

Changing  
Bodies,  
Growing Up,  
Sex, and  
Sexual  
Health



It's  
Perfectly Normal

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## Making Love Sexual Intercourse

The dictionary tells us one more thing about sex. It says,

### 4: Sexual intercourse.

Sex also means sexual intercourse. Some people call sexual intercourse "having sex."

(Now were getting to IT!)

### 1.

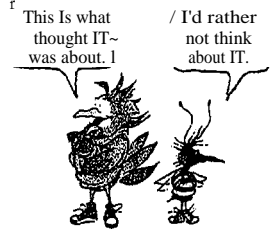
Oh, never mind. I wonder if you can find out even more about sex in the encyclopedia...



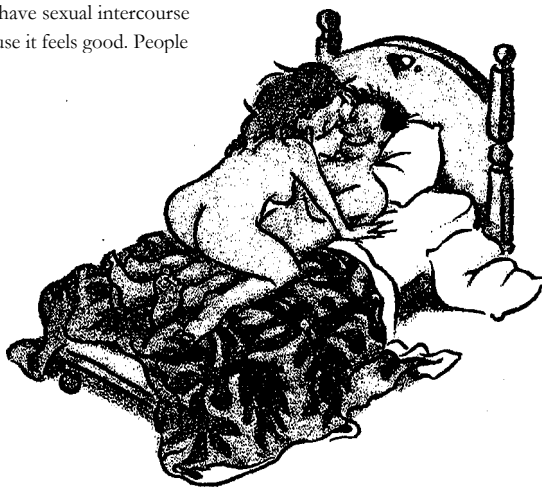
Sexual intercourse happens when a female and a male feel very sexy and very attracted to each other. They want to be very close to each other in a sexual way, so close that the male's penis goes inside the female's vagina. And the vagina stretches open in a way that fits around the penis.

When this happens, it is possible for a female and a male

once their reproductive organs have grown up—to make a baby.



But most people don't have sexual intercourse only when they want to make a baby. Most often, they have sexual intercourse because it feels good. People



have sexual intercourse well into old age.

People also call sexual intercourse "making love" or "love-making" because it's a way of expressing love. But sexual intercourse is only one way of expressing love.

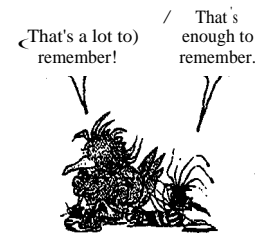
Hugging, cuddling, holding hands, kissing, and touching are other ways of expressing love. So is just being with someone you like a lot **and** telling that person, "I love you."



There are some things about sex and sexual intercourse that are important to know and remember:

- It makes sense to wait to have sexual **intercourse** until you are old enough **and** responsible enough to make **healthy** decisions about sex.
- Every person always has the right to say no to any kind of sexual touching.
- A relationship that includes sexual contact often comes with complicated feelings.
- After sexual intercourse, the female can become pregnant. But there are ways that people can help protect themselves from having a baby. During sexual intercourse, serious infections—such as HIV, the virus that causes

AIDS—as well as other infections that are less serious can be passed from one person to the other. However, there are ways in which people can help protect themselves from getting or passing on these infections.



So sex is a lot of things...even feelings...and thoughts.

Sex is the desire to be very close to someone.

Sex is intercourse.

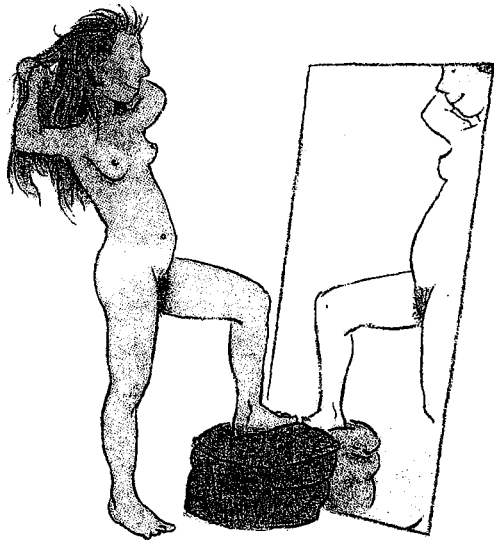
Sex is making babies.

And sex is whether you are male or female.

Sometimes people use the word *sexuality* to talk about sex. When people use the word *sexuality*, they are usually talking about everything in our daily lives that makes us sexual human beings—our gender, our sexual feelings, thoughts, and desires, as well as any sexual contact, from sexual touching to sexual intercourse.



## Outside and Inside The Female Sex Organs



A female's outer sex organs, the clitoris and the opening to the vagina, are hard to see because they are located between her legs.

### The Vulva

The whole area of soft skin between a female's legs is called the vulva. The word *vulva* comes

from the Latin word *vulva*, which means *covering*. The vulva covers the clitoris, the opening to the vagina, the opening to the urethra, and the labia.

### The Labia

The labia are two sets of soft folds of skin inside the vulva. They cover the inner parts of the

vulva—the clitoris, the opening to the urethra, and the opening to the vagina. *Labia* is the Latin word for *lips*.

### The Clitoris

The clitoris is a small mound of skin about the size of a pea. When the clitoris is touched and rubbed, a female's body feels

good both outside and inside. It feels kind of tingly, kind of warm and nice. It feels sexy.

