

What is a Vulva?

LEARNING OUTCOMES

Knowledge, Skills
& Actions



To understand what a
vulva is and the makeup
of the vagina

To understand the female
reproductive systems

To understand the
importance of cervical
screening

NEW VOCABULARY

Vulva, Vagina, Labia, Mons
Pubis, Cervix, Uterus, Clitoris,
Cervical Screening



STARTER ACTIVITY

What is vulva?

What is a vagina?

What is the biological significance of a vagina?



3 Minutes

GROUND RULES



Be open and honest
No Personal Comments
Discussions must be about
'general situations'



You don't have to say
things about yourself if
you don't want to

It's OK to be embarrassed
by a topic but don't show
that you are embarrassed
through silliness



Be Respectful

Listen & don't interrupt others
Only 1 person talking at a time
Use the agreed appropriate
Language (Avoid slang terms)



Don't Make Assumptions
about people's values,
attitudes, behaviours, life
experiences or feelings

PSHE CLASSROOM RULES

DEALING WITH SENSITIVE TOPICS

SAFEGUARDING YOUR WELFARE & HAVING YOUR INTERESTS AT HEART

Be Non-Judgemental
No put-downs. Challenge
the opinion, not the
person



Conversations on sensitive
topics stay in the
classroom unless it is a
safeguarding issue

There are **no stupid questions**
It's OK to get things wrong

Enjoy the lesson, challenge your perceptions and understand how to seek further advice and support



What is a Vulva?

ASSESSMENT
FOR LEARNING

BASELINE CONFIDENCE CHECKER



BEFORE THE LESSON	NOT CONFIDENT				CONFIDENT				VERY CONFIDENT	
Knowledge, Skills & Actions	1	2	3	4	5	6	7	8	9	10
I know the difference between a vulva and a vagina										
I can label correctly all parts of the female reproductive system										
I can explain what cervical screening is										



Complete a baseline assessment of where you think you are at for this lesson

(Discuss or complete sheet)



2 Minutes

I'm not confident at all on this topic

A little confident

Confident

Very confident

I am super confident on this topic



Anatomy (Female)



Anatomy: Assigned Sex At Birth (Female)

Task: Pick one or two coloured hats and answer all the related questions



2 Minutes



What facts do I know? What else do I need to know? What do I want to know?

INFORMATION



How do I feel about this? What don't I like about this? What do I like about this?

FEELINGS



Can something be done? New ideas? What are the solutions/suggestions?

CREATIVITY



What thinking is needed? Next steps? Where are we now?

THINKING



What is wrong? Is it safe? Can it be done?

