

“Bits and Pieces” Teen Talk’s Anatomy Section

Recommended Age: 12+

Goals

- To review and explain how genitals and the reproductive system work.
- To show how birth control works in the reproductive system.
- To destigmatize body parts.

Have Ready

- Anatomy pictures. (See pictures at the end of this section for examples.)

Instructions

- Let youth know that some of the terms we will use are technical words that don’t always match the names we might give our own body parts (e.g., trans, gender fluid, or intersex youth). **We want to support everyone in using the language that feels best for them. We each get to decide what we call our own body parts.**

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 fewer questions. *Note: 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.*

Anatomy of a Body with a Vulva

- Note: We avoid calling this a ‘female’ body, as many Two-Spirit, transgender, and gender non-conforming people may have a vulva and not identify as female.
- Let the youth know that most pictures of anatomy are limited in their use of colour, body shape, body hair, size, etc. Teen Talk says something like, “These are drawings that can help us learn about anatomy. Everyone’s genitals look different/unique (skin colour, body size, pubic hair, etc.). Whatever you look like is okay. If you don’t feel comfortable looking at these drawings, it’s okay to look away.”
- Show the pictures and point to the various parts. **Share the following information with the youth:**

External Picture

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

Anus

What comes out of there? Gas/farts and feces/poop – everybody has these functions.

What could go in? Finger, penis, sex toy. **It is up to the owner of the anus to decide what (if anything) goes in. If they say it’s a no, then nothing should go in.** Some people use their anus for sex, and others do not. It is a personal choice. **If someone chooses to use their anus for sex, there are a few things to know about.** First, it is important to **use extra lube** before inserting anything into the anus. It is also important that **nothing moves from the anus to another opening without being washed well.** The anus naturally has bacteria inside of it, but other body parts do not like these bacteria. **Finally, sex toys must be designed for safe use with the anus, which means having a wider base or a handle.** This is because the anus does not have a natural stopper and things not designed for safe use with an anus may get accidentally stuck.

Vaginal Opening

What comes out of there? If a person chooses to carry a pregnancy to term and has a vaginal birth, a baby can. Also, vaginal fluids

including sex fluids (which is a way to clean itself and stay healthy), and period/blood/Moon Time. Note: The term 'Moon Time' refers to traditional Indigenous teachings of womanhood and often particularly refers to the menstruation cycle as it coincides with rhythms of the Earth and cycles of the Moon. Vaginal fluids can change throughout the menstrual cycle, and there could be more sex fluids present if someone is turned on or orgasms. Note: Some youth may say pee/urine; this is a common misconception, as pee comes from a different opening. FYI: Vaginal discharge can also indicate where a person is in their menstrual cycle.ⁱ

What could go in? Fingers, penis, toys, tampons, certain types of birth control. **It's up to the owner of the vagina to decide what (if anything) goes in. It's always about consent.**

Urethral Opening (or pee-hole)

What comes out of this opening? Pee/urine. As part of arousal, some people with this body may ejaculate sex fluid near the urethra (called the Skene's gland).

What could go in? It's a pretty small opening, so usually nothing goes inside. If anything were to go in, it would have to be very clean because there's a risk of infection.

Clitoris

Just above the urethral opening is a nub of flesh. Does anyone know what that is called? Clitoris, clit. Only a small part of the clitoris is visible. The clitoris is much larger, but most of it is inside the body.

Does anyone know what the clitoris is for? For pleasure, including orgasm. A person can touch themselves or give consent to someone else to touch their clitoris for pleasure. FYI: The clitoris interacts with over 15,000 nerve endings throughout the whole pelvic area. It is created of the same sort of erectile tissue, called corpus spongiosum, that the head of a penis has. During sexual arousal, the clitoris swells with blood and becomes slightly larger and usually more sensitive.ⁱⁱ

The outside area (the part you can see) of this person's body is called the vulva. The vulva has two large 'lips' called the labia.

