What You Should Know About

VIRGINITY

Virginity

Virginity and hymen are two different issues. You only loose your virginity if you have sexual intercourse with a male partner.

Who is a virgin?

A virgin is a woman who has never had sexual intercourse and not a person who bleeds at first sexual intercourse.

What is a hymen?

The hymen is a rim of tissue at the opening of the vagina. This rim can be smooth or ribbed or crenated. In some girls, it can be very flexible, while in others it can be more rigid or taut. The hymen usually ruptures after the first intercourse leaving a few peripheral tags.

Placement of Hymen

The hymen is situated 0.5 cm inside the vaginal orifice.

Are all born with a hymen?

No. Lack of a hymen is no proof that a woman is not a virgin. A girl may have been born without it, have had a very lax hymen, or it may have got broken accidentally during vigorous exercise. **Hence all virgins will not bleed at first intercourse.**

Types of Hymen and which may bleed?

Hymens can come in different shapes.

- **Normal Hymen**
  Shaped like a half moon. This shape allows menstrual blood to flow out of a girl's vagina.
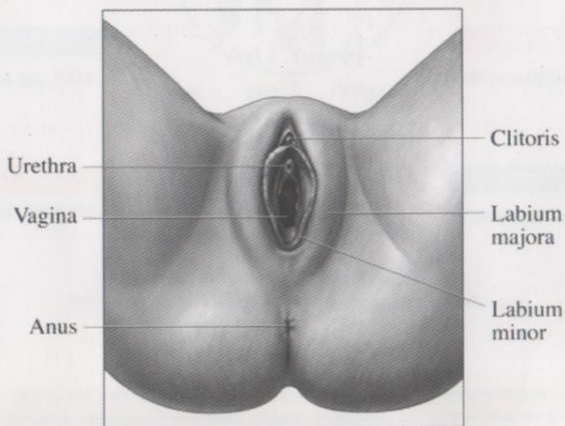
- **Imperforate hymen**
  This a thin membrane that completely covers the opening to a young girl's or young woman's vagina. Menstrual blood cannot flow out of the vagina.
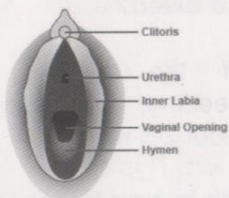
- **Microperforate hymen**
  A microperforate hymen is a thin membrane that almost completely covers the opening to a young women's vagina. Some menstrual blood may be able to flow out of the vagina but the opening is very small.
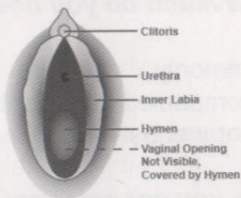
- **Septate hymen**
  A septate hymen is when the thin hymenal membrane has a band of extra tissue in the middle that causes two small vaginal openings instead of one.
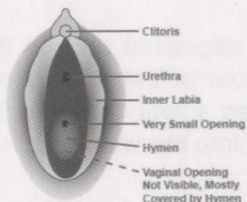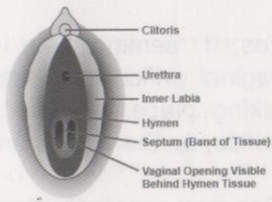
Normal Hymen
- Clitoris
- Urethra
- Inner Labia
- Vaginal Opening
- Hymen

Imperforate Hymen
- Clitoris
- Urethra
- Inner Labia
- Hymen
- Vaginal Opening Not Visible, Covered by Hymen

Microperforate Hymen
- Clitoris
- Urethra
- Inner Labia
- Very Small Opening
- Hymen
- Vaginal Opening Not Visible, Mostly Covered by Hymen

Septate Hymen
- Clitoris
- Urethra
- Inner Labia
- Hymen
- Septum (Band of Tissue)
- Vaginal Opening Visible Behind Hymen Tissue

Do all bleed at first sexual intercourse?

25% of women may not bleed at first sexual intercourse. The absence of bleeding at first sexual intercourse is very often interpreted as evidence of the bride having had sexual intercourse prior to that occasion. But this is not true. The women will bleed according to the position and the type of the hymen that the woman is having.
Only 75% will have a visible hymen.

Can the hymen be broken by vigorous exercise and washing?

Yes. The girl may have had a very lax hymen or it may have got broken accidentally during vigorous exercise.

How much do you need to bleed?

Commonly, rupture of the hymen is accompanied by slight bleeding, which stops spontaneously. Roughly about 2-5 ml.

Can you get pregnant with hymen intact and Intracrural intercourse?

Yes, If seminal fluid is deposited around the vaginal orifice even without actual intercourse taking place, sperms can travel through the orifice, up the vagina and into the womb.

Can you repair the hymen and where?

Using different surgical techniques, we can repair and tighten the hymen to a more intact, virgin-like state. In most cases, the surgery is virtually undetectable after healing.

Family Planning Association of Sri Lanka

FPA Sri Lanka, the Pioneer in Sexual and Reproductive Health since 1953, caters to your SRH needs through its Centre for Family Health.

Centre for Family Health

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இனவிருத்திச் சுகாதாரம் தொடர்பான தகவல் வைத்திய ஆலோசனைகள் உளவளத்துவ சேவைகளை
இங்கு குறிப்பிட்டுள்ள எந்தொரு முறையிலும் பெற்றுக்கொள்ளுங்கள் முடியும்
Obtain information, medical advice or counseling services on reproductive health using these methods

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