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# Friendly Drawings

## Essentials

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Drawings of sexual and reproductive systems | Bodies inside and outside  
Community education resource

Bronwyn Jones | Karen Molhuysen | Jessica Predovnik | Libby Dzialosz

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### Developing the “Friendly Drawings”

In our work as community educators we deliver education about sexual and reproductive systems, “bodies sessions”.

We describe and explain female and male bodies.

We use the language female and male as we are describing biological sex and are not assuming gender.

We deliver sessions about sexual and reproductive systems, periods and period management, conception and pregnancy.

We deliver education to young people in schools and in community, to young people not in school for a range of reasons. We work with young people from migrant and refugee communities, young people in juvenile detention centres, young people whose attendance at school has been interrupted or sporadic, young people at youth groups, and in therapeutic settings.

As educators we often use resources. We aim for these to be suitable for young people with low or no literacy, to be inclusive, and representative of, cultural diversity and for them to be “friendly” – not too academic, not too medical, not too confrontational.

We were unable to find a collection of drawings that met these needs.

The resources available to us in Australia to date typically are medical in their approach, show white bodies only, are labelled with anatomically correct names and are often either so medical as to feel abstract and removed from reality or too medically life like and therefore confrontational.

Resources available were often not suitable for community education due to inaccuracies including;

- Female anatomy incorrect and incomplete. In the majority of images available the clitoris is absent. If the clitoris is included, often it is inaccurately represented as a small “button” only, completely missing the inner anatomy of the clitoris.
- Stylised vulva. The outer anatomy, the vulva, is typically represented with the labia “neat and tucked in” and with only the outer labia visible. This perpetuates myths perpetrated by imagery shown in porn, and images of labia altered by labiaplasties, perpetuating shame and stigma of natural variations of natural bodies.
- Vagina shown as open tunnel rather than that the walls of the vagina lie softly against each other, can stretch, and then return to resting state.
- No pubic hair.

- If pubic hair represented, not shown on tops of thighs or above pubic mound.

We identified the need for “friendly drawings”. Drawings that are anatomically complete, culturally diverse, non-medical, non-shaming and suitable for use in community education.

We consulted widely over 3 years, with young people, aged 12 – 25, in a wide range of settings both in Metro, regional and remote locations. Young people included young people in schools, community groups, CaLD young people, Aboriginal young people, young people in youth detention, LGBTIQ+ young people, and young parents.

We consulted people who would use the resources; youth workers, nurses, teachers’, community members and educators.

Over 3 years we trialled them in sessions, workshops and groups with young people and people working with young people, and in clinical and community professional development trainings. We collected feedback, modified and trialled again.

Specific resources requested by women in consultation and feedback include;

- Female Genital Cutting/Mutilation, FGC/M

In the consultations young women from Culturally and Linguistically Diverse communities repeatedly raised that there were no examples of vulvas with female genital cutting or examples of the various types.

As a direct response to their requests, with careful consultation, we have developed a resource that includes examples of vulvas that have and have not had female genital cutting.

It is important to acknowledge the choice of terminology. We respect the importance of using the terminology Female Genital Mutilation. Use of the word ‘mutilation’ reinforces the harm caused by the practice and reiterates that it is a gender-based, human rights violation.

In our consultations women told us clearly that the term ‘mutilation’ can sometimes polarise communities where the practice is a cultural custom and that the words ‘female circumcision’ or ‘traditional cutting’ are more effective in engaging women who have this experience, families and communities.

- Periods

Young people in the consultations also asked for clear drawings depicting a period, that are “not scary”.

Young women asked for drawings that illustrate how to use tampons and period cups.

The young women also commented why don't the pictures ever show how you really put the tampon or cup in and helpful positions when inserting.

In collaboration with Sexual Health Quarters' graphic designers, sexual health clinicians, clinical education team and many young women, we designed;

- Friendly Drawings Essentials
- Friendly Drawings Periods
- Vulva drawings – including examples of FGC/M

It is our hope that they may be useful for people working in community education.