Everyone's vulva and labia are unique, and come in different colours, lengths, and sizes.

Internal Picture

Vagina

This is an internal view of the vagina, which is made of muscle. It may be different lengths/widths. If somebody is sexually aroused, the vagina may lengthen.

Cervix

The cervix is at the end of the vagina. It stops things from going further into the body. The cervix has a small opening that allows sperm and menstrual blood to pass through it. The cervix can also open (dilate to 10 cm) during the birthing process. It is impossible to lose a tampon or condom in the vagina or for a penis or sex toy to go inside the uterus because of the cervix. FYI: It is safe for people who are pregnant to have vaginal sex because the fetus is on the other side of the cervix. FYI: The opening of the cervix is widened by medical staff for certain medical procedures such as inserting an IUD.

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 or if a condom breaks, sperm will travel through the cervix to the fallopian tubes. The egg and sperm may hook up, creating a fertilized egg that will travel to the uterus.

This is the uterus. The lining of the uterus is made up of blood vessels and tissue, which thicken as part of the menstrual cycle. If an egg is fertilized and successfully attaches to this lining (implantation), this is when we would say a pregnancy has occurred. If an egg is not fertilized or the fertilized egg cannot attach to this lining, then a pregnancy will not happen and the lining will be shed by the body, becoming period blood, as part of the menstrual cycle. Note: Make clear the difference

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

If penis-vagina sex is happening, are there any days that people cannot get pregnant?

(No.) There are more likely days and less likely days, but there are no days where someone could not get pregnant. This is because cycles may vary from month to month, making it difficult to know when the ovaries will release an egg, and also because sperm may live in the body for up to five days.ⁱⁱⁱ **If you are interested in having penis-vagina sex and do not want to create a pregnancy, then it is important to use condoms and/or birth control each time.**

Anatomy of a Body with a Penis

How many openings does this person have below the waist? Two.

Anus

The same things may come out and some people with this body may choose to use their anus for sex. **The same safety tips apply around using an anus for sex.**

Penis

What is this? (A penis.) **Every penis looks different;** they come in a variety of curves, colours, and sizes. This picture shows an uncircumcised penis (foreskin intact), but they can also be circumcised (foreskin removed, usually as an infant). The second opening, the urethra, is at the tip of the penis.

What comes out of this opening? Ejaculate (cum), pre-ejaculate (pre-cum), and pee/urine.

What could go in? Like all urethras, it's a pretty small opening, and it's important to remember that whatever goes in has be very clean, as there is a risk of infection.

Testicles

What are these? Testicles.

What holds the testicles in? Scrotum.

What do they make? Sperm. The testicles are kind of like a sperm factory. FYI: Some people only have one testicle. If something like testicular cancer is caught early on, a testicle may be removed.

Why does a penis become erect? (Aroused/thinking about sex.) Sometimes erections also happen for no reason at all, especially during puberty. This is a normal and healthy thing for the body to do. When the penis becomes erect, blood rushes to the area and makes the penis hard (i.e., there's no bone in 'boner,' no wood in 'woody').

The second thing that happens to the penis upon erection is that it secretes pre-ejaculate or pre-cum. Pre-cum may contain sperm or an STI/HIV (if the person has one), so it can create a pregnancy and/or transmit an infection. **This is why 'pulling-out' is not an effective way to prevent pregnancy/HIV/STIs. Putting a condom on a penis before it goes near anyone's mouth, anus, or vagina reduces the chances of transmitting an STI/HIV or creating a pregnancy.** FYI: Pre-ejaculate is created by the Cowper's gland to lubricate the urethra, neutralize acidity so that sperm can survive, and facilitate the flow of semen during ejaculation. Sperm and STIs/HIV may exist in pre-ejaculate due to having been left in the urethra from prior ejaculation.^{iv}

When an erection occurs, sperm in the testicles start to move up a tube called the vas deferens. The sperm pass through three glands (the two seminal vesicles and the prostate gland), which add fluid and more energy, becoming semen. As part of peak arousal, the penis may ejaculate/cum by releasing the semen from the urethra. FYI: Semen is different from sperm in that it consists of protein that allows sperm to live longer and travel faster and further. Semen can have millions of sperm in it.

