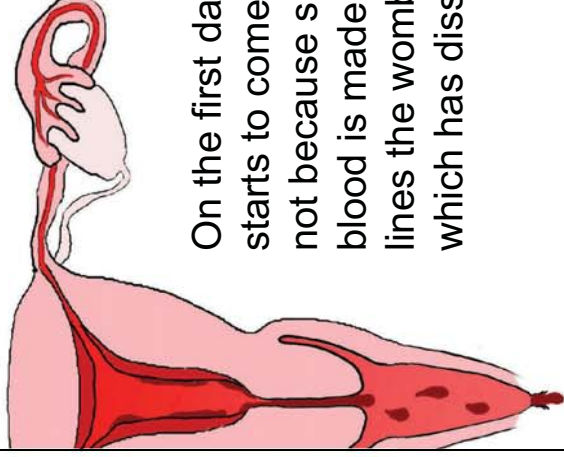


The menstrual cycle starts on the first day of a girl's period.

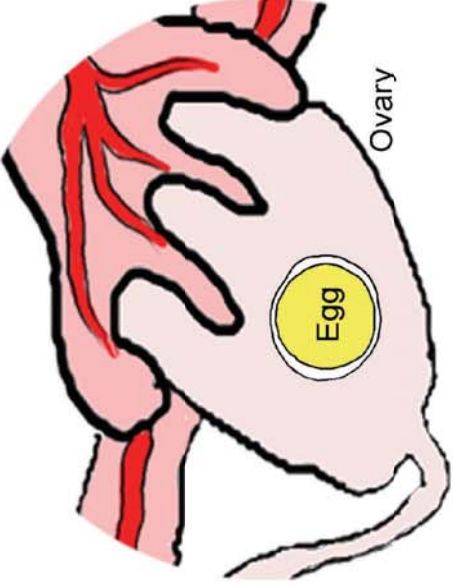


On the first day of a girl's period blood starts to come out of her vagina. This is not because she has been hurt. The blood is made up of special tissue that lines the womb and a tiny egg, which has dissolved.

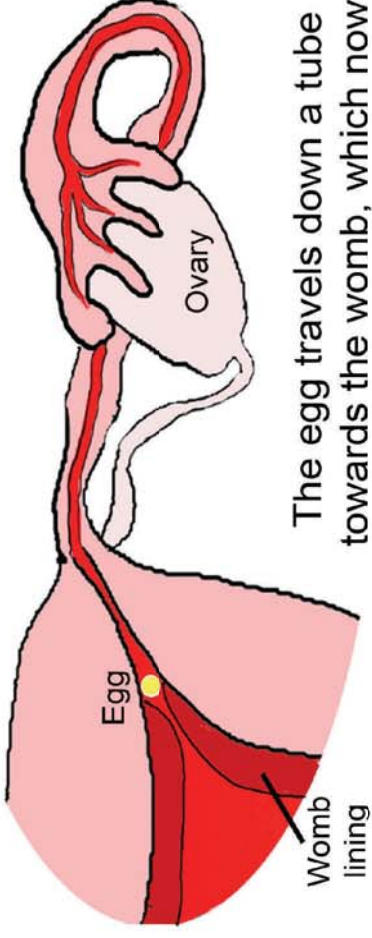


The bleeding can last from 2 to 7 days. Sometimes the blood comes out a bit at a time and sometimes there is quite a lot. Girls use sanitary protection to soak up the blood during their period

When the bleeding stops the period is over. Now the girl's body starts getting ready for a new egg. The womb makes a new lining and another egg develops in the ovary.



When the new egg is fully grown, it is released from the ovary.



The egg travels down a tube towards the womb, which now has a new lining. If the egg is not fertilized by a sperm the girl will have another period. This means that blood will come out of her vagina again.



The menstrual cycle is now back at the beginning and everything is repeated. It usually takes about 28 days.