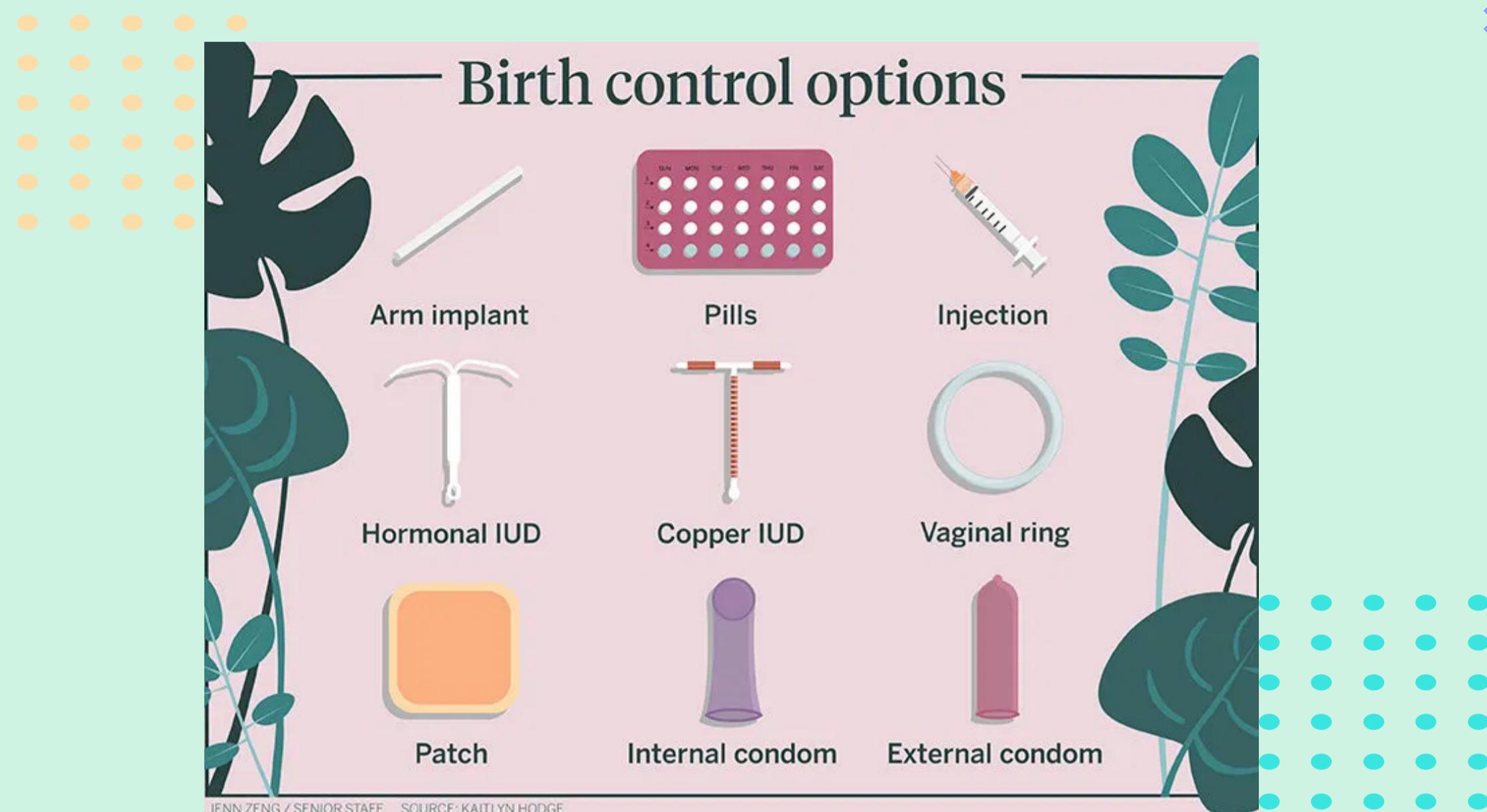


Article of the Day

Have you ever wondered what different contraceptive options there are and which would work best for you? Answer all your birth control questions here!

