

“Bits and Pieces” Teen Talk’s Anatomy Section

Note to Facilitators:

A typical Teen Talk approach is to take a topic that requires information-giving (lecture style) and to make it interactive by getting youth to guess or participate by answering questions. The following activity is one way this strategy can look, but it can be modified depending on their willingness to participate. You may find it helpful to ask more or less questions.

Tip: Remember that this is a perfect opportunity to illustrate sex-positivity, inclusive language, and a youth-friendly approach by showing comfort talking about genitals (this can take some practice!).

Goal:

- To review, discuss, and explain anatomy.

Have Ready:

- Anatomy Pictures (see pictures at the end of this section for examples)

Instructions:

Let youth know that we use the terms female and male for education and clarity purposes only. These are the biological definitions and we know that these aren’t the words everyone uses for their bodies (e.g. trans, gender fluid or intersex youth). We want to support everyone in using the language that feels best for them.

External female anatomy (Show the picture. If youth feel uncomfortable looking at the drawings we don’t force them to look.)

Let the youth know most pictures of anatomy are limited in their use of colour, body shape, body hair, size etc. Teen Talk would say something like, “these are drawing that can help us learn about anatomy, everyone’s genitals

look different (skin colour, body size, pubic hair etc...). Whatever you look like is okay.”

Much of the female reproductive system is internal/inside. Share the following information with the youth:

This person has 3 openings below the waist. They are the anus, vaginal opening, and the urethra.

Anus:

What comes out of this opening? Gas/farts, feces/poop - everybody has these functions.

What could go in? Fingers, penis, sex toys; whatever the owner of the anus wants. The anus can be used for sex, and it’s up to the owner of the anus to decide. Whatever they decide is ok and should be respected. (The tissue inside the anus is sensitive and doesn’t make a lot of its own lubrication, so using a lubricated condom and adding extra water based lube can help.)

FYI: The anus is connected to the large intestine so it is possible for something to “get lost” if it’s not attached to a string or made with a wide base.

Vaginal Opening:

What comes out of this opening? Period blood/moon time (which is the body’s way to nourish a fetus, not dirty or scary), vaginal fluid (when someone is aroused), vaginal discharge (totally normal, this is how the vagina cleans itself and stays healthy). If a person chooses to carry a pregnancy to term a baby can come out of the vagina.

Some youth may say pee/urine comes out of the vagina. Let youth know this is a common misconception, and the pee comes from a different opening called the urethral opening.

What could go in? Fingers, penis, toys, tampons, some methods of birth control (ring, internal condom); whatever the owner of the vagina wants. It’s up to the owner of the vagina to decide what (if anything) goes in.

Urethral Opening (or pee hole):

What comes out of this opening? Pee/urine.

What could go in? Usually not much, it’s a pretty small opening; if anything were to go in it has to be very clean because there’s a risk of infection.

FYI: A catheter might be inserted to help someone pee.

Clitoris:

Just above the urethral opening is a little nub of flesh, does anyone know what that is called? Clitoris, or “clit”.

Does anyone know what the clitoris is for? Pleasure, which can include orgasm(s). Teen Talk encourages youth to become aware of/familiar with their genitals and we remind them that penis-vagina intercourse is not necessary to experience sexual pleasure. Stimulation of the clitoris can be a pleasurable activity, with no risk of pregnancy, or STI/HIV.

Internal view of female anatomy (show picture)

Vagina:

The vagina is a muscle; may be different lengths/widths; the vagina opens just enough to fit what is placed there (e.g. a tampon, a penis, fingers, sex toy.). The vagina can also stretch during childbirth to allow a baby to be born.

Cervix:

The cervix is at the end of the vagina; sort of feels like the tip of your nose. The cervix has a very tiny opening that allows menstrual blood or semen to pass through. The cervix only opens during the birthing process, otherwise it's closed. You can't lose anything (a tampon or condom for example) in the vagina because the cervix acts as a stop.