JUDGEMENT

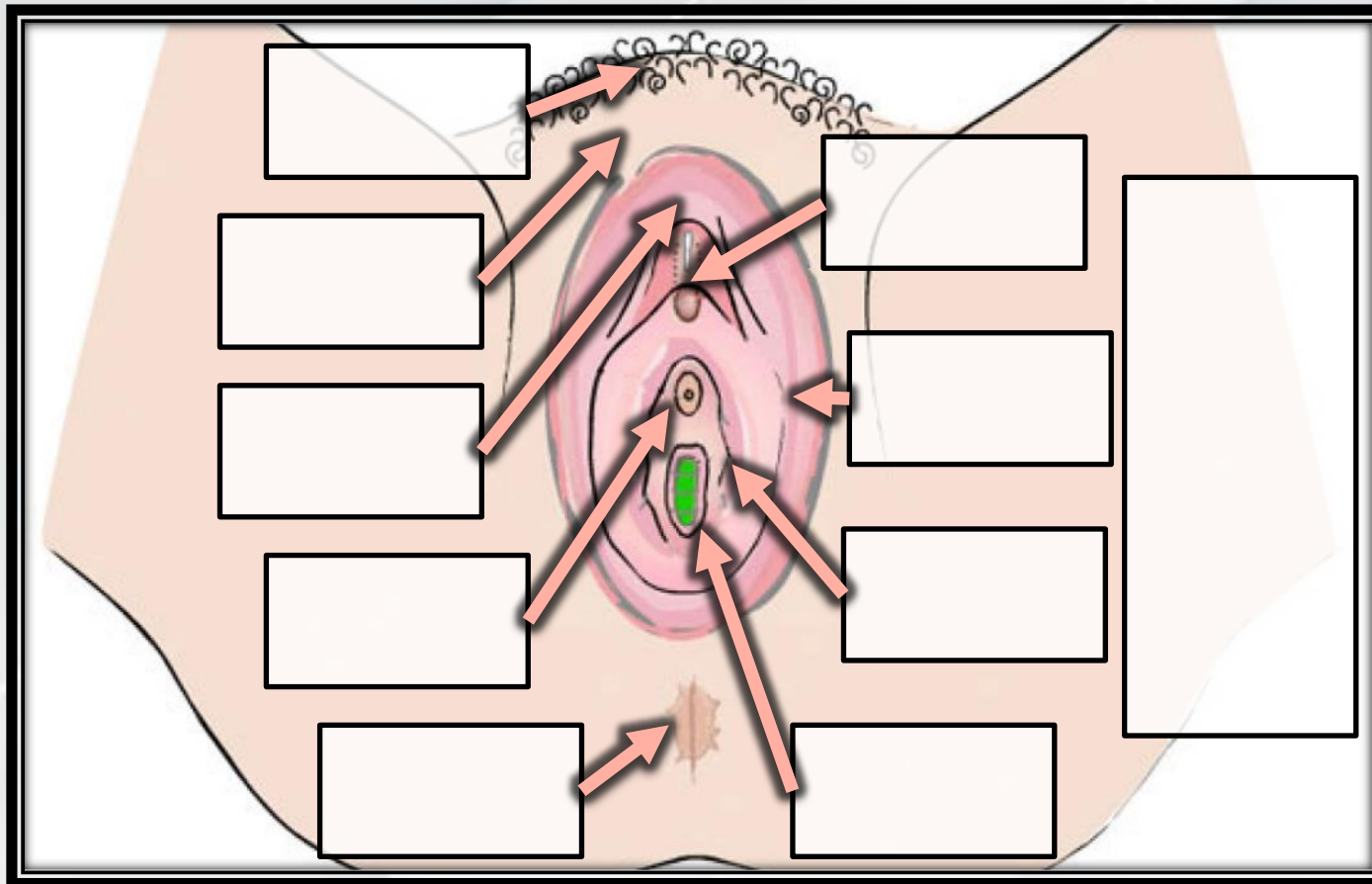
Task

Can you label all the different parts correctly?



**CLICK TO
READ MORE**

**OUTSIDE BODY
PARTS**



Clitoral Hood

Inner Labia
(Inner lips of the
vagina)

Pubic Hair

Vaginal Opening

Mons Pubis / Veneris
(Fatty tissue lying
over public bone)

