



Lady Bits Booklet
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Clitoris

VULVA

SEX

Vagina

MASTURBATION

Female sexuality is not the easiest topic to start a conversation with, but that does not make it unimportant. In fact, that is a great reason to talk about it. The less we discuss something so intrinsic to who we are, the greater the risk of not understanding and accepting ourselves. I invite you to flip through this book, pop in the DVD and begin a dialogue about one of the most human and individual subjects on Earth.

A SOCIAL-HISTORICAL CONTEXT

This is probably the best time in history to be a woman. We can have any job we want, choose if and when we have children, speak freely and demand equality in our relationships. That being said, there is so much more room for growth when it comes to making women fully equal members of society. You may be wondering how your openness about masturbating has anything to do with how women as a whole are treated everyday. The fact is, until we can speak about female sexuality as openly as we can about male sexuality, we are not equal.

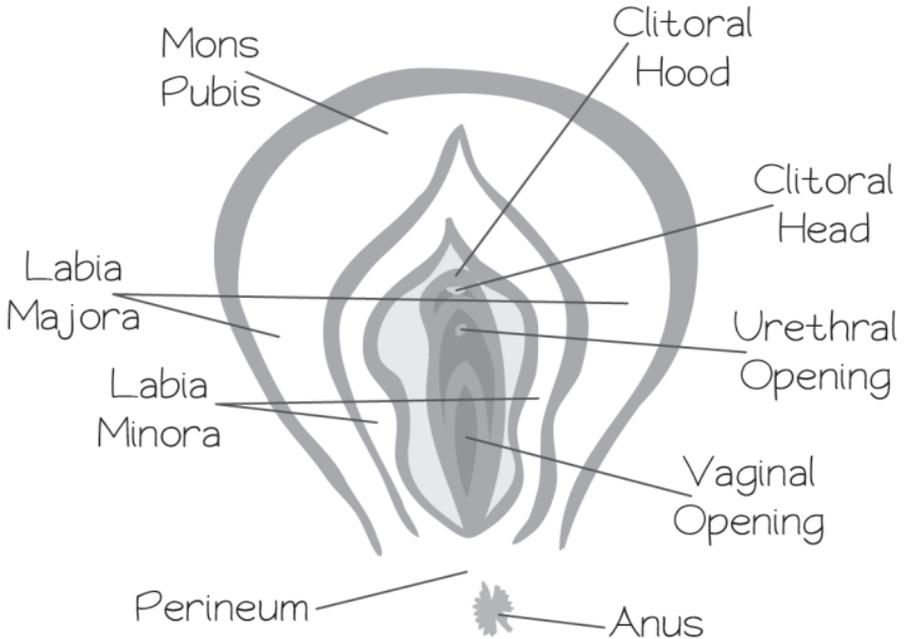
Unfortunately, the topic of sex in our society is received as simultaneously exciting and disdainful. Overall, men can speak about this “dangerous” topic more freely because they hold more social clout and we consider

it part of their nature in the same way we used to consider men better at math or find their outward aggression acceptable. But even men often have to hold their tongue when it comes to frank discussion about sex. It is time to stop making excuses about sex, an activity are all genetically programed to participate in and make it an equal opportunity venture so that men and women everywhere can fully embrace and accept who they are are.



WHAT IS DOWN THERE?

Women do not have the easiest time getting a good look down below and even if they do, a lot important stuff is tucked away inside. Here is a diagram and description of the sex organs that play the biggest part in pleasure.

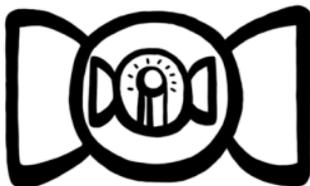


THE MONS PUBIS

The mons pubis, or pubic mound, is the fleshy bit that protects your pubic bone and where most of one's pubic hair grows.

THE LABIA

The labia, meaning lips in Latin, are the four long structures that go the length of the female genital area. There are two sets, the majora and the minora. The majora are the large protective doors to the area. The minora are the thin long pieces right inside that may or may not be visible without opening the labia majora. The labia minora come in all shapes, sizes, textures and colors. Sometimes they are different from each other on the same woman. They can swell and change colors with arousal.