FYI: It is safe for people who are pregnant to have sex if they want to because the fetus is on the other side of the cervix, enclosed in the placenta.

Ovaries, Fallopian Tubes and Uterus:

These are the ovaries, which is where eggs are stored. People with this body are born with a set number of eggs; eggs are released (ovulation) according to the person's cycle and can be released more than once per cycle.

These are the fallopian tubes. When an egg is released from the ovaries, it travels to the fallopian tubes; if there is unprotected penis-vagina sex sperm will travel up through the cervix and to the fallopian tube, if the sperm connects with the egg it's called fertilization.

This is the uterus. Each menstrual cycle the uterus forms a nutrient-rich lining made up of blood and tissue. This is what sheds and becomes menstrual

(or period) blood if no sperm fertilizes the egg. If an egg does become fertilized it will try to attach to the lining of the uterus. If it is able to implant into the lining of the uterus, this is when pregnancy begins.

Note: To remain consistent with pro-choice terminology, use “fetus” versus “baby” when in the womb/uterus and “carry to term” when discussing birthing.

Let youth know that if they are trying to avoid pregnancy they should rely on birth control or choose lower risk activities. Using the pull-out method or “safe days” of the month can be unreliable. It is possible for someone to ovulate at unpredictable times and sperm can live in the body for up to five days.¹

Male anatomy (show picture)

This person has two openings below the waist, the anus and urethra.

Anus:

Like the previous picture, the same stuff can go in, same stuff comes out and it is up to the owner of the anus to decide. Again, it’s always about consent.

Penis:

What is this part called? A penis. Every penis looks different, they come in a variety of sizes, shapes, colours, and though this picture shows a non-circumcised penis, they can also be circumcised.

Urethra:

The urethra is at the tip of the penis. **What comes out of this opening?** Ejaculate or cum, pre-ejaculate, and pee/urine. Other discharge may come out if someone has an STI.

What could go in? It’s a pretty small opening, so usually not much if anything; and it’s important to remember that if something goes in has to be very clean because there’s a risk of infection.

Testicles:

What are these? Testicles (balls, nuts).

What holds the testicles? Scrotum (sack, ball/nut sack).

What get's made in the testicles? Sperm. Normalize that some people may only have one testicle, and/or they may or may not be the same size.

