



**Developmental
Disabilities
Planning Council**

Easy Read Edition

A Self-Advocate's Guide to Safer Sex

Part 2: What is sex? What is safer sex?

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The Basics of Sex



“Sex” can mean different things to different people.

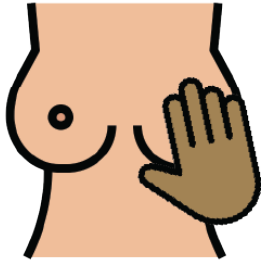


In this toolkit, when we say “**sex**” or “have sex,” we mean sexual activities people can do together.

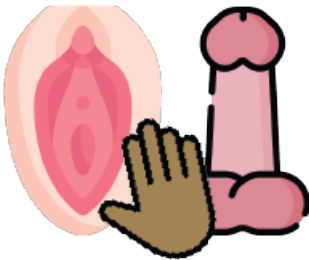
Some of these sexual activities are:



- Kissing



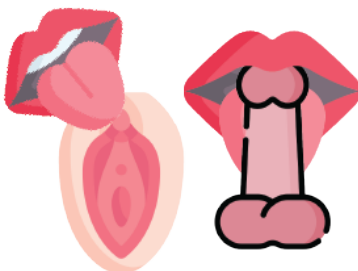
- Touching someone's chest or breasts



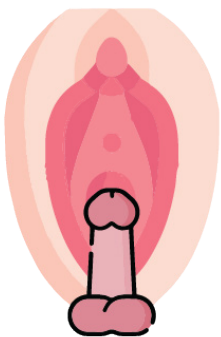
- Touching someone else's genitals (sexual body parts), like their penis or vagina, with your fingers



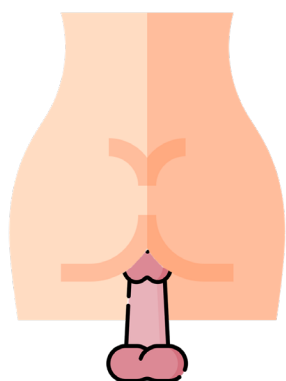
- Using sex toys with someone else



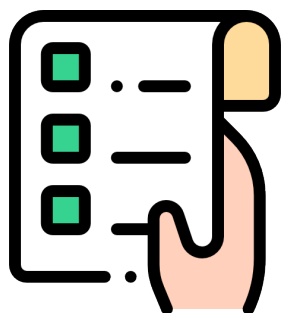
- Someone putting their mouth on someone else's genitals (sexual body parts), like their penis or vagina. (This is called **oral sex**.)



- Someone putting their penis or a sex toy inside someone else's vagina (This is called **vaginal sex**.)



- Someone putting their penis or a sex toy inside someone else's anus (butt). (This is called **anal sex**.)



People have sex for many reasons.



People have sex because it feels good.



People have sex because it can make them closer to their sexual partner or partners.



People have sex because they want to get pregnant, or get someone else pregnant.



Safer Sex

There is no such thing as completely safe sex.



All sex has risks.



For example, some kinds of sex have pregnancy as a risk.



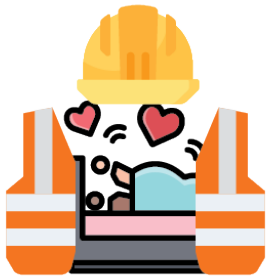
Some types of sex have getting sick with certain germs as a risk.



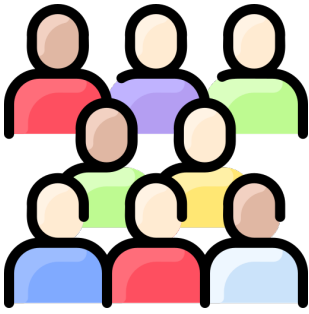
But you can take steps to make sex safer.



You can take steps to avoid risks or make risks smaller.

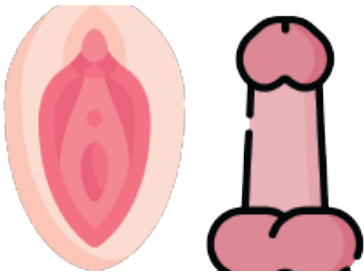


When you take steps to avoid risks or make risks smaller when having sex, it is called **safer sex**.