THE CLITORIS

The clitoris is the core of female pleasure. The clitoral structure contains the highest concentration of nerve endings in the human body and is the only organ whose purpose is purely for pleasure. It is the female version of the penis and testicles, but neatly tucked away on the inside. It consists of the **Glans**, **Bulbs**, **Legs** and **Shaft**. The visible part of the clitoris is a small dot, called the glans, which can vary in size and swells when aroused. It's located under a hood of skin at the top of the labia minora and at the end of the clitoral shaft. The legs are located inside of the labia majora and are called crura. The Vestibular Bulbs sit on either side of the urethra and vaginal openings. The legs and bulbs are major contributors to clitoral and vaginal orgasm. Orgasms themselves are involuntary muscle contractions.



THE URETHRAL AREA

The urethra, the opening you urinate from, is generally not a very active player in sex. However near the urethral opening are the **Paraurethral Ducts**. These are the passageways for female ejaculate.

THE VAGINA

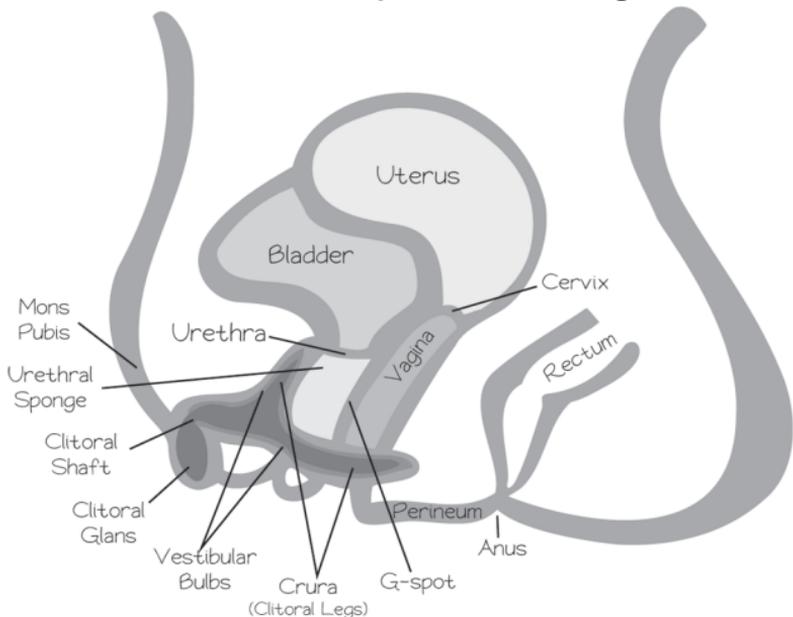
The vagina is a J-shaped opening made of muscle that expands with arousal. The back two-thirds can double in size when aroused while front third tightens. This front third has the most nerve endings in the vagina and can be very sensitive. The back two thirds mostly feel pressure.

Bartholin's Glands right inside of the canal provide natural lubrication. Many women find they need additional assistance from commercial products, which is not necessarily an indicator of their level of arousal.



The **Grafenberg spot** (or G-spot) is a spongy area on the forward wall of the vagina, about two inches in, that can cause pleasure or discomfort, depending on the recipient. It can also be a great contributor to orgasm.

The vaginal canal ends with the **Cervix** , a hard wrinkly feeling button that acts like a protective door between the canal from the rest of the internal reproductive organs.

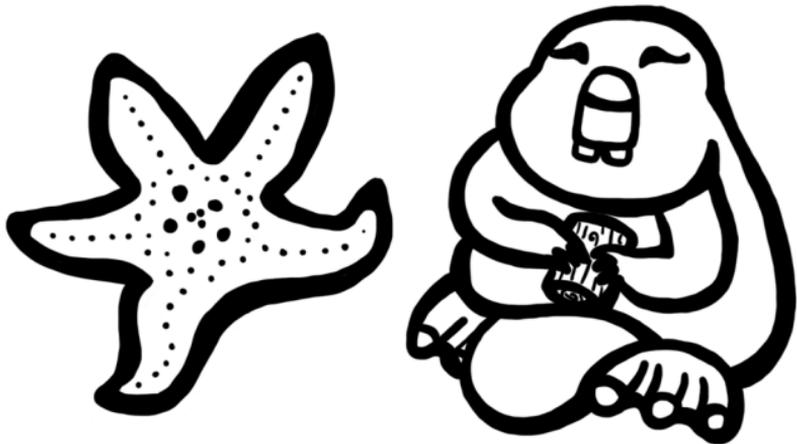


THE PERINEUM

The perineum is the gateway to the anus. It contains the **Paraneal Sponge** which is internal erectile tissue that swells when aroused.

