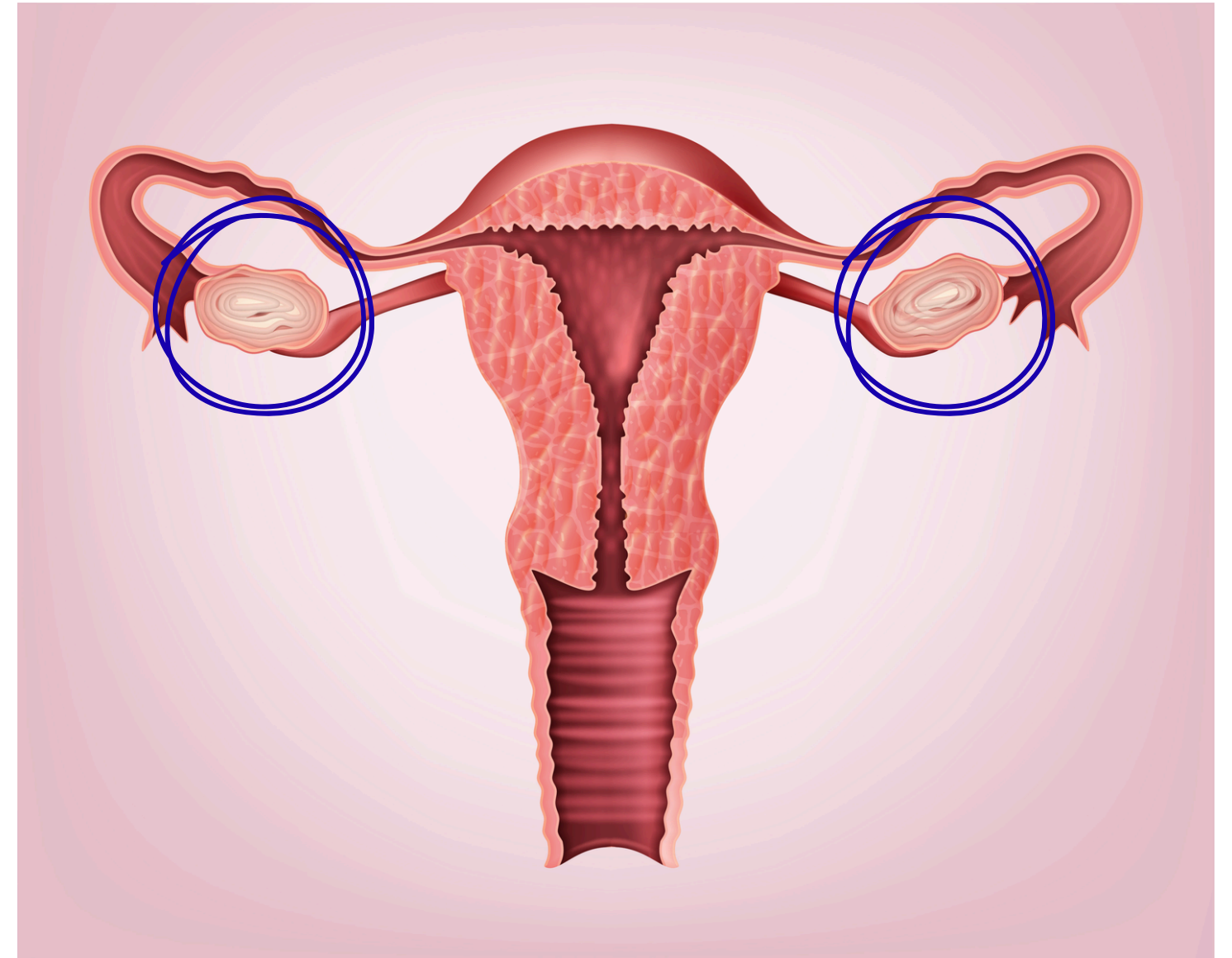
Anatomy Vocabulary!