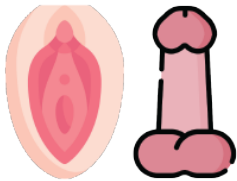


Genitals: Sexual Body Parts

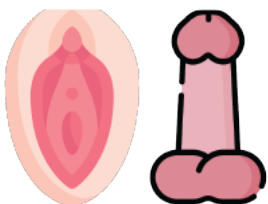
Everyone has genitals.



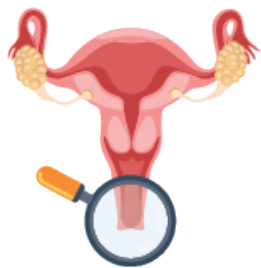
Genitals are your sexual body parts.



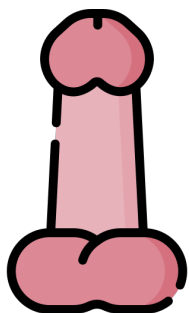
When we say “sexual body parts,” we mean the parts of your body you use in sex and having children.



Most people have either a vagina or a penis.



Most, but not all, girls and women have vaginas.



Most, but not all, boys and men have penises.

A person who has a vagina usually has other sexual parts, such as:



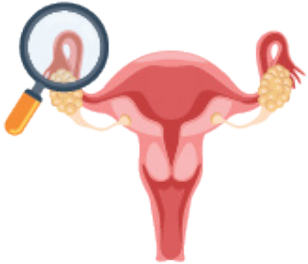
- A clitoris



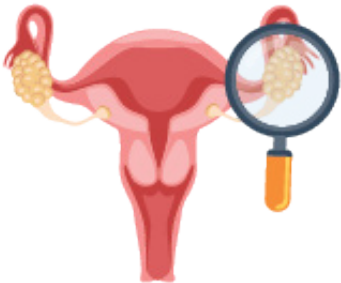
- A labia



- A uterus

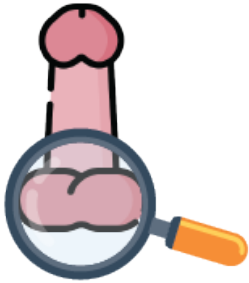


- Fallopian tubes



- Ovaries

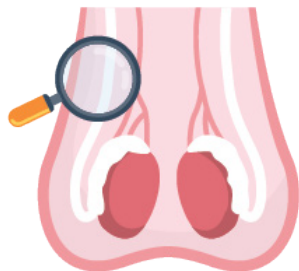
A person who has a penis usually has other sexual parts, such as:



- A scrotum



- Testicles (also called testes)



- Vas deferens

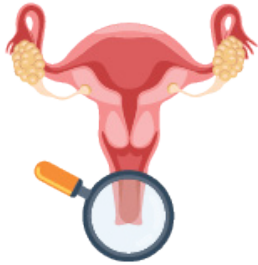


- Urethra



We will go over each of these parts in more detail.

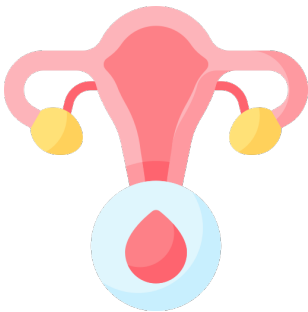
The Vagina and Its Parts



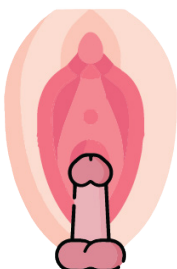
Outside Your Body: The Vulva

The **vagina** is an internal (inside) body part.