THE ANUS & RECTUM

The anus itself is the puckered “starfish” at the end of the rectum. This area of the body contains many nerve endings and can be easily damaged. Pressure can be put on the vaginal canal and the internal structures of the clitoris through the rectum.



EXPLORING YOUR BODY

Getting to know your own body is one of the best things you can do for yourself. It can improve how you feel about your body, give you more confidence and help make partner sex more rewarding.

To learn about yourself, just grab a mirror and take a peek. Take a photo, draw a picture, touch around and just generally spend time with yourself. Get to know what you look like and how you like to be touched. This is a great way to learn to love what is between your legs.

Masturbation is an important part of getting to know your body. It is a natural part of being human. Many a young girl has marveled at the sensation of the bath water falling between her legs. It is so natural that doctors have seen fetuses masturbating in the womb! Take some private time to

explore your body with your hand and if you like, a toy. Don't worry about goals, just go with the experience. Learn what turns you on. The more you masturbate, the better it gets. In the same way that the more you use a muscle, the stronger you get, the more you masturbate, the more adept your body becomes at giving you pleasure. Practiced masturbators can be confident in their ability to take their sexuality into their own hands and can better guide others in how to give them pleasure.



AM I NORMAL?

Everything and nothing is normal when it comes to sex. People's genitals are as varied as their faces and their desires as unique to them as their life stories. Take comfort that whatever you do, the chances are that someone did it before you.

LABIA

Many women are concerned about the beauty and acceptability of their lady parts. Know that all women are unique and beautiful. Labia can be long or short, textured or smooth and come in a variety of colors.



VAGINAL TONE

Some women worry about vaginal performance. It is a myth that women become permanently “stretched-out” and can no longer be satisfied. Your vaginal canal is a muscle and you can exercise it like any other muscle in your body. If you are concerned about vaginal tone, try doing Kegel exercises.

ORGASMS

Orgasms are a major point of annoyance and pleasure in sex. Some women struggle to have them. Other women can only have them under certain conditions. Some women can't stop having them! The frequency, intensity and conditions you need for orgasm are unique to you. Orgasms are personal, so never let someone tell you how to feel about yours. If you are worried about not being able to orgasm or do not orgasm when or your how you want, practice solo sex. If that

does not change your body's response, talk to your doctor. Some medications inhibit one's ability to become aroused. If you have orgasms too frequently or too intensely, be more gentle with your body. You may need to talk to a doctor if they become uncontrollable (this is rare). And remember, orgasms are not a requirement for enjoyable sex. In fact, focusing on having orgasm as your goal can distract from your sexual experiences and hinder pleasure.



SAFETY & PREPARATION

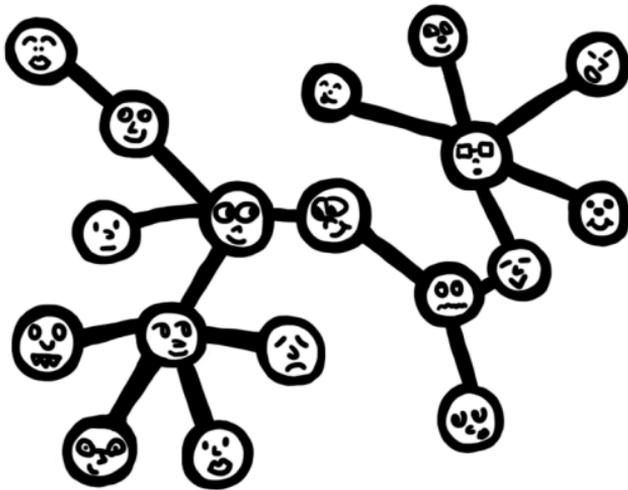


It is very important to protect yourself when you have sex. Being protected will not only help save your health, but can make you more feel confident and relaxed.

SEXUALLY TRANSMITTED INFECTIONS (STI)

There are a number of sexually transmitted infections (STIs) that can do anything from make you itch to kill you. It's scary, but a fact we must deal with. STIs are not restricted to the vaginal and penile areas and can cause lasting damage. If you have partner sex, it is good to get tested frequently. Talk to your gynecologist or regular doctor to discuss what is right for you. Also get tested if you are pregnant or are thinking of becoming pregnant, because some STIs can be passed to your baby.

