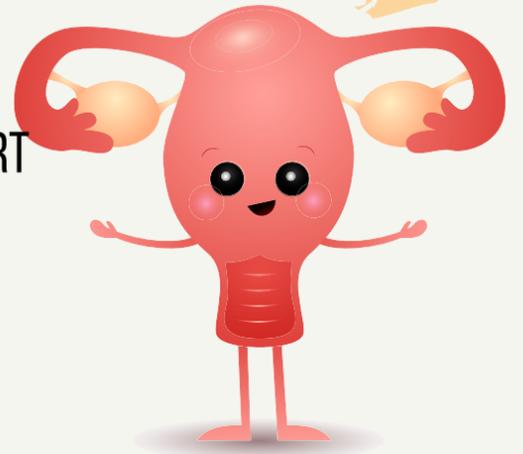


VAGINA

COMMONLY ASKED QUESTIONS

VAGINA OR VULVA?

BASCIALLY THE VAGINA THE NAME OF THE INTERNAL PART AND THE VULVA IS THE OUTSIDE PART MADE UP OF THE LABIA, CLIT AND URETHRA (THE PARTS YOU CAN SEE).



WHAT'S THE HYMEN?

A HYMEN IS A SEAL OR BARRIER AROUND THE ENTRANCE TO THE VAGINA SOME HAVE HYMENS THAT ARE CRESCENT SHAPED, HAVE HOLES , AND SOME DON'T THEM AT ALL. THE HYMEN CAN TEAR FORM PHYSICAL ACTIVITY, AND AROUND A 1/2 OF YOUNG PEOPLE WHO REPORTED SEXUAL ACTIVITY STILL HAVE AN INTACT HYMEN.

THERE IS A COMMON MISCONCEPTION THAT IT SHOULD HURT THE FIRST TIME SOMEONE HAS PENETRATIVE VAGINAL SEX. THIS PAIN CAN BE EASILY AVOIDED BY USING LUBRICANT AND MAKING SURE THAT YOU ARE RELAXED. THIS CAN BE ACHIEVED BY HAVING AND OPEN AND HONEST DISCUSSION BEFOREHAND. IF YOUR TOO UNCOMFORTABLE TO HAVE THIS CHAT, THEN YOU'RE PROBABLY NOT READY TO HAVE SEX.

WHAT IS DISCHARGE?

THE VAGINA TYPICALLY PRODUCES 1-3ML OF DISCHARGE IN TWENTY-FOUR HOURS. THIS DISCHARGE IS A PART OF THE VAGINA'S CLEANING SYSTEM.

THE AMOUNT, COLOUR AND CONSISTENCY CHANGES THROUGHOUT THE MENSTRUAL CYCLE. VAGINAL DISCHARGE USUALLY ISN'T ANYTHING TO WORRY ABOUT IF IT:

- DOESN'T HAVE A STRONG OR UNPLEASANT SMELL
- IS CLEAR OR WHITE
- IS THICK AND STICKY
- IS SLIPPERY AND WET

YOU CAN GET VAGINAL DISCHARGE AT ANY AGE.THE AMOUNT OF DISCHARGE VARIES. YOU USUALLY GET HEAVIER DISCHARGE DURING PREGNANCY, IF YOU'RE SEXUALLY ACTIVE OR IF YOU'RE USING BIRTH CONTROL. IT'S OFTEN SLIPPERY AND WET FOR A FEW DAYS BETWEEN YOUR PERIODS (WHEN YOU OVULATE).

REMOVING THE PUBIC HAIR CAN INCREASE HOW MUCH OF THIS DISCHARGE ENDS UP ON UNDERWEAR.



WHAT DOES NORMAL LOOK LIKE'

WHEN IT COMES TO SHAPE, SIZE, COLOUR OR EVEN ODOR, THERE IS NO NORMAL. JUST LIKE ANY OTHER PARTS OF A BODY, VULVA'S COME IN ALL DIFFERENT SHAPES AND SIZES. THE INNER LABIA ARE DIFFERENT FOR EVERYONE, JUST HOW PEOPLE HAVE DIFFERENT SHAPED EARS OR NOSES. SOME PEOPLE HAVE LARGER INNER LIPS, FOR A LOT OF PEOPLE ONE SIDE IS BIGGER THAN THE OTHER. THERE IS ALSO A WIDE VARIETY OF COLOUR. IF YOU ARE CONCERNED OR INTEREST IN ANY CHANGES YOU NOTICE TALK TO SOMEONE. THIS COULD BE A FRIEND, FAMILY MEMBER OR MEDICAL PROFESSIONAL (LIKE THE ONES THAT WORK IN OUR CLINIC).



COMMON YOUTH PROVIDES FREE RELATIONSHIPS AND SEXUALITY EDUCATION TO YOUNG PEOPLE (FROM 11 TO 25 YEARS) ACROSS THE WHOLE OF NORTHERN IRELAND. WE ALSO HAVE A SEXUAL HEALTH CLINIC WHICH OFFERS A SAFE, KNOWLEDGEABLE AND ACCEPTING ENVIRONMENT FOR YOUNG PEOPLE TO TALK AND TO ACCESS SEXUAL HEALTH SERVICES.

FOR MORE INFORMATION ABOUT ACCESSING OUR SERVICES YOU CAN CONTACT US ON 02890 328866. YOU CAN ALSO FOLLOW US ON SOCIAL MEDIA.

BELFAST

MONDAY.....	14:30 - 17:00
TUESDAY.....	14:30 - 17:00
WEDNESDAY.....	14:30 - 17:00
THURSDAY.....	17:30 - 20:00
FRIDAY.....	14:00 - 16:30
SATURDAY.....	13:30 - 16:00
SUNDAY.....	13:30 - 15:00

COLERAINE

MONDAY.....	14:30 - 17:00
TUESDAY.....	CLOSED
WEDNESDAY.....	CLOSED
THURSDAY.....	14:30 - 17:00
FRIDAY.....	CLOSED
SATURDAY.....	CLOSED
SUNDAY.....	CLOSED

MALE CLINIC (BELFAST ONLY)

SATURDAY.....	16:00 - 17:30
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