

CULTURE REFRAMED PARENTS PROGRAM

BUILDING RESILIENCE & RESISTANCE TO HYPERSEXUALIZED MEDIA & PORN

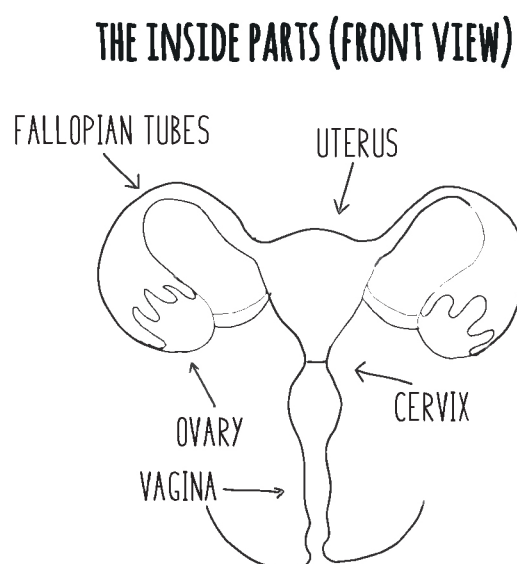
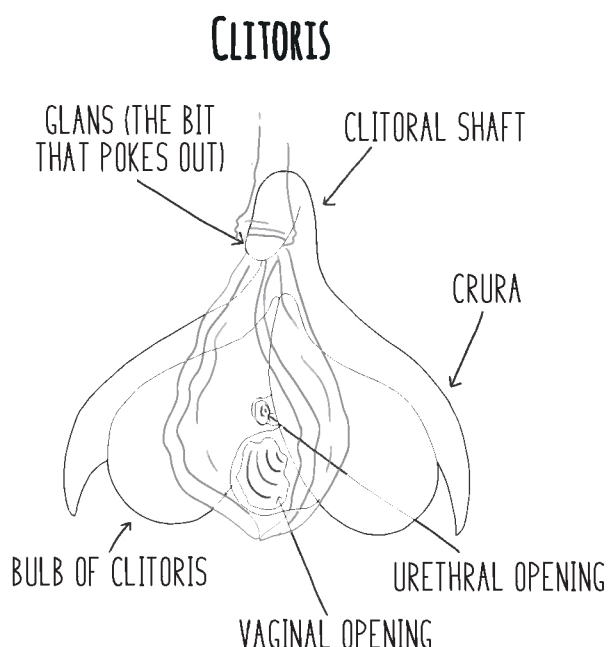
THE BODY PARTS

When you start talking about sex, it is important to know the names of the different parts you will be talking about. Below you will find some images and child-friendly definitions that both you and your child will understand.

And if you are unsure about how to say any of these words, use an online dictionary for the pronunciation.

Before you use these words with your child, first practice saying them aloud to yourself. Talking about sex can be stressful enough without the added worry of trying to remember how to pronounce the words correctly!

BIOLOGICAL FEMALE INSIDE PARTS



Images provided by 'Girl Puberty' by Cath Hakanson @ Sex Ed Rescue 2018
sexedrescue.com

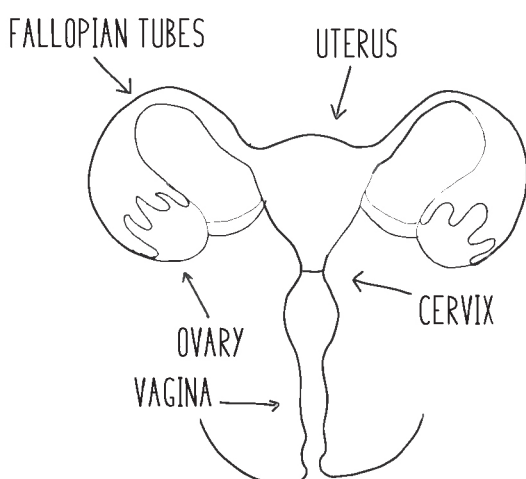
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Girl Parts