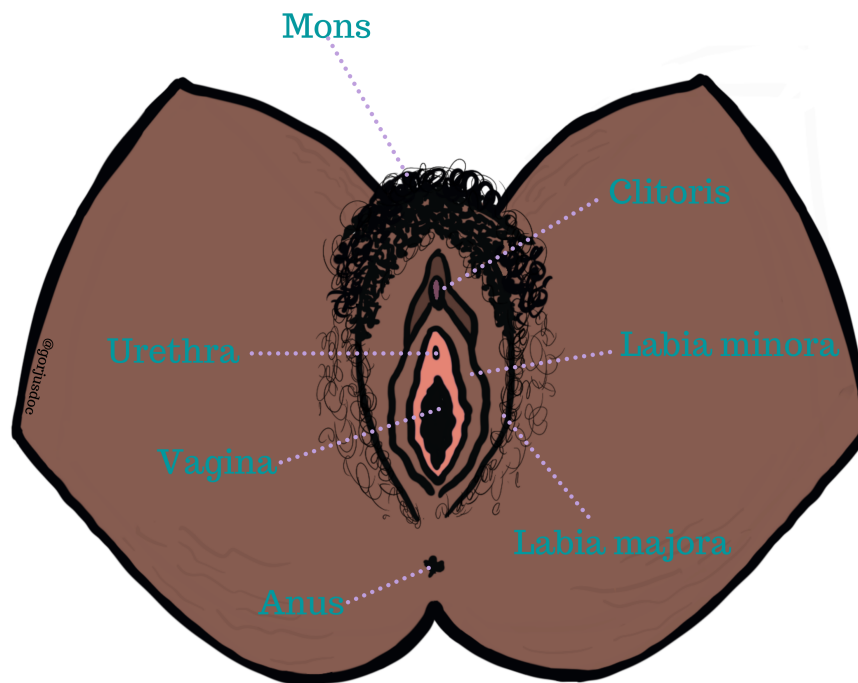
One of the glands we mentioned is the prostate gland. **It is close to the anus and can be a place of pleasure for someone with this body.** Some people like to stimulate the prostate through the anus. Again, this is a personal choice.

Can someone ejaculate (cum) and urinate (pee) at the same time? Ejaculating and urinating at the same time is impossible. The bladder is where the urine is stored. When the penis gets erect, there is

this trap door (valve) to the bladder that closes. It is possible to pee with an erection, but it would not happen accidentally. FYI: 'Morning wood' or morning erections are technically night-time erections that happen three to five times per night. They are part of the body's natural cycle during sleep.