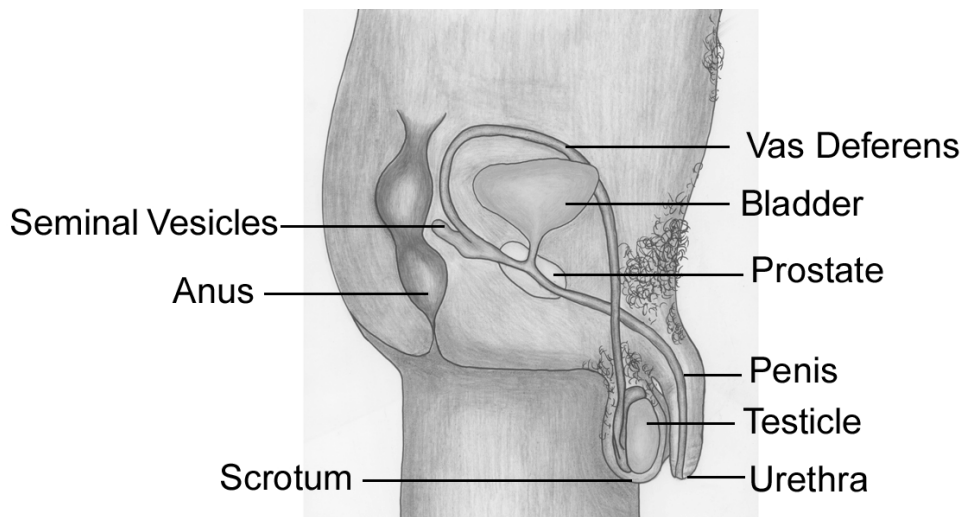
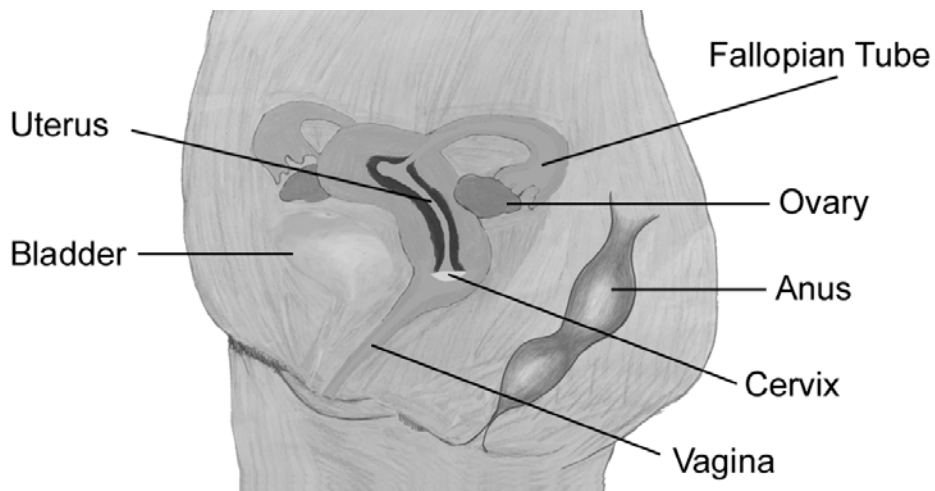
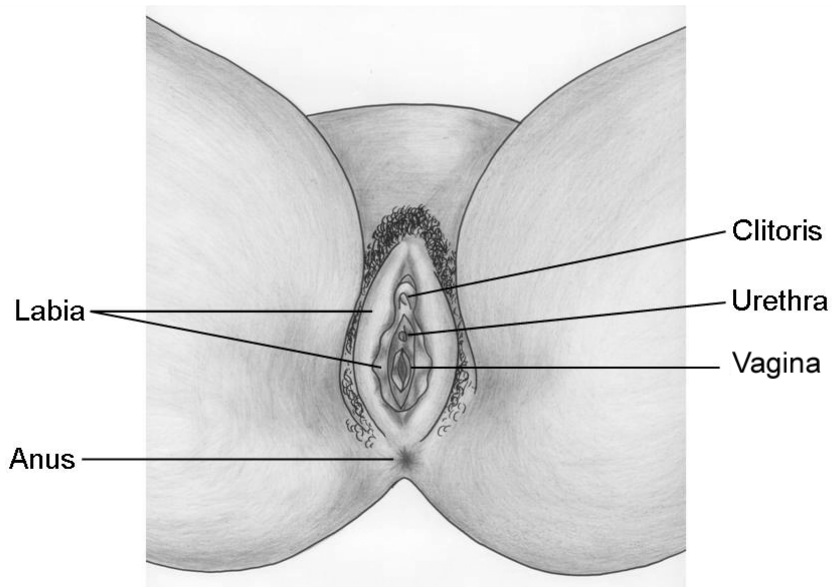
What happens when a penis become erect? When the penis becomes erect, blood rushes to the penis and makes the penis hard. (i.e. there's no bone in "boner", no wood in a "woody").

