

Helping Hand™

Health Education for Patients and Families

Female Reproductive System

The female reproductive system is made up of parts inside and outside the body. It lets the body make hormones, have periods (menstruate), take part in sexual activity, become pregnant, and have children.

Parts Inside the Body

Picture 1 shows female reproductive parts inside the body (internal). This includes:

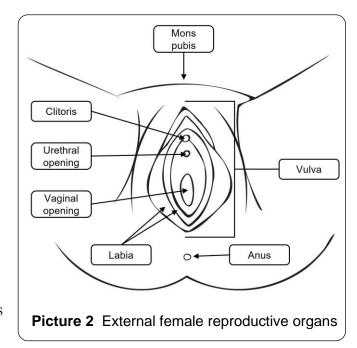
- **Uterus** A hollow organ where a baby grows during pregnancy. Blood from your period (menstrual cycle) comes from the lining of the uterus (endometrium).
- **Cervix** The narrow, lower part of the uterus that opens into the vagina. During your period, blood passes from the uterus, through the cervix before leaving the body.
- **Vagina** The tube-like space that connects the outside (external) parts to the cervix.
 - Blood leaves the body through the vagina during your period.
- Ovary

 Ov
- During vaginal sex, a penis is inserted into the vagina.
- During vaginal childbirth, a baby passes through the vagina, which is often called the birth canal.
- Ovaries The 2 small, oval-shaped glands that release 1 egg each month. This is called ovulation. Ovaries make 2 hormones: estrogen and progesterone.
- Fallopian tubes Tubes that connect the ovaries to the uterus. Eggs from the ovaries travel through the fallopian tubes to the uterus.

Parts Outside the Body

Picture 2 shows female reproductive parts outside the body (external). This includes:

- Mons pubis The fatty area over the pubic bone. Hair will grow here after puberty.
- **Vulva** The area between the legs. It includes the vaginal and urethral openings, hymen, clitoris, and labia.
- **Vaginal opening** The hole where the vagina starts.
- **Urethral opening** The hole pee comes out of. The urethra is a tube-like organ that carries pee out of the body.



- **Hymen** A skin-like piece of tissue that partly covers the opening of the vagina. The hymen may stretch or break when having vaginal sex for the first time.
- **Clitoris** A small sensory organ with a lot of nerve endings. It is the most sensitive part of the vulva.
- Labia Two pairs of skin flaps (inner and outer labia) around each side of the vagina.
 Hair may also grow here after puberty.

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