- Pubic hair
- Labia majora (outer labia)
- Labia minora (inner labia)
- Clitoris
- Urethra
- Vagina
- Anus
- Perineum
HOW MUCH DO YOU BLEED:

The amount of blood can vary, but:

- Most women lose about 50 ml during their period – some more, some less.
- You may not bleed the same amount every time you have a period.
- You won’t bleed the same amount every day of a period either. In fact, your period may be rather like:

<table>
<thead>
<tr>
<th>DAY 1:</th>
<th>DAY 2:</th>
<th>DAY 3:</th>
<th>DAY 4:</th>
<th>DAY 5:</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image1" alt="Cup" /></td>
<td><img src="image2" alt="Cup" /></td>
<td><img src="image3" alt="Cup" /></td>
<td><img src="image4" alt="Cup" /></td>
<td><img src="image5" alt="Cup" /></td>
</tr>
</tbody>
</table>

or maybe like this:

<table>
<thead>
<tr>
<th>DAY 1:</th>
<th>DAY 2:</th>
<th>DAY 3:</th>
<th>DAY 4:</th>
<th>DAY 5:</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image1" alt="Cup" /></td>
<td><img src="image6" alt="Cup" /></td>
<td><img src="image7" alt="Cup" /></td>
<td><img src="image8" alt="Cup" /></td>
<td><img src="image9" alt="Cup" /></td>
</tr>
</tbody>
</table>
HOW TO USE A TAMPON:

Hold the tampon as shown.

Sit in a squatting position, or stand with one leg raised on the toilet seat.

Push the tampon as far as you can with your finger. Follow the vagina upwards and backwards. When it is properly in place, you can’t feel it inside.