

# What is Menstruation?



**Menstruation** (men-strew-ay-shun) is another word for having your period.

- Menstruation can also be called other things, like “Crimson Wave”, “High Tide”, “Aunt Flo”, “Shark Week”, “Time of the Month”, or “Code Red”.
- When you go through puberty you will start getting your periods. For most girls, this is between the age of 10 and 15.
- Periods usually come about once a month after your first period. They last usually last 4-7 days.
- Girls are born with two ovaries which each contain thousands of eggs. Each month when you get your period, an egg leaves the ovary, travels down the fallopian (fal-oh-pee-an) tube toward your uterus (also known as womb).
- At this time, your uterus starts creating extra blood called menstrual fluid. Then, the egg and blood keep going down and out of your vagina.

## More menstruation INFORMATION or to get SUPPORT

### The Royal Women's Hospital

The Women's has a wide range of health information for women of all ages including contraception, periods, sex, breasts and vaginal health. To explore women's health information visit: <https://www.thewomens.org.au/health-information/>

### Family Planning Alliance Australia

Each state and territory has reproductive and sexual health Family Planning organisations. These provide education and support services. To find services in your area visit: <http://familyplanningallianceaustralia.org.au/services/>

### Kids Helpline

If you need to talk about anything, you can call, email, or have an online chat with Kids Helpline. Visit [www.kidshelpline.com.au](http://www.kidshelpline.com.au) or call 1800 55 1800

### Disability Advocacy Services

A disability advocate can help you to access support around your human rights. To find an advocate near you, visit: <http://finder.dss.gov.au/disability/ndap/>

### Sources

*Menstruation* (July 2016) Health Direct <https://www.healthdirect.gov.au/menstruation>

*Menstrual Cycle and Period Problems* (November 2012) Family Planning NSW  
<https://www.fpnsw.org.au/health-information/periods/menstrual-cycle-and-period-problems>

*Menstruation* (2018) Menstrupedia <https://www.menstrupedia.com/quickguide - physiology>