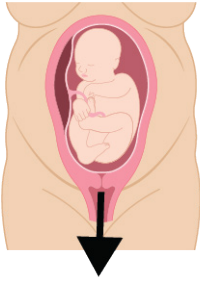
The vagina is the opening where:



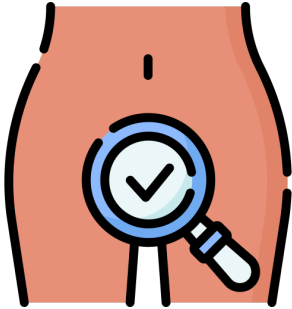
- A person who menstruates (gets a period) menstruates or bleeds from



- A penis goes during penis-in-vagina sex



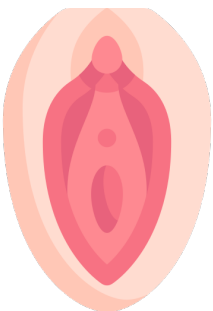
- A baby comes out of during birth



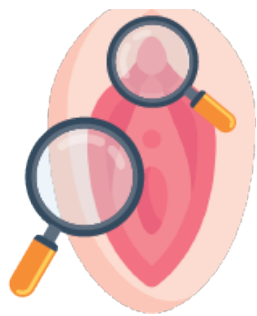
If you have a vagina, the opening of your vagina is between your legs.



The opening of the vagina is part of the vulva.



The **vulva** is the external (outside) genitals of a person who has a vagina.



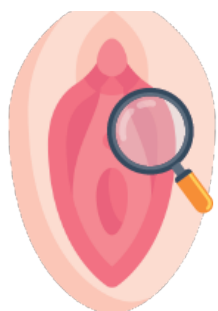
The vulva also contains the labia and the clitoris.



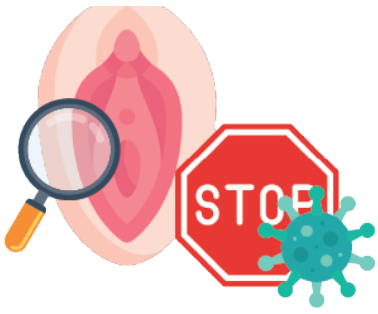
The **labia** is the fat and tissue around the opening of the vagina.



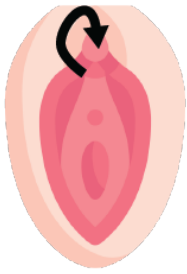
The labia is made of two parts: the outer labia and the inner labia.



The inner labia is located inside the outer labia.



The labia helps keep germs out of the vagina.



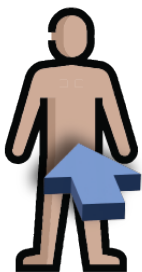
The clitoris is just above the top of the inner labia.



The **clitoris** is a body part that helps with sexual pleasure.



It can feel really good to touch your clitoris.



Most of your clitoris is located inside your body.

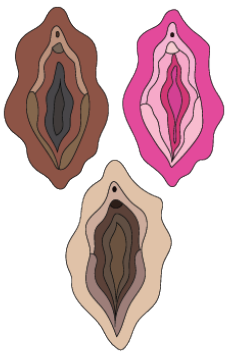


Only the head of the clitoris is located outside your body.

A note on the labia and the clitoris:



Labias and clitorises can come in all different sizes.



Labias and clitorises can come in all different colors.



It is not “weird” or “wrong” to have a labia or clitoris that is bigger than usual.



It is not “weird” or “wrong” to have a labia or clitoris that is smaller than usual.

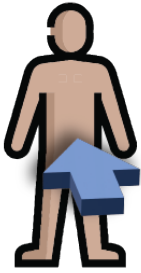


It is not “weird” or “wrong” if your labia or clitoris is a different color than the rest of your body.



All these things are normal.

Inside Your Body: The Uterus, Fallopian Tubes, and Ovaries



The vagina is an internal body part.



The vagina leads to another body part, the uterus.



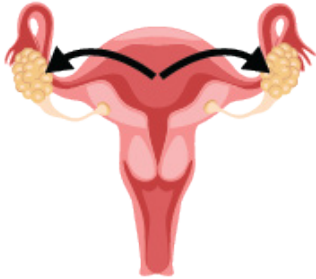
The **uterus** is where a fetus grows when a person is pregnant.



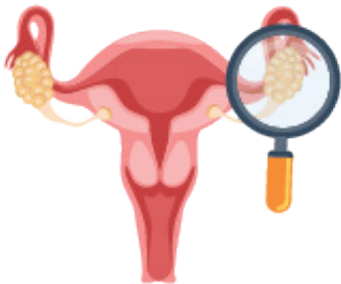
(A **fetus** is the new human that grows inside a person when the person is pregnant.)