In the event you contact an STI, don't panic. You are not alone. Many people in the US have or have had one. Many are easily cured with antibiotics and are not harmful if caught early. There are medicines for STIs that we cannot fully cure. There are anti-virals for herpes and HIV, the precursor to AIDS. There is even a vaccine for major strains of Human Papillomavirus (HPV). Many people with STIs go on to have happy sex lives; they just have to take extra precautions.



PROTECTING AGAINST DISEASE

Thankfully, there are many tools you can use to keep healthy. Communicate with your partner(s) and be upfront about your sexual histories. Check their genital area for signs of infection, although be aware that an infection can have no visible symptoms. It is important to put a protective barrier between you and a partner and in some cases you and a sex toy. Condoms and dental dams are great for this. It is also important to urinate and clean yourself and sex toys after sex to avoid infection. Avoid spermicide such as nonoxynol-9 and other chemicals that irritate the vaginal canal and pubic tissues. Irritation of the skin makes you more likely to contract disease. Avoid using items with sugar in them in your genital area, because sugar encourages the growth of your natural yeast and bacteria.



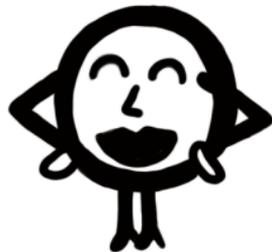
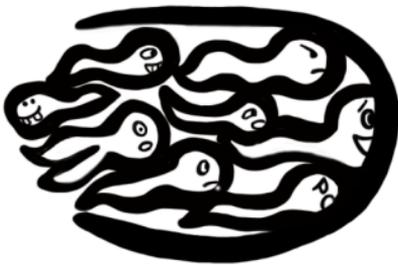
CONTRACEPTIVES

There is a wide variety of contraceptives and contraceptive methods to suit every need.



NONINVASIVE METHODS include the **Rhythm Method** and pulling out. The rhythm method involves tracking your menstrual cycle on a calendar. It relies on the regularity of the body which can be affected by many things such as stress, medicine, food intake and environment. **Pulling Out** refers to the practice of removing the penis from the vagina before male orgasm and relies entirely on the man's ability to control his orgasm. It is important to note that sperm can still be transferred when pulling out is done correctly, but the amount is so little that it is usually negligible. Both of these methods have large margins of error.

PHYSICAL METHODS act as tangible barriers to sperm. **Female Condoms, Diaphragms** and **Cervical Caps** are inserted into the body. **Male Condoms** are used to cover the penis. They are very effective if used properly. It is important to practice using the devices before sex to be confident you have placed them correctly. Diaphragms and cervical caps need to be cleaned and maintained since they are not disposable like condoms. Latex allergies may be an issue for some people. Other materials are available if you have trouble. These devices are great for people who cannot take hormones or who have infrequent sexual encounters.



CHEMICAL METHODS are extremely effective if taken properly. **Birth Control Pills** are made with the hormones estrogen and progestin. Some pills are progestin only and others are made with a combination of the two. If you find you have trouble with one kind, try the other. These pills must be taken at the same time every day. It is important to make sure that the birth control you are taking does not react with any other medicines, including vitamins and pain killers. If you have trouble keeping up with daily pills, you may want to consider the patch, injections or implant. The **Patch** is changed weekly. **Injections** are done by a doctor every three months. The **Implant** is small, goes in your arm and lasts for 3 years. Chemical methods can cause changes in the body such as increased weight and change in period intensity, because they are changing normal processes. Most discomfort will disappear in the first month.

Interuterine Devices (IUDs) are small “T” shaped objects that are inserted into the uterus. One type is made of copper and the other is a plastic that releases hormones. Once inserted, they last for many years, thus they are recommended for women who do not intend to become pregnant for a long time. Some damage to the tissue can occur during the insertion or removal process.

It is best to avoid spermicides, such as nonoxynol-9, because they can irritate your sensitive tissues, which promote infection and are not very effective at preventing pregnancy on their own.

Many people may choose to double up methods. Combining a chemical method such as the pill with a physical barrier such as a condom is a great way to prevent pregnancy and avoid exposure to infections. Never use more than one chemical method at a time.