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Search Results for “blood”

What Does Bleeding During Sex Mean?

For those who haven't hit pre-menopause yet, occasional bleeding during or after sex is usually nothing to worry about, especially if the bleeding is during close to the next period. However, if the bleeding doesn't stop soon after intercourse, or occurs often, there may be more cause for concern, possibly signifying inflammation in the ... [\[keep reading\]](#)

An Introduction To Periods

Girls usually begin puberty anytime between the ages of 8 and 14 and shortly afterwards menstruation starts. The menstrual cycle is usually four weeks long, however it may take a while for the cycle to become regular, and it is normal to have irregularly occurring periods in the months following the first period. ... [\[keep reading\]](#)

What Can Affect Your Period?

While most periods occur between every 21 to 40 days, there are many factors aside from pregnancy that can cause your period to come late or stop.

Stress: Excessive stress can cause hormonal imbalance, affecting ... [\[keep reading\]](#)

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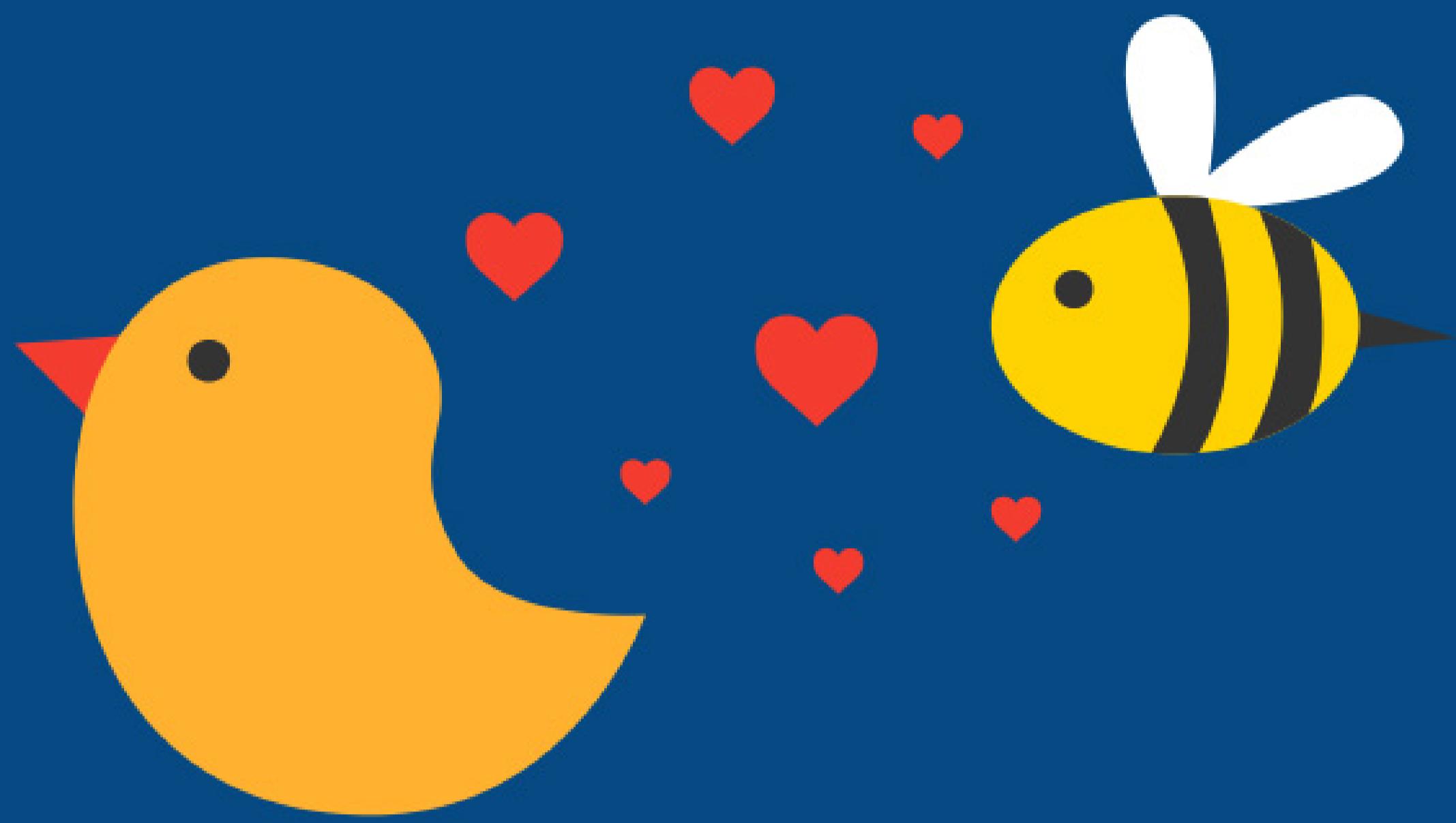
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Our Program

