

My and My Body

An Easy Read Guide



Contents



Me and my body	2
The Human Body	3
Men and Women's bodies	4-5
The Male Body	6-8
The Female Body	9-10
How are babies made?	11
Inside the Male Body	12
Inside the Female Body	13

Me and my body



Your body is yours.



It's going to be with you for your whole life so it's important to know how it works.



When it comes to your sexual health, it's best to know all about your body.

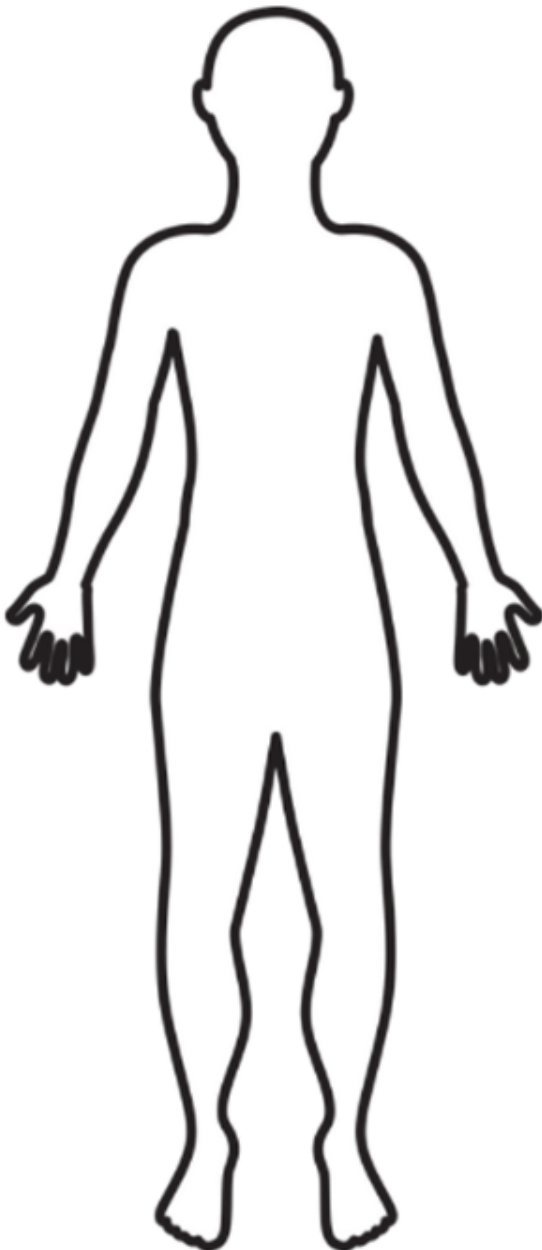
The Human Body

Head



Draw a line from each body part to where it is on the body below.

Colour in the body.



Mouth

Chest

Nipple

Hand

Knee

Feet

Men and women bodies



Bodies come in all shapes and sizes. Nobody is the same.



Circle the differences between the man's and the woman's body.

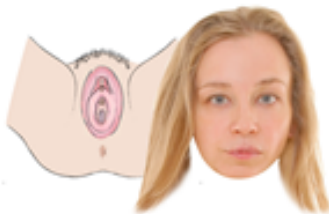




You may have circled that...



Men have penises and testicles.



Women have vulvas and breasts.



Let's learn more about these body parts.

The Male body



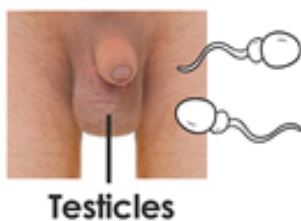
Men have penises and testicles.



The penis is used to pee.



The penis can also be used to have sex or masturbate.



The testicles are used to make and store sperm.



Over the page is what the penis and testicles look like up close.



Use the space under each label to write any slang words you know for these male body parts.

We've started with writing some slang words for penis.



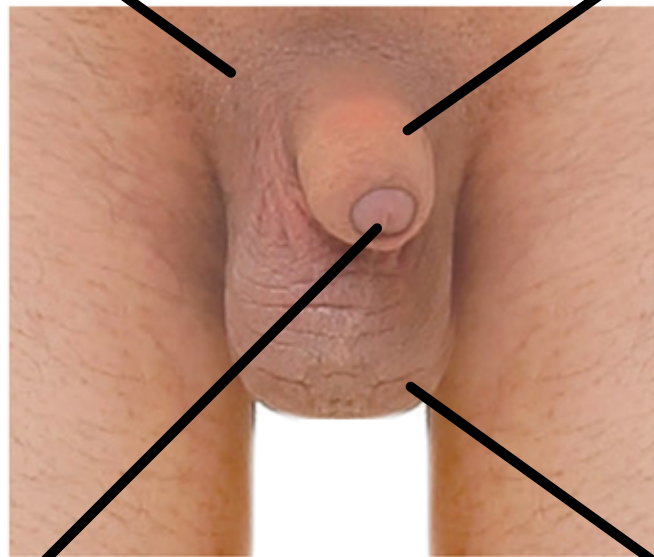
Do you know any more slang words?