It is our hope that the drawings may reduce stigma, shame, and discomfort and that they may contribute towards people gaining knowledge, skills, confidence and empowerment in their understanding of their body.

## How we use the Friendly Drawings

### Bodies session

We often do this session sitting on the floor – outside on the grass or inside with cushions if possible. It feels more friendly and approachable everyone being on the same level, and also lets participants view the images if/when they wish to.

The images included are formatted so that you can print the entire document double sided and the logo will appear on the reverse side of each drawing.

The following are words we use when using the resources.

We hope this may be useful as a reference and possibly a guide for your use.

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This session is about bodies. It is about the sexual and reproductive systems of the male and female body. \*\*

Throughout this session, I will show drawings of bodies, what is on the inside and what is on the outside. I will let you know the picture that I am about to show before I do so, to let you know what is coming up, and so you can choose whether you would like to look. These images are simple drawings – some black and white and some coloured in – to show different body parts.

Throughout the session, feel free to jump in and ask me any questions. For lots of us, we may not have ever had the opportunity to learn about these things, and this might be the first time we are learning. Sometimes that can feel a bit confronting or embarrassing, but I will make it as comfortable as possible.

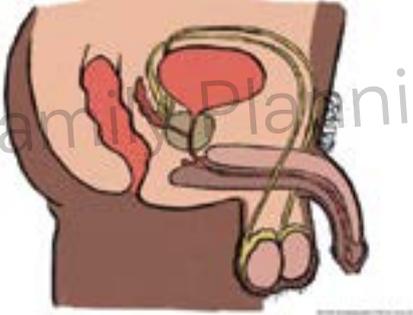
When I am talking about bodies, I will use the terms ‘female body’ and ‘male body’ and when I do this, I am referring to the sex of the person, not assuming their gender.

\*\* Please note -

We begin every session by acknowledging, in a developmentally appropriate way for the group, that we will be using the terms male and female. We recognise that this binary choice does not accurately reflect all bodies. Some people’s bodies, either primary sex characteristics or secondary sex characteristics, chromosomes or hormones, do not fit the typical binary notions of male or female bodies. This is described as intersex. For the purposes of this session we are not assuming gender and use female and male as we will be describing typical sexual and reproductive systems.

We will start with the male body.

The first picture I am going to show is of the inside and outside of the male body, like you are looking side on to the inside of the body. It's a simple line drawing and is coloured in.



We will start with what's on the outside of the body and move to the inside.

On the outside we have the penis and testicles.

Covering the head, or glans, of the penis is the foreskin. For some people, the foreskin is removed at birth, or later in life (called circumcision), maybe for cultural or religious reasons, or maybe medical.

This used to be routine in Australia, and many babies with penises would be circumcised, but it no longer is typically done. In Australia, it is no longer possible to have a baby circumcised through the public health system. Occasionally circumcision is done later for a medical reason.

The penis is full of lots of nerve endings, with the head and the ridge generally being the most sensitive. When the penis is touched, or if someone starts to have sexual thoughts and feel 'turned on' or horny, it can lead to an erection. This is where the penis, made of spongy tissue, fills with blood, and feels hard or stiff. Sometimes it's also called a boner, but there's actually no bone in there, just tissue. Sometimes erections can happen when someone isn't having sexual thoughts or feelings. An erection will go away on its own if someone doesn't have sex.

The next picture shows a penis becoming erect.

*\*depending on group, chose to show line drawing or coloured drawing*



In the picture the penis has a foreskin, which retracts (goes back) during the erection and shows the head of the penis.

The next picture shows a drawing of an erection on the male body.



\*go back to this drawing



These are the testicles (also called balls), the place where sperm and hormones (mostly testosterone) are made. They hang on the outside of the body inside a sack of skin called the scrotum. The scrotum, and the area between the testicles and the anus, is usually very sensitive to touch.

