

## Fact Sheet

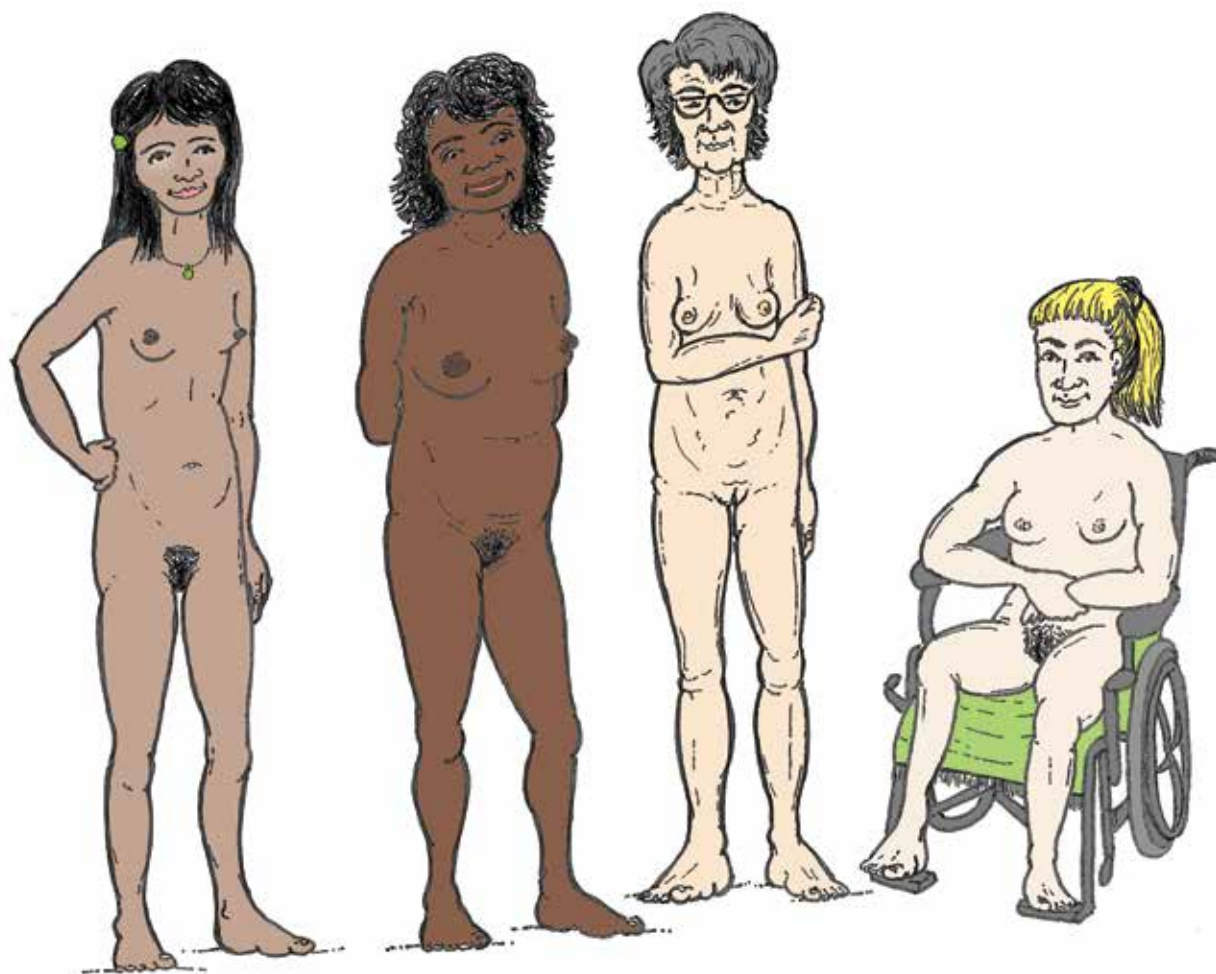
# A Woman's Body



Women are different shapes and sizes. Some women are happy with the way they look. Some women are not happy with the way they look.

Women have different coloured hair, some people have straight hair and others have curly hair. Some women have fair skin and others have dark skin. Some women are short and some are tall. Some women are fat and others are thin. Some women have hairy bodies and some do not have much hair on their bodies.

However a woman looks is OK.



## Private parts of the body

Most women like to know about their body and how it works. There are some private parts of their bodies that people do not talk about much. A woman's private body parts are her breasts, vulva, anus and buttocks.