THINGS TO CONSIDER BEFORE CHOOSING A METHOD

- How frequently do I have partner sex?
- How many partners do I usually have at once?
- How safe are my partners?
- Will I discuss my chosen methods with my partners?
- Can I take hormones?
- Do my medications interact with the method?
- Am I comfortable with practicing using barrier methods?
- Do I have any material allergies?
- Can I remember to use certain methods?
- Might I want to become pregnant in the future, and if so, when?
- How often can I see my doctor?
- How much money can I spend monthly and yearly?
- How does this method effect other things like my period, sex drive or pleasure during sex?
- Does this method fit with my moral values?

LUBRICANTS

Lubricants are an essential part of sexual pleasure. Lube can be used at the beginning of an activity to start things along and as support during the activity. Women produce their own lubricant, but sometimes it is not enough, especially after menopause. It is important to note that the amount of natural lubricant a woman makes does not necessarily correspond to her level of arousal. Lubricant must be used with any anal play as there is no naturally produced lubricant.

There are many lubricant brands to choose from. The three main types of lubricant are water-based, oil-based and silicone. **Water-based** washes off easily, but often dries out faster than silicone. It can be used with latex and a variety of materials. **Oil-based** lube lasts a long time, but can lead to infections as it is difficult to remove.

It also destroys latex, which is what most condoms and barrier protection devices are made from. **Silicone** lubricant stays effective longer, but you cannot use it with silicone toys as silicone bonds with silicone. Test a spot on toys with your new lube to determine if it is safe for the material. Watch for chemicals that may irritate the skin. Sex shops often have small samples you can purchase to try out before you buy a larger container. Make sure you choose a lubricant that is glycerin and sugar free, as sugar promotes growth of natural yeast and bacteria. Color and flavor additives may cause skin irritation in some people.



LATEX ALLERGY

Some people are allergic to latex and since the most commonly available consumer sex products are made from latex, it can be a problem. Polyurethane condoms are increasingly available and they are water, silicone and oil resistant. Lambskin condoms are not recommended, as they do not protect against sexually transmitted infections. To determine if you have a latex allergy, try wearing a latex glove for an hour. If you have intense itchiness or a rash, there is a good chance you have a latex allergy.



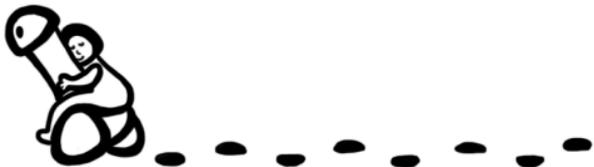
RESEARCH

If you are going to do something new, like try anal sex for the first time, do your homework. Learn what methods to use to protect yourself against disease and injury. Make sure the sources you use are accurate by checking the reliability of the group responsible for the information. Research can also lead to information on how to make it an even more pleasurable experience.

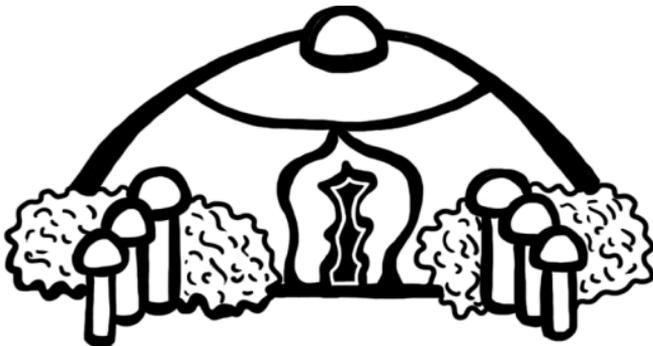


FANTASY

Fantasy is a natural aspect of a person's sexuality. It is human to dream of things we want. That is how we are able to innovate and set goals. Sexual fantasy can be a tool for us to imagine what we want out of a sexual experience or simply a way to enjoy ourselves. Many people are concerned that their fantasies represent a “depraved” part of themselves. Just because you enjoy imagining a situation does not mean that you want to act it out in real life. When you fantasize you are in control of your imagination and that makes the situation pleasurable. It is important that you are free to explore in your fantasies. It is your private get-away and you do not have to share it with anyone, unless you want to.

