

Vagina talk

Before we talk about the big changes girls go through in puberty, let's learn about vaginas.

You have reproductive or sex organs on the inside and the outside of your body, which will allow you to reproduce (have babies) one day.

Because it's sometimes difficult or embarrassing to talk about sexual things, people may use different names to refer to sex organs.

Vagina:

This is the opening between a female's legs. It's surrounded by folds of skin that look kind of like sideways lips. These are called labia. The vagina is the passage that menstrual blood comes out of, and it is where a man puts his penis during sex. It is the passageway through which a baby is born.

Vulva:

The parts of the female sexual organs that are on the outside of the body. This includes the labia.

Cervix:

This is a ring of muscle at the end of the vagina, sort of like a 'doorway' into the uterus.

Uterus:

Also called the womb, the uterus is where a baby grows when a woman is pregnant.

Ovaries:

These produce a female's eggs. If an egg is fertilized (meets) by a sperm, a pregnancy can result. Ovaries also make the female hormones (chemical messengers) oestrogen and progesterone.

Fallopian Tubes:

Two tubes leading from the ovaries of females into the uterus. The ovum (egg) travels down the fallopian tube where it can be fertilized.

What is the creamy coloured liquid you sometimes find staining your panties? This is called a vaginal discharge. It's the body's way of keeping the vagina healthy and clean. The discharge carries out old pieces from the vaginal wall (lining). Sometimes the discharge gets thicker. But do not put anything into your vagina to stop this discharge! See a nurse or doctor if it smells bad.

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