

# CONVERSATION MATERIAL FOR INFORMATION ON GIRL'S AND WOMEN'S GENITALS

1. Explain that you will now talk about the vulva and vagina, and that you will start by watching a film about it. Explain that the film will include drawings of naked bodies.

2. Watch the film together.

3. Explain that you will now discuss the topic together, and that the participants may ask questions. Feel free to let the participants themselves decide what the conversation focuses on. Below are examples of questions for discussion that you may use.

## QUESTIONS FOR DISCUSSION

- Ask the participants to summarize what they thought the film dealt with - was there anything they did not know or which was especially interesting?
- Summarize together:
  - How are the genitals altered by growth and upon entry into puberty? What happens when you get older?
  - What happens with the vulva and vagina when you are sexually aroused?
  - What is the most sensitive part of the genitals? How large is the clitoris?
  - How should the genitals be cleaned?
- Explain that vulva is the term for the outer parts of the genitals (mons pubis, labia, clitoris glans, foreskin) and vagina is considered part of the vagina. Sometimes the term vagina is used to describe the entire genitalia. Which words are there in your language to describe the girl's and woman's genitals? Is it appropriate to use the various terms in various situations? Write down the suggestions.
- Draw the adult genitals as seen from the outside of the body. Go through the names and functions of the various parts.
- Why may it be good to have knowledge of the genitals?
- Do people in society talk about men's and women's genitals in the same way? Why are there certain taboos regarding genitals?
- Some feel ashamed or concerned about the way the vulva looks, smells or tastes. It may result in having difficulty enjoying sex to the fullest. What can be done to stop feeling this way?

## IMPORTANT TO DISCUSS:

- All genitals look different, and that is good to know.
- Genitals may be used for pleasure. You may pleasure yourself - through masturbation or by having sex with a man or woman.
- You retain your sexuality through your entire life - from childhood to old age.
- Women retain their sexuality following the menopause, i.e. after they can no longer have children.
- Clitoris is the most sensitive part of the genitals. It usually feels pleasurable to touch it. Most women reach orgasm by having the clitoris caressed.



FIGHTING FOR BODY RIGHTS SINCE 1933

- The genitals do not change in appearance after a woman has had sex for the first time. Nothing tears or rips.
- The film deals with the vulva and vagina as girl's and women's genitals, but even if a person is identified as a male, they can have a vulva and vagina. Only you can know which gender you feel is your identity.

**RFSU was founded in 1933 and is a pioneering Swedish organisation working in the field of sexual and reproductive health and rights (SRHR).**

**RFSU is a non-profit, non-governmental organisation without party-political, trade union or religious affiliation. Our aim is to spread a knowledge-based and open view of sexuality and relationships issues to overcome prejudices, bridge knowledge gaps and improve sexual health and wellbeing. We run projects and programmes to promote access to sexual and reproductive health and rights — both in Sweden and internationally. Much of this work is done with partners and other organisations. RFSU has a rights perspective of sexuality based on everyone's freedom to be what they want to be, to choose to live as they want and enjoy what they want. The International Planned Parenthood Federation (IPPF) was founded by RFSU and other actors, and RFSU remains IPPF's Swedish member association**

**You can read more about RFSU's activities at  
[www.rfsu.se/upos](http://www.rfsu.se/upos)**



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