The testicles are on the outside of the body to control the temperature as sperm are sensitive to temperature. When it is cold, they are pulled closer to the body, and when they are hot, they sit further away.

It is normal for one testicle to hang a little lower than the other, and for them to be different sizes. Some people might only have one testicle. The testicles make tens of millions of sperm every day, starting from puberty.

On top of the testicles is the epididymis, this is a coiled tube where the sperm are stored and mature.

When someone is about to ejaculate, which is when semen leaves the body, the sperm travel up through the sperm ducts (vas deferens) to the urethra, and to the outside of the body.

Along the way, sperm is combined with fluids from other parts of the body to make semen. These include the seminal vesicle and the prostate (which is also sensitive to touch).

Before someone ejaculates, a small amount of fluid is secreted from the Cowper's gland. This helps to clean the urethra before ejaculation and provide a little bit of lubrication. This is known as pre-cum. Pre-cum can contain sperm if sperm was in the urethra.

Just like other parts of our bodies, penises are diverse and come in lots of different sizes, shapes and colours. The next picture I am going to show has line drawings of lots of different penises to show some of the diversity that exists.

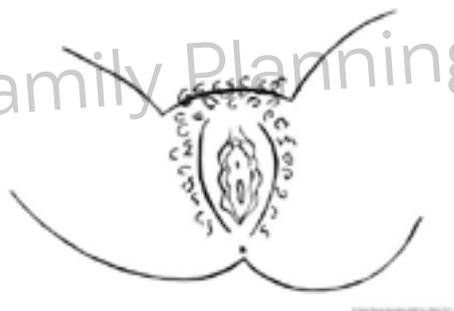


As you can see, some have a foreskin and some are circumcised, some are longer, some have pubes, some have a bend or slant to them, some have testicles that are different sizes, some might only have one testicle. All of these are natural and normal variations of how bodies might look.

Any Questions?

Now we will move on to the female body.

The first picture I am going to show is a black and white line drawing of the legs spread apart to show the vulva. Lots of people call everything “down there” the vagina, but it’s actually called the vulva. The vagina is the passageway from outside of the body to the womb/uterus and the opening to the vagina is between the lips, in the vulva.



How many holes do girls have ‘down there’? Yes, 3 – the vagina, the urethra (where the wee comes out) and the anus. It’s OK if you thought there were only two, its really difficult for people with a vulva to see what’s down there and lots of people don’t know there are 3 holes down there. For people with a penis, it’s very easy as it hangs outside the body, and they can see and touch it. Some people with a vulva like to use a mirror to have a look down there and see what their vulva looks like and where everything is.

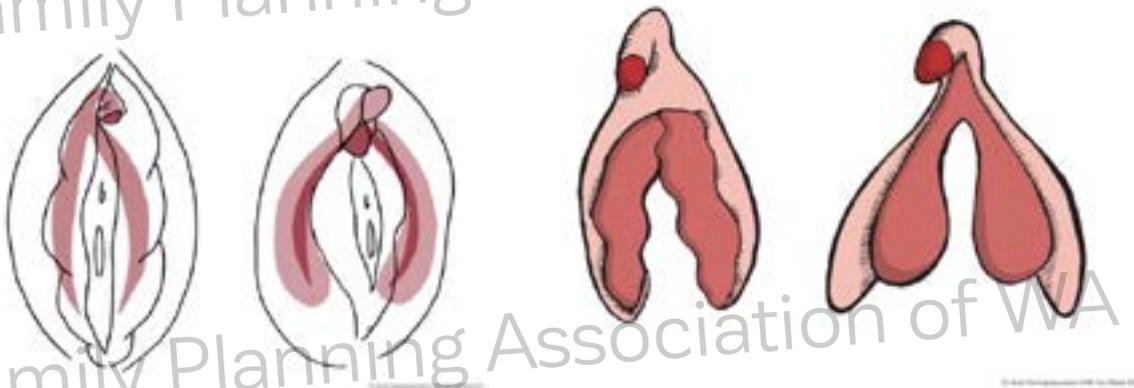
This picture also shows the lips, or the labia. There are outer labia, and inner labia. Sometimes the inner labia might be longer than the outer labia, and one side might be longer than the other. At the top where the inner lips meet is the clitoris, covered by a bit of skin – the clitoral hood. The clitoris is the only part of the body that’s sole function is for pleasure. It’s full of lots of nerves that mean that it can feel good when it is touched – maybe by themselves, or maybe with someone else during sex. Most people orgasm from clitoral stimulation, with or without penetration as well.