### The Opening to the Urethra

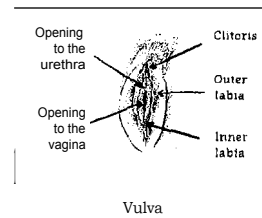
The opening to the urethra is quite small. The urethra is not one of the female's sex organs. It is a tube through which urine—liquid waste—leaves the body.

**BODY FACT:** Urine is liquid waste from the body, liquid left over from food and drink that is not used by the body. Urine is the only fluid that travels through a female's urethra.

### The Opening to the Vagina

The vagina is a passageway between the uterus—a sex organ inside the female body—and the outside of the female body. The opening to the vagina is bigger than the opening to the urethra.

**BODY TACT:** A thin piece of skin, called the hymen, covers part of the opening to the vagina. While a girl is growing—or when she is very active or during the first time she has sexual intercourse—the hymen stretches and may tear a bit, and the opening becomes somewhat larger.



Are we finished with all this body stuff for now? Definitely not!

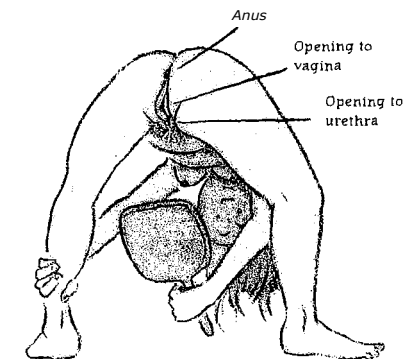


### The Anus

The anus is a small opening through which feces—solid waste—leave a female's body.

**BODY FACT:** Solid waste is the solid material that is left over from food that is not used by the body. It leaves the female body in the same way that it leaves the male body. Solid waste is stored in the bowel before it leaves the body through the anus.

In all, *from front to back*, there are three openings between a female's legs: the opening to her urethra, the opening to her vagina, and her anus. If a girl or woman is curious about what these openings look like, she can hold a mirror between her legs and take a look.



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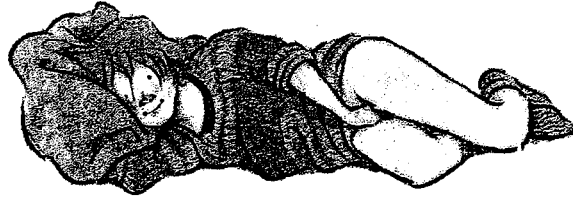
## Perfectly Normal Masturbation

During puberty, when the sex hormones cause boys' and girls' sex organs to become more active, many kids begin to have even more pleasurable and excited feelings about their own bodies—and they may also be more attracted to and interested in other people's bodies.

These feelings are often called sexual feelings or "feeling sexy." Even though they are hard to describe, they are normal feelings. They happen at different times and in different ways for different kids.

Boys and girls, teenagers, and grown-ups too, experience sexy feelings when they masturbate. Masturbation is touching or rubbing any of your body's sex organs for pleasure—because it feels good. One everyday term for masturbating is "playing with yourself."

**Mas-tur-ba-ling.** I've heard about that.  
I lust another big word. That's all it is.

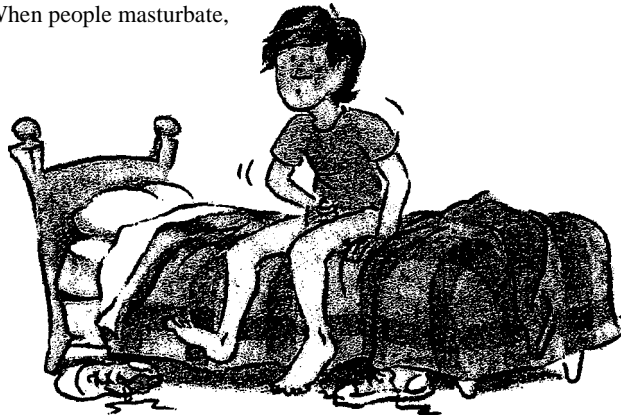


Some people think that masturbation is wrong or harmful. And some religions call masturbation a sin. But masturbating cannot hurt you. And it does not result in pregnancy or in getting or passing on infections that are spread by sexual contact. Many people masturbate. Many don't. Whether you masturbate or not is your choice. Masturbating is perfectly normal.

When people masturbate,

they usually rub their sex organs with their hands or with something soft, like a pillow. A girl often rubs her clitoris; a boy often rubs his penis. Both the clitoris and the penis are sensitive to touch.

A person may have a warm, good, tingly, exciting feeling all through her or his body while masturbating. This feeling can become more and more intense



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until it reaches a peak or climax. At that moment, a male may ejaculate; a female may feel strong, exciting sensations just in the area around her vulva or throughout her body. A female may also feel some wetness in her vagina.

For both females and males, this is called having an orgasm. Some people call it "coming." After having an orgasm, a person usually feels quite content and relaxed.

Usually, but not always, people have orgasms when they

masturbate or when *they* have sexual intercourse. Both boys and girls may also have orgasms during a dream. People may have orgasms at some times and not at other times. Not everyone has orgasms.

Often when people masturbate, they daydream about someone or something happy or pleasurable or sexy. Some people become sexually excited without masturbating, just by looking at sexy pictures or by dreaming about or having fantasies about something pleasurable.

People of all ages masturbate—babies, kids, teenagers, grown-ups, and the elderly. Girls and boys often start to masturbate at puberty, but many start before.