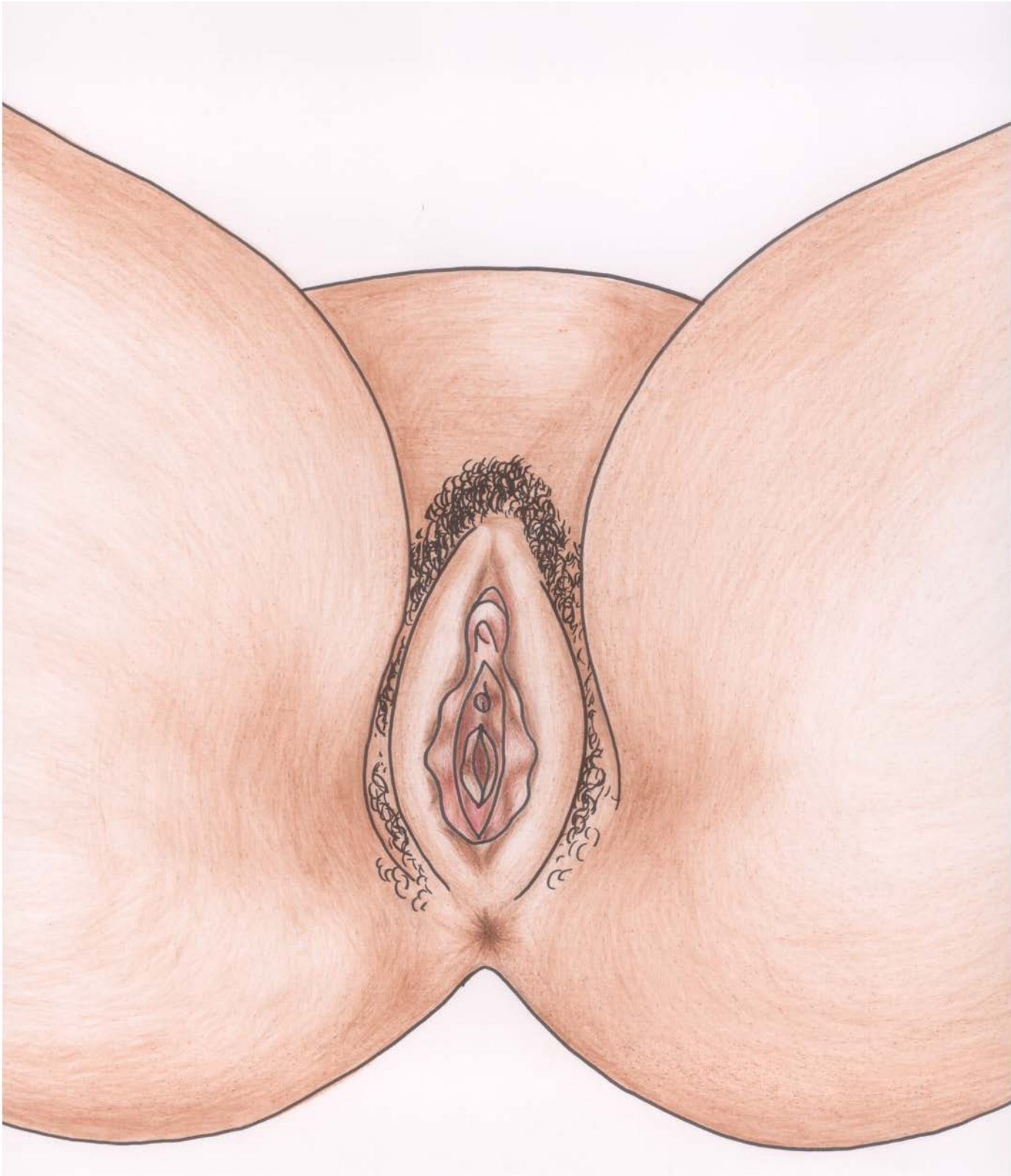
When the penis gets erect, there may be visible pre-ejaculate or pre-cum at the tip. This is a small drop of fluid that may contain sperm and any STI/HIV that may be present. This is why "pulling-out" is not effective pregnancy/HIV/STI prevention. At Teen Talk we encourage wearing a condom when a penis goes near anyone's mouth, anus, or vagina. **How many sperm does it take to get pregnant?** One.

Can someone ejaculate (cum) and urinate (pee) at the same time?

