



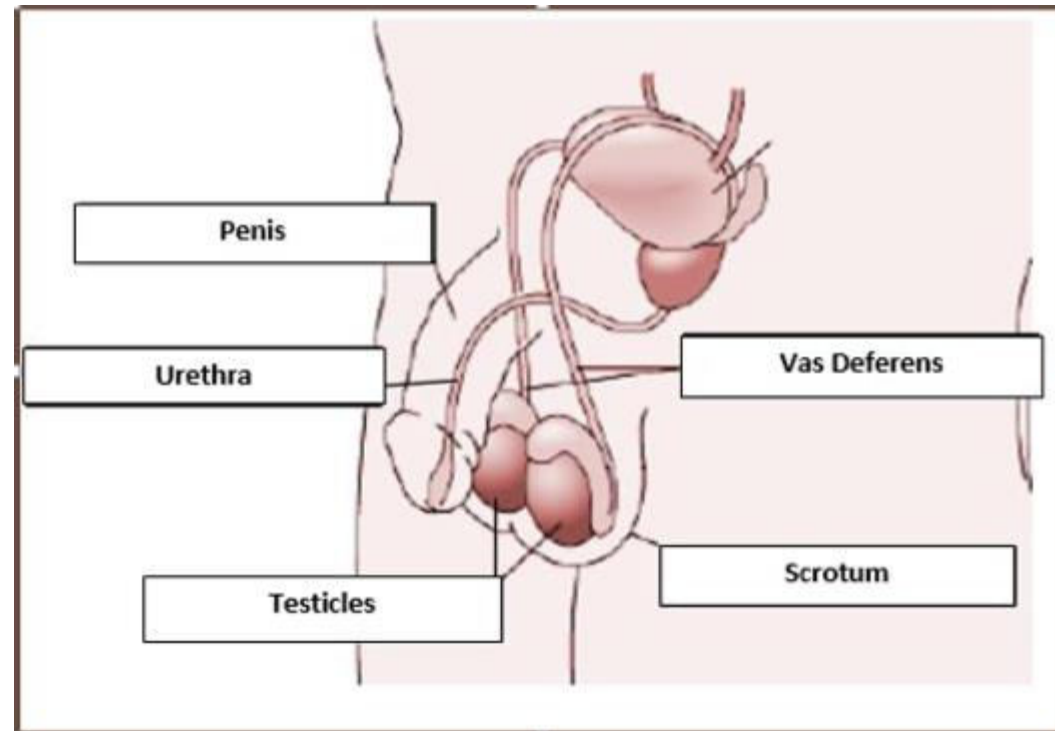
Reproduction
Ages 13+



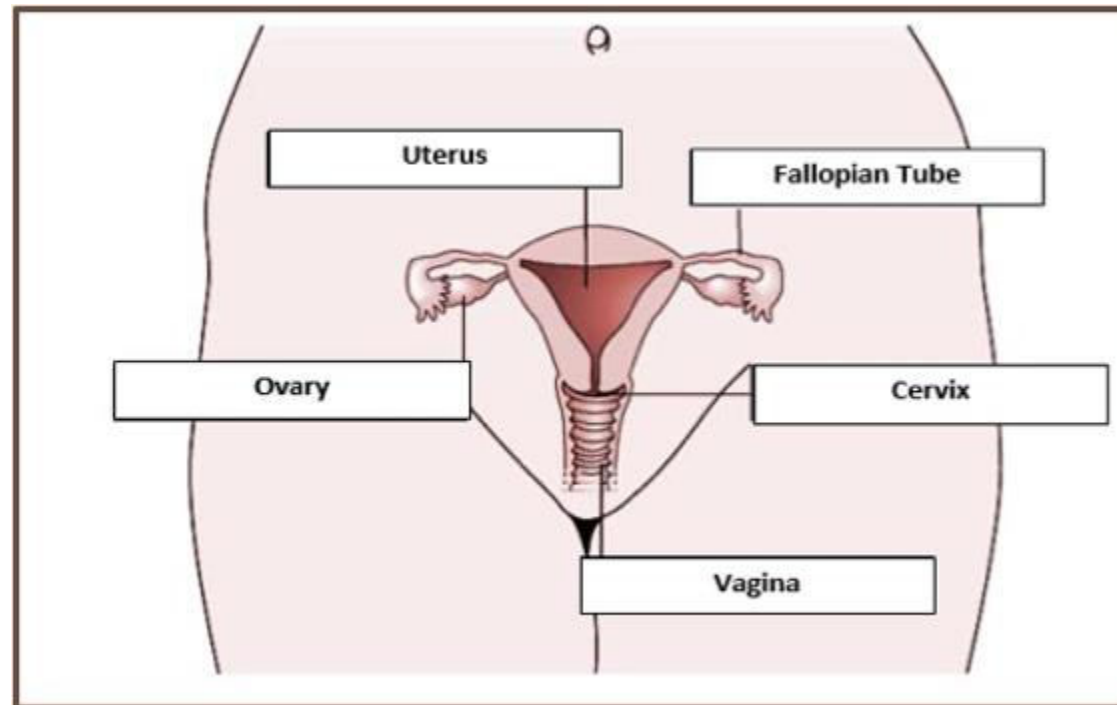
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Male Reproductive System



Female Reproductive System





Menstruation

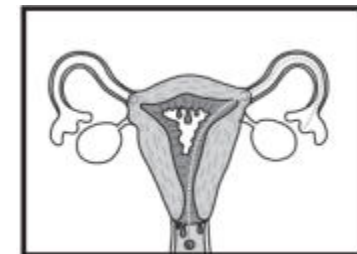
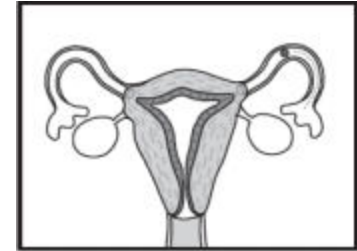
At the beginning of the menstrual cycle, an egg is released from the ovary and travels up the fallopian tube to the uterus.



