Menstrual Wheel

Regular bleeding is part of a natural process for women and girls. The bleeding can last from between 2 and 7 days. The occurrence of bleeding every 21 to 35 days is called the menstrual cycle or period.

The uterus is connected to the ovaries by fallopian tubes. Girls receive their first period when an egg in one of the ovaries matures. This can happen between the ages of 8 and 19 years.
Menstrual Wheel

Typically, one egg matures every cycle. Once mature, the egg is released from the ovary and passes through the fallopian tube. As the egg passes through the tube, the lining of the uterus thickens.

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If the egg is fertilized, this lining of the uterus provides a home to a growing baby.
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If there is no fertilization, the body sheds the uterus lining in the form of blood or blood clots.
Pledge for Girls and Women

- I will break the silence on menstruation
- I will not feel shy;
- I will take pride
- I will spread the word outside and inside the home