

## Activity: 5-6.9.1

### Key Messages

- Menstruation is when a girl's body prepares for the time when she will be able to have a baby.
- Menstruation happens approximately once a month, often until about 45-55 years of age.

### Activity Details

#### Victorian Curriculum

**Health & PE** Investigate resources to manage changes and transitions associated with puberty VCHPEP106

**Time** 20 minutes

**Levels** 5 & 6

**Equipment** • Female reproductive system teacher reference sheet

# Explanation of menstruation

## Purpose

To illustrate and highlight the phases of the menstrual cycle, including ovulation.

## Teaching notes

It is important to emphasise that this cycle repeats every month and that post-pubescent females are at a stage in this cycle, every day until menopause.

## Procedure

1. Ask the students why boys need to know this information, too. Discuss that they will or may have a mother, sister, girlfriend, female friend or wife and that it is important for them to grow up as well informed young men.
2. You could also discuss some of the silly ads on TV where men are depicted as not knowing what to do with menstrual products.

### Detailed explanation of menstruation:

- Use the Magnel board, Magno-mate or another diagram to revise the female reproductive anatomy; ovaries, fallopian tubes, uterus, cervix and vagina.
- Explain that, once a month, an ovum (or egg) matures in the ovary. The ovum is released from the ovary and moves through to a fallopian tube (A1).
- A special lining builds up at the same time inside the uterus in case the egg will be fertilised (B1). If fertilisation happens, then there will be a nice lining in which the embryo (bundle of cells) can implant itself.
- If fertilisation does not occur, the ovum dissolves in the uterus. The special lining begins to break down and, about 14 days after ovulation, the lining falls away from the walls of the uterus and drips out through the cervix and vagina. It looks like blood although it is not the same as the blood in your veins (B2). This bleeding is what we call menstruation, or having a period. This happens for about 2-7 days each month.
- Once the lining has come away, the uterus appears as it was before (B3).
- The whole process starts again.

*Please note: It is important to expel any myths the students may have heard about menstruation. For example, it is not bad blood, or a reason for a girl to be excluded from any activity.*

# Reproductive system

## Teacher reference sheet

### Female reproductive body parts

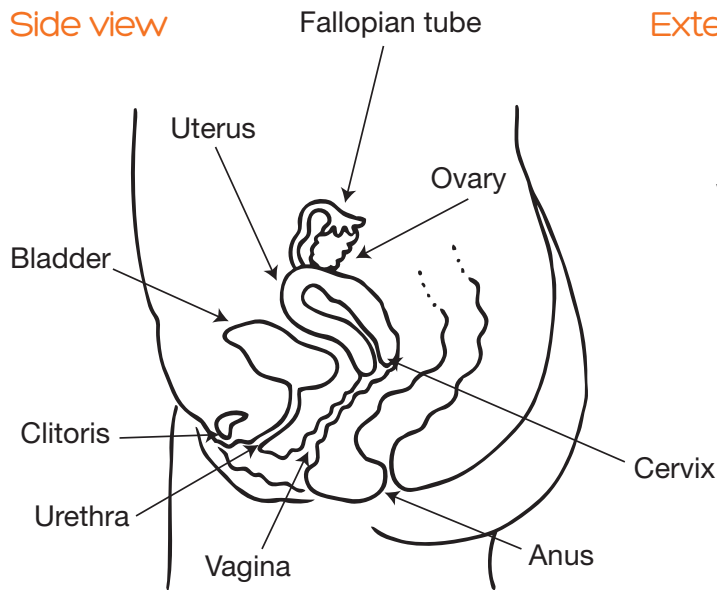
Read words aloud first, so the students hear the correct pronunciation.

Term	Description and function
Uterus	This is shaped like an upside-down pear. It's the place where the baby lives and grows until it is born.
Cervix	This is a tiny hole and is doughnut shaped if viewed from below. It stretches open to about 10cm during childbirth.
Fallopian tubes	This is where the sperm and ovum (egg) meet and join and the first cells of the baby form.
Ovary	This is about the size of an almond; a baby girl is born with all her ova (eggs), 200,000 - 300,000. They begin to ripen at puberty. Usually, one ripens every month.
Vagina	This has a very clever design as it's self-cleaning. The vagina produces moisture that becomes noticeable during puberty. Girls need to wipe front-to-back when going to the toilet to avoid introducing germs. It is not a hollow tube; the walls of the vagina rest against each other, but can stretch open when a penis or a tampon is inserted or a baby is being born.
Vulva	Often called vagina in error. It is the name for all the outside body parts between a girls legs.
Urethra	Urine (wee) comes out here. It does not come out of the vagina.
Anus	Another hole in the body. A way for solid waste (poo) to leave the body.
Vaginal opening	The opening on the outside to the stretchy tube that is the vagina.
Clitoris	This little bump has more nerve endings than any other body part. When females are sexually aroused or excited, blood rushes to it and they get a tingly, sexy feeling. What is the corresponding part in boys?

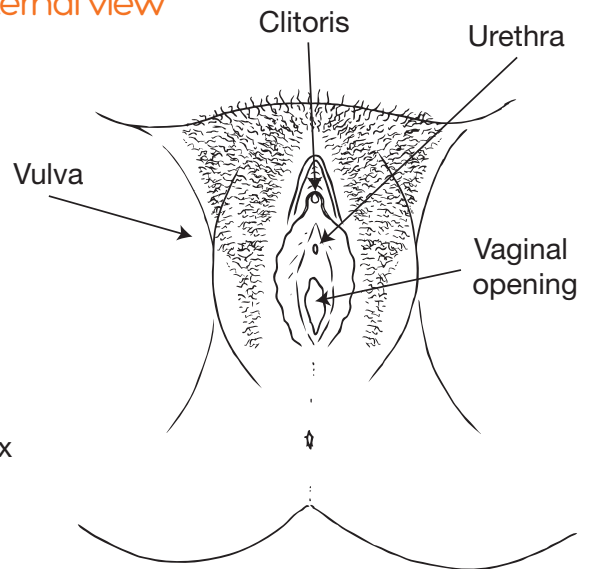
# Female reproductive system

## Teacher reference sheet

Side view



External view



Front view

