

THE FEMALE INTERNAL GENITALIA

VAGINA

- It can change its shape and size for the reasons in the next point
- Accepts the penis during sexual intercourse and serves as birth canal for the baby during delivery
- This is where the tampon should be inserted

WOMB

- Contracts at the beginning of menstruation, sometimes causing cramps
- This is where the embryo develops
- Located between the bladder (in front of the womb) and the rectum (behind the womb)
- A pear-shaped organ built up from muscle tissue
- Its cavity is covered by the endometrial lining, which thickens during the menstrual cycle and is then detached (menstruation)

MOUTH OF THE WOMB

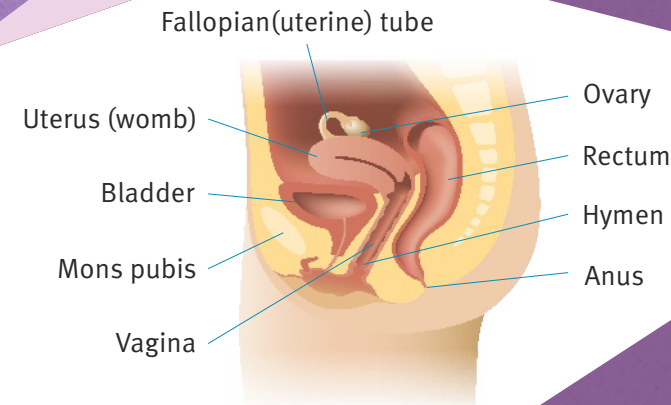
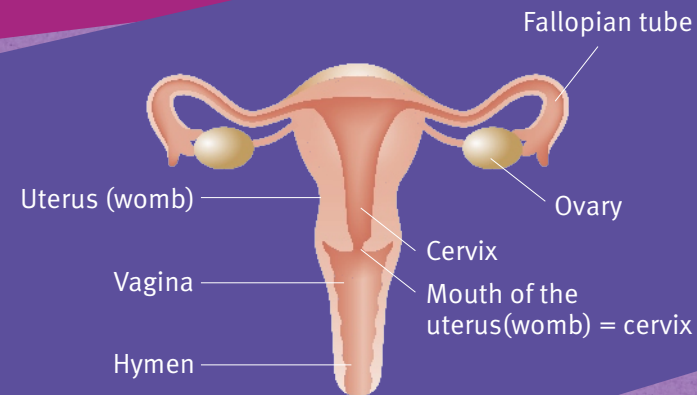
- Protrudes into the vagina
- This is the opening through which menstrual blood is from your body through this small gate, and the semen (sperm) enters first the cervix, than the uterine cavity after sexual intercourse
- This is where cervical smears are taken for the purpose of cancer screening

OVARIES

- These are places where follicles mature until ovulation (release of the egg)
- They produce sex hormones

FALLOPIAN TUBES

- These are the places through which eggs migrate from the ovaries to the uterine cavity



IF YOU HAVE QUESTIONS ABOUT BEING A WOMAN,
YOU CAN TALK WITH US FREELY

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about...

YOUR
BODY

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THE EXTERNAL FEMALE GENITALIA

Every girl is on her way to becoming a woman. Puberty also brings a set of major challenges in your soul and your body as well. All of this can raise countless questions for a young girl like you, here are the answers related to the female body.

PUBIC HAIR

- You can shave it as you want just be careful because of adverse effects of shaving: injury, redness of skin, mucosal irritation, pustules and ingrowing hairs

LABIA MINORA AND MAJORA

- In many women the inner labia are larger than the outer labia (and thus protrude beyond them), which is absolutely normal, so you really don't have to worry about it

VAGINAL OPENING AND HYMEN

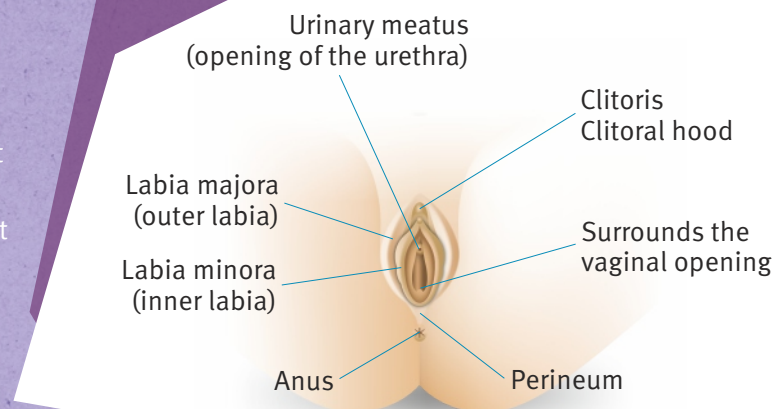
- Surrounds the vaginal opening
- Normally not closed
- Flexible membrane
- Tampon may be inserted without injury to it
- Gynaecological examinations using small handheld instruments can be performed without injury to the hymen
- Does not necessarily bleed during the first sexual intercourse

CLITORIS

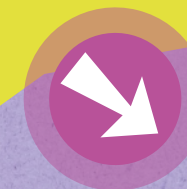
- Contains a mass of nerve endings = as you may have already experienced it, it is extremely sensitive to touch
- Swells in response to sexual stimulation

PERINEUM

- The area between the vagina and anus
- It is very important that you should always be cleaned (e.g. with toilet paper) from front to back, i.e. towards the anus, since faecal matter contains many bacteria that could cause infection if they enter the vagina



The more you know about how your body works, the more carefree you can become when you experience your femininity and your sexuality, so that you can make responsible choice in important situations. Consider changes as something positive, because they are a totally normal part of growing up. The main point is to be in harmony with yourself, with your body and with the outside world as well.



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