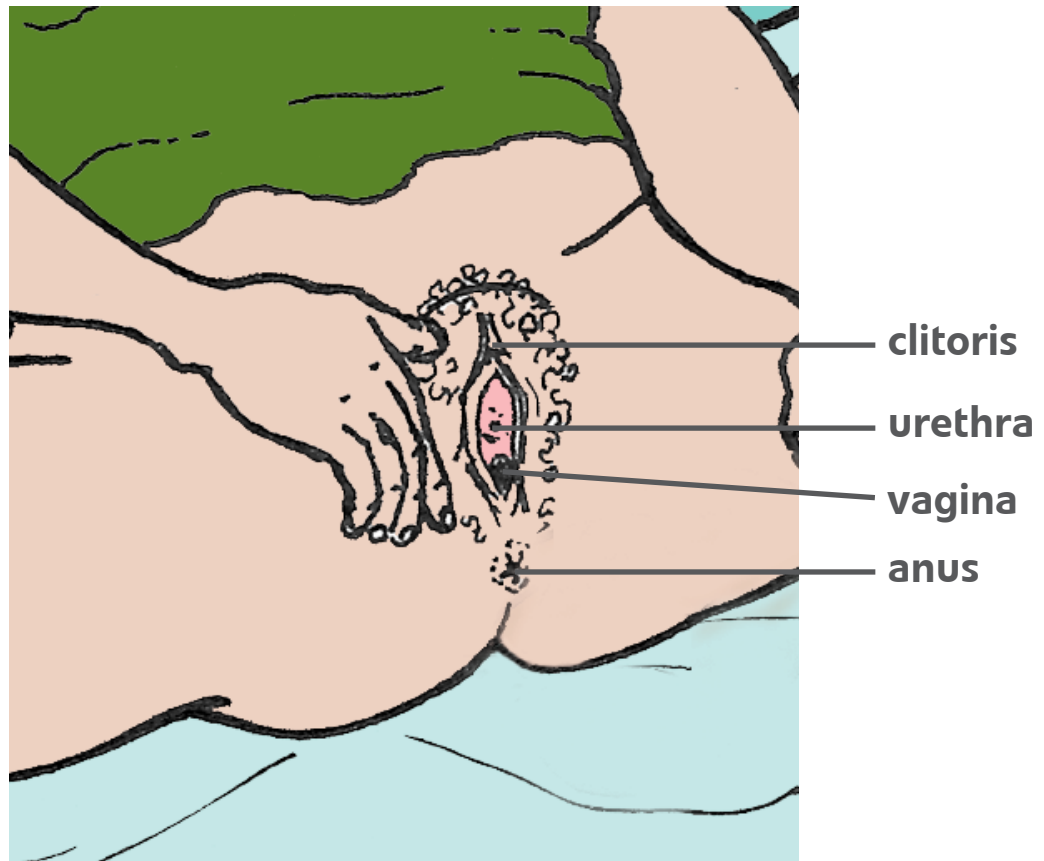
If a woman wants to look at her private body parts she can sit down in a private place. She can open her legs wide and hold a small mirror between them. The picture shows a woman looking at her vulva and anus.



## *A woman's vulva*

The vulva is the part between the tops of a woman's legs. The vulva is made up of two large and two small lips of skin. These lips are called the labia.

The labia cover two holes, or openings, called the vagina and the urethra. Above the opening to the vagina and the urethra there is a bump called the clitoris. It has skin over it.



## *All vulvas look different*

All women's vulvas look a bit different. Women's vulvas come in different shapes and sizes. Some women have bigger labia (lips) than other women. No matter what a woman's vulva looks like, she can still do and feel the same things with her vulva as any other woman can.

## *What is a woman's vagina for?*

1. When a woman has her periods, the blood comes out of her vagina opening each month for a few days. For more information go to the fact sheet called 'Periods'.
2. A woman can have sex a few different ways with her vagina. For more information go to the fact sheet called 'Having sex'.
3. If a woman is having a baby, the baby will usually come out of her vagina when it is being born. For more information go to the fact sheet called 'Pregnancy and birth'.

## *Urethra*

Sometimes people think the vagina is where urine (wee) comes out of a woman's body when she goes to the toilet, but the urine comes out of a different hole called the urethra. The urethra is the small hole above the opening to the vagina. The urethra is joined to the bladder. The bladder is where the urine is stored before the woman goes to the toilet.

## *Clitoris*

When a woman has sexy feelings the clitoris might get hard. Touching or rubbing it gently can make a woman feel good. This is called masturbation. For more information go to the fact sheet called 'Masturbation'.

## *Anus and buttocks*

Behind a woman's vulva is her anus and buttocks. The anus is where faeces come out when she goes to the toilet. Faeces is the correct word for 'poo'.

## *Pubic hair*

Hair grows on different parts of a woman's body. Hair that grows around the vulva is called pubic hair. She may also grow hair under her arms, on her legs and sometimes around her nipples.

## *Breasts*

Women's breasts can be different shapes and sizes. Sometimes one breast is bigger than the other. On each breast is a nipple. This is a darker colour to the rest of the breast. When a woman has sexy feelings, the nipples might get hard. Touching or rubbing nipples can feel nice and makes them hard. Women might also feel their nipples get hard when their breasts are cold.

## *Private body parts and private places*

A woman's breasts, vulva, anus and buttocks are all her private body parts. Girls and women must keep their private body parts covered unless they are in a private place. It is OK for girls and women to look at their private body parts and to touch them as long as they do this in a private place. It is not OK for anyone else to touch a woman's private body parts without her permission.



## What you need to know:

- Every woman's body is different. However a woman looks is OK
- A woman's breasts, vulva, anus and buttocks are all her private body parts
- A woman's vulva is the part between the top of her legs. This includes her labia, vagina opening, urethra opening and clitoris
- Every woman's vulva looks a bit different. However a woman's vulva looks is OK
- It is OK to look at your private body parts and to touch them as long as you do this in a private place
- It is not OK for anyone to touch your private body parts unless you want them to

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