

## WHY DO MANY WOMEN NOT BLEED AT FIRST INTERCOURSE?

Many believe that most women bleed the first time they have intercourse. It is a myth.

Some women may bleed a little if they are nervous, tense or don't feel like it and are therefore not wet enough. It can lead to small injuries in her abdomen. It's the injuries that bleed.

Bleeding can also occur when the penis hits the cervical.

Research shows that most women *do not* bleed at first intercourse.

## CONSTRUCTION OF AN ARTIFICIAL HYMEN

Some women may be so afraid of not bleeding on their wedding night that they have surgery to construct an artificial hymen.

An operation is no guarantee of blood on the wedding night\*. Additionally, it is no guarantee that the woman will feel tighter.

With an operation, the woman risks getting scar tissue in the vagina, which will hurt during intercourse for the rest of her life.

It is illegal to construct an artificial hymen in Denmark.

\*A Dutch study found that 17 out of 19 women who chose to have a hymen constructed *did not* bleed during first intercourse.

The myth that women always bleed during first intercourse, can result in serious consequences for both women and men. Women may feel shame, worthlessness and anxiety.

Men can get very stressed and think about whether she has lied to him and what the family will think. But no man or doctor can see or feel whether a woman is a virgin. Only the woman herself knows. It's all about trust!

- Mohammed Khalil  
Chief Physician and Ph.D.,  
Kolding University Hospital

There is an opinion that a woman have a membrane that is broken the first time, she has intercourse - and if she bleeds, it is the sign that she is a virgin. This is a misunderstanding! There is not a closed membrane at the vaginal opening. Most often, some women will bleed because there has been damage to the vaginal mucosa.

- Sedrah Balaganeshan  
Doctor (MD) and Ph.D. stud.,  
University of Copenhagen



# THE VIRGINITY MYTH

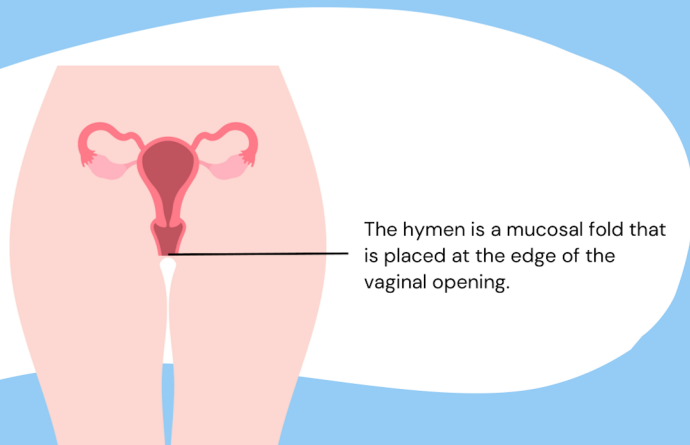
## AND FACTS ABOUT THE HYMEN

- ➔ What is a hymen?
- ➔ The hymen is different from woman to woman
- ➔ Why do some women not bleed during first intercourse?
- ➔ Construction of an artificial hymen

## THE HYMEN

Many people believe that women have a closed membrane that covers the vaginal opening. This is a myth.

The hymen is shaped like a wreath of mucosal tissue with one or more holes in it.



## THE HYMEN IS ELASTIC AND CANNOT BREAK

It is a misunderstanding that the hymen breaks at first intercourse.

- The hymen is elastic like a scrunchie.
- The hymen does not break during sports, physical activity or intercourse.
- The hymen always has one or more holes where the menstrual blood can come out.

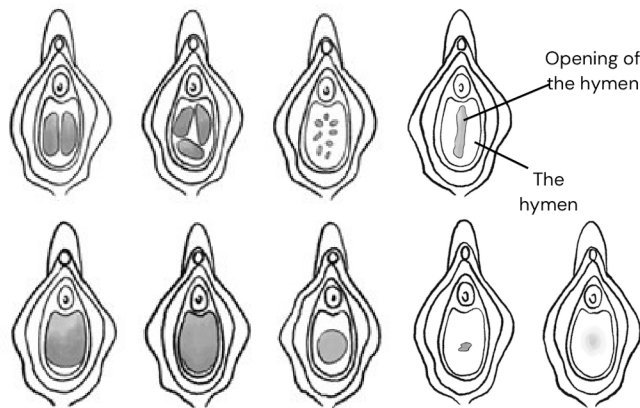
1 in 1000 women are born with a closed membrane. In that case, the menstrual blood cannot come out, and therefore she must seek medical help.

## THE HYMEN IS DIFFERENT FROM WOMAN TO WOMAN

Women's hymen look different just like their bodies.

Hymen can vary in size and shape from woman to woman, and they change throughout life.

This is the woman's abdomen seen from below and examples of what hymen look like:



## NO ONE CAN SEE OR FEEL WHETHER A WOMAN IS A VIRGIN OR NOT

No one can see or feel if a woman has had intercourse, neither a medical doctor, gynecologist nor your partner.

Scratches and minor injuries in women's abdomens disappear quickly both after intercourse or childbirth.

The only person who knows if a woman is a virgin is herself. It's about trusting each other.

## WWW.MYTEN.DK

Learn more about myths and facts about virginity and the hymen:



## DO YOU NEED HELP

Do you need to speak to a professional who has a duty of confidentiality and where you can choose to be anonymous?

Contact RED Rådgivning - it's free of charge:

Call +45 70277666 (open around the clock)

Write to us via the anonymous mailbox or chat on the website:

[www.red-center.dk](http://www.red-center.dk)



“ I have spent so much time and energy looking after something I thought I had between my legs. It's an empty feeling to find out that it was a misunderstanding and that the hymen can't actually break.

Woman 23 years old