What we do

Our program aims to create a safe space and community on college campuses across the US for students to discuss sexual health topics with peers. Birdee stays connected with an on-campus community, or 'nest' through group liaisons, and provides each group with materials to help start discussion, plan events, and host seminars, with the goal that students will become more comfortable discussing these stigmatized topics.

How to join

Want to see a Birdee nest on your campus? All you need to do is apply to be a liaison to get your group started!

Once you fill out the following form, we'll get back to you and provide you with the materials to start your own group meetings on campus:

birdeeliasonform.form.com

How else you can get involved

About Us

What we do

Coined after the moniker for the sex talk, “the birds and the bees,” Birdee aspires to bring a wide range of sexual health education to its readers. With the partnership of medical professionals we offer a free, online resource for anyone to use whenever needed. In addition, our on-campus program provides a safe space for students to speak with their peers.

Our Program

We have a diverse team of campus liaisons who lead on-campus organizations striving to create space for sexual health based discussions among students. Here, there is a judgement-free space for young adults to better navigate the freedom college campuses provide. Students from all over the country are welcomed to apply to become a campus liaison and start a branch at their own campus.

How else you can get involved

You can get involved by contacting us about different resources you have heard about or asking questions about something you felt was missing from the website! We will be glad to expand the information on the website to cover more topics that our readers are curious about.

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LOVE IS LOVE

Sexual
Orientation

Gender Identity

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LGBTQ+

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Gender Fluidity

If you've been hearing the phrase "gender fluid" lately and aren't exactly sure what it means, you're probably not alone. The term is being used more frequently these days as society becomes more inclusive, and more people believe that a person's gender identity can be something other than the conventional gender archetypes of male and female.

Before getting into the definition of gender fluid, it helps to understand what gender identity means—as well as the words cisgender and transgender. Austin, Texas-based clinical psychologist Jo Eckler, PsyD, tells Health that it's a person's deep sense of their gender.

"It may or may not match the sex you were assigned at birth or how other people see you," she says. "If it matches, then you fall into the cisgender category. If it doesn't match, then transgender or gender non-conforming might be a better fit." Basically, gender identity is your own internal experience regardless of what your chromosomes, organs, or external physical characteristics might indicate, she adds.

"Gender fluidity is a gender identity that may change over time or according to relational or psychological state, and also incorporates the feeling of not having a gender, Virginia-based psychotherapist April Bennett tells Health. Being gender fluid means something different to each person. "In practice, gender fluid people may express masculinity, femininity, or an androgynous self in their personality, sexual experiences, and self-concept," says Bennett.

Credit: <https://www.health.com/mind-body/gender-fluid>

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WELCOME LIAISON



Welcome to your liaison portal! Here you can find different resources to help kick off your own campus meetings.

Below are ideas for casual group discussions, events that can help connect and bring in new members, and seminars for more structured meet ups. Please free to use the resources that you believe will best cater to your particular group.

If you have any questions or suggestions for Birdee, do not hesitate to contact us!

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[Event Planning](#)

[Seminar Resources](#)

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