

Private parts



This leaflet is about the private parts of your body. Everyone is different. It is good to get to know your body so that you will know what is normal for you.

People have different ideas about their private parts. What do you think?

My mum says your private parts are part of being a woman.

Some people think it is rude to touch your private parts.

My sister says they are to do with periods and going to the toilet.

I say my private parts feel good when I touch them in a sexy way.

My teacher says they are to do with sex and having a baby.

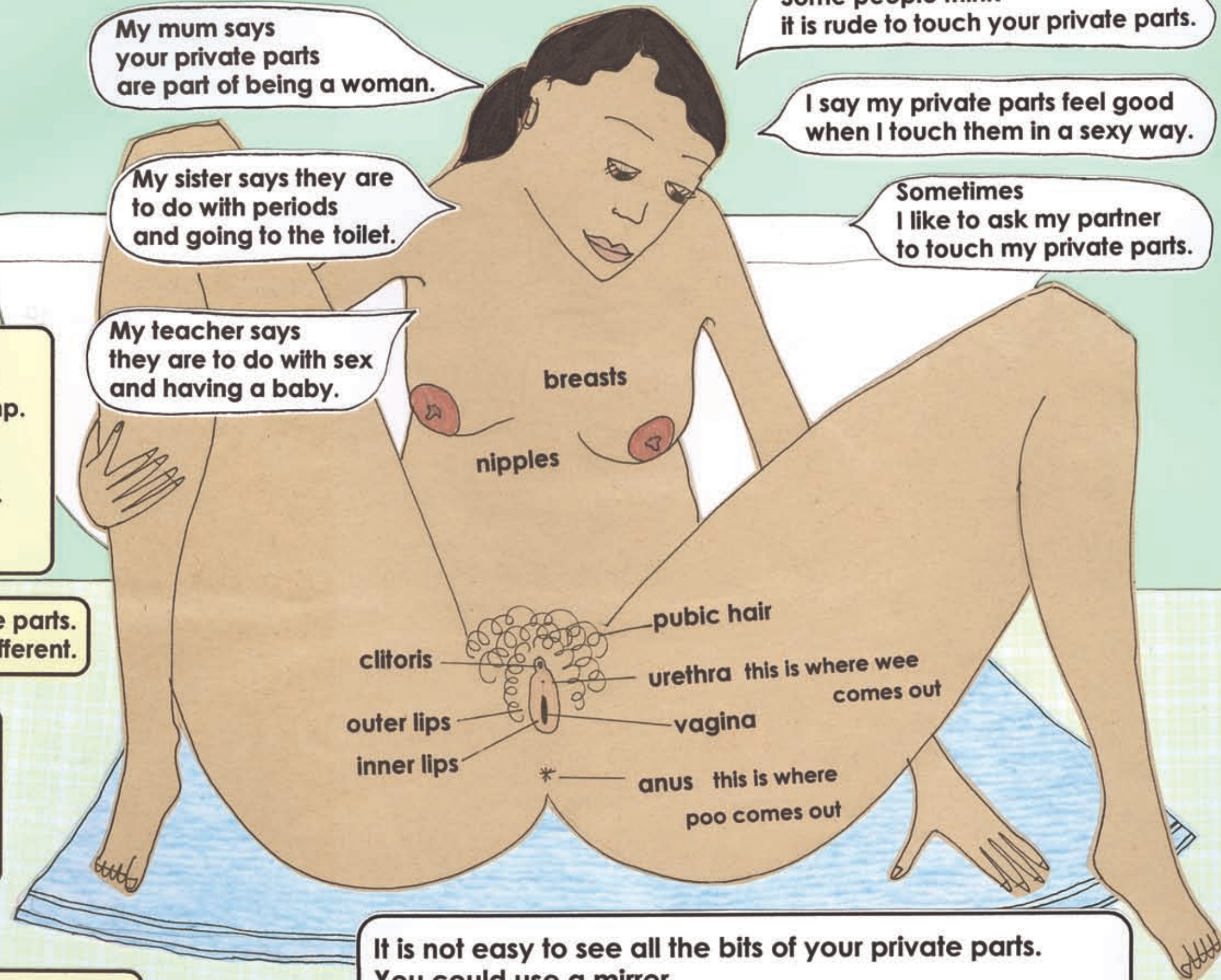
Sometimes I like to ask my partner to touch my private parts.

Clitoris
You may see this just below your pubic hair. It is not easy to see. It looks like a small bump. It feels very sensitive. If it is touched the right way it can feel good but if it is touched the wrong way it can hurt. If you want to you can touch it yourself and find out what feels good.

Your inner and outer lips protect your private parts. They may be big or small. Everyone looks different.

Vagina
This is the larger hole of your private parts. It is where your period comes out. This is where your baby will come out if you are pregnant.

The name for the outside of your private parts is vulva.



It is not easy to see all the bits of your private parts. You could use a mirror. You may want to get to know them by the way they feel.

Feeling good

It is okay to touch your private parts when you feel sexy.

It is okay to ask your boyfriend or girlfriend to touch your private parts.

It is important to do sexy things in a private place where you feel safe.

It is your body.

I would say
no!

Feeling safe

You can say no if you do not want someone to touch your private parts even if it is your boyfriend or girlfriend.

If anyone touches you in a way that hurts you can tell them to stop.

If anyone touches you in a way that feels wrong you can tell them to stop.

If someone touches you in this way and you need help to stop it you should tell someone you trust.



If you have questions about your body or periods you can telephone Women's Health and talk to a woman in private.

Helpline: 0845 125 5254

Monday-Friday 9.30am-1.30pm

Minicom 020 7490 5489