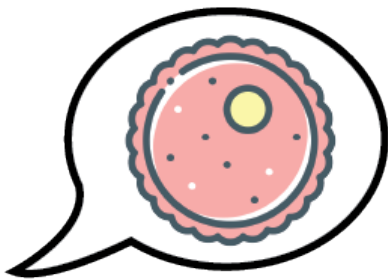
The area where the vagina meets the uterus is called the **cervix**.



Above the uterus are ovaries.



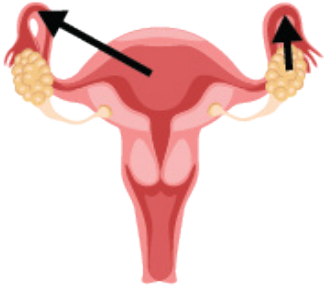
Ovaries are where eggs develop inside a person.



We will talk more about eggs in the section "Pregnancy Basics."



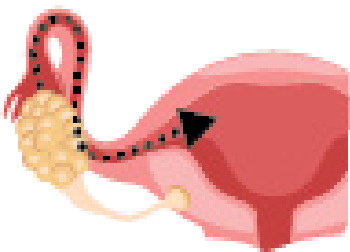
People who have ovaries usually have 2 ovaries.



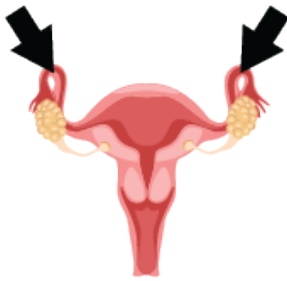
Between the ovaries and the uterus are the Fallopian tubes.



The **Fallopian tubes** connect the ovaries to the uterus.



The Fallopian tubes help move eggs from the ovaries to the uterus.



People who have Fallopian tubes usually have 2 Fallopian tubes, one for each ovary.



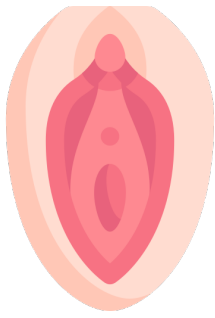
Note: people with vaginas do **not** urinate (pee) from their vaginas.



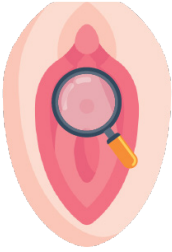
People with vaginas urinate from their urethras.



The **urethra** is a tube inside the body that carries urine from the bladder to out of the body.



In people with vaginas, the opening of the urethra is part of the vulva.



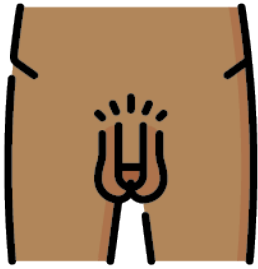
The opening of the urethra is between the opening of the vagina and the clitoris.

The Penis and Its Parts

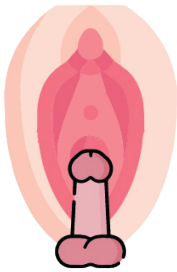
Outside Your Body: The Penis and Scrotum



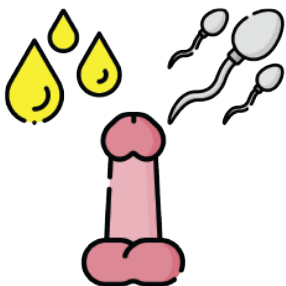
The penis is an external body part.



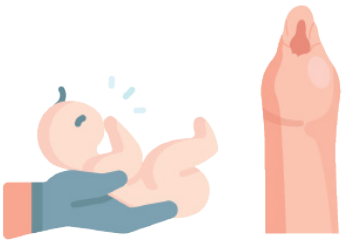
If you have a penis, your penis is between your legs.



The penis is the body part that goes inside the vagina during penis-in-vagina sex.



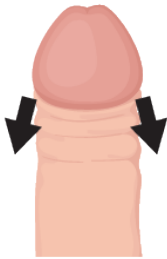
The penis is the part of the body that sperm and urine (pee) come out of.