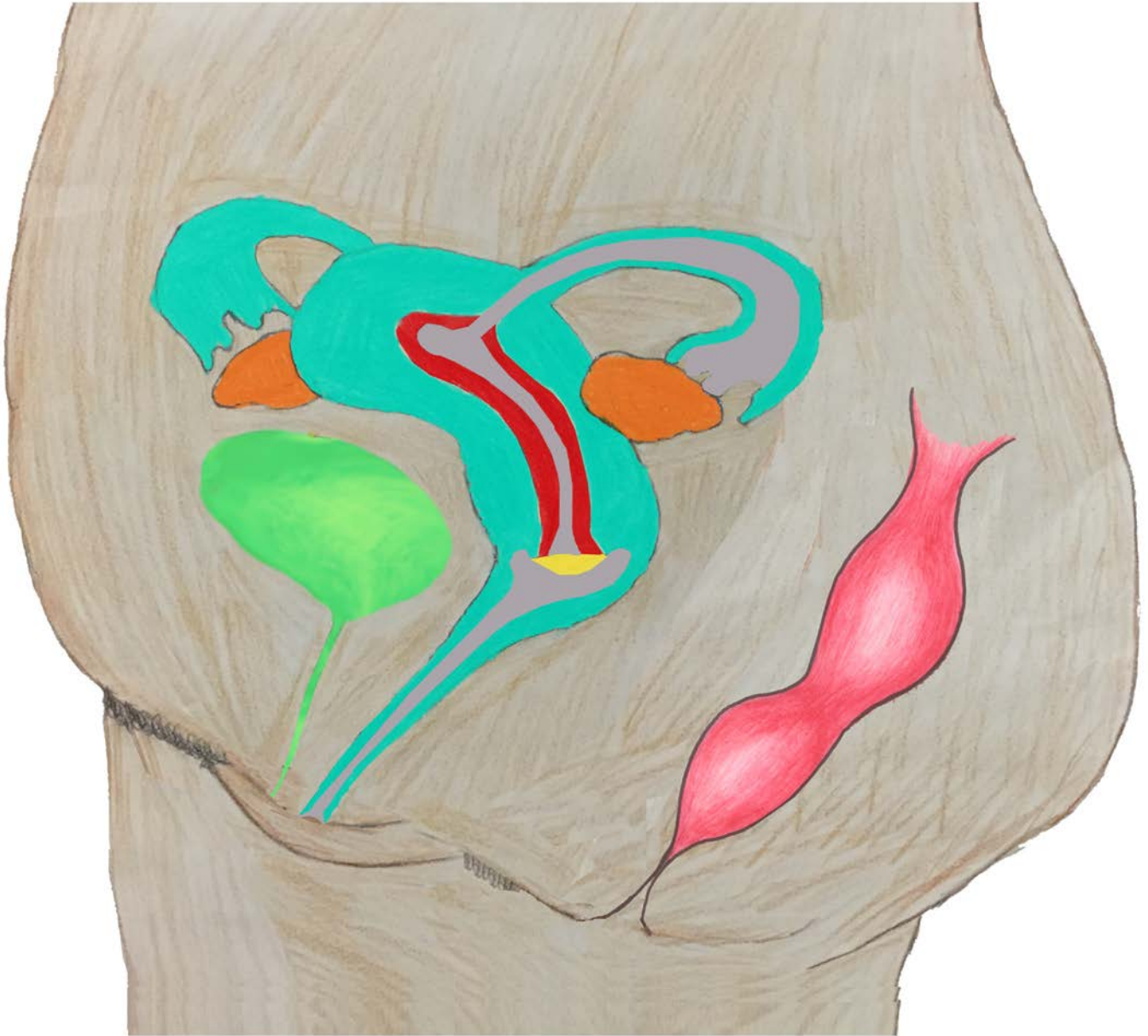
This is a concern for many youth but ejaculating and urinating at the same time is not possible because the bladder has a valve that closes off when the penis is erect.