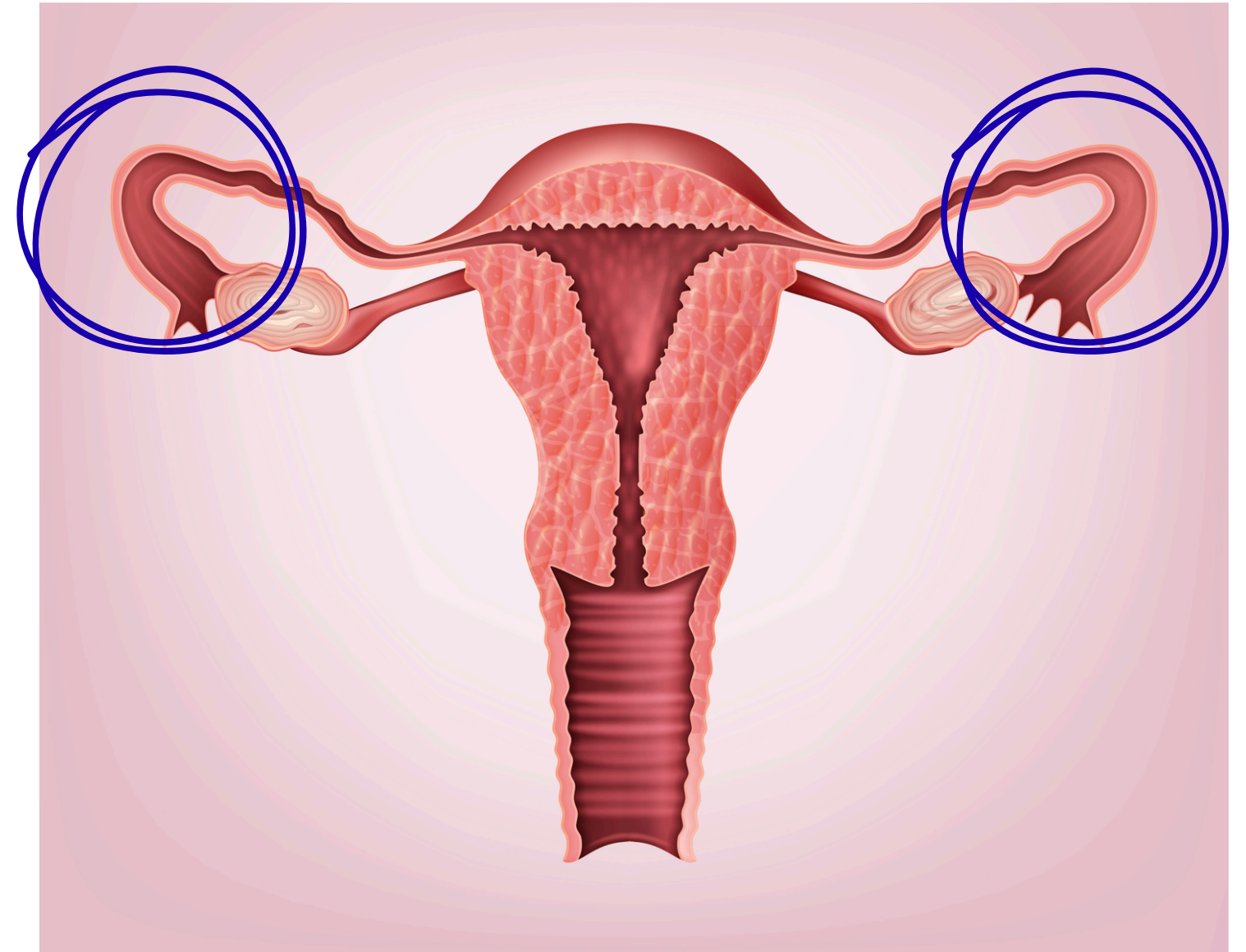
Female Reproductive System



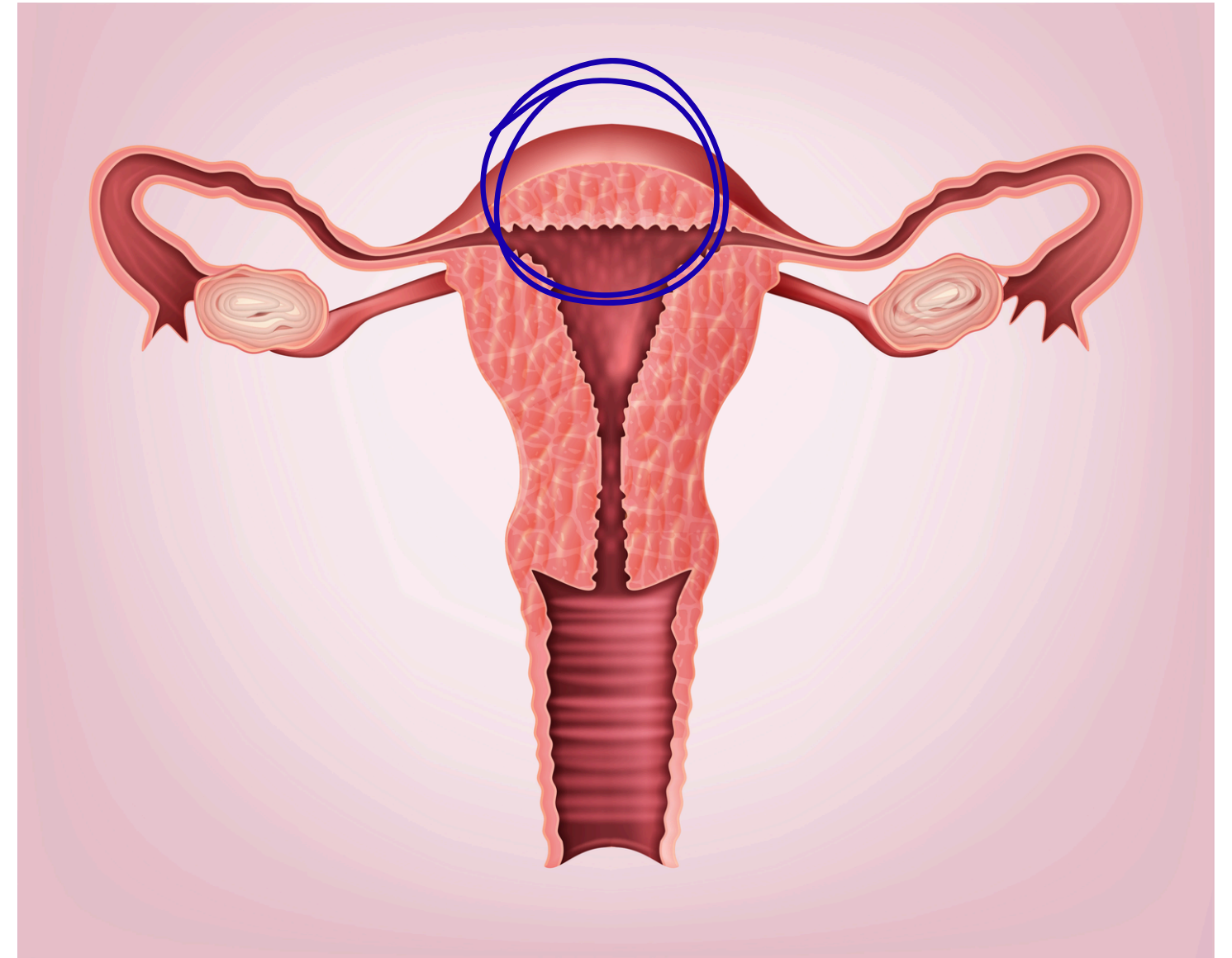
Ovaries



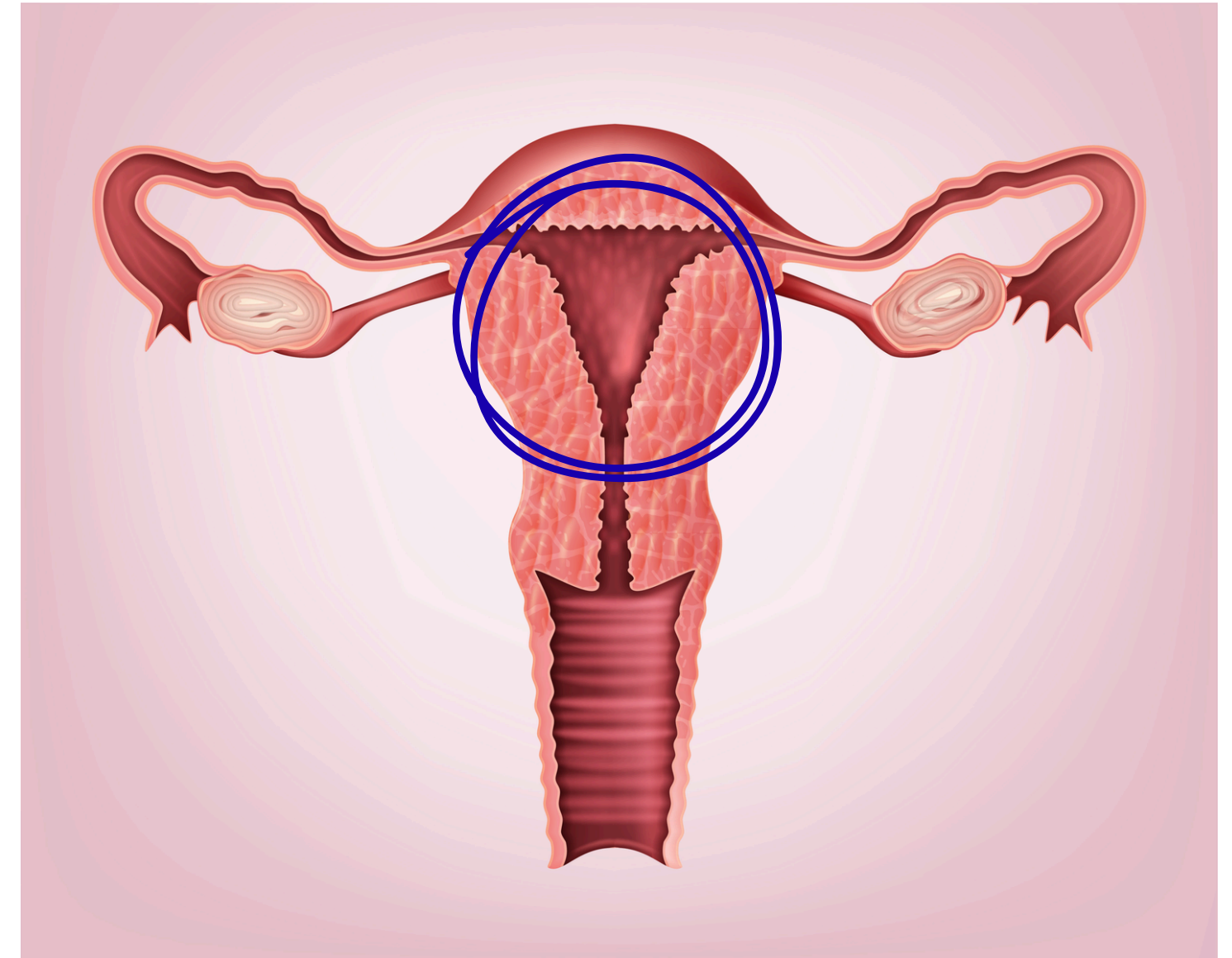
Fallopian Tubes + Fimbriae



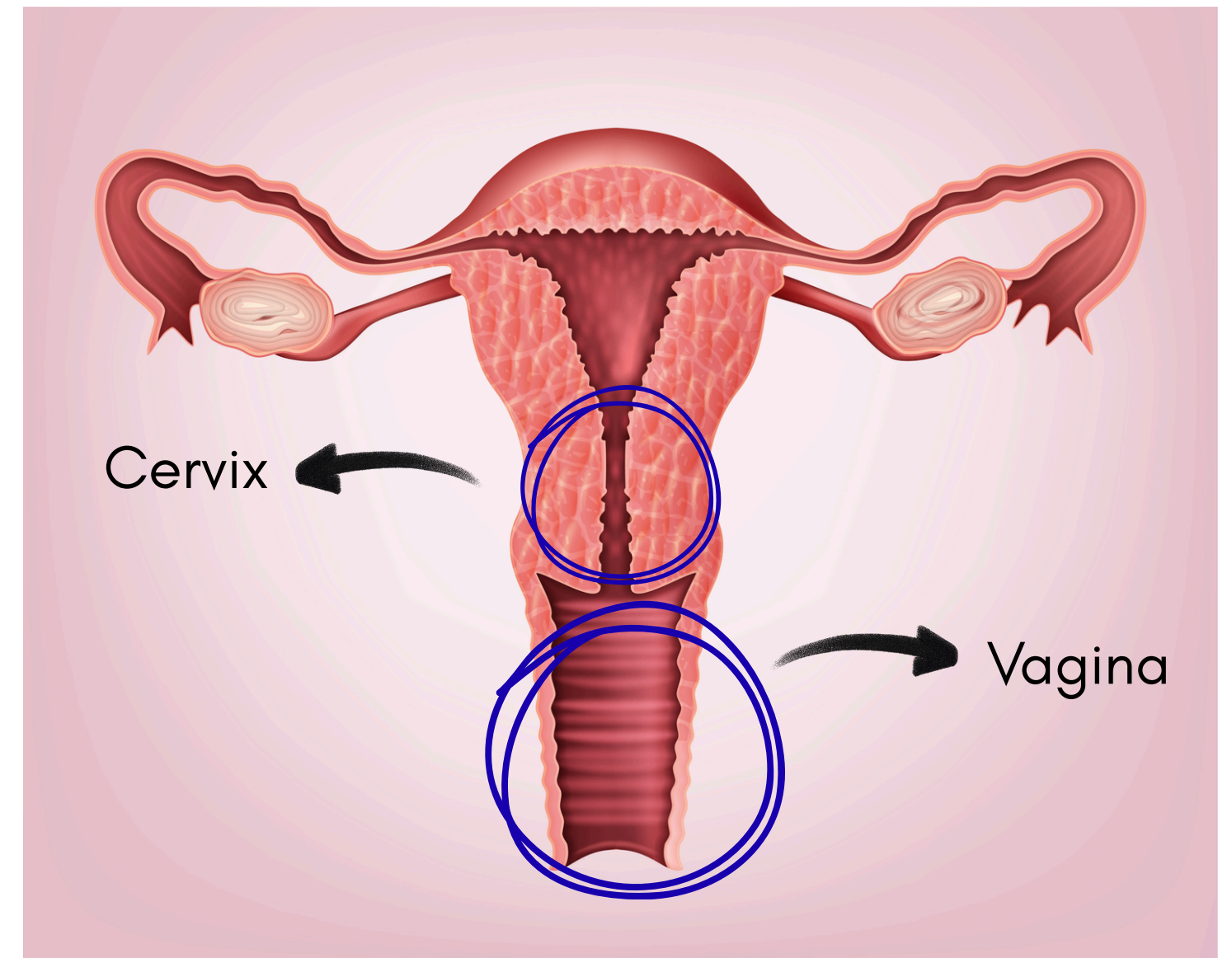
Fundus



Uterus

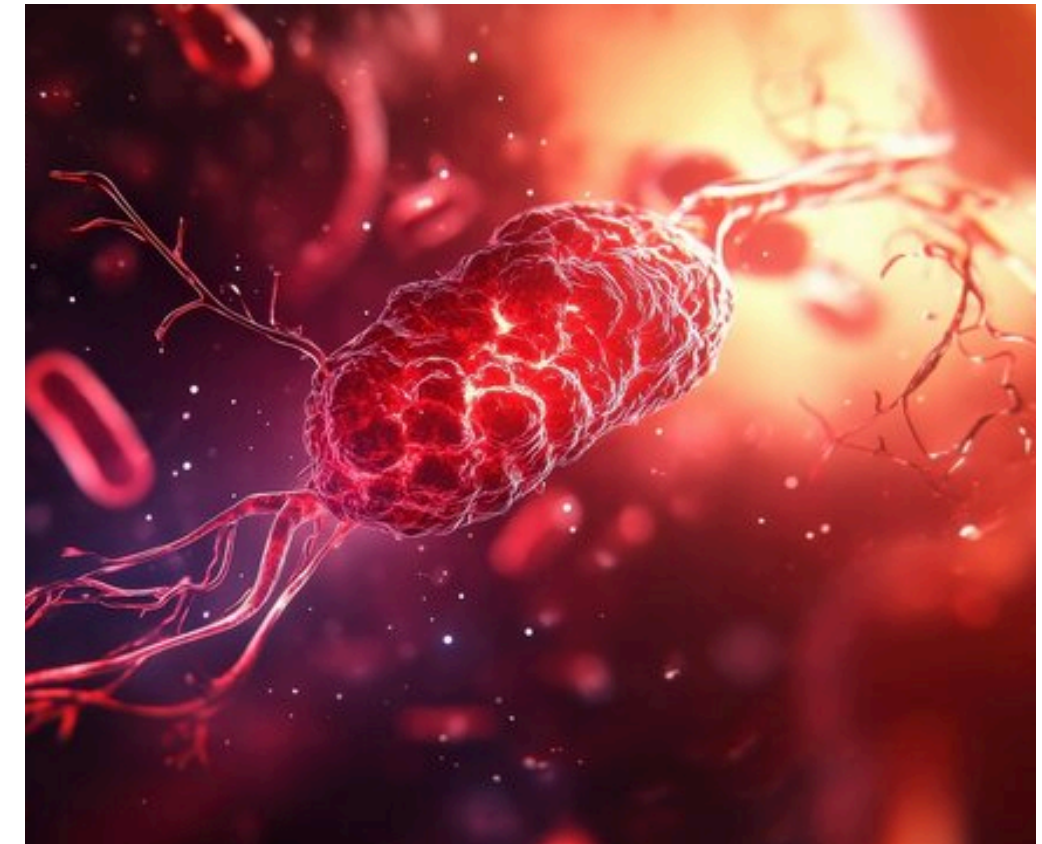


