

YOUR AMAZING BODY

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We all have an idea of what we want our bodies to look like. During puberty, we expect them to change and look like familiar images that are splashed all over movies, TV shows, magazines and advertisements. For many girls that might mean growing big breasts and having a tiny waist or for guys it might mean having a big penis and being very muscular. But in most cases, your body does not do what was expected. When your body looks different from the countless examples portrayed in the media, you might start to wonder, *Am I normal?* The important thing to remember is that you are. Everyone's body is different, and there is no such thing as having the "right size" breasts or penis. We change and mature into full adults and this comes with a bit of diversity.

Going through puberty can be confusing. Our bodies can seem so strange to us even though we are the ones living in them. Puberty is not as easy as it looks on TV or in the movies, but it's not something to be dreaded either.

It's always important to get familiar with your body and understand the changes you are going through so you know what's normal for you and can recognize signs of illness. Part of getting familiar with your body is understanding your sexual and reproductive anatomy. Take a look at the female and male sexual and reproductive organs as well as some facts about your amazing body that we think you'll find interesting.

FEMALE SEXUAL AND REPRODUCTIVE ORGANS

1 THE VULVA

The vulva, while often called and mistaken for the vagina, is comprised of the external sex organs. The vulva includes the inner and outer labia (lips), the clitoris and the urethral and vaginal openings. It helps maintain vaginal health by acting as a gateway to the vagina.

All vulvas look different, with variations in hair pattern and color, symmetry and size of the labia—often called lips. The inner labia can vary by up to an inch and a half on different people!

One of the biggest myths about the vulva is that it doesn't smell good. While the vulva discharges a number of different substances, including sweat, skin oils and secretions from tiny glands that may create an odor, its odor is usually neither strong nor repulsive and is intended to appeal to a partner. If a vagina has an unpleasant odor, it could mean that something is wrong. There could be an infection or something that needs medical attention. So it's important to be familiar with your smell so you know when something is wrong.

2 THE CLITORIS

Sitting above the urethral and vaginal openings, the clitoris is an organ with a head about the size of a pea. But there's a lot more to it than just what you can see. Its internal structure branches out into the body and around the vagina. Shaped like a wishbone, the two legs are called crura and are made of tissues that become swollen with blood during arousal. This sex organ contains about 8,000 nerve endings, which is more than any other organ in the body, and actually has double the amount found in the penis! It's also the only organ throughout the entire body whose only purpose is sexual pleasure.

3 THE VAGINA

When referring to the female reproductive system, you're most likely to hear about the vagina—a tubular tract that leads from the vulva to the uterus. While its two main functions are sexual intercourse

and childbirth, the vagina is also a self-cleaning muscular system. It is extremely elastic and expands in both length and width from an average length of around three inches and includes folded ridges to increase surface area for stretching.

4 THE CERVIX

Located at the bottom of the uterus, the cervix leads to the vagina. Its opening, called the os, is where menstrual blood exits the uterus during menstruation.

5 THE UTERUS

Found between the bladder and the rectum, the uterus is a small pear-shaped organ, though when a woman or girl is upright, the pear shape is upside-down. Also called the womb, in many women it tilts forward at a ninety-degree angle to the vagina. It is where the egg will implant if fertilized and where a fetus will develop in a pregnancy.

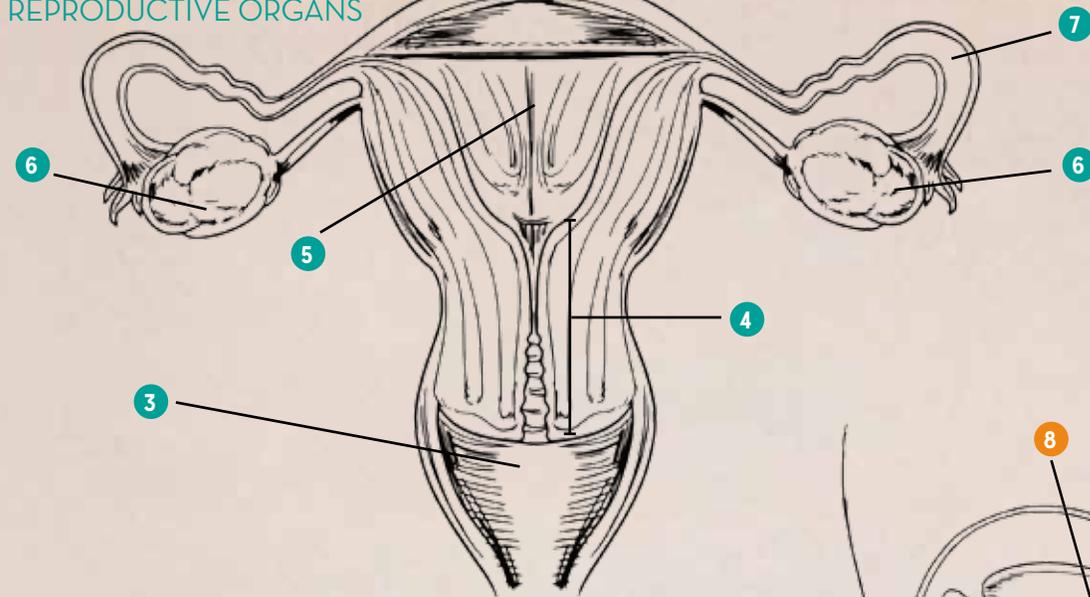
6 THE OVARIES

The ovaries are oval-shaped glands that are on either side of the uterus. They produce female sex hormones, estrogen and progesterone, as well as eggs. A baby is born with about 60,000 eggs, but over the course of a woman's life, only 400 will mature for fertilization.