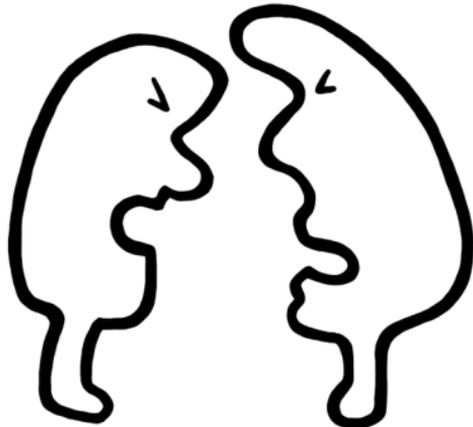


Pornography is images, sounds, text and video that convey sexual ideas or depictions of sexual acts. It is an art form that is as old as art itself. Many people choose to use this to help them fantasize or reach arousal. As long as the real people involved are consenting adults, there is nothing harmful about it. In fact, many people get off on making pornography. There are many genres, some much more common than others, but if you look around you will probably be able to find what you are looking for. After all, when it comes to sex, there really isn't anything someone hasn't tried before.

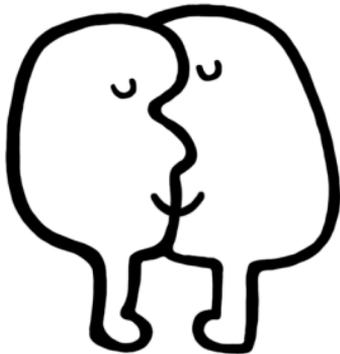


COMMUNICATION

Communication is the key to any relationship, sexual or not. Most of the problems that people have in their sexual relationships come down to poor communication. You cannot know what your partner finds pleasurable or hurtful without him or her telling you. It is important to verbalize concerns in an open, honest and calm manner. Chose a time to have an important discussion when you both have a quiet moment and are not emotionally upset.

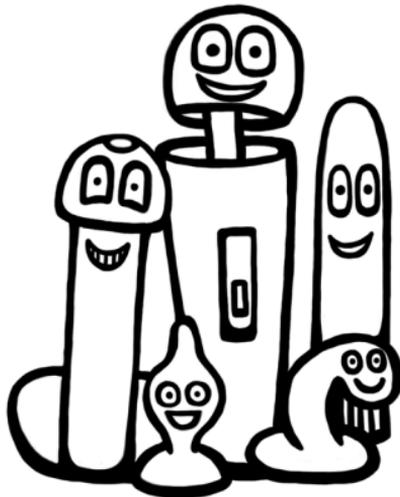


Use “I” statements such as, “I don't like it when...” so that your concerns do not sound accusatory. Ask about what your partner likes and dislikes and what expectations he or she has. Establish boundaries and rules before you become sexually involved. If you are trusting this person with your health and your body, you should be able to trust them with your feelings and concerns.



TOYS

Sex toys are a little talked about aspect of sex, but they should not be! They can be a great addition to sexual encounters with a partner (or partners) or for solo play. Some states in the USA ban the sale of sex toys, so many of them are marked as novelty items. There are no regulations on how they are made. That means that while many people use sex toys, they are not educated on what they are made of or how to use and care for them.



Cleaning toys is essential to keeping yourself healthy. Soap and water, alcohol and boiling are methods to clean toys. Make sure you use method that is appropriate to the material. Cleaning before and after use is recommended.

It is good practice to keep each toy in a separate container to maintain cleanliness and avoid material degradation.

Sharing toys can be risky since they can transfer bacteria and infections. If you do share toys, you should only share ones that are non-porous and can be cleaned extremely well.



Phthalates are the most important thing to avoid when buying sex toys. Phthalates are chemicals that can disrupt hormones. Their effects are being researched and they have been banned from children's items in the USA. Phthalates are used to soften plastic and make it flexible, so they are common in sex toys. Plastics that include phthalates often have an unpleasant odor and give off an oily residue.

Another major consideration of choosing a material is whether it is **Porous** or not. A porous material has little holes in it that may or may not be visible. These holes can hold bacteria and infection. If you do purchase a toy that is made with a porous material you should use a condom with it and clean it very well. If your toy acquires a nick or is damaged, you also need to use a condom with it or throw it away.



MATERIALS

ACRYLIC is a type of hard, non-porous plastic that is phthalate free. It is transparent and shatter resistant. You can use any type of lubricant with acrylic toys. Clean acrylic toys with soap and water and smooth any uncomfortable seams with a nail file.

