



Normal Vulvar Anatomy Handout

What are the different parts of the Vulva?

- **Mons:** if you look down where your thighs meet, what you are most likely looking at is the mons
 - This is a mound of skin and tissue where most of your pubic hair grows.
- **Labia Majora**
 - The two outer folds of tissue and skin that are on the outermost portion of the vulva, protecting the smaller structures underneath.
 - Extends from the mons and travels down towards the buttock area.
 - Where most of the hair follicles live and where pubic hair grows after puberty has begun
- **Labia Minora**
 - The two inner folds of tissue and skin that reside within the labia majora.
 - Typically, thin and without pubic hair and may be a different or darker color.
 - Often grow during puberty.
 - May be big or small, long, or short, may be uneven or different sizes; all variations are NORMAL!
- **Clitoral Glans:**
 - The clitoris has parts on the outside that you can see and parts on the inside that you can't see.
 - The glans is the part on the outside that you can see.
 - The outside part of the clitoris looks like a little ball (the glans) that sits at the top of the vulva.
 - The clitoris has a lot of nerves and is very sensitive to touch.
- **Clitoral Hood:**
 - Little flap or hood of skin that covers the clitoral glans.
 - Protects the sensitive nerves of the clitoris.
- **Urethra**
 - The tube that brings the pee (urine) out of the body.

• **Vagina**

- An elastic muscular tube/canal leading from the external genitalia (vulva) to the inside of the body.
- The vagina ends at the beginning of the uterus, also called the cervix.
- It connects the uterus to the outside world.
- This is where menstrual blood comes out from the uterus to the outside of the body, this is where a tampon can be placed, and known as the birth canal.

• **Hymen**

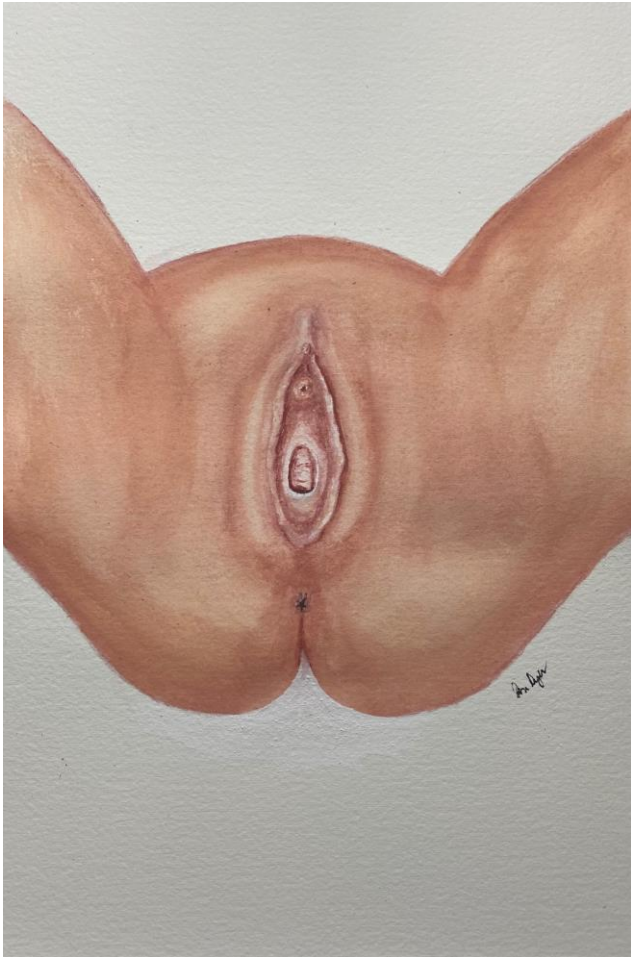
- A thin fleshy tissue that's located at the opening of the vagina.
- It is a hole big enough to let menstrual blood to come out.
- Some people are born with a very small hymen (hole) or no hole at all and may need to have a small procedure so that the menstrual blood can pass through.
- You cannot tell if someone is a virgin/ever had sex by looking at their hymen.
- Exams and tampons do not cause harm to hymen.

• **Perineum**

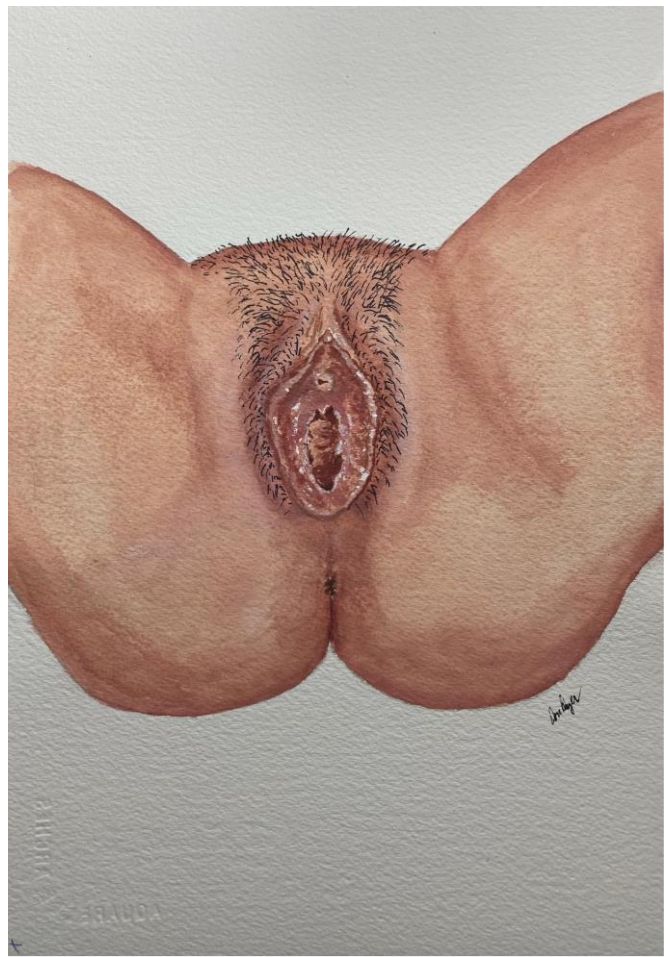
- This is the space between the vagina and the hole where the poop comes out (anus) Typically, thin and without pubic hair and may be a different or darker color.

• **Anus:**

- The opening in the body where the poop (stool) comes out.
- It transports poop from the body where waste from your digestive tract leaves the body.



Pre-Pubertal



Post-Pubertal

This document was created and approved by the NASPAG Education Committee November 2023