Vulva

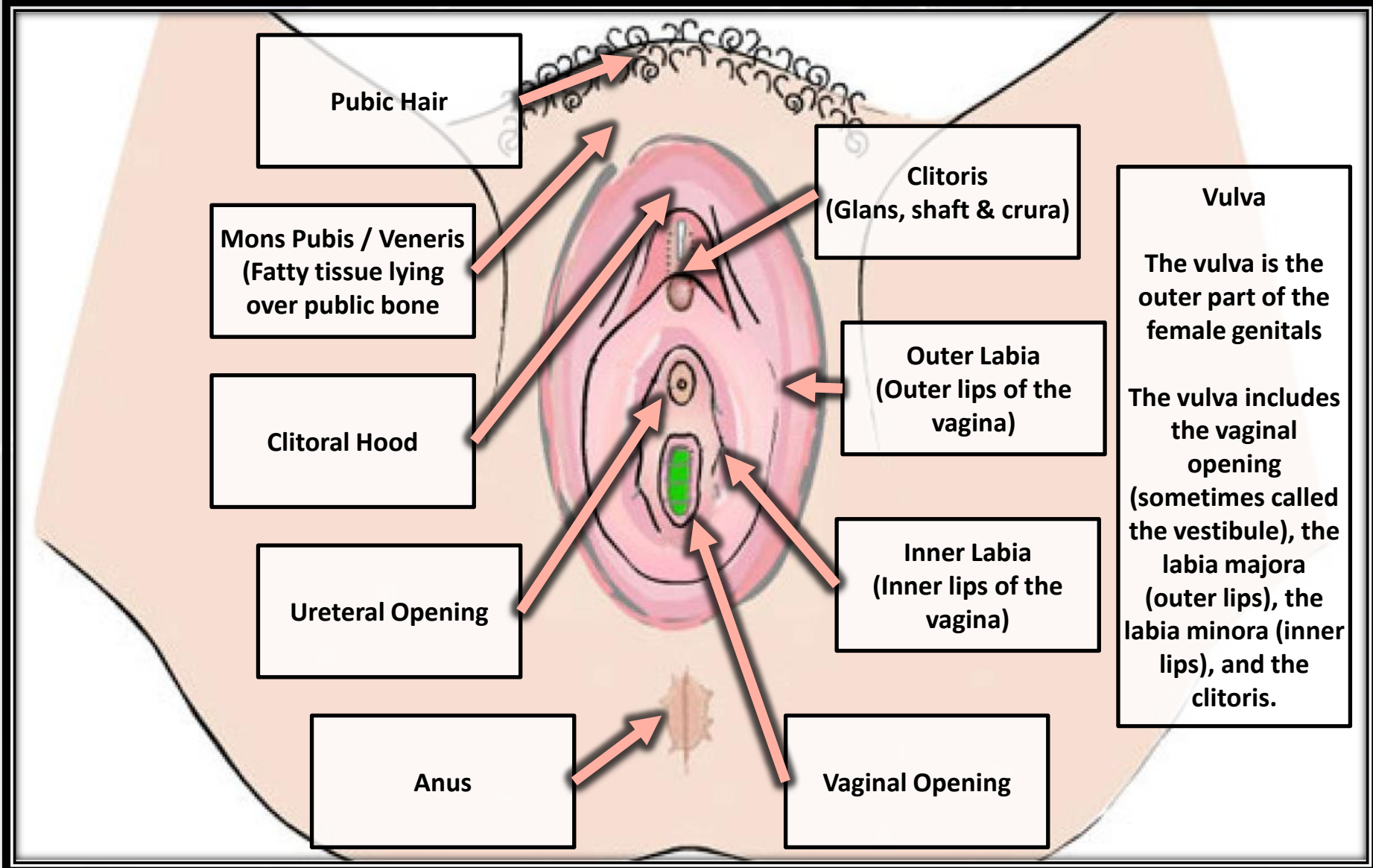
Ureteral Opening

Outer Labia
(Outer lips of the
vagina)

Anus

Clitoris
(Glans, shaft & Crura)

What are the parts of the female sexual anatomy?



SORTING ACTIVITY

Match the key word with its correct meaning

**Opening of
Urethra**

Mons Pubis

Anus

Labia

**Opening of
Vagina**

Clitoris

The fleshy mound above the vulva. After puberty, it's covered with pubic hair. It cushions your pubic bone.

The opening to the rectum that has lots of sensitive nerve endings.

It is located right below the urethral opening. It is where menstrual blood leaves the body, and babies are born through.

This opening is the tiny hole that urine comes out of, located just below your clitoris.

This is located at the top of the vulva, where the inner lips meet and has a hood and wings and has thousands of nerve endings.

These are folds of skin around the vaginal opening. Can be short or long, wrinkled or smooth.

A

B

C

D

E

F



How to Keep Clean



Vagina and Vulva Hygiene

Task: Pick one or two coloured hats and answer all the related questions



6 Minutes



What facts do I know? What else do I need to know? What do I want to know?

INFORMATION



How do I feel about this? What don't I like about this? What do I like about this?

FEELINGS



Can something be done? New ideas? What are the solutions/suggestions?

CREATIVITY



What thinking is needed? Next steps? Where are we now?

THINKING



What is wrong? Is it safe? Can it be done?

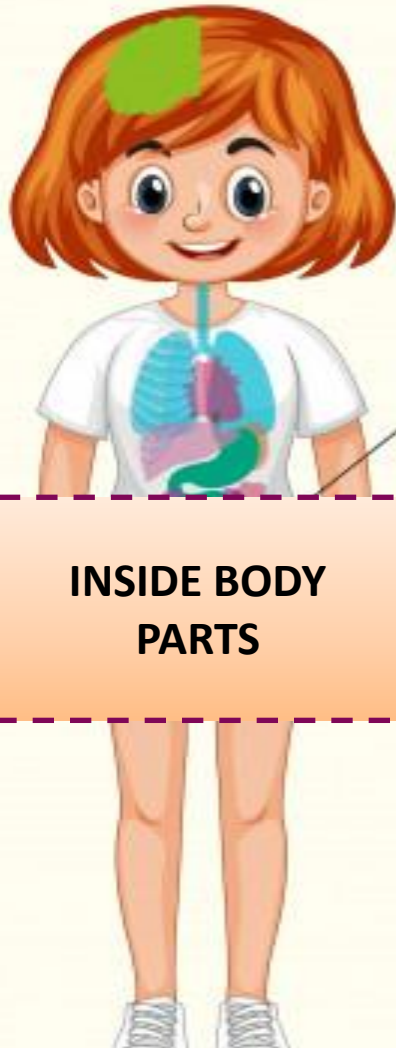
JUDGEMENT

FEMALE REPRODUCTIVE SYSTEM