CYBERSKIN is also know as Cyber Jel-lee, Eroskin, Futurotic, Softskin, Ultraskin and UR3. It is a soft and sticky, absorbent, porous material that is made from a combination of latex, silicone and PVC. It may contain phthalates. You should only used water based lubricant with Cyberskin. Clean Cyberskin toys with with mild soap and water and dust them with corn starch so they do not stick to other things.



ELASTOMERS are variable plastics that include Cyberskin, jelly rubber, latex, silicone, vinyl and thermoplastic elastomers. They can be hard or soft, porous or non-porous and allow for more textures than pure silicone.

GLASS (and Pyrex) toys are sturdy, heat resistant and non-porous. They have a nice weight for Kegel exercises and deep stimulation. They are good for temperature play as they can be heated or chilled easily. You can use any lubricant with glass toys. They can be cleaned with soap and water or can be boiled.



HARD PLASTIC is non-porous and phthalate free, but can have seams that are uncomfortable and catch bacteria. You can use water based or silicone lubricants with hard plastic. Clean hard plastic with soap and water or alcohol.

JELLY RUBBER is a cheap, sticky, bendable plastic. It contains phthalates and degrades easily, especially when around a toy made of another material. It should be avoided, but if you must use a toy made of jelly rubber, put a condom on it. Only use water based lubricants with jelly rubber. Clean with mild soap.

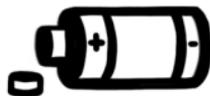
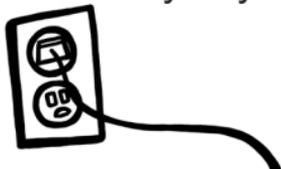
LATEX RUBBER can be natural or synthetic and is porous. It is affordable, but wears out quickly. Natural latex rubber can cause allergic reactions in some people. Use water or silicone based lubricants with latex rubber toys. Clean latex toys with soap and water.

METAL toys can come in chrome, brass, titanium, aluminum, stainless or surgical steel, silver and gold. They are hard, non-porous and phthalate free. Stainless steel may cause allergic reactions in people sensitive to nickel. Niobium, titanium and gold are virtually allergy-free.

Avoid rusting by keeping away from other toys or batteries. You can use any lubricant with metal. Clean with soap and water or alcohol.

SILICONE (and Vixskin) is an inert, non-porous, phthalate free, inorganic polymer. It is great for people with allergies and is considered by most to be the best sex toy material. Use water based lubricants with silicone toys. To clean it, you can boil it, use soap and water, use a 10% bleach solution or put in your dishwasher without harsh soap.

VINYL (and PVC) is a durable and inexpensive plastic that is porous and often contains phthalates. Look for food grade vinyl over other types. You can use water based or silicone lubricants with vinyl toys. Clean vinyl toys with mild soap and water.



RECOMMENDED READING/ WORKS REFERENCED

BOOKS

Femalia by Joani Blank

For Yourself: The Fulfillment of Female Sexuality by Lonnie
Garfield Barbach

The Elusive Orgasm by Vivienne Cass, PhD

The Joy of Sex by Dr. Alex Comfort

The Purity Myth by Jessica Valenti

S.E.X. by Heather Corinna

Sex in History by Reay Tannahill

Sex Toys by Em and Lo

*Orgasms, How to Have Them, Give Them, and Keep Them
Coming* by Lou Paget

ONLINE

Betty Dodson's Website - <http://dodsonandross.com/>

Kegel Exercises: A How-To Guide for Women, Mayo Clinic Online
<http://www.mayoclinic.com/health/kegel-exercises/WO00119>

Midwest Teen Sex Show - <http://midwestteensexshow.com/>

Planned Parenthood Online - <http://plannedparenthood.org>

Sexually Transmitted Infections: Overview by the Women's Health
Organization - [http://www.womenshealth.gov/faq/sexually-
transmitted-infections.pdf](http://www.womenshealth.gov/faq/sexually-transmitted-infections.pdf)

Scarleteen.com

OTHER MEDIA

Celebrating Orgasm: Women's Private Self-loving Sessions,
DVD by Betty Dodson

In Bed with Susie Bright, podcast by Susie Bright

Savage Love, podcast by Dan Savage

Talk Sex with Sue Johanson, television program

Sex can be wonderful, but
it can also be confusing.

Use this booklet to
explore and discuss
the facts along with
the *Lady Bits*
films.



We
all are
sexual
in some
way or another. It is
time to start talking
about it so we can
all be happier with
ourselves and others!