



Being confident about your body - and being comfortable talking to your partner about it - can make sex less stressful or embarrassing and will make it more enjoyable for both of you.

tiredness.

Real sex isn't like porn. Sometimes embarrassing things can happen - our bodies can make funny noises, penises can lose their erections, vaginas might not become wet enough, etc. Lots of things can affect a body's sexual performance too, such as stress, health and

When you are having sex, it is important to be able to talk to your partner about your body and what it likes/doesn't like.

TALKING TO YOUR PARTNER

Masturbation is completely normal for everyone and a safe way to explore your body. It helps you get to know your body, so you can spot when something isn't right. It also helps you find out what you like when it comes to sex.

MASTURBATION

Our bodies are all different shapes and sizes and so are our genitals. Luckily, we are all attracted to different things too! The size and shape of your penis or vulva does not affect how good you are at sex.

DOES SIZE MATTER?

Remember...

The best way to protect your body from STIs & unwanted pregnancy during sex is to use condoms.

Visit www.wavehighland.com for more information about safe sex and where to find free condoms in Highland.



Wave provides free information about sex and relationships to under 25s

www.wavehighland.com



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If you still want to shave down below, take your time and always use a clean razor. Using plenty of shaving cream/soap and shaving in the direction the hair naturally grows will help you avoid a nasty shaving rash.

Many people think that shaving or waxing their pubes helps to keep their body cleaner, or that it is more hygienic. Actually, shaving or waxing can cause damage to the surface of the skin, which makes it easier for an infection to get into your body. This includes STIs!

else's pleasure.

Everyone has body hair and it is your own personal choice to keep it or to get rid of it. But before you shave those armpits and wax those pubic hairs, think about why we have body hair and why you want to get rid of it - you shouldn't feel like you have to get rid of your body hair for someone

PUBIC HAIR

Try washing daily with warm water and unpurified products to keep your privates happy and healthy.

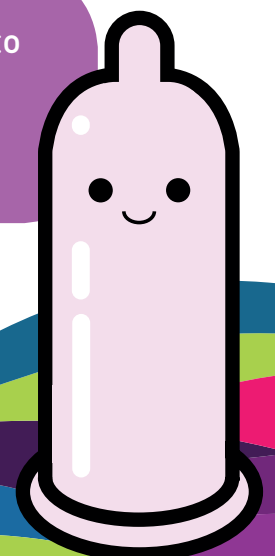
The skin around your genitals can be extra sensitive. Heavily perfumed soaps and gels can disrupt the natural balance of oils and bacteria on your skin, leading to irritation and sometimes infections such as Thrush.

LOOKING AFTER YOUR BODY



wave
sexual health matters

Wee Johnny's guide to
**Sex and
your body**

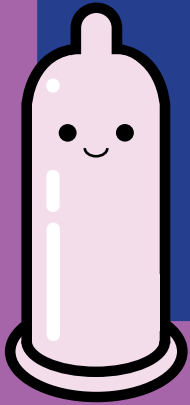


Sex and your body

Did you know?

No matter what gender you identify as or what type of sex you have with your partner, you should know what sexual organs you have and how to look after them. Knowing how to keep your body happy and healthy during sex can help you protect your physical and mental wellbeing.

If you know what your body looks like, it is easier for you to spot when something is wrong. Things like spots, vaginal discharge and shaving rashes are all completely normal, but other unexplained lumps and bumps, unusual discharge, bleeding or pain may be the sign of an infection, an STI or occasionally something more serious.

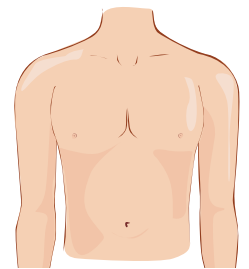
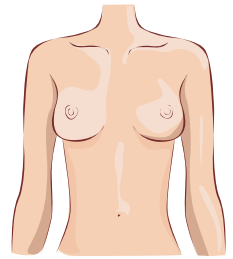


Chests & Breasts

Like every other part of the body, breasts come in all shapes and sizes and it is completely normal for one to be bigger than the other.

They can also change throughout life due to your hormones, weight, exercise, pregnancy and childbirth. Some people enjoy their breasts and nipples being touched/played with during sex, to enhance their arousal.

Everyone, regardless of gender, should regularly check their whole chest area and armpits for unusual lumps, swelling, pain or for changes in skin colour/texture. These can all be indications of breast cancer.



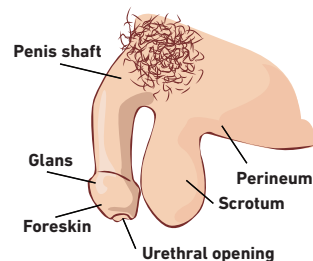
Penises

Penises come in various shapes and sizes too and there is nothing unusual about a slightly curved penis.

When sexually aroused, blood rushes to the penis to make it erect. Erections can go as quickly as they arrive (sometimes at awkward moments) and can be affected by stress, health and tiredness.

Circumcision is when the foreskin is removed from the head of the penis. This usually happens for either religious/cultural reasons or medical reasons. If you have not been circumcised, you should remember to gently pull back your foreskin to wash underneath.

You should also regularly check your testicles for any unusual lumps, swelling or pain, as these can be indications of testicular cancer.



Remember...

Get to know your body ... are you peeing as normal or does your pee smell or look different? Have you had bleeding between periods? Do you have unusual, smelly discharge or are you itchy down below? If you start experiencing anything that isn't normal for you, then speak to a nurse or doctor.

Vulvas and Vaginas

While many young people refer to female genitals as vaginas, the external female genitals are known as the Vulva. Vulvas vary in colour, shape and size and all variations are completely normal.

A vagina is actually the passageway leading from the outside of the body to the uterus (womb). The vagina is where a tampon would sit during a period, or where a baby would naturally exit the body during birth.

Vaginal discharge is completely normal and helps to keep the vagina moist, clean and protected from infection. It will often vary throughout the month - getting to know what is normal for you can help you spot any signs that you might have an infection.

Vaginas also produce natural lubrication when the body is sexually aroused, helping reduce friction between bodies to make sex easier.