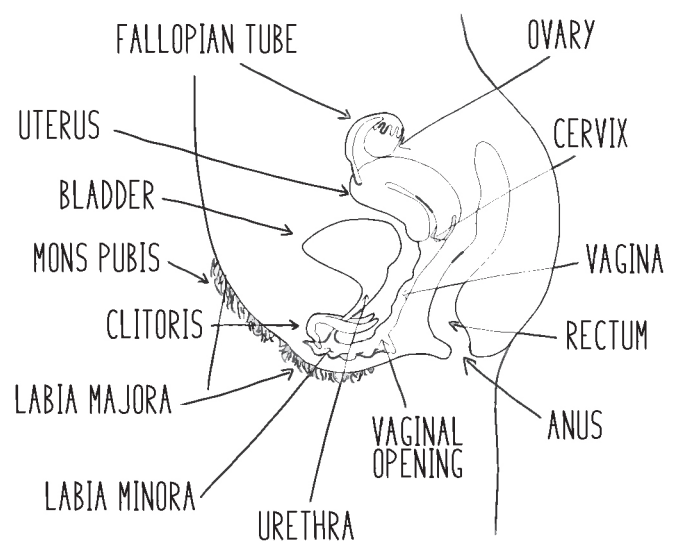
- **Anus:** The opening that is below the vulva, where feces (poo) comes out. Boys have an anus too.
- **Bladder:** A stretchy bag that holds the urine (pee) before it comes out of the body. The urine leaves the bladder through a small tube called the urethra. Boys have a bladder too.
- **Cervix:** The opening of the uterus that joins it with the vagina. You can find it deep inside, at the very top of your vagina.
- **Clitoris:** A part that is behind the vulva and wraps around the vagina. The smallest part, about the size of a pea, can be seen outside the body, hidden under a small bump of skin, just above the urethra where the pee comes out. It can feel good when you touch it.
- **Fallopian tubes:** Special tubes, like cooked spaghetti, that carry the egg from the ovaries to the uterus.
- **Labia majora:** The outer lips that surround the vaginal opening. These are thicker and will eventually be covered in hair on the outside skin.
- **Labia minora:** The inner lips that surround the vaginal opening. These are thinner and will not be covered in hair.
- **Mons pubis:** The soft rounded area that sits above the pubic bone. Eventually, it will be covered in pubic hair.
- **Ovaries:** Special organs that produce the eggs or ova. In girls, they are about the size of a grape.
- **Rectum:** A tube that is used to store feces (poo) before it is pushed out through the anus. Boys have a rectum too.
- **Uterus:** A bag made of muscle that, in a girl, is about the size of a pear. It is the place for a baby to grow, and stretches bigger as the baby grows.
- **Urethra:** A narrow tube that leaves from the bladder and comes out of a small opening in the vulva.
- **Urethral opening:** The small opening in the vulva where the urethra comes out of the body. It can be found between the clitoris and the vagina. Boys have a urethral opening too.
- **Vagina:** A stretchy tube that goes from the uterus to the outside of the body. It is the opening that you can feel at the bottom of the vulva.
- **Vulva:** Thick folds of skin that cover the opening to the vagina. There is an outer part, which is the labia majora, and an inner part, which is the labia minora.

BIOLOGICAL FEMALE OUTSIDE PARTS

THE INSIDE PARTS (FRONT VIEW)



THE INSIDE PARTS (SIDE VIEW)



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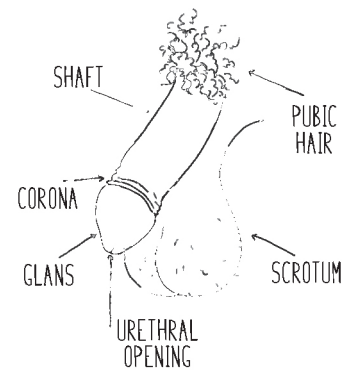
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BIOLOGICAL MALE PARTS