Cervix + Vagina



Hormones

Estrogen
vs.
Progesterone



Menstruation

The monthly release of blood and tissue from the uterus.

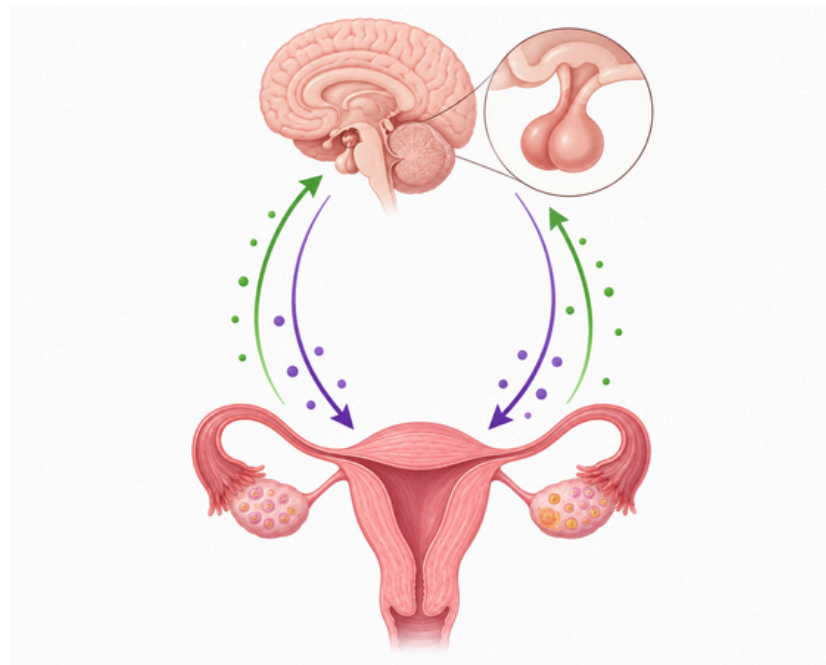


Question:

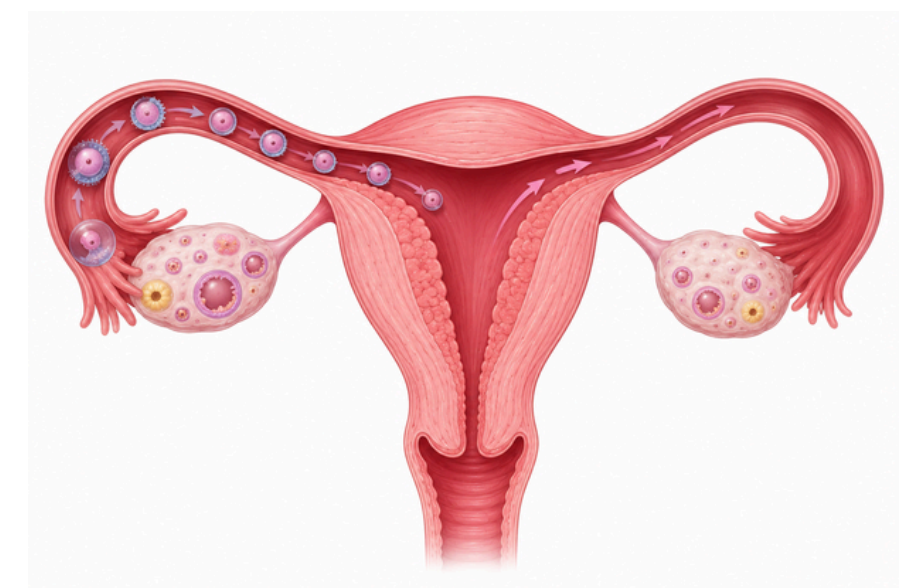
What is the difference between the fimbriae and the fallopian tubes?

