**What else do you need to know about menstruation?**

* Menstruation can begin as early as 8 and as late as 16
* Usually, one egg is released each menstrual cycle. If more than one egg is released, and if they are fertilized, it means a woman may have a multiple pregnancy (twins, etc.). If twins are a result of two eggs being fertilized, they are called fraternal twins. Identical twins happen when a fertilized egg splits into two before cells begin dividing.
* Eggs can live 12-24 hours from the time of ovulation.
* Girls need to be aware of good hygiene (using pads, etc.) to ensure healthy practices during menstruation.
* Cramps can be a part of menstruation and can be alleviated using wellness methods like exercise or a hot water bottle. For severe cramps, your doctor may give medication.

**What else do you know about sperm production?**

* Sperm cells mature at about 15-16 years of age.
* Sperm production and ejaculations first happens around ages 12-14.
* “Wet dreams” are ejaculations that occur while sleeping. It is normal to experience these, or not to experience these.
* As many as two million sperm can be released during each ejaculation.
* Sperm can live inside a female body 3 to 7 days from the time of ejaculation.

**Will pregnancy occur every time sexual intercourse occurs?**

* No. Pregnancy only happens if a sperm fertilizes an egg and if the fertilized egg implants in the uterine wall.
* This can happen if intercourse takes place when a female is ovulating.
* Women are more likely to become pregnant if intercourse happens around the middle of the menstrual cycle. The length of the menstrual cycle is different for each woman, so it is difficult to predict.

**What do menstruation and sperm maturation make possible?**

* Menstruation and sperm maturation are indications that a person can produce a baby.
* It is important to remember that ovulation occurs before bleeding; therefore, a girl can get pregnant before her first period.