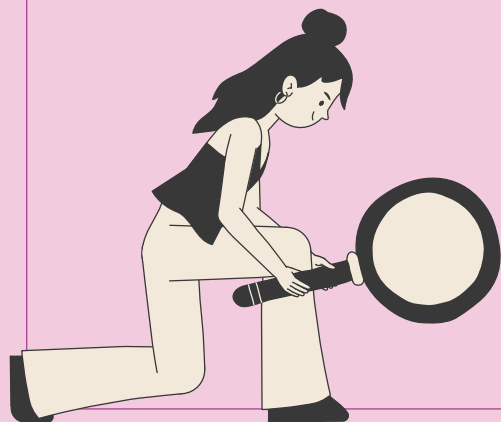


Why learn more?

Learning about the body and the experiences of women helps to create a more supportive, informed, and equal world for us all, and gives girls the tools to stay healthy throughout life.

There's a lot more to know about women's health. And it doesn't have to be embarrassing or scary.

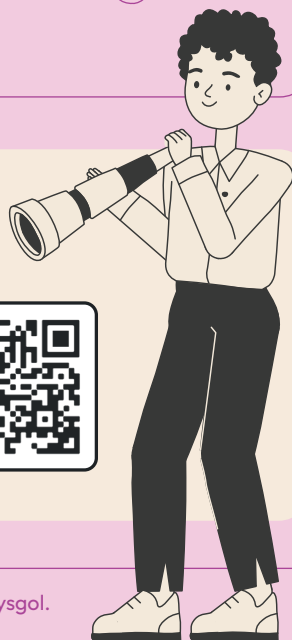


Learn more about pelvic health and how it affects the women in your life

Scan or search



What's women's health Wales?



Mae'r daflen hon hefyd ar gael yn Cymraeg. Gofynnwch i'ch nyrs ysgol.
This leaflet is also available in Welsh. Ask your school nurse.

What's pelvic health?



Understanding pelvic health helps you take care of your own body and support others.

What's pelvic health?

The Pelvis is the area in your lower tummy that includes important organs like your bladder, bowel, and (for girls and women) the womb and vagina. These organs are supported by strong pelvic floor muscles that help them work properly.

Pelvic health matters to everyone, no matter what your age is. The more you know, the easier it is to look after yourself and others.

Learning about pelvic health helps you understand how this part of your body works, what's normal, and when you should go and see your doctor. Good pelvic health can help prevent or manage problems like bladder leaks, constipation, or pelvic pain, and it supports your overall well-being as your body grows and changes.

What does the pelvic area do?

Your pelvic area is home to important organs:

- **Bladder**
Stores and releases wee
- **Bowel**
Stores and releases poo
- **Reproductive organs**
Like the womb, ovaries, and vagina
- **Pelvic floor muscles**
A group of muscles that support all these organs and keep them in place

These muscles also help control going to the toilet, support posture, and play a role in future sexual health and, for women, pregnancy (if that's part of your life one day).



What's normal when it comes to pelvic health?

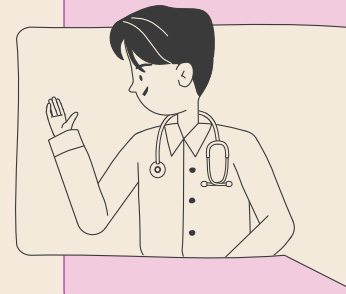
Many people don't realise that things like this can be normal:

- Needing to wee more often when anxious or stressed
- Occasional constipation
- Mild period-related pelvic cramps
- Feeling pressure or heaviness during your period

But some symptoms are not normal and you should speak with your school nurse, GP, or trusted adult:

- Leaking wee or poo (even a small amount)
- Severe pelvic pain that stops you doing daily activities
- A feeling of heaviness or something "dragging" in your vagina
- Ongoing constipation or difficulty emptying your bladder
- Pain that doesn't improve or keeps coming back

Spotting these signs early can help prevent problems from getting worse, and talking about them is nothing to be embarrassed about.



How can you look after your pelvic health?

- **Stay active** – exercise strengthens the pelvic floor
- **Drink enough water** – good hydration supports bladder and bowel health
- **Don't hold wee for too long** – go when you need to
- **Eat plenty of fibre** – helps prevent constipation
- **Learn where your pelvic floor is** – knowing how these muscles work helps you care for them

Taking care of your pelvic health now, helps your body stay strong and healthy throughout your life.