Pubic hair

Penis

This is used for sex
and masturbation.

Willy



Urethra

This is where pee
comes from.

Testicles

This is where sperm
is made and stored.

The Female body

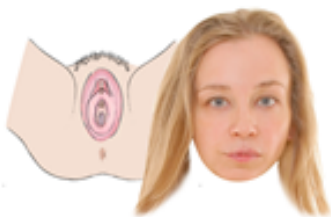
Women have breasts.



Breasts make milk and can be used to feed babies.



Often people call the vulva, 'the vagina' but the vagina is inside the body.



Women have vulvas. The vulva is on the outside of the body.



Over the page is what the vulva looks like up close.

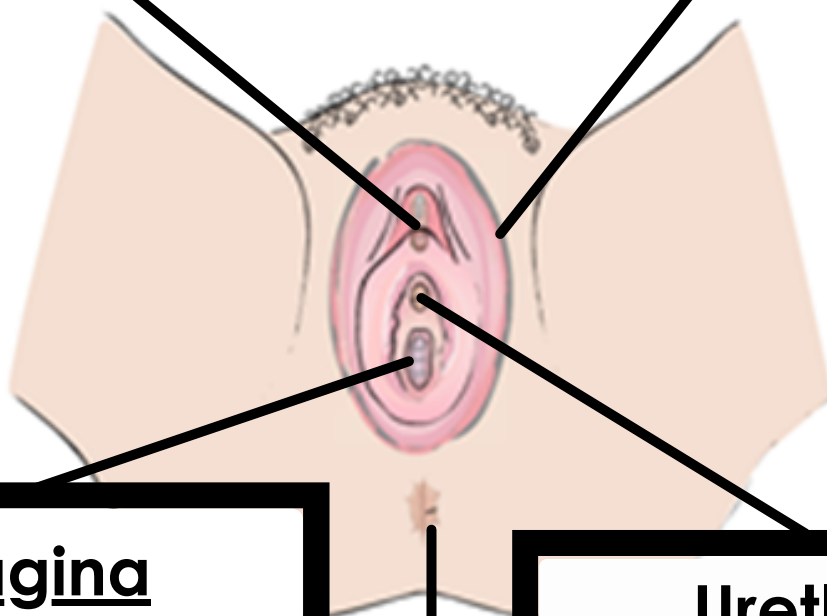
Clitoris

This is the most sensitive part of the body.

Women can feel sexually excited if this part is touched.

Labia

This keeps things like bacteria from going into the vagina and clitoris.



Vagina

This is an opening to the inside of the body.

Urethra

This is where pee comes out of.

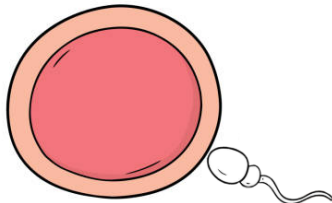
Anus

This is where poo comes out of.

How are babies made?



When a man and a woman have sex they can make a baby.



A baby is made when a man's sperm and a woman's egg meet inside the woman's uterus.



The baby grows there for about 9 months and is then born.



Over the page is what the inside of the male and female body looks like.

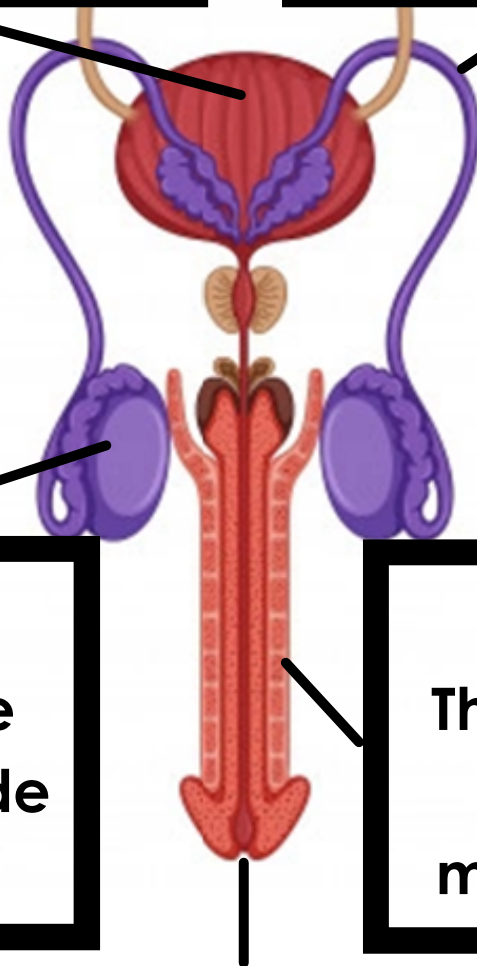
Inside the Male body

Prostate

This makes a thick white fluid that mixes with sperm to make semen.