Anatomy Answer Key

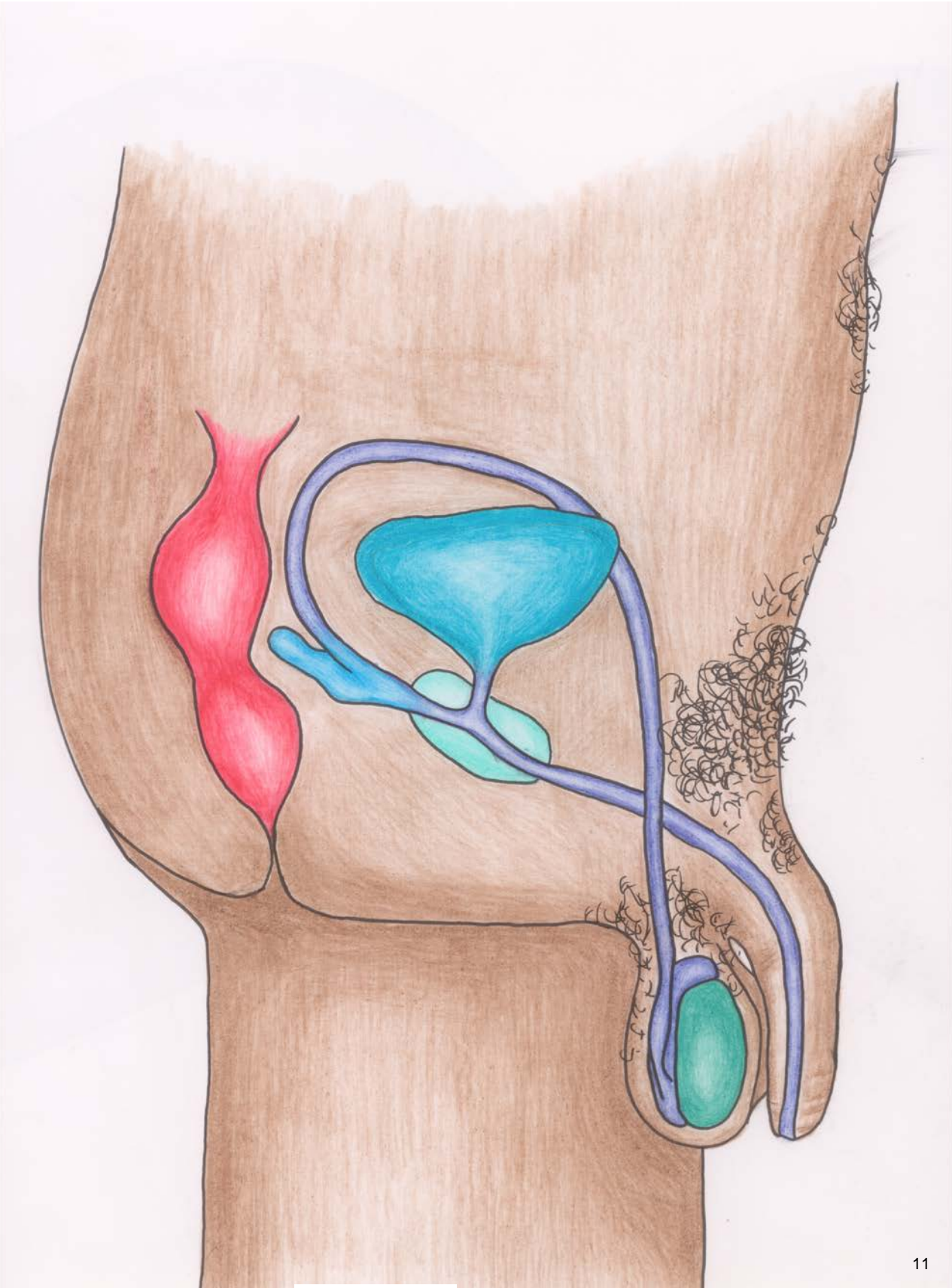












Endnotes

¹ www.webmd.com/infertility-and-reproduction/guide/sperm-and-semen-faq, accessed, January 2016.