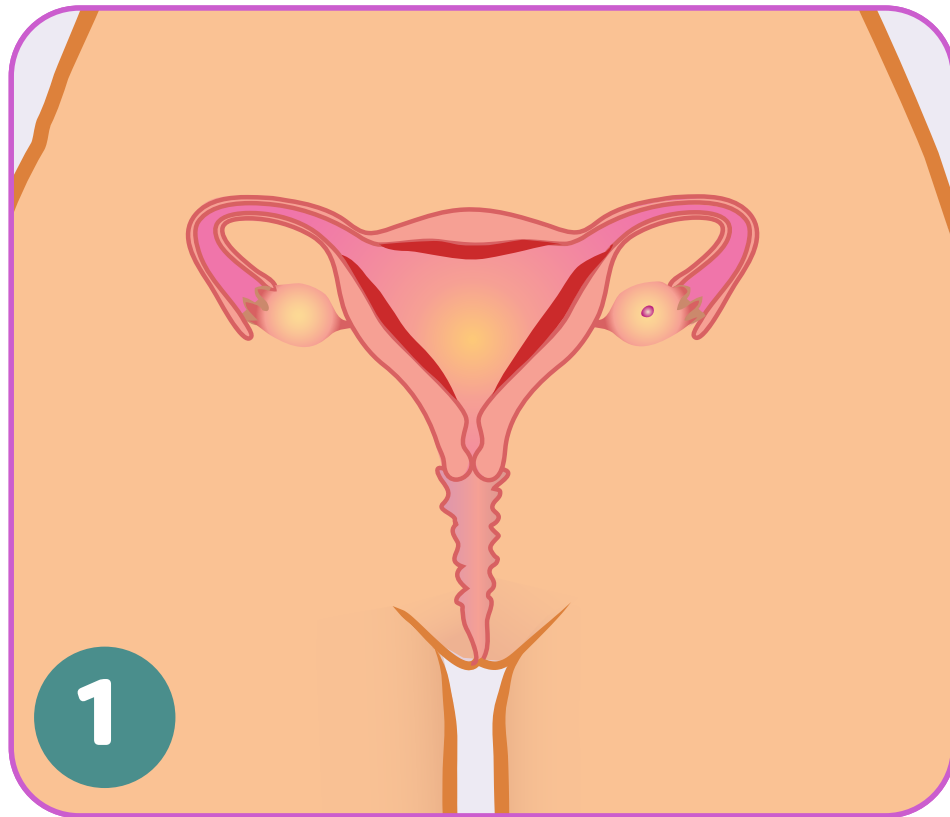
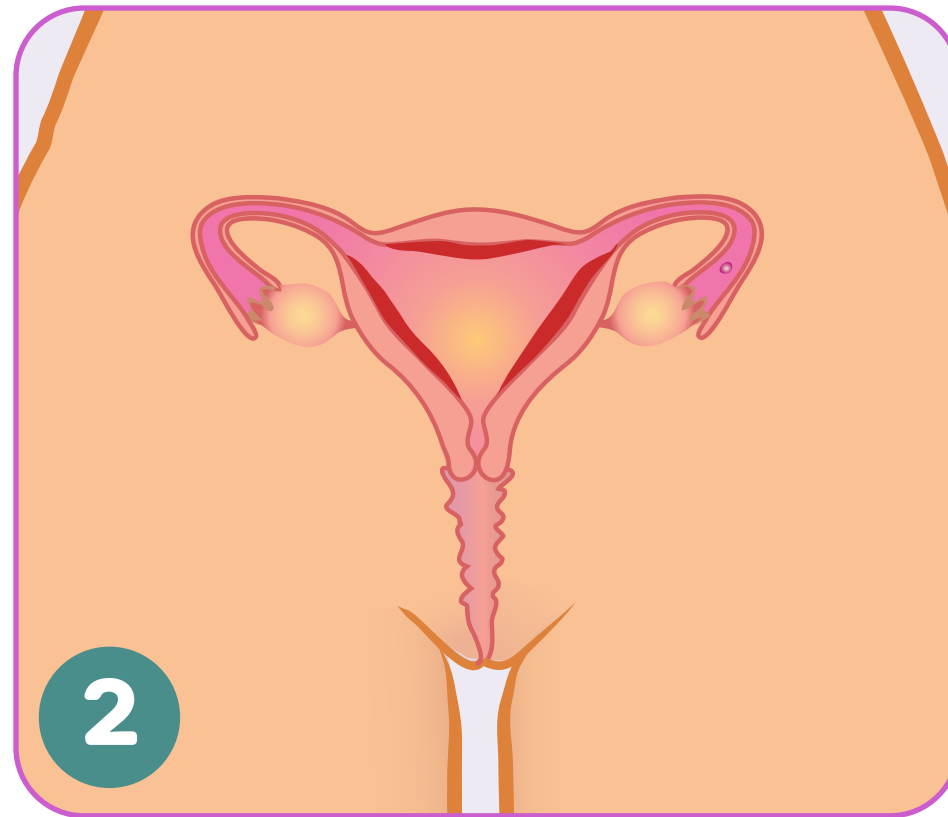