The Period Process

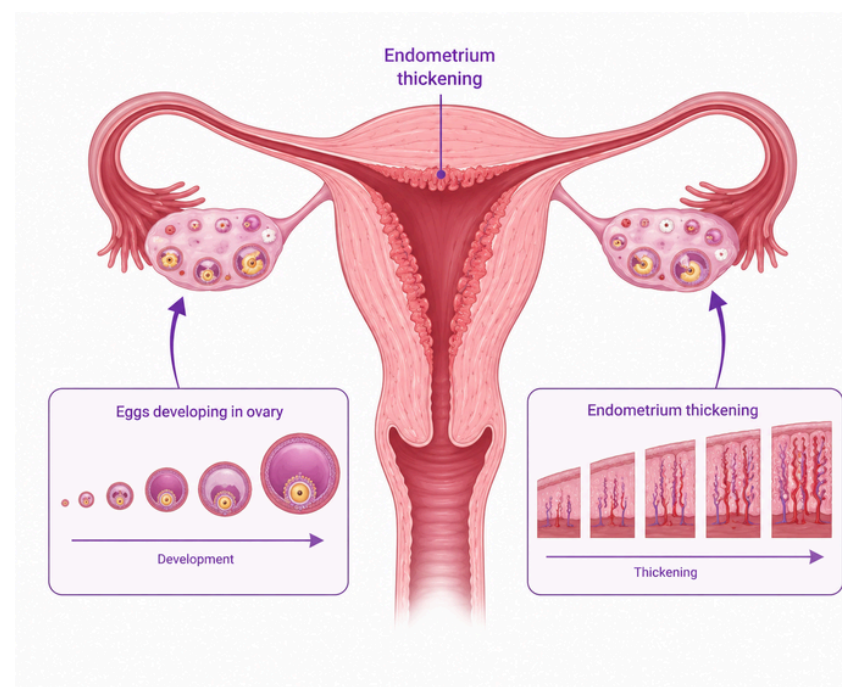
STAGE 1



STAGE 3

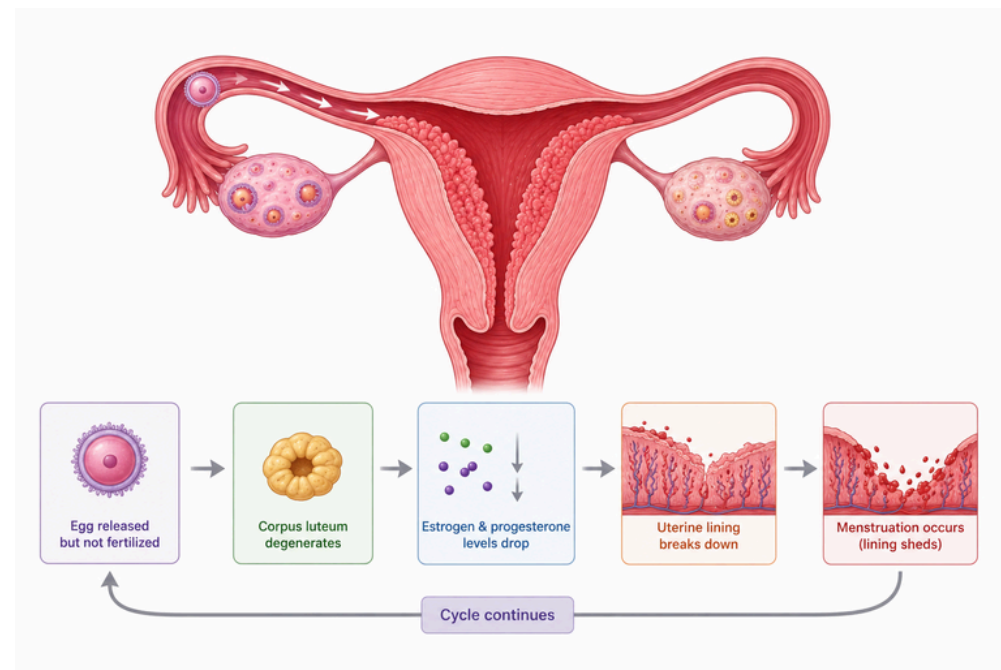


STAGE 2

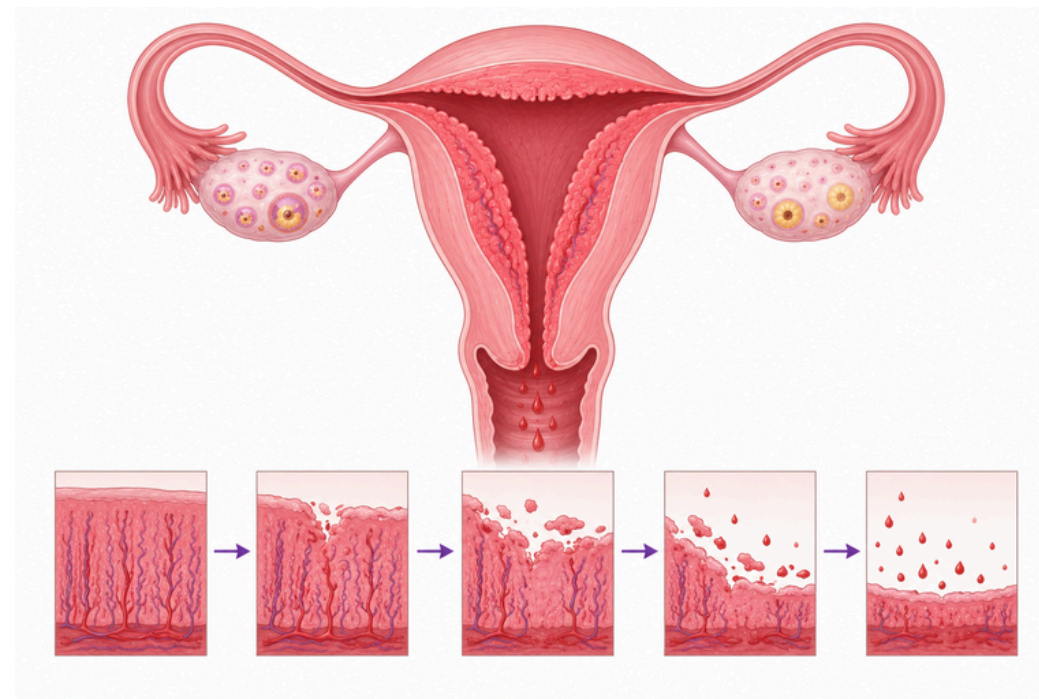


The Period Process

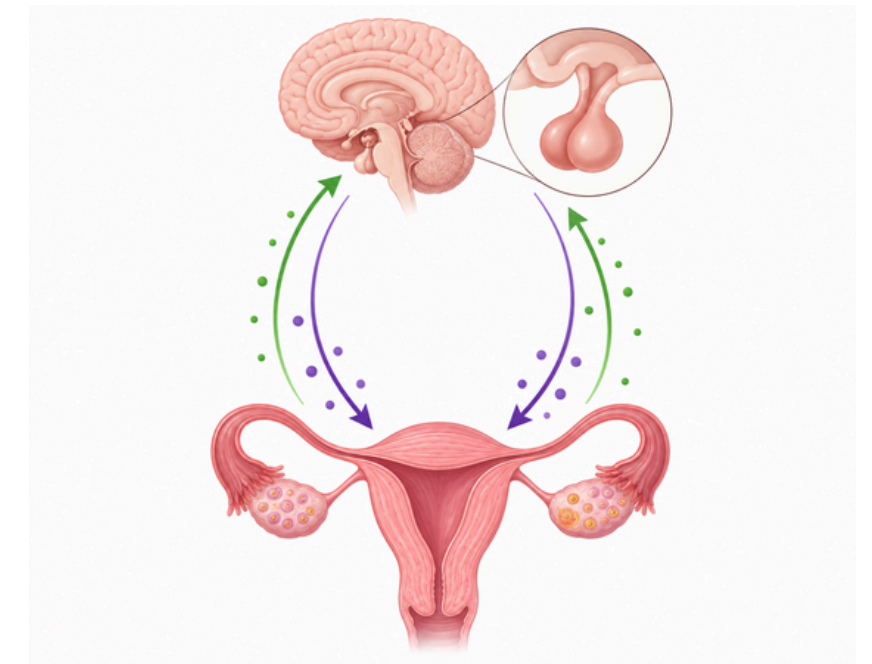
STAGE 4

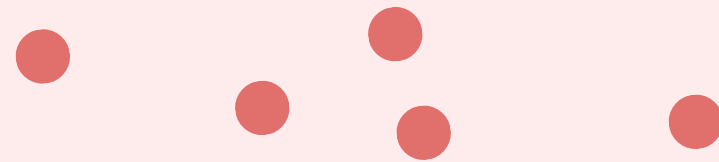


STAGE 5