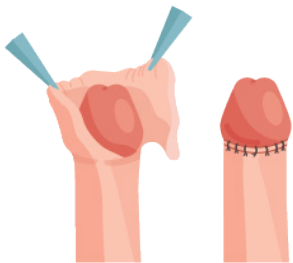
People who are born with a penis are also born with a foreskin.



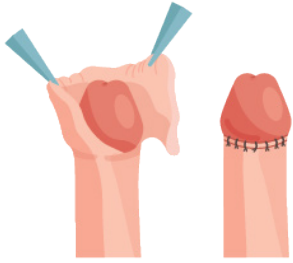
A **foreskin** is a piece of skin that surrounds the tip of the penis.



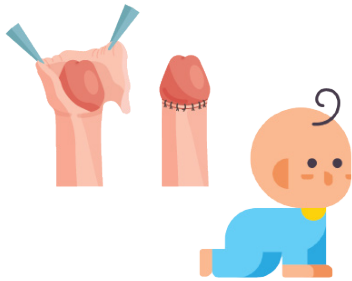
A person can pull their foreskin back to show the tip of their penis.



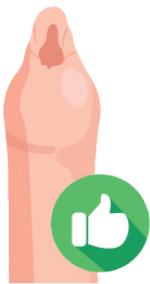
Some people have their foreskins removed.



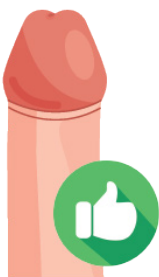
Having your foreskin removed is called **circumcision**.



Most people who get circumcised get circumcised when they are very young.

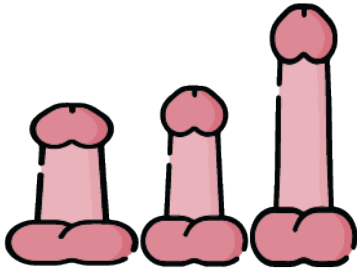


It is normal to have a foreskin on your penis.

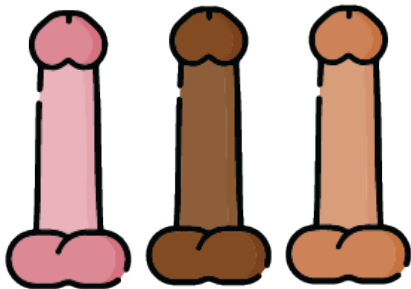


It is normal to not have a foreskin on your penis.

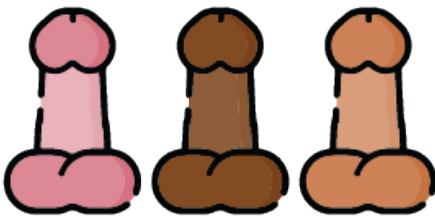
A note on penis sizes:



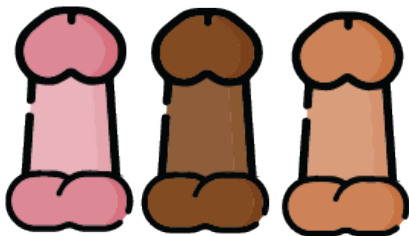
Penises come in all different sizes.



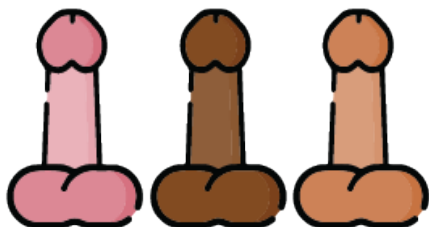
Some penises are longer.



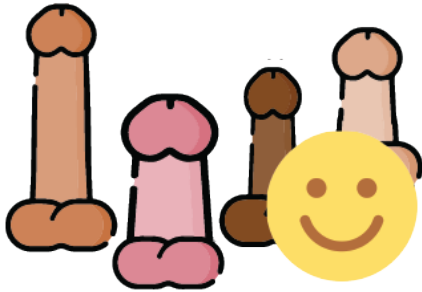
Some penises are shorter.



