

What is a Hymen?

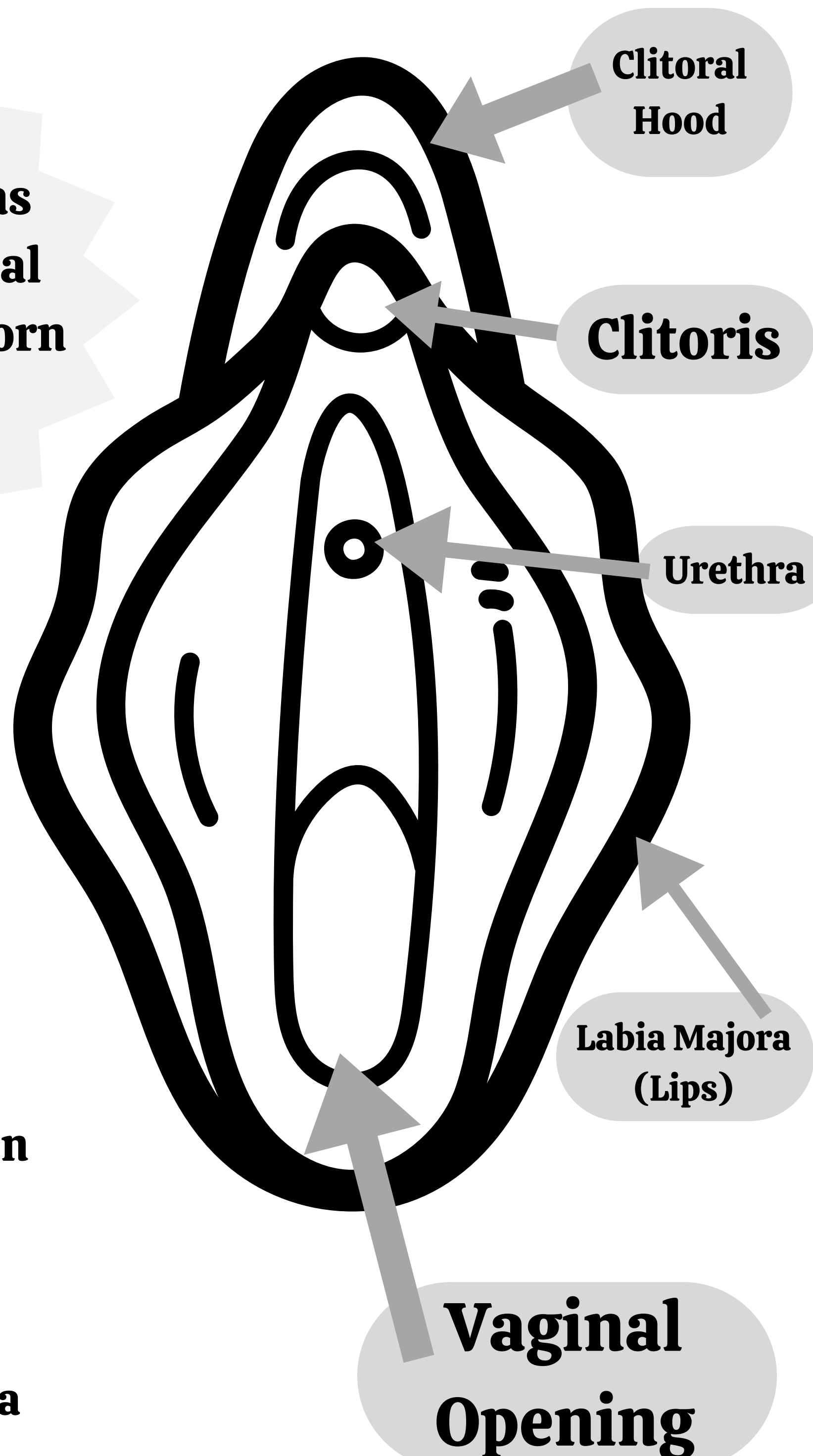
Let's start by talking about what a hymen is NOT:

It is not a freshness seal on a vagina

It's presence or absence is not a sign of virginity

It is a ring of tissue the same color as the vagina located around the vaginal opening that is there when you are born and thins over time until it tears.

- **It is a remnant from the development of a vagina and serves no purpose.**
- **The tissue is flexible so it doesn't always break when pressure is put on it, it may stretch instead.**
- **A hymen thins and stretches over time, with use of tampons, and certain physical activities. It does not grow back or shrink after it stretches.**
- **Some people experience pain or bleed a little bit when their hymen tears, but most don't notice it.**



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