# Talking about periods

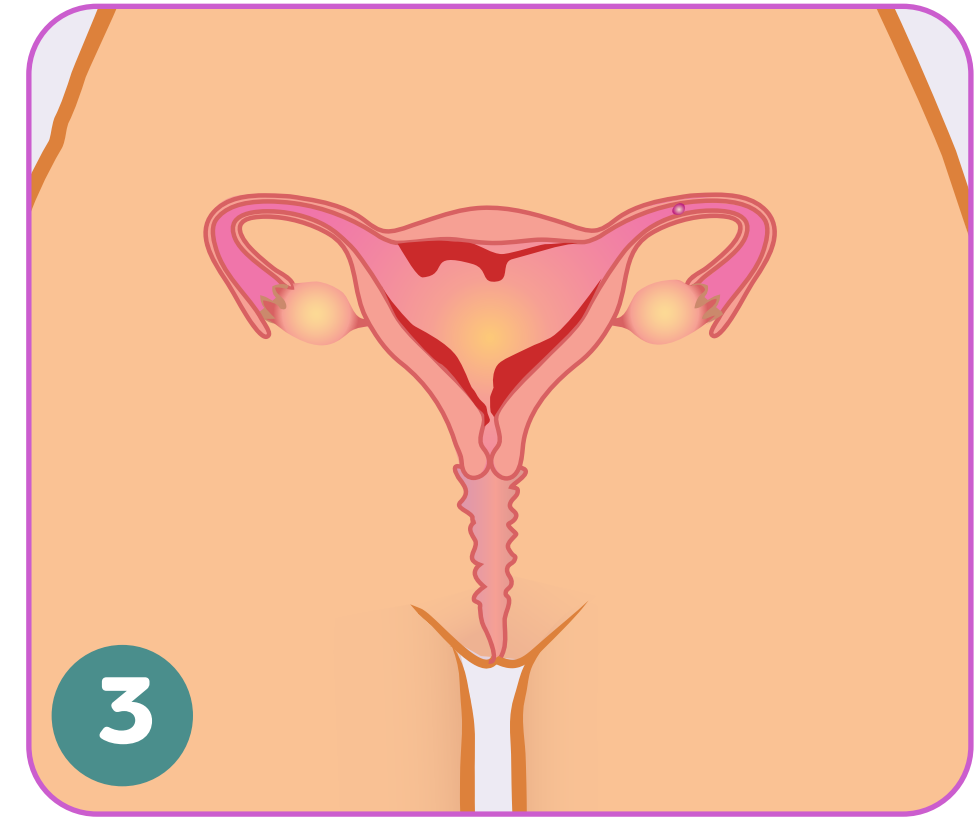
## Step by step guide for menstrual cycle



Each month an egg matures in a woman's ovary. The lining of the woman's uterus will also thicken