Lots of people think that this part on the outside is the whole clitoris, but we now know that most of the clitoris is actually inside the body.

\*show clitoris 3D model (Optional. Note: these can be purchased from the [SHQ Online Shop](#))



This is the clitoris. This nub is the part on the outside of the body, but the rest of these parts are inside. It's OK if you didn't know this – lots of people - even some doctors and nurses - don't know this too. The crura/legs extend around the vagina and urethra, and there are lots of nerves throughout the whole clitoris, which might be why some people can feel pleasure from penetration (sex with a penis, or a toy or maybe a finger). I have a line drawing now to show where the internal clitoris sits within the vulva.



The drawing on the left shows a relaxed clitoris, the one on the right shows a clitoris that is erect. Similarly to how a penis fills with blood and becomes stiff and hard – it happens to the clitoris too.

Just like our faces and other body parts, vulvas come in lots of different shapes, colours and sizes too. The next picture I have shows line drawings of a variety of vulvas.



Some have the inner lips longer than outer lips; some have one side longer than the other. Some are close together; some are wavy and some straight.

Vulvas come in different colours too – ranges of pinks, peaches, purples, browns and blacks. All of these are natural and normal ways that vulvas can look.

Now we will move to the parts of the body on the inside.

The next picture is of a body that shows the internal reproductive organs, the womb and ovaries.



Starting from the outside, here are the labia that form part of the vulva on the outside of the body. Here is the vagina, the passageway from inside to outside. The walls of the vagina lie softly against each other and can stretch – maybe to put a tampon in, maybe during sex for a penis/finger/toy, or maybe for a baby to pass through during birth. Although the vagina can stretch, afterwards it goes back to the way it was. The opening to the vagina, and the vagina, do not become larger or ‘looser’ if someone has sex often.

This is the cervix, the lower part of the uterus. It produces a mucous that helps keep the vagina clean. Some people might see this discharge on their knickers – it’s usually clear, white or creamy in colour. If people notice a change in the look or smell of their discharge that isn’t normal for them, it’s a good idea to get it checked by a nurse or a doctor.

These are the ovaries that make and store eggs and make hormones (oestrogen and progesterone). A girl is born with thousands of eggs. When she goes through puberty these start to mature and be released from the ovaries. About once a month (~28 days) an egg is released and travels into the fallopian tubes.

During the time an egg is maturing, the lining of the uterus/womb thickens. This lining is made of healthy blood and tissue. This is to support a possible pregnancy as the womb is where a foetus would grow if someone were pregnant.

What does it take to start a pregnancy? A sperm and an egg.

For a pregnancy to happen a sperm and an egg must join – called conception. There are different ways this can happen; one way is through penis in vagina sex. If semen is ejaculated into the vagina during sex, the sperm travel through the cervix, uterus and into the tubes. Sperm can last up to 5 days inside the uterus and tubes. If no egg is released around this time, there will be no pregnancy. If an egg is released, the sperm and the egg might meet in the tube. Only one sperm can join with an

egg, and this is called fertilisation. The fertilised egg travels along the tube to the uterus and attaches to the thick, rich lining – the start of a pregnancy.

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If someone has not had sex, or has had protected sex so the sperm doesn't reach the uterus, no sperm are present, conception & pregnancy don't occur, the lining of the uterus is not needed and comes away from the body through the vagina as blood – known as a period (or menstruation). This next drawing shows this.



