

Am I Normal? A Tour of The Female Genitals

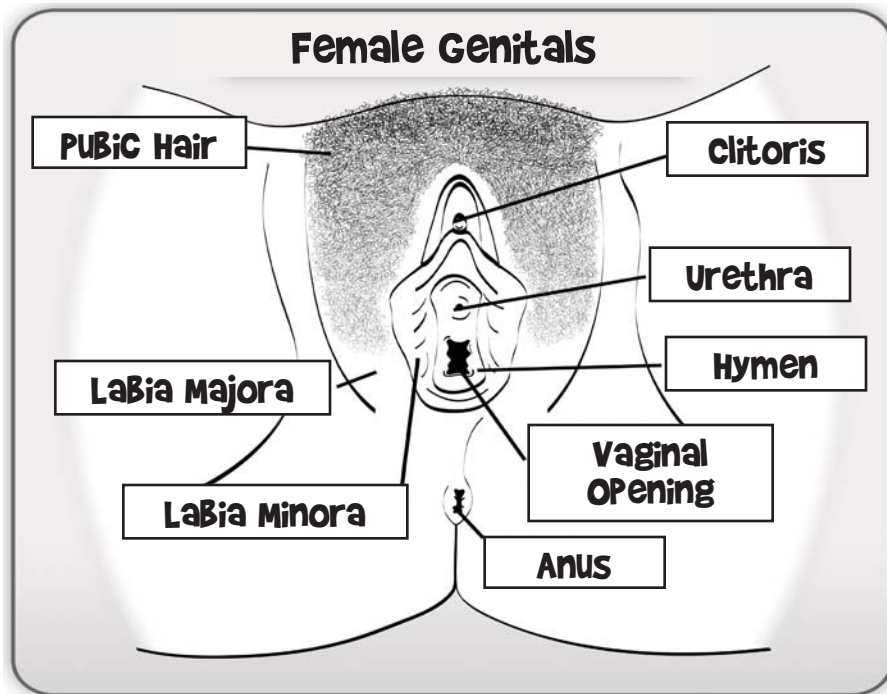


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KEY TERMS

- ☆ **PUBic Hair** - hair that surrounds the sex organs for protection.
- ☆ **LaBia Majora** - also called the outer lip. Pubic hair grows here.
- ☆ **LaBia Minora** - also called the inner lip. It may vary in texture, size and color. It covers the urethra and vaginal opening.
- ☆ **Clitoris** - the pleasure center of the vulva. It is a tissue that fills with blood and becomes erect when sexually aroused.
- ☆ **Urethra** - a tube that carries your urine, or pee, to your urethral opening. It is a tiny hole under the clitoris.
- ☆ **Hymen** - the thin layer of tissue that covers the vaginal opening. The hymen can break at any time in many different ways.
- ☆ **Vaginal Opening** - the passage from the uterus to the outside of the body. Contains the pleasure center called the g-spot.
- ☆ **ANUS** - the opening of the rectum where waste leaves the body.

Fact Check: Female Genitals

- ✓ Female genitals come in different sizes, colors and shapes.
- ✓ The vagina releases discharge to keep itself clean and healthy. Everyone has a natural smell that is different.
- ✓ Some families decide to circumcise (remove parts of the female sex organs). Some people think this is OK for cultural reasons. Others think it's violent and should be stopped. This practice can cause problems with sex, hygiene, and childbirth.

How to Keep your genitals healthy:

- ✓ Wear cotton underwear and change them every day.
- ✓ Wipe from front to back.
- ✓ Wash with warm water and mild soap.
- ✓ Avoid douching.
- ✓ Try to learn what your genitals look like. If you notice anything that's not normal (lumps, bumps, changes in discharge) let your healthcare provider know.

Resources

- 🔗 http://www.scarleteen.com/article/body/anatomy_pink_parts_female_sexual_anatomy
- 🔗 http://www.advocatesforyouth.org/storage/advfy/documents/leaders_hygiene.pdf