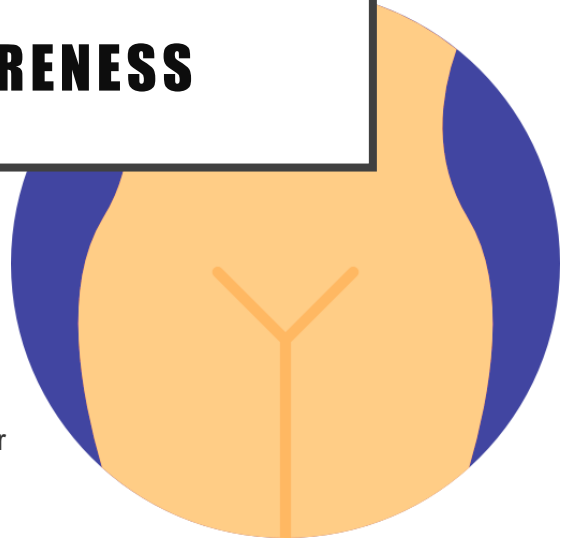


VULVA CANCER AWARENESS

This lesson has been written to help young women understand *what is a vulva* and to raise awareness of *vulva cancer*. By the end of the lesson, students will: know the female parts of the body (genitals) and know who they can speak to if they have any worries about their body and growing up.



This lesson has been written by Tough Cookies Education Ltd for Vulva Cancer UK Awareness.

INTRODUCTION

Tell the group that this lesson is about the vulva.

Vulva is the name for the outside part of the female genitals. Different people may know different names for the vulva, such as privates, fanny, foof or flower.

What other words can you think of that are used to describe this part of the body?

It is important for girls to know and feel comfortable using the correct language and names for their genitals.

Can you think of a reason why this is important?

There are many reasons why it is important to learn the correct terminology. It can help you to understand about the changes to your body during puberty and menstruation. It supports the learning of SRE topics such as conception, contraception and STIs. It can also help build confidence so you can feel comfortable talking to a health professional about any worries you may have.

MAIN ACTIVITY

For the main activity, begin by sharing the diagram of the female external sexual organs (see page 3) and ask the students to label the image with the following body parts. Explain that you do not expect the students to have heard of the correct terms and it is ok if they don't get them right.

1. Mons pubis
2. Clitoris
3. Urethra
4. Labia minora

5. Labia majora
6. Perineum
7. Vestibule
8. Bartholins glands
9. Vagina entrance
10. Anus

Refer to the [so, what is a vulva anyway?](#) booklet to discuss the body parts further. Encourage and answer any questions the students may have.

CLOSING ACTIVITY

To close the lesson, discuss ways that you can take care of your vulva.

Underwear and clothing

Some underwear fabrics aren't great for the vulva, choose fabrics which are breathable. Wearing tight underwear and clothes can also cause chafing and sore labia.

Washing

Some girls worry about how the vagina should smell. Excessive washing (particularly inside) can lead to a bacterial imbalance which can lead to a unusual odour. The vagina is a self-cleaning organ and you do not need to clean inside.

Using perfumed soaps or deodorants on your vulva can cause irritation to the skin and make your labia sore and swollen. It's best to only use water or an unperfumed soap to clean the area.

It is normal for young people to worry about how their body looks, especially as you grow up and your body changes. It is important to get to know your vulva so you will be able to see if there is something different to what is normal for you.

You can do this by using a hand-held mirror, checking for any bumps, lumps, or changes in colour and wart like growths or ulcers. Or if you notice any itching, burning and bleeding in between your periods. In most cases, these symptoms would be nothing to worry about.

If you have any worries, it is best to speak to a health professional, like a nurse or GP. They will be able to answer questions about any of the worries you may have.

Thank you for using our lesson plan and for supporting this campaign to raise awareness of vulva cancer. Please share your lesson outcomes with us using the following campaign hashtags.

[#knowyourvulva](#)

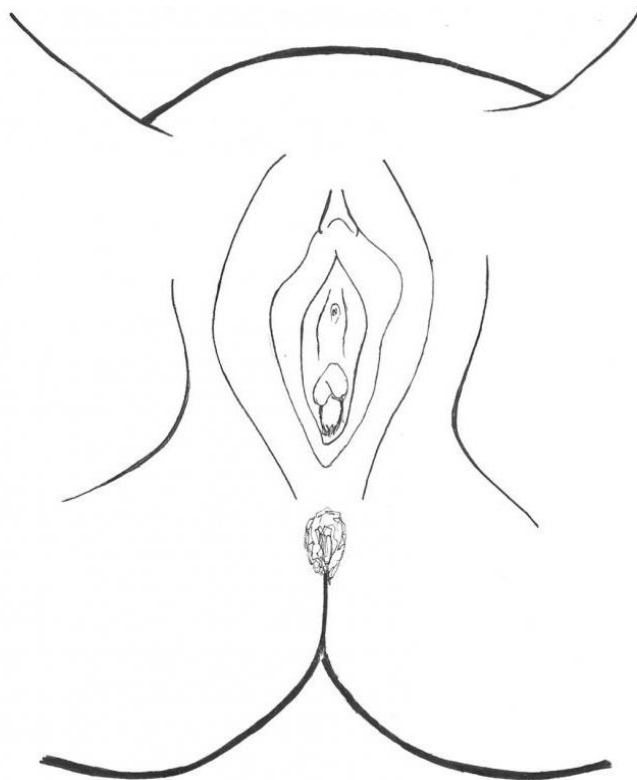
[#vulvacancer](#)

[#vulvacancerawareness](#)

VULVA CANCER AWARENESS

Can you label the diagram, using the name of the parts listed below? it is ok if you don't get them right.

- Mons pubis
- Clitoris
- Urethra
- Labia minora
- Labia majora
- Perineum
- Vestibule
- Bartholins glands
- Vagina entrance
- Anus

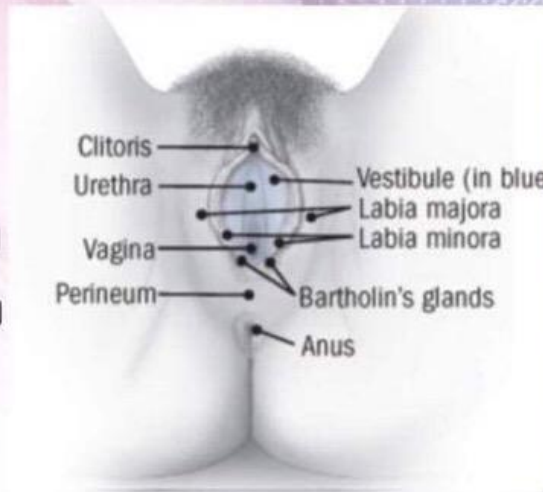


What is the Vulva?

The Vulva is the External part of the female Genitalia.

It includes the

- Mons Pubis**
- Clitoris**
- Urethra**
- Labia Minora**
- Labia Majora**
- Perineum**
- Vestibule**
- Bartholins Glands**
- Vagina entrance**



Designed by Vulva Cancer Awareness UK