

Devika: Hi! I'm Anuka and this is Devika and we are student ambassadors for Fields of Dreams. We wanted to put together a project to help give you menstrual health education, so we gathered a small group of our friends. We decided to make a website to help you all learn more about it! Welcome to Hygiene for Hope! In this video, we are going to be teaching you about the anatomy of the female body. That means where everything is located on your body that will help us in explaining more about feminine hygiene.

Anuka: The female reproductive system is a complex but interesting subject. Reproduction is what makes offspring, or children, through sexual intercourse.

Anuka: Where should we start? The female reproductive system can be separated into 2 main sections: external and the internal organs, called genitalia. The internal genitalia are those organs that are within the pelvis, located just beneath your stomach region. These include the vagina, uterus, cervix, uterine tubes, which include the oviducts or fallopian tubes, and the ovaries.

Devika: The external genitalia lie outside the pelvis. These include several structures known as the perineum, mons pubis, clitoris, urethral, or urinary, meatus, the labia, the vestibule, vestibular glands, and Skene glands.

Anuka: The vulva is a term used to describe a group of external organs. The vulva consists of the following organs: mons pubis, labia minora and majora, hymen, clitoris, vestibule, urethra, Skene glands, greater vestibular glands, and vestibular bulbs. The mons pubis is the rounded portion of the vulva where pubic hair develops.

Devika: The labia majora are 2 large, folds of tissue, located at the entrance to the vagina. They can vary in size and distribution, and the size is dependent on the amount of fat tissue in your body, but size is not

necessarily an indication of health. The labia minora, also known as nymphae, are 2 small folds that are found between the labia majora and the vaginal vestibule. The labia minora join to form part of the clitoris. The hymen is a thin membrane found at the entrance to the vagina. Often, this membrane is perforated before you get your first period.

Anuka: The clitoris is a structure found beneath the front section of the labia minora. Its width in an adult female is approximately 1 cm. It is a very sensitive structure, similar to the male penis, and can get erect in the same fashion. Between the clitoris and the vaginal opening is a triangular area known as the vestibule. The vestibule is where the urethral section is, or where urine comes out. The Skene glands release lubrication, or white discharge, at the opening of the urethra. The greater vestibular glands are also responsible for secreting lubrication to the vagina. Each gland is small, similar in shape to a kidney bean.

Devika: Now let's move on to the internal genitalia! First, you have the vagina. The vagina extends from the vulva externally to the uterine cervix internally. The structure of the vagina is a network of different tissues. The uterus is the inverted pear-shaped female reproductive organ that lies within the pelvis between the bladder and the rectum. It is very muscular, with a lining that, during reproductive years, changes in response to the release of different hormones. The cervix is the bottom part of the uterus, separating the body of the uterus from the vagina. The cervix is cylindrical in shape, with a canal located in the middle, allowing for male reproductive parts to enter the female's.

Anuka: The uterine tubes (also referred to as oviducts or fallopian tubes) are uterine attachments located at the top portion of the cavity. Their primary function is to transport male sperm toward the egg, and then to allow passage of the fertilized egg back to the uterus for implantation and further development. The ovaries are paired organs located on either

side of the uterus. The ovaries are responsible for housing and releasing eggs necessary for reproduction. At birth, a female has approximately 1-2 million eggs, but only 300 of these eggs ever mature and are released.

Devika: When talking about female anatomy, it can get a lot more complex. For the purpose of this video, that's all! Thank you for watching this video and we hope you learned a lot! Check out our next video on Puberty to learn more about how the female monthly cycle works!