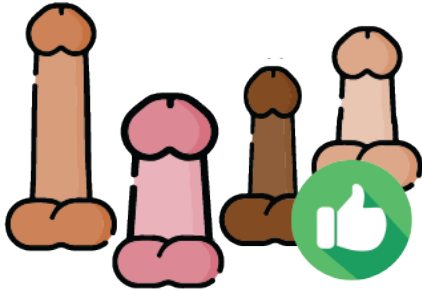
Some penises are fatter.



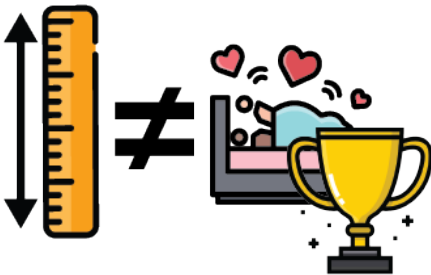
Some penises are thinner.



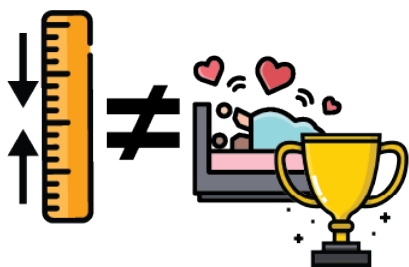
All penis sizes are normal.



All penis sizes are okay.

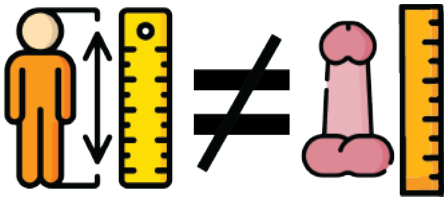


Having a larger penis does not make you better at sex.

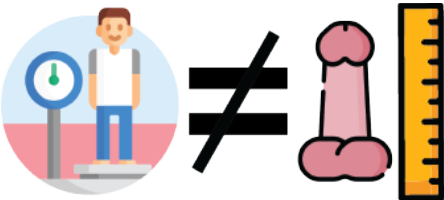


Having a smaller penis does not make you better at sex.

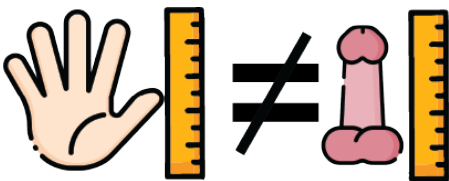
You **cannot** tell a person's penis size by looking at things like their:



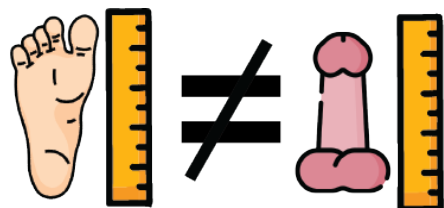
- Height.



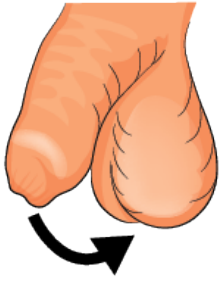
- Weight.



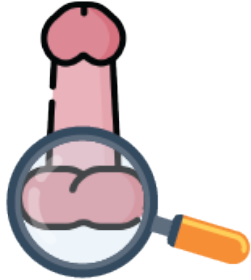
- Hand size.



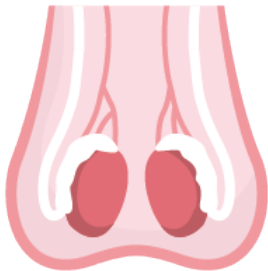
- Foot size.



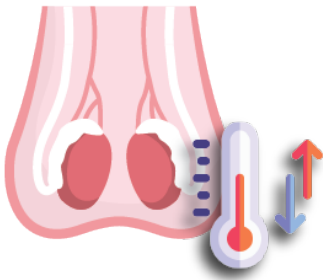
Under the penis is the **scrotum**.



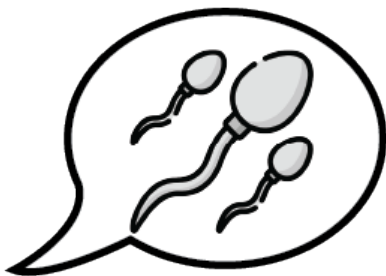
The scrotum is a bag made out of skin.



