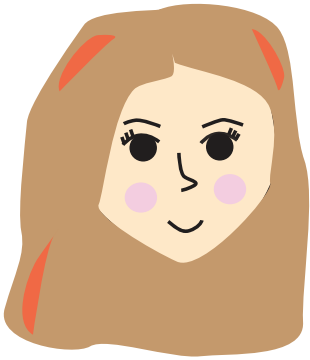


WHAT IS A CYCLE?



BASIC BIOLOGY

So what actually is a period?

A period happens when there is no sperm to meet the egg. The uterus builds and releases a cushion of blood that is no longer needed if there is no baby growing inside.

Are periods and cycles the same thing?

Periods follow a pattern called a cycle - this means that your body will go through the same process over and over again, causing periods, and this is what we call a cycle.

RELATIONSHIP TO PREGNANCY

Do women get their period when they're pregnant?

If the woman is healthy, and the baby is growing normally, then no period should happen. Periods are caused by the loss of the egg and the cushion of blood. The uterus keeps the cushion when there is sperm to meet the egg, and if a baby is growing inside.

I've heard of something called a miscarriage...is that a period?

A period is a normal process that happens in people who menstruate. A miscarriage is something sad that can happen in pregnant people when the baby stops growing.

DIFFERENCES IN MEN AND WOMEN

Someone told me that this white stuff comes out of boys. Is that a period?

No - that is not a period. Men and boys do not have a uterus or ovaries, so there is no cushion of blood and no period. This white stuff comes out of their private parts when they are stimulated.

Do boys have eggs?

They do not. An ovary is a home for your eggs, so if there is no ovary, there are no eggs.