



! Teacher's Note:

You may refer to the **endometrium** at this point to introduce the vocabulary word as it will be further discussed in the physiology section.

The **endometrium** is the lining of the uterus that builds and thickens with blood, mucus, and tissue during the menstrual cycle to prepare for a possible pregnancy. If there is no pregnancy, the lining will be shed during menstruation.

Ovary

Women have 2 ovaries, which are almond- or strawberry-sized glands located on each side of the uterus. They hold the ovum (ova is singular). Ovum are the eggs and they are housed in follicles. The ovaries also make the female hormones estrogen and progesterone, which play active roles in puberty, menstruation, and pregnancy.

★ Female Trivia:

Females are born with all of our eggs that we will have in their lifetime. The female body does not make new ones after we are born. We are born with over a million immature eggs.

Fallopian tubes

There are 2 slender tubes on either side of the uterus that connect to the ovaries. Inside, there are tiny hairs, called **cilia**, that help move the egg or ova from the ovary to the uterus.

EXTERNAL ORGANS

Vulva

The vulva is the female external genitalia.

★ Female Trivia:

In Latin, vulva means covering and in Sanskrit, it means source of life, powerful, creative.

Labia

The labia are the soft folds of tissue located on the vulva. Labia are referred to as lips and there are 2 sets: labia majora (outer) and labia minora (inner). The labia protects the opening to the vagina. They do this by gently covering, like a curtain, the entrance to the vagina.

Clitoris

The clitoris is the sensitive area located on the vulva.