My and My Body
An Easy Read Guide
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

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

Colour in the body.

- Head
- 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.