The Menstrual Cycle



- The uterus prepares itself with a thick lining of blood to protect and nourish a fertilized egg.
- If fertilization doesn't take place, the thick lining is not needed.
- So, the thick lining of blood breaks up and starts flushing out of the vaginal opening.

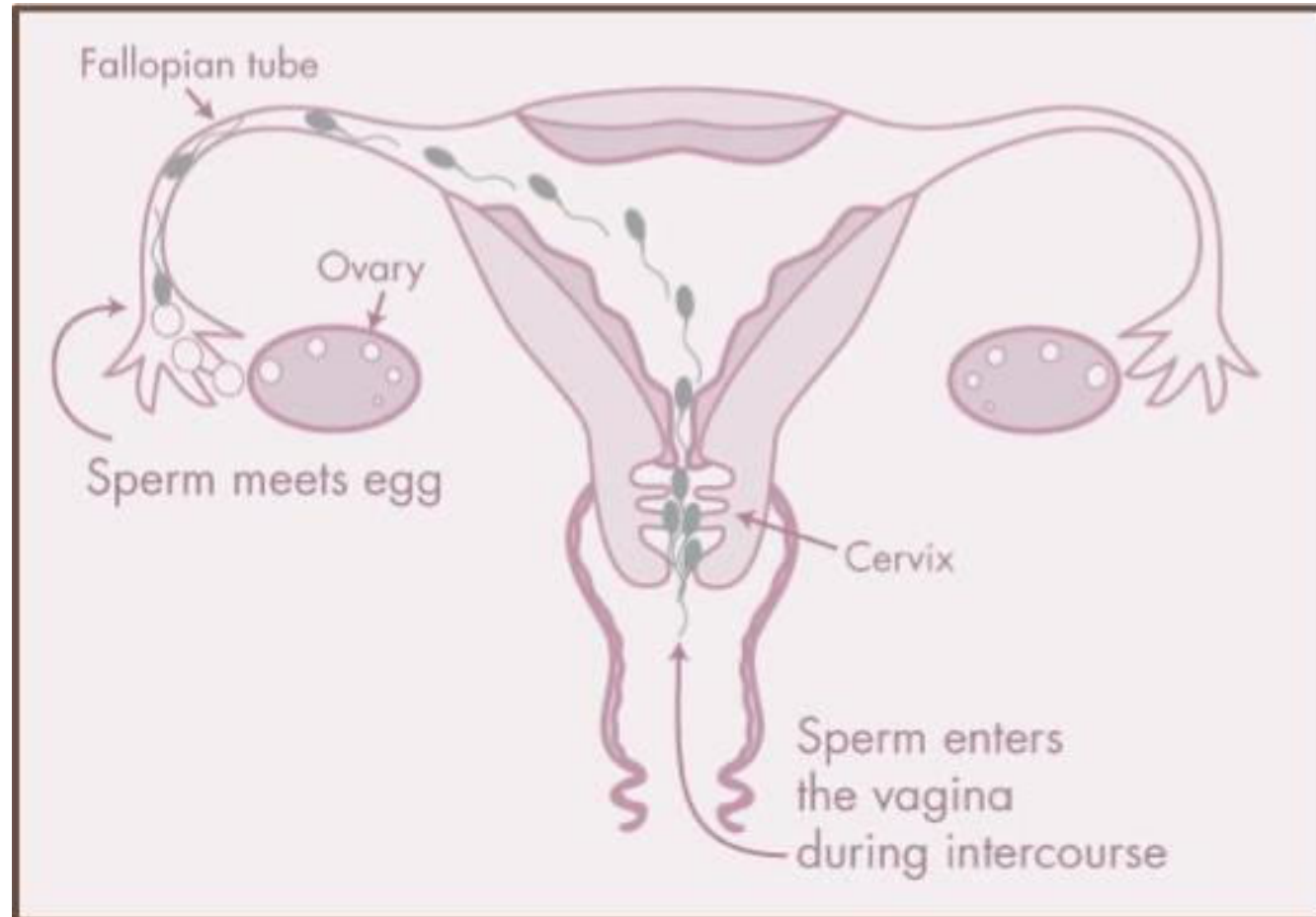




Myths about Menstruation

- **Myth – normal activities such as going to school, offering prayers, entering kitchens, going to festival, wearing new clothes and touching people should be prohibited.** No, menstruation should not be seen as an obstacle to daily activities.
- **Myth – a woman loses a lot of blood during menstruation.** No, in case of normal bleeding that lasts for five days she loses only 2-4 tablespoons of blood (25 – 60cc), but enough to cause anemia if proper nutrition is not taken.
- **Myth – menstrual flow is dirty and unclean.** No, the menstrual blood is clean, comprising of pure blood and shedding of the uterus lining.

Fertilization



Thank you!