STAGE 6

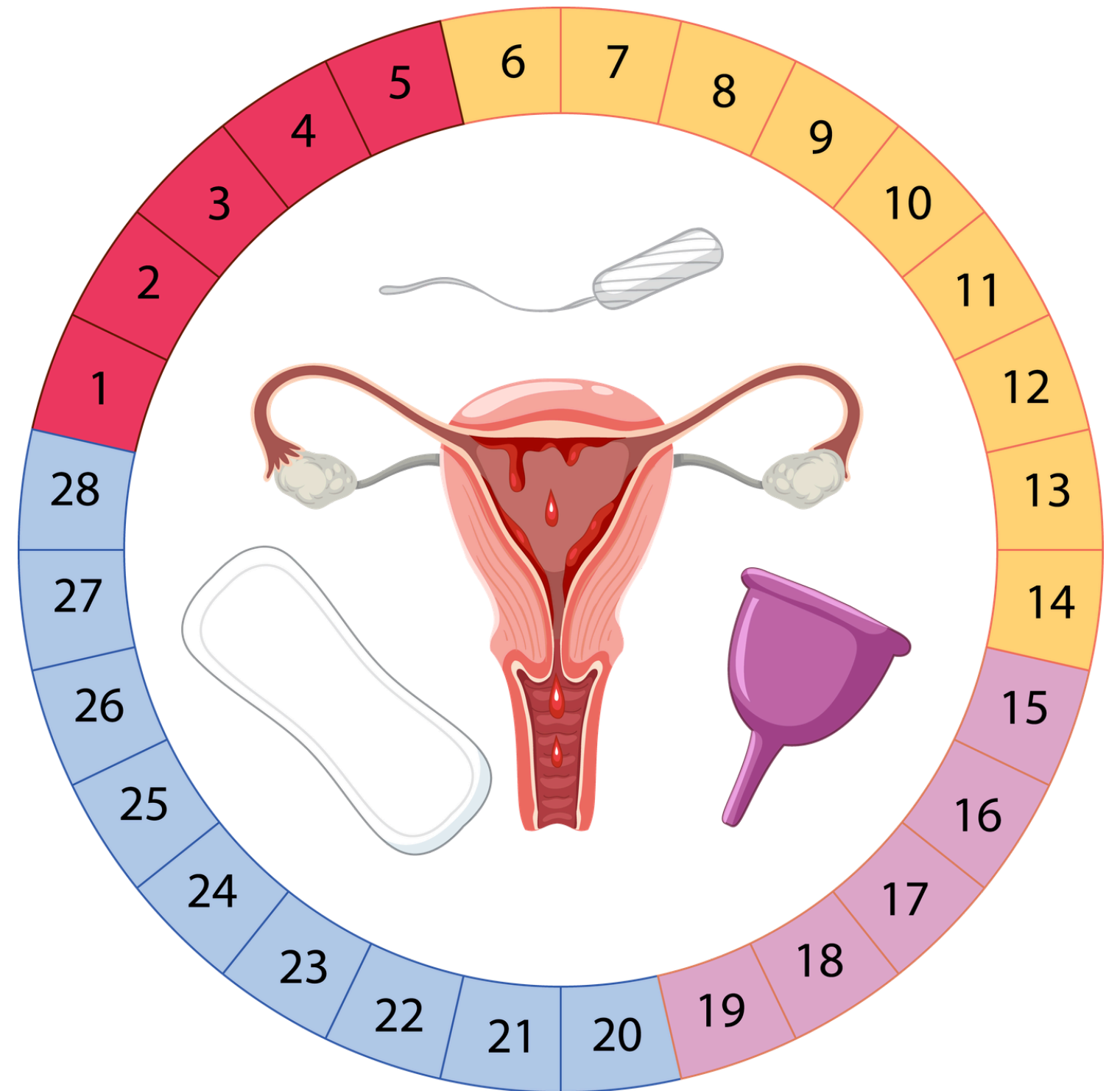




Question:

What happens if your eggs are not fertilized when they have traveled through your fallopian tubes and they reach your uterus?

The Menstrual Cycle

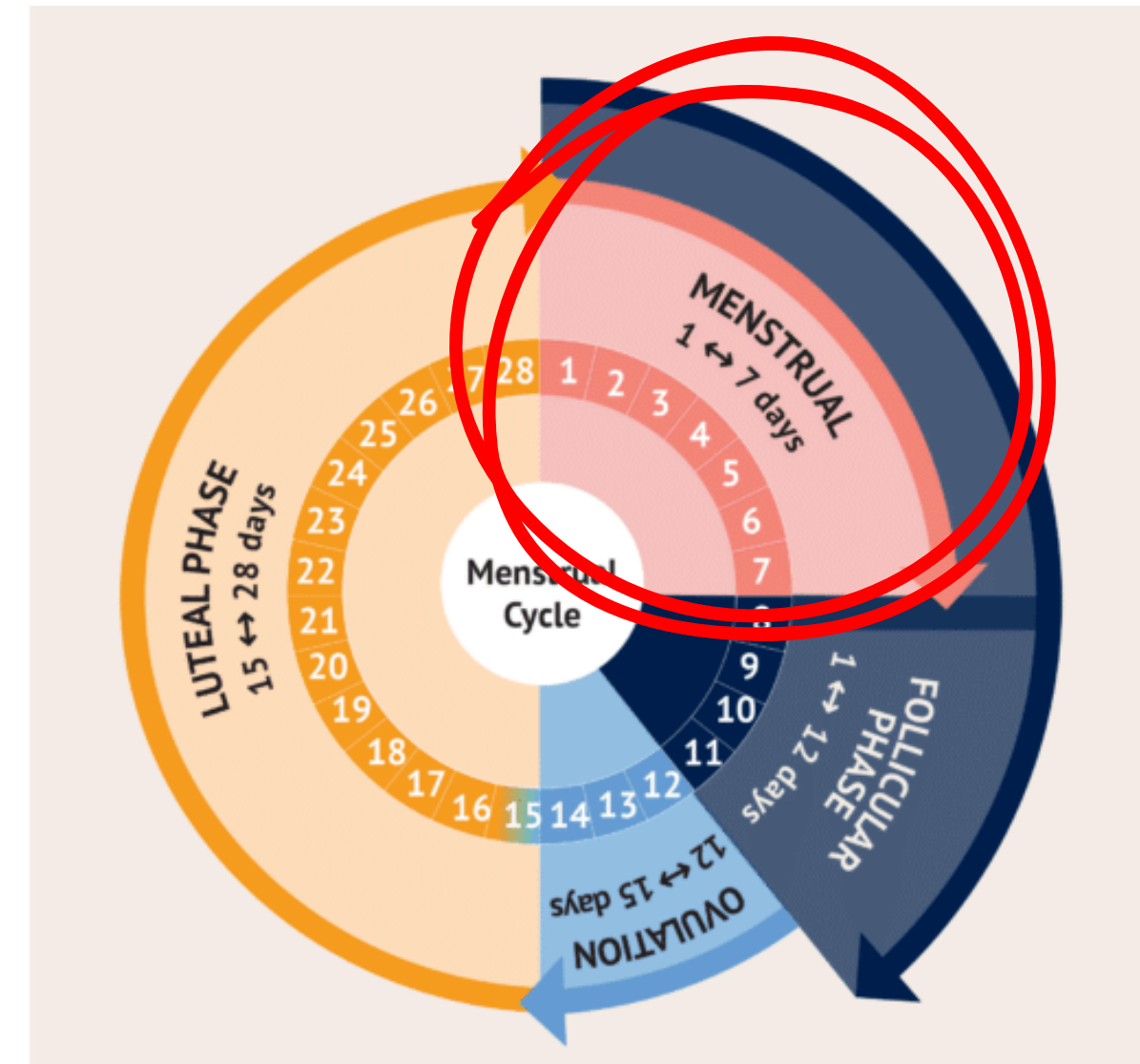
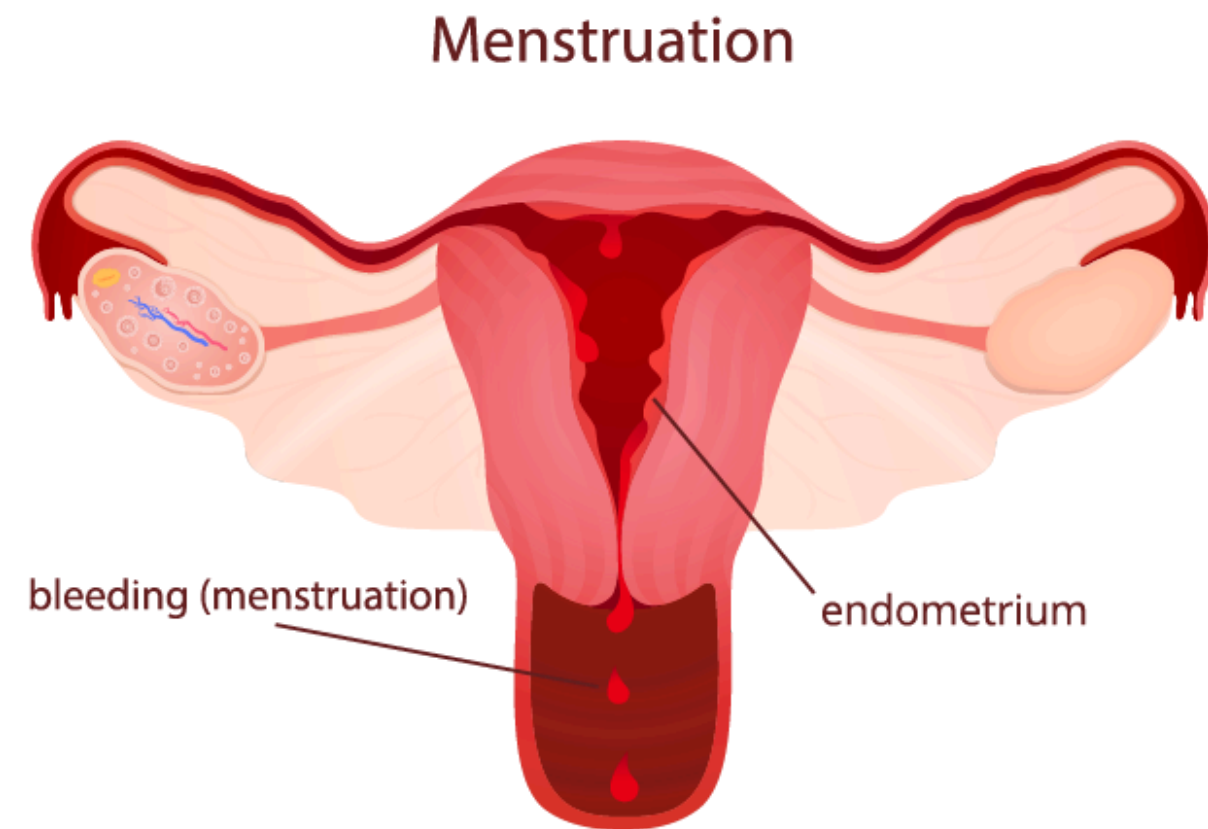