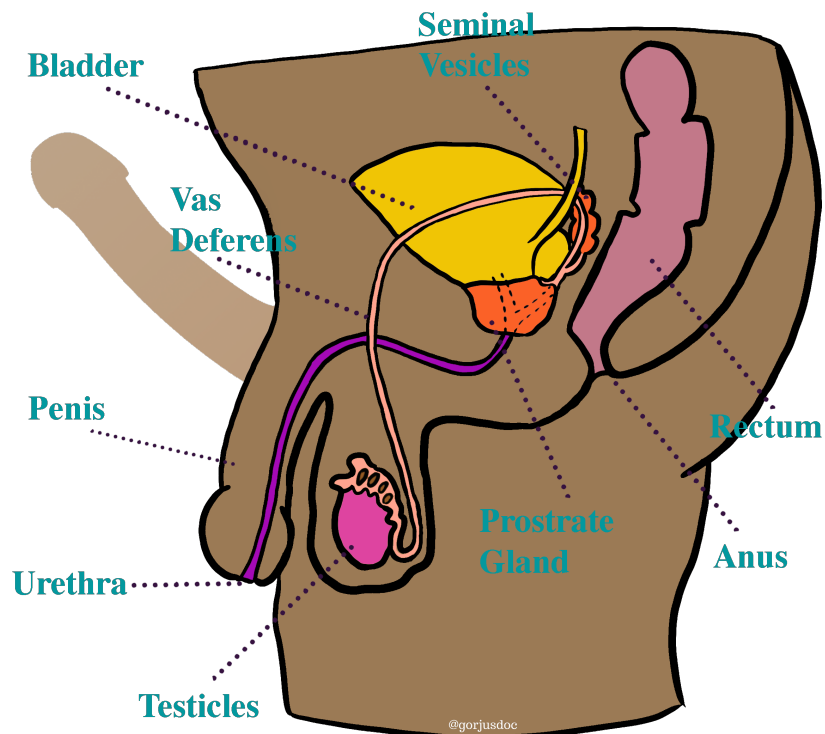
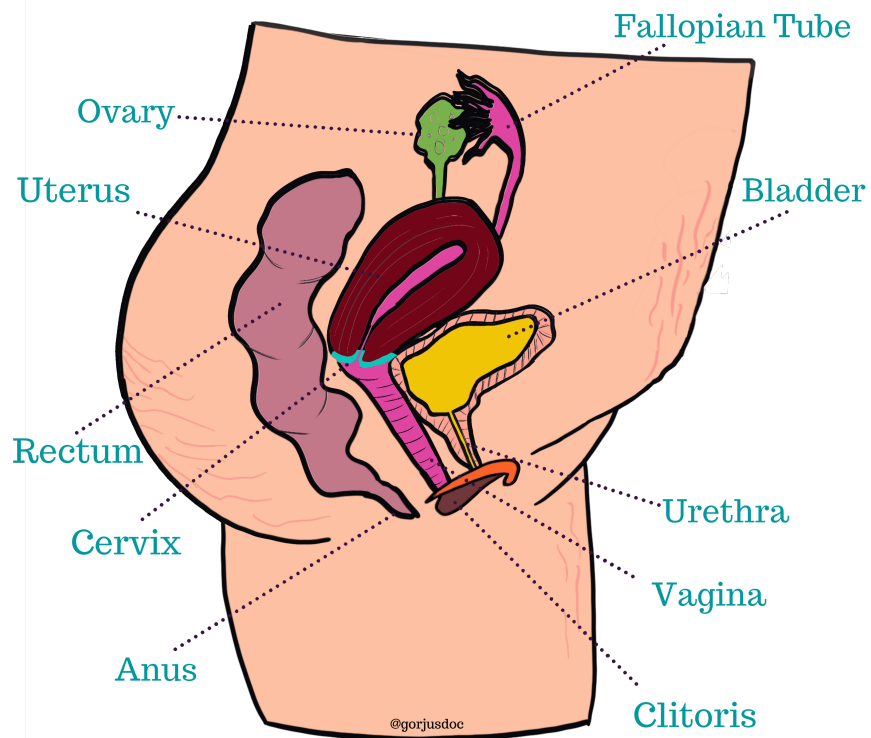
Anatomy Answer Key

The vulva is the outer genital area.

