

FROM THE AUTHOR AND ILLUSTRATOR OF WHAT MAKES A BABY

SEX IS A FUNNY WORD

For children
Ages 8-10yrs.

BY CORY SILVERBERG AND FIONA SMYTH

A BOOK
ABOUT BODIES,
FEELINGS, AND
YOU

Every family and community has its own ideas about masturbation.

When you were younger, you may have discovered that it felt good to touch yourself. You may have done this even when you weren't alone.

As you get older, grown-ups expect that if you want to touch yourself to feel good, especially your middle parts, you'll do it when you are in a private place.

You may find that you want some privacy too.



NIPPLES

KIDS

Most bodies have nipples.

Usually a body has two nipples. Some bodies have one, and others can have three or more.

Nipples come in lots of shapes and sizes and colors. As a body grows and changes, nipples grow and change too.

Some nipples are sensitive and some are not. Nipples can feel very good to touch, but if you pinch them it can hurt!

GROWN-UPS

BREASTS

Some bodies have breasts and some bodies don't.

Like nipples, breasts come in lots of shapes, sizes, and colors. No two breasts are exactly alike, even on the same body.

If a body is going to grow breasts, they usually start to grow during puberty.

Puberty is a time when kids' bodies change and grow much faster than usual.

Like nipples, some people's breasts are sensitive and can feel good when they are touched.

Some grown-ups' breasts can also do an amazing thing. They can produce milk to feed a baby. This is called breast milk. When this happens, the milk is produced in the breast and comes out through the nipple.




BOTTOMS

KIDS

Every body has a bottom. There are lots of names people use to talk about the bottom: bum, rear end, behind, butt (which is short for buttocks), and more.

Every bottom is a little bit different in size and shape and color. As a body grows, the bottom grows too.

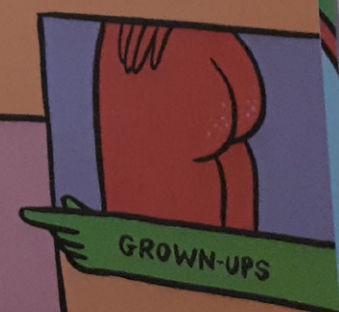
Bottoms have two cheeks that are soft, and most of the time we sit on them.



Between the cheeks, there is a hole or opening where poo (also called feces) comes out. This hole is called the anus.

Like other holes in the body, the anus is usually very sensitive, which means it can feel good to touch but can also hurt if we are rough with it.

Because the anus is where the outside of our body meets the inside, and because it is where poo comes out, we need to wash our hands after touching it.



GROWN-UPS

VULVA, CLITORIS, AND VAGINA

KIDS

Vulva

Some bodies have a vulva and some bodies don't.

Lots of people (including grown-ups) confuse the vulva with another middle part, the vagina. The vagina is on the inside of the body, and the vulva is on the outside.

If you have a vulva, it is the middle part between your legs that you can see.

The vulva is made of folds of skin called labia. There are many folds of skin, but when a body is young, it looks like two folds pressed together with a line down the middle.

When a body is young most vulvas look similar. As a body grows and changes, the vulva grows and changes too. During puberty, it is common for hair to grow around the vulva. Every grown-up vulva will look different.

The vulva covers and protects three other middle parts.

Clitoris

The clitoris is a middle part that is both inside and outside the body. The clitoris can be very sensitive, and touching it can feel warm and tingly.

Some clitorises are bigger than others. Some are easy to see and feel, and some are not.

The smallest part of the clitoris is on the outside of the body at the top of the vulva, where the two sides meet. This part is often hidden under a little hood. But the clitoris is much bigger than that. Most of the clitoris is inside the body, so you can't see it.

Vagina

The vagina is a middle part inside the body. The vagina is a strong and stretchy tube. There is a hole or opening to the vagina behind the vulva.

Urethra

The urethra is a small tube that has a hole or opening at one end where pee (which is also called urine) comes out. Because the urethra connects the inside of our body to the outside, it's good to wash our hands before and after we touch it.



PENIS, TESTICLES, AND SCROTUM

KIDS

Penis

Some bodies have a penis and some bodies don't.

The penis is a part that sticks out, which makes it easy to see. Sometimes it is soft, and sometimes it gets hard.

Like nipples, warts, and bums, penises come in lots of different shapes, sizes, and colors.

As the body grows, the penis will grow, too. They grow the most during puberty, when hair will usually begin to grow around them.

Like the clitoris, the penis can be very sensitive, and touching it can feel warm and tingly.

Inside the penis is a small tube. This is the urethra. The tube has a hole or opening that usually ends at the tip of penis, where pee (also called urine) comes out.

Because the urethra connects the inside of our body to the outside, it's good to wash our hands before and after we touch it.

Foreskin

If a baby is born with a penis, there will usually be a layer of skin that covers the end of the penis like a hood. This is called the foreskin.