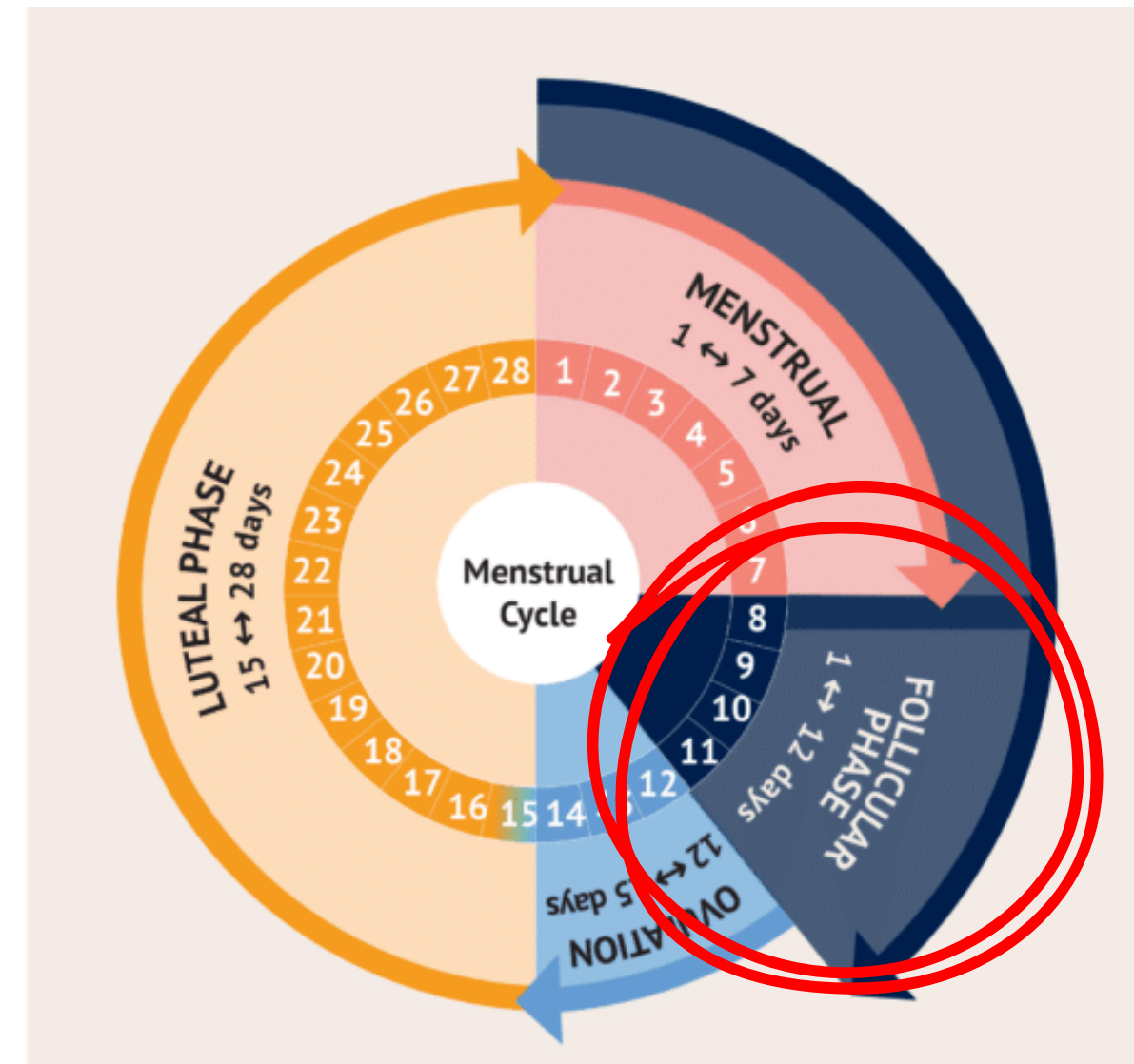
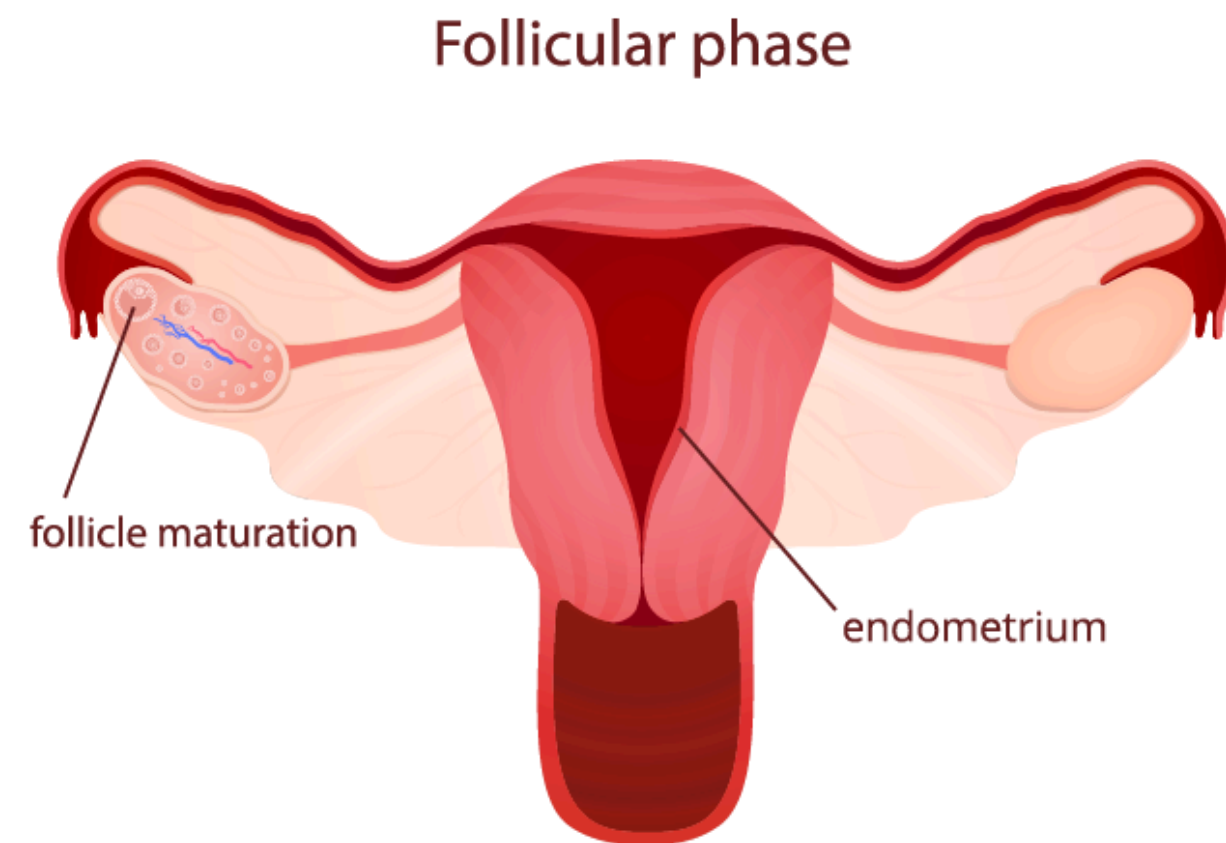
WARNING!!