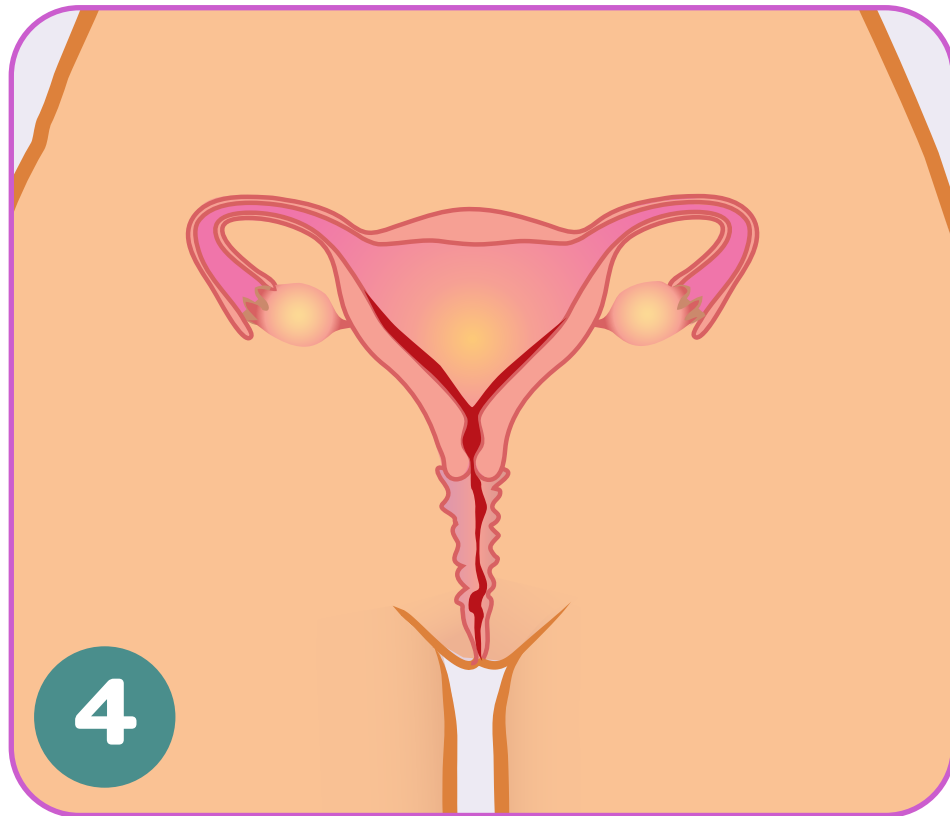
Once the egg has matured it is released from the woman's ovary. This is called ovulation. The egg travels down the fallopian tube toward the uterus



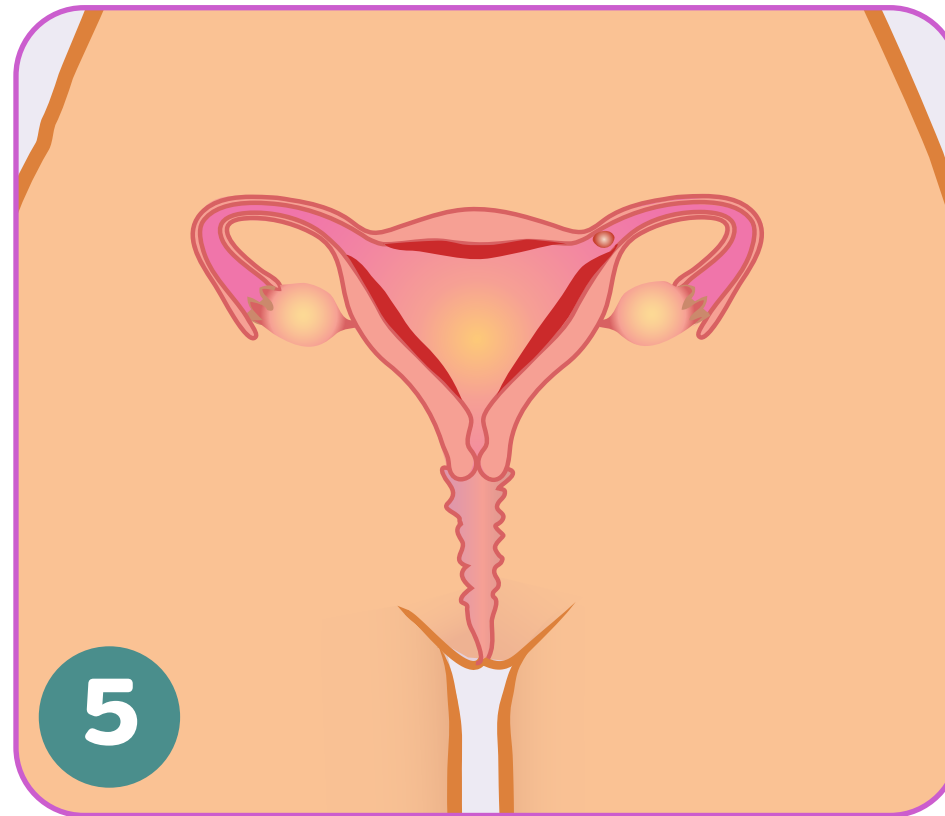
If there is no sperm to meet the egg, the egg will not be fertilised. The lining of the uterus comes away

# Talking about periods

## Step by step guide for menstrual cycle



Blood and the lining from the uterus flow out through the vagina as a woman's period



The whole cycle then starts again