Vas deferens

This is where sperm travels from the testicles to the urethra.



Testicle

This is where sperm is made and stored.

Penis

This is used for sex or masturbation.

Urethra

This is where pee and semen comes out of. Semen can make babies.

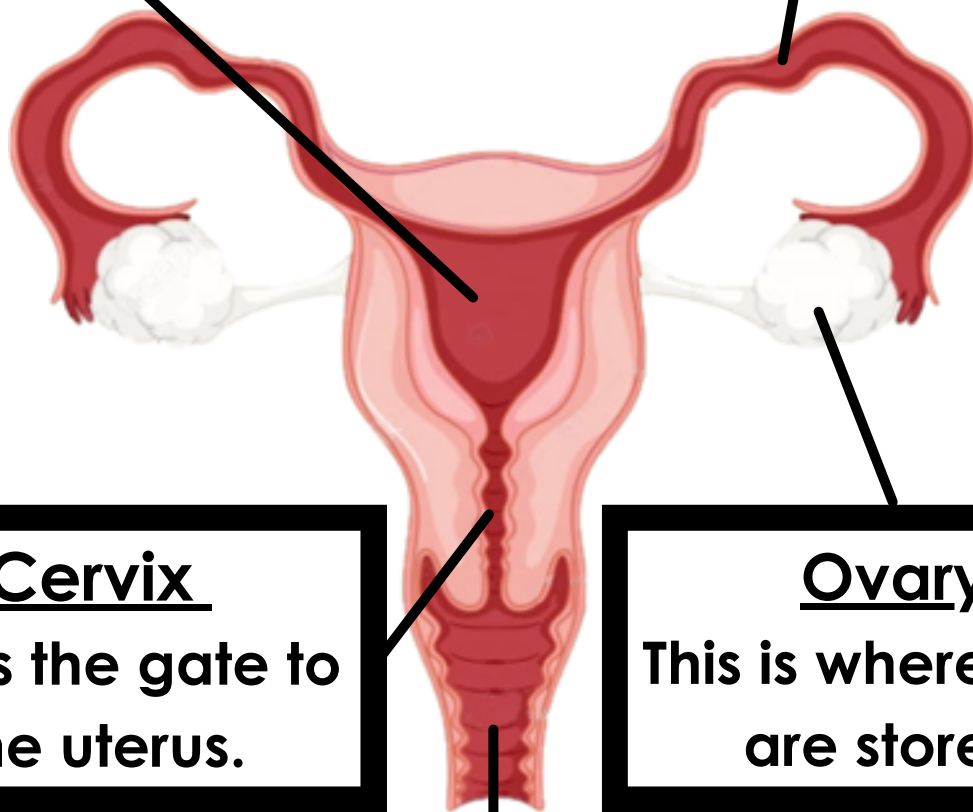
Inside the Female body

Uterus or womb

This is where a baby grows.

Fallopian tube

This is where the egg travels from the ovary to the uterus.



Cervix

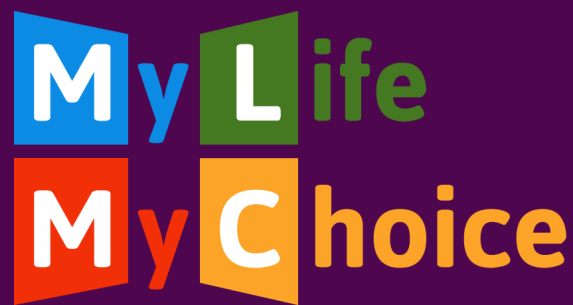
This is the gate to the uterus.

Ovary

This is where eggs are stored.

Vagina

This is where blood comes from when a woman has their period. Vaginas can be used for sex or masturbation.



**This easy read guide was made
by My Life My Choice
and co-produced with young
people with learning disabilities.**

**For more of our easy read, visit
www.mylifemychoice.org.uk
or call 01865 204214
to find out more.**



Proudly supporting
youth social action



Department for
Digital, Culture
Media & Sport