**Not every menstrual phase looks the
same for everyone!**

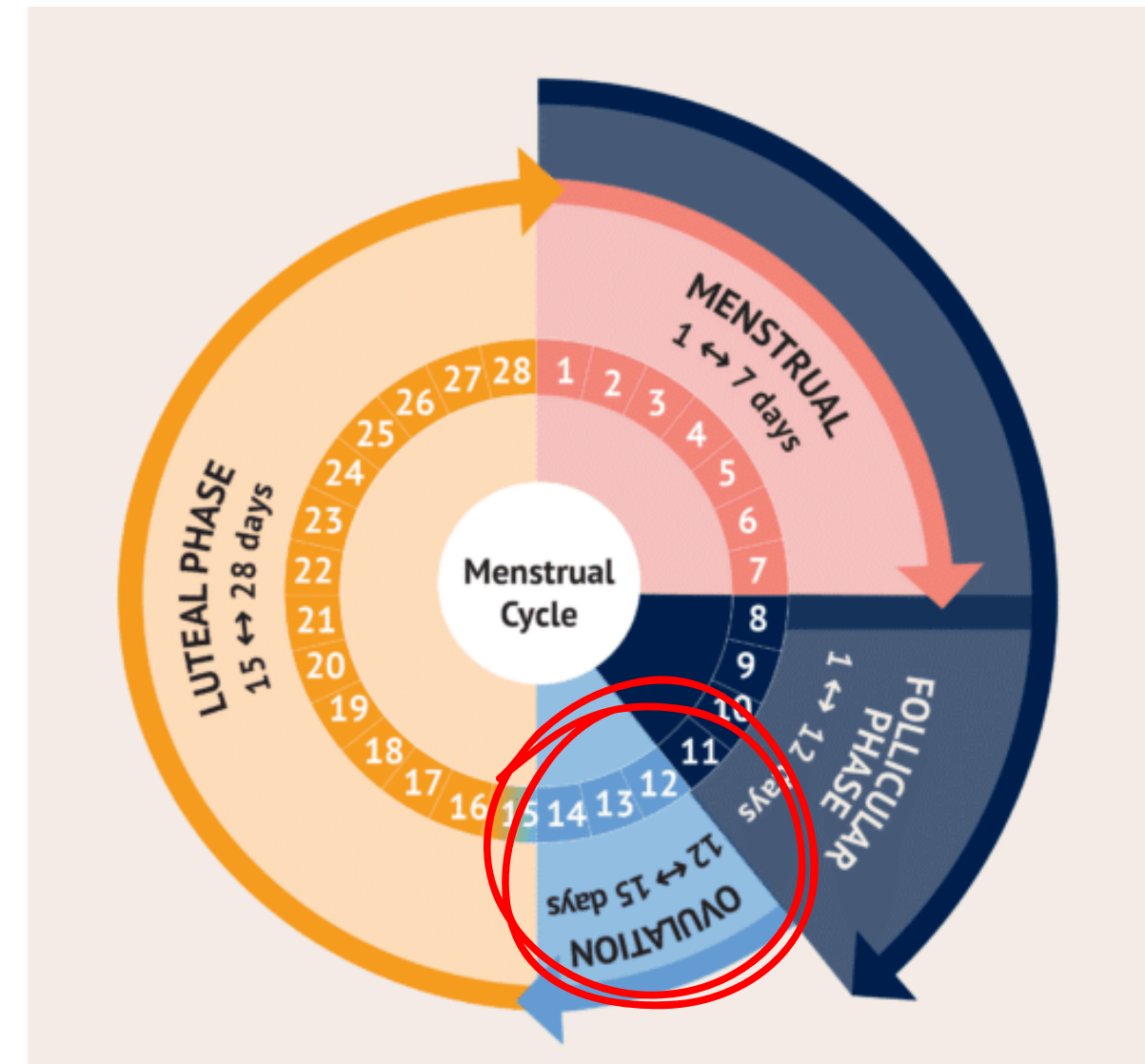
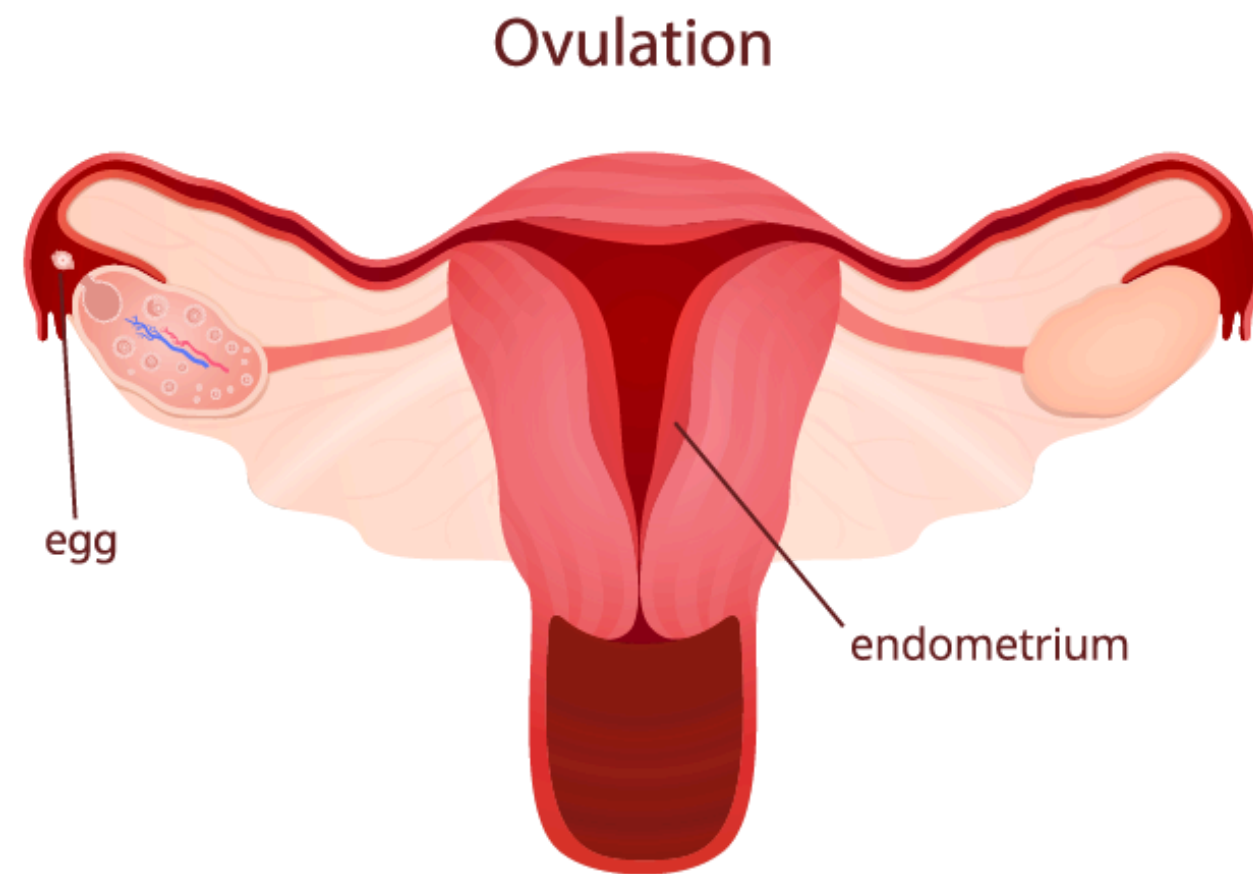
The Menses Phase