During a period, bleeding usually lasts around 3-7 days. Throughout a period, it can look like a lot of blood is lost, but it's actually only about 3-6 tablespoons in total.

What are some things people might use if they have their period to help manage the blood?

Pads, reusable pads, tampons, applicator tampons, cups, or period underwear.

*\*can have a period kit with all of the different items and explain each one*

**Pads** – pads are placed in the underwear and absorb blood from outside the body. They come in different absorbencies to suit different heaviness levels. Thin pads are sometimes called liners. Some pads have wings to stick under the underwear and hold the pad in place. Most pads are designed to be used once (for around 4 hours depending on the blood flow and absorbency) and placed in the bin. Reusable pads are also available.

**Tampons** – Tampons are inserted into the vagina and absorb blood from inside the body. They come in different sizes depending on how light or heavy someone's period is. Some tampons come with applicators that can help someone to insert it. Tampons are changed every 4-6 hours depending on how heavy someone's period is.

**Menstrual cups** – these are small cups made of rubber or silicone that catch blood from inside the body. They are inserted into the vagina and can stay inside for the day or overnight. There are different sizes available for people to find one that suits them best.

**Underwear** – period underwear use absorbent fabrics in their design and lining. There are different styles for light, heavy or night-time flow levels. Underwear can be rinsed and washed in the washing machine, dried and re-used. Some brands include Bonds, Libra and ModiBodi.

Where can someone get period products? Supermarket, chemist, chemist warehouse, online.

The next picture is a drawing looking into a body side on.



It shows the ovaries, the womb, vagina, bladder (where the wee is stored), urethra (where the wee comes out of the body), rectum and anus. It also shows the internal clitoris and where it sits inside. The legs of the clitoris wrap around the urethra and the vagina, which is why some people might find penetrative sex pleasurable and this might be why some people can orgasm this way.

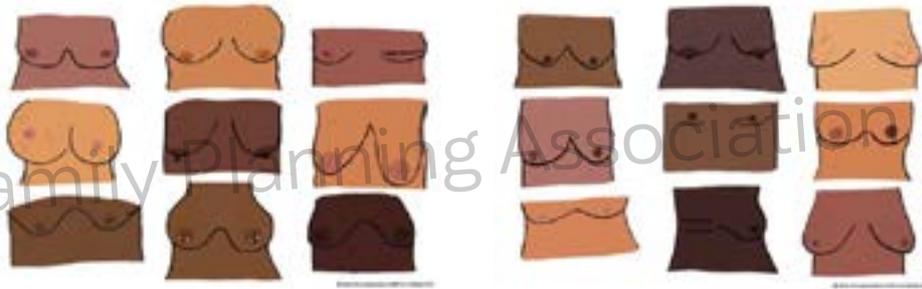
Another body part some people might have heard about is the hymen, or the vaginal corona. Just inside the vagina is the hymen/corona. It is thin folds of stretchy tissue, about 1-2cm inside the vagina. I have a picture that shows different ways a hymen might look.



As you can see, none of these cover the whole vagina. Historically, lots of people have linked the hymen to virginity, but there is no way to tell from someone's body if they have had penetrative sex or not. The hymen stretches as people mature and their bodies grow. The hymen can't be broken, but it sometimes might tear and bleed a little. This might be when someone is exercising, when they're riding a horse, or maybe just randomly. Most people don't bleed the first time they have sex.

## Breasts

Just like other parts of our bodies, breasts come in lots of shapes, looks and sizes. I have some drawings now that shows some diversity of how breasts might look.



It's normal for people to have one breast slightly bigger than the other. Some have hair on their nipples, some have piercings, some have one nipple bigger, or a different colour, to the other one. Some might only have one breast, some might have inverted nipples, and some might have stretch marks. There are lots of different and natural ways that breasts can look. If someone notices a change in the way their breasts look or feel, it is good to check with a nurse or doctor.