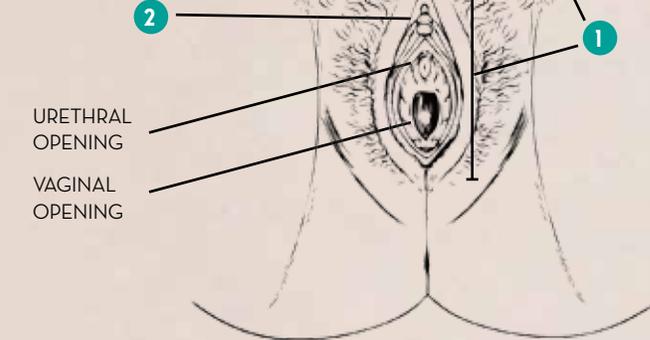
7 THE UTERINE TUBES

The uterine or Fallopian tubes reach from the uterus to the ovaries. They carry eggs and are the place where the egg and sperm meet up for fertilization. About three inches in length, the ends of the tubes are feathery and finger-like.

INTERNAL REPRODUCTIVE ORGANS



EXTERNAL SEX ORGANS

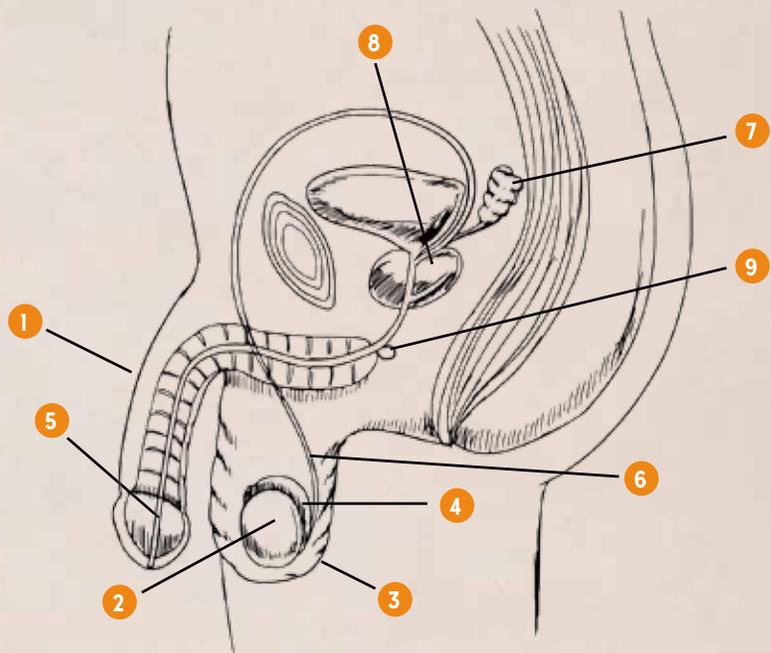


URETHRAL OPENING

VAGINAL OPENING



GREAT EXPECTATIONS



MALE SEXUAL AND REPRODUCTIVE ORGANS

1 THE PENIS

The penis is the external organ that sits outside of the body above the scrotum. It expels semen and urine from the body. The average penis size is 5.6 inches. The penis has a foreskin that covers and protects the head of the penis. When the penis is erect, this foreskin typically draws back to expose the head of the penis. Some boys' parents have this skin removed soon after birth during a procedure called circumcision.

Every penis has been a clitoris at some point. The male body doesn't develop with a penis from the beginning. Instead, every fetus has a clitoris until sex hormones kick in and cause the formation of sex-specific genitals.

2 THE TESTICLES

The testicles or testes are housed in the scrotum and produce sperm. One testicle hangs lower than the other so they do not bump into each other.

3 THE SCROTUM

The scrotum is the external pouch of skin that holds the testicles and tightens or loosens to regulate the temperature of the testicles.

4 THE EPIDIDYMIS

The epididymis is the long, coiled tube that stores sperm before they leave the testicles. This tube that rests on a testicle and transports sperm is almost 20 feet long!

5 URETHRA

The urethra carries semen and urine out of the body. The male urethra is about eight inches long while the female urethra is 1.5 to 2 inches long.

6 VAS DEFERENS

The vas deferens are two tubes that move sperm from the epididymis before and during ejaculation. Each tube is about a foot long in humans.

7 SEMINAL VESICLES

The seminal vesicles are glands that produce fluids that are important in the production of semen. The fluids produced in the seminal vesicles prevent acids in the vagina from killing sperm.

8 PROSTATE GLAND

The prostate gland produces fluids necessary to a sperm's survival outside the body. The prostate is the size of a walnut. Stimulation of this gland, which sits between the bladder and the rectum, causes arousal.

9 COWPER'S GLANDS

The Cowper's glands create fluid that lubricates and flushes out the urethra before ejaculation.