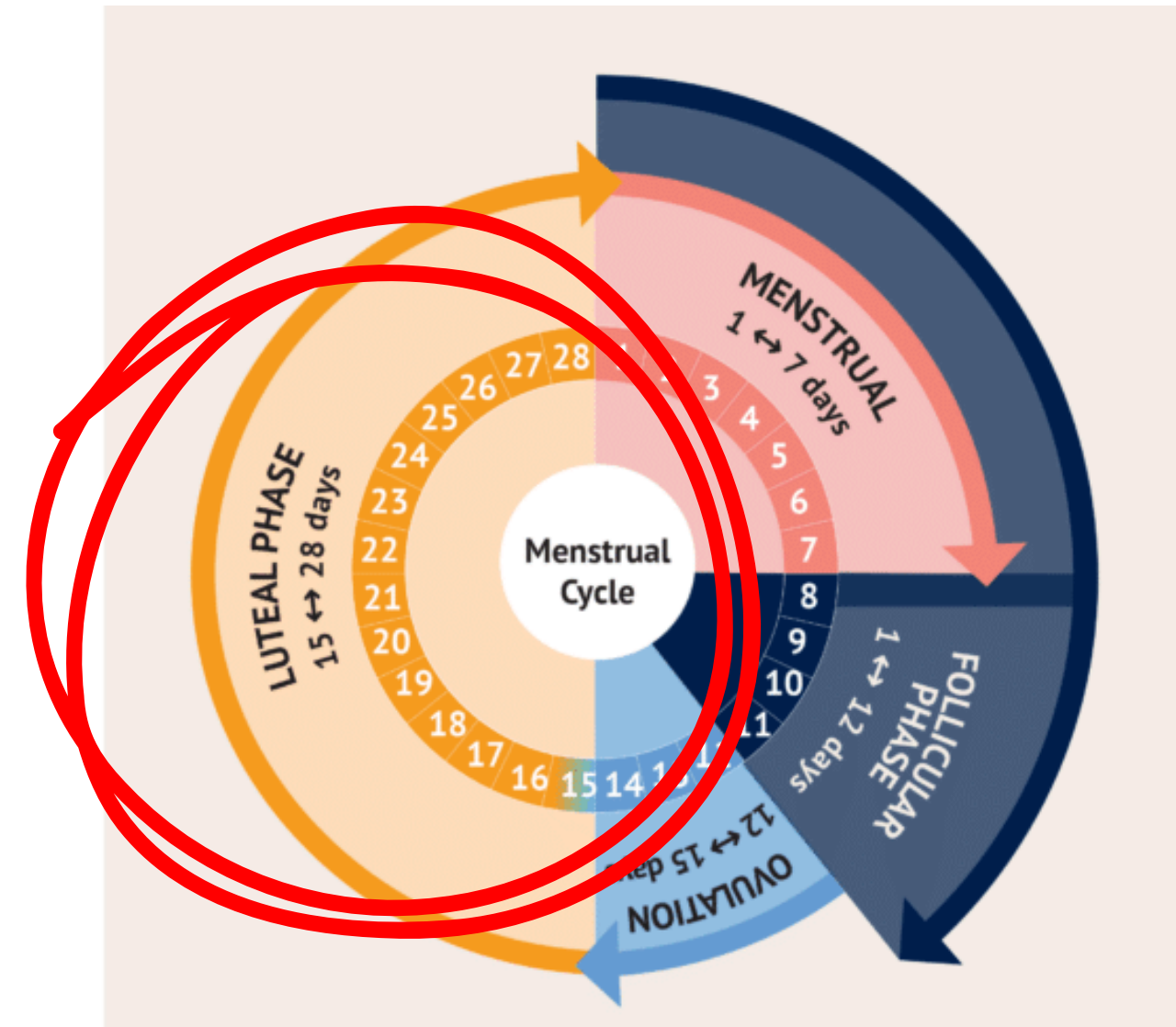
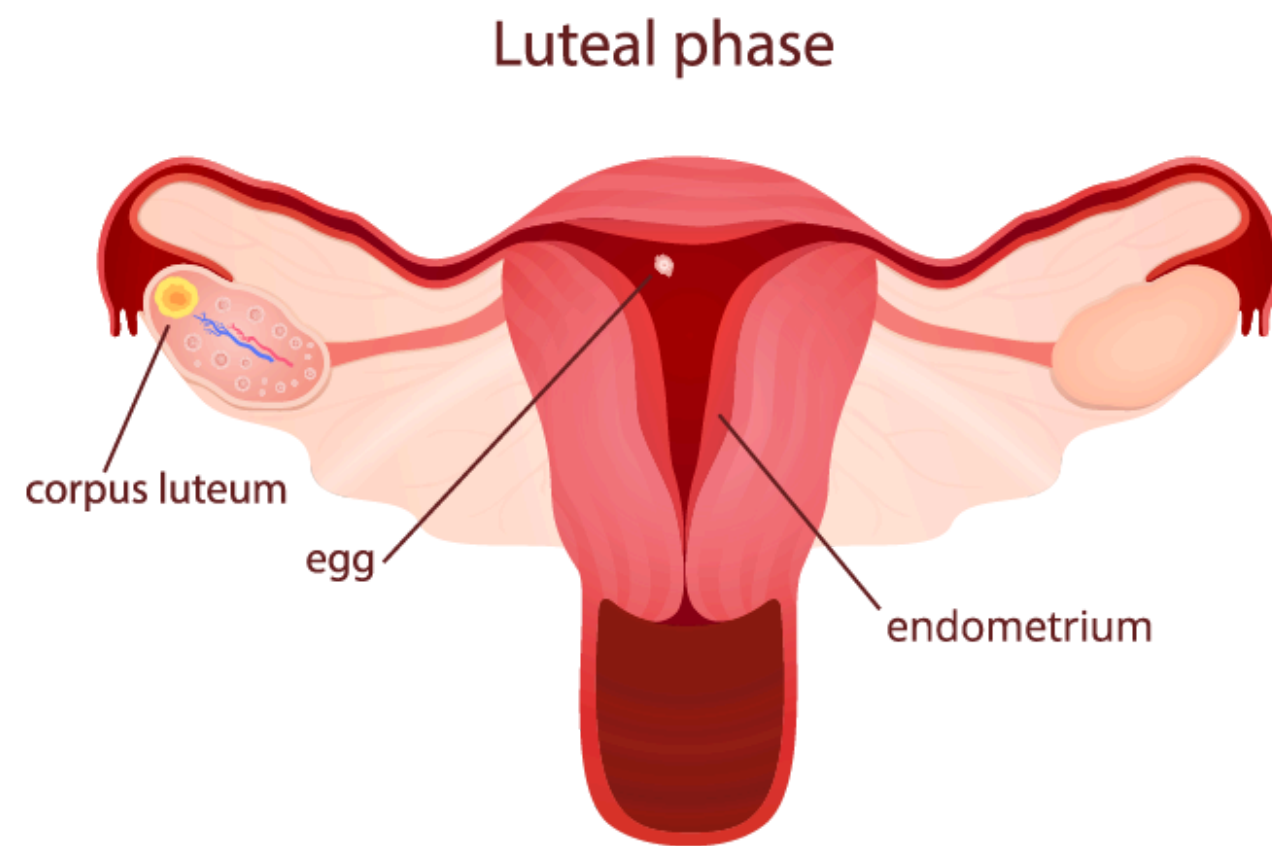
The Follicular Phase

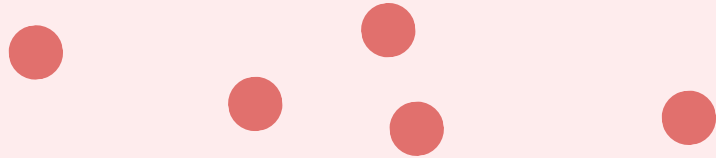


The Ovulation Phase



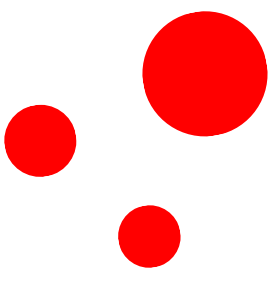
The Luteal Phase





Question:

What menstrual cycle
lasts the shortest number
of days?



KEY TAKEAWAYS:

1. Everyone's menstrual cycles look different; they are tailored to your body!
 2. Understanding the anatomy of your reproductive system helps you to understand how your period works scientifically!
 3. Even though menstruation can feel chaotic, remember that there is a natural, biological cycle your body functions on!
- Remember: **Menstruation is not only normal, but it is a celebration of the safety, health, and love you give to your body.**