When a body is young, the foreskin may be tight and not move a lot. As a body grows, the foreskin loosens and grows too. It's important not to pull on the foreskin too hard before it loosens on its own.

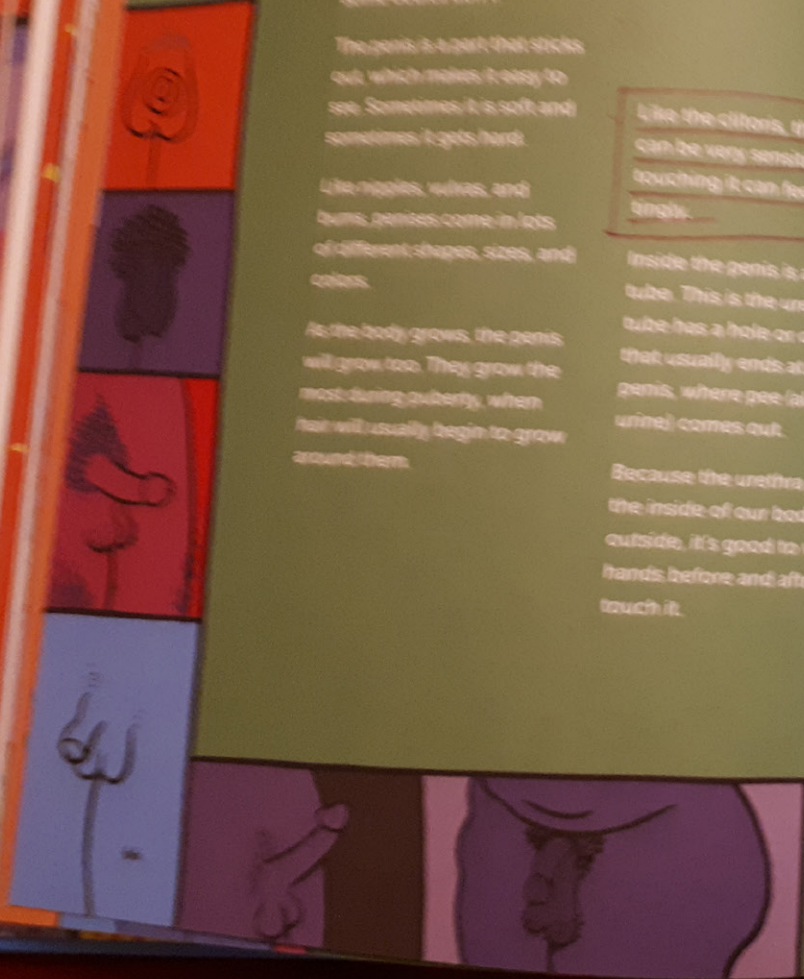
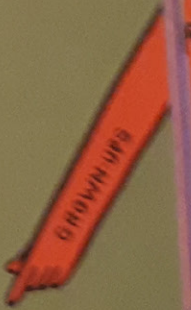
Some families choose to have the foreskin removed, usually soon after a baby is born. This is called circumcision.

Just like every vulva looks different, so does every penis.

Scrotum and Testicles

The scrotum looks kind of like a little bag or sac that is against the body below the penis. The scrotum holds and protects the testicles (which some people call balls). Most bodies with testicles have two of them. But some have one.

The testicles are very sensitive and delicate, which is why they are protected inside the scrotum. Even with the scrotum, the testicles can be hurt if they are touched roughly.



TOUCHING YOURSELF



Touching isn't just something we do with other people. We also touch ourselves.

We touch ourselves all the time, in all kinds of places, for all kinds of reasons.

Touching yourself is one way to learn about yourself, your body, and your feelings.

You may have discovered that touching some parts of your body, especially the middle parts, can make you feel warm and tingly.

Grown-ups call this kind of touch masturbation.

Masturbation is when we touch ourselves, usually our middle parts, to get that warm and tingly feeling.



ERECTIONS

Most bodies get erections, but they only happen in certain parts of your body.

If your body has a penis, you might have noticed that sometimes it is soft and bendy, and sometimes it gets hard and doesn't bend. When it's hard and doesn't bend, that's an erection.

If your body has a clitoris, you might have noticed that sometimes it feels soft, and sometimes it feels a bit harder or firmer. When it's harder or firmer, that's an erection.

Erections can happen when we touch ourselves to feel good, but they also happen at other times: during the night when we are asleep, and first thing in the morning when we get up. Erections happen even if we're not doing anything at all. Babies will often get erections when they have to pee.

One way to think about erections is that they are just your body's way of exercising on its own.

ERECTIONS AREN'T JUST FOR BODIES. DID YOU KNOW THE WORD ERECT JUST MEANS TO MAKE SOMETHING STAND UP? WHEN A BUILDING IS BEING BUILT, THEY SAY THEY ARE ERECTING IT.