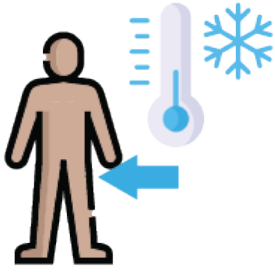
The scrotum holds the testicles.



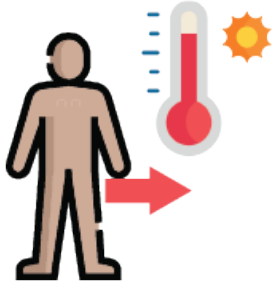
The job of the scrotum is to keep the testicles at the right temperature so the testicles can make sperm.



We will talk more about sperm in the section “Pregnancy Basics.”



On cold days, the scrotum holds the testicles closer to the body.



On hot days, the scrotum holds the testicles farther from the body.



This is so the testicles will be at the right temperature to make sperm.

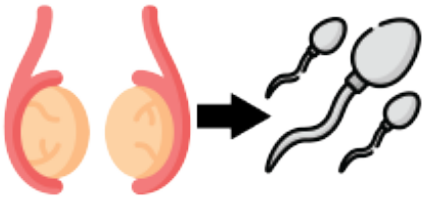
Inside Your Body: The Testicles, Vas Deferens, and Urethra



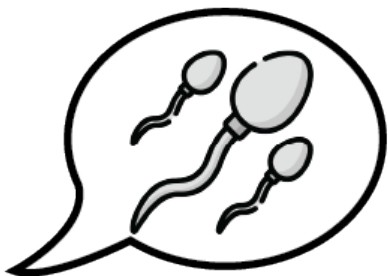
Inside the scrotum are the **testicles**.



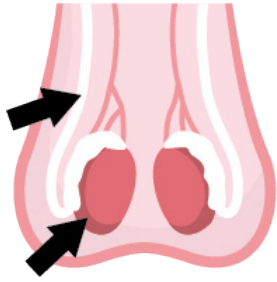
Most people who have testicles have two testicles.



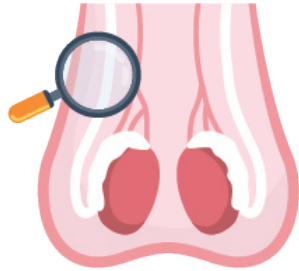
The testicles make sperm.



We will talk more about what sperm is in the section “Pregnancy Basics.”



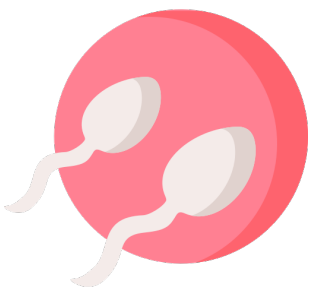
The testicles are connected to the vas deferens.



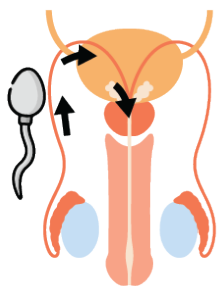
The **vas deferens** are tubes that carry sperm out of the testicles and up into the body.



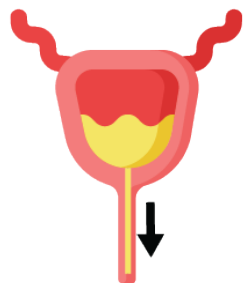
Inside the body, the sperm mixes with different fluids to form semen.



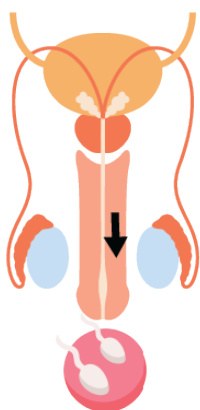
Semen is a bodily fluid that contains sperm.



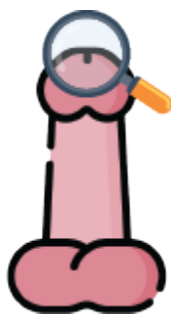
The vas deferens carry the semen to the urethra.



The urethra is a tube inside the body that carries urine (pee) from the bladder to out of the body.



In people with penises, the urethra also carries semen out of the penis.



In people with penises, the opening of the urethra is at the tip of the penis.