

Instructions

Read through the information below about the menstrual cycle and answer the questions that follow. Make sure to express your own thoughts and understanding in your answers!

What is the Menstrual Cycle?

The menstrual cycle is a monthly process that prepares the female body for pregnancy. It involves several phases: menstruation, the follicular phase, ovulation, and the luteal phase. Understanding this cycle is important for recognizing health and bodily changes.

The Phases of the Menstrual Cycle

- **Menstruation:** This phase is when the lining of the uterus sheds, leading to bleeding. It usually lasts between 3 to 7 days.
- **Follicular Phase:** After menstruation, the body begins to prepare an egg for release. Hormones stimulate the growth of follicles in the ovaries.
- **Ovulation:** Around the middle of the cycle, a mature egg is released from the ovary. This is the time when a person is most fertile.
- **Luteal Phase:** After ovulation, the body prepares for a possible pregnancy. If the egg is not fertilized, the cycle will start again with menstruation.

Questions

1. Briefly describe what happens during menstruation.

2. Why is ovulation an important part of the menstrual cycle?

3. How long does the average menstrual cycle last?

4. What changes occur during the luteal phase in the body?

5. Why is it important for individuals to learn about their menstrual cycle?

Reflection

In your own words, explain how understanding the menstrual cycle can impact someone's health and well-being.