Boy Parts

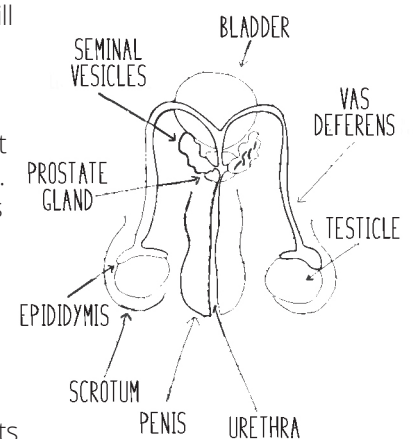
- **Anus:** The opening that is behind the scrotum, where feces (poo) comes out. Girls have an anus too.
- **Bladder:** A stretchy bag that holds the urine (pee) before it comes out of the body. The urine leaves the bladder through a small tube called the urethra. Girls have a bladder too.
- **Corona:** The ridge that runs around the bottom of the glans, where it joins the body of the penis.
- **Cowper's gland:** These two small, round glands (the size of a pea) are found underneath the prostate gland. When a man starts to feel sexually aroused, they will start to make a special fluid that will lubricate the penis and keep the sperm safe as it travels through the urethra. The other name for this part is the bulbourethral gland.
- **Epididymis:** The testicle is connected to the epididymis. Once sperm has been made in the testicles, it is sent to the epididymis. It is here that the sperm is grown up or matured, ready for reproduction. If felt through the scrotum, it will feel soft and squishy, like a piece of cooked spiral pasta.
- **Foreskin:** The loose skin at the end of the penis. It protects the end of the penis, the glans, which is very sensitive to touch.
- **Glans:** The head or the tip of the penis. It has many nerve endings, which means it is sensitive to touch. In uncircumcised penises, this will be covered by the foreskin.
- **Penis:** The part that hangs in front of the scrotum and sticks out. Urine comes out of the small opening at the end of it. The penis is also used for sexual intercourse, where it becomes erect, and semen comes out of the end of it, through the urethral opening.
- **Prostate gland:** A gland that is at the base of the penis, near the bladder. The urethra runs through the center of it. The prostate gland helps with bladder control and secretes fluids that mix with the sperm to make semen.
- **Scrotum:** The soft bag of squishy skin between the legs that holds and protects the testicles. It has a muscle that makes it expand with heat (e.g. when having a warm bath) and shrink with cold (e.g. when swimming in the ocean). This keeps the testicles at the right temperature to protect the sperm.
- **Seminal vesicles:** A pair of glands that lie on either side of the bladder. They open into the vas deferens and secrete fluids that mix with the sperm to make semen.
- **Shaft:** The length or body of the penis.
- **Testicles:** The male sex organs that make sperm. They are two soft oval-shaped parts that will grow much bigger during puberty, to about the size of a plum. Sperm is made in the testicles. If felt through the scrotum, a testicle will feel like a hard-boiled egg that has been peeled.
- **Urethra:** A narrow tube that leaves from the bladder, and goes through the penis to the small opening at the tip of the penis (urethral opening). It also carries the semen after it leaves the vas deferens.
- **Urethral opening:** The slit at the end of the penis (through the glans) where urine and semen come out. Girls have a urethral opening too.
- **Vas deferens:** The tube that connects the testicles/epididymis to the prostate and seminal vesicles. If felt through the scrotum, it will feel like a piece of cooked spaghetti.

THE OUTSIDE PARTS

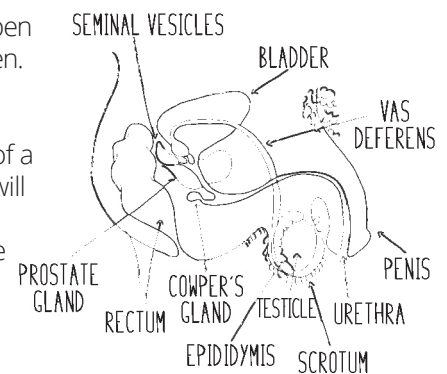


THE INSIDE PARTS

FRONT VIEW



SIDE VIEW



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