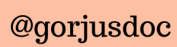


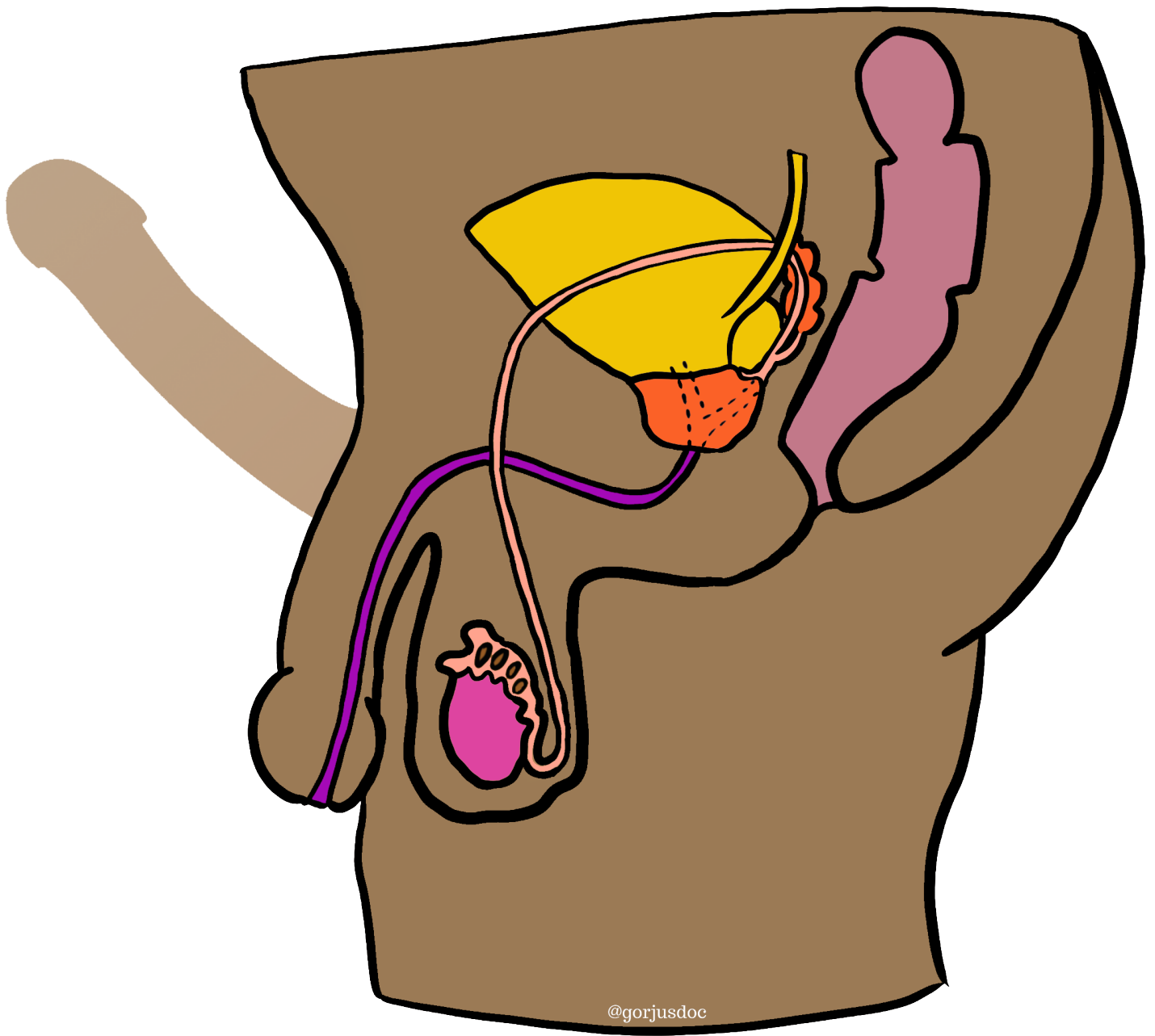
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ⁱCorinna, H. (2020, April 15). *Innies & Outies: The vagina, clitoris, uterus and more*. Scarleteen.
https://www.scarleteen.com/article/bodies/anatomy_pink_parts_female_sexual_anatomy

ⁱⁱIbid.

ⁱⁱⁱWilcox, A. J., Weinberg, C. R., & Baird, D. D. (1996). Timing of sexual intercourse in relation to ovulation. *Obstetrical & Gynecological Survey*, 51(6), 357–358. <https://doi.org/>

^{iv}Blank, H., & Corinna, H. (2016, May 31). *Innies & Outies: The penis, testes and more*. Scarleteen.
https://www.scarleteen.com/article/bodies/anatomy_mans_best_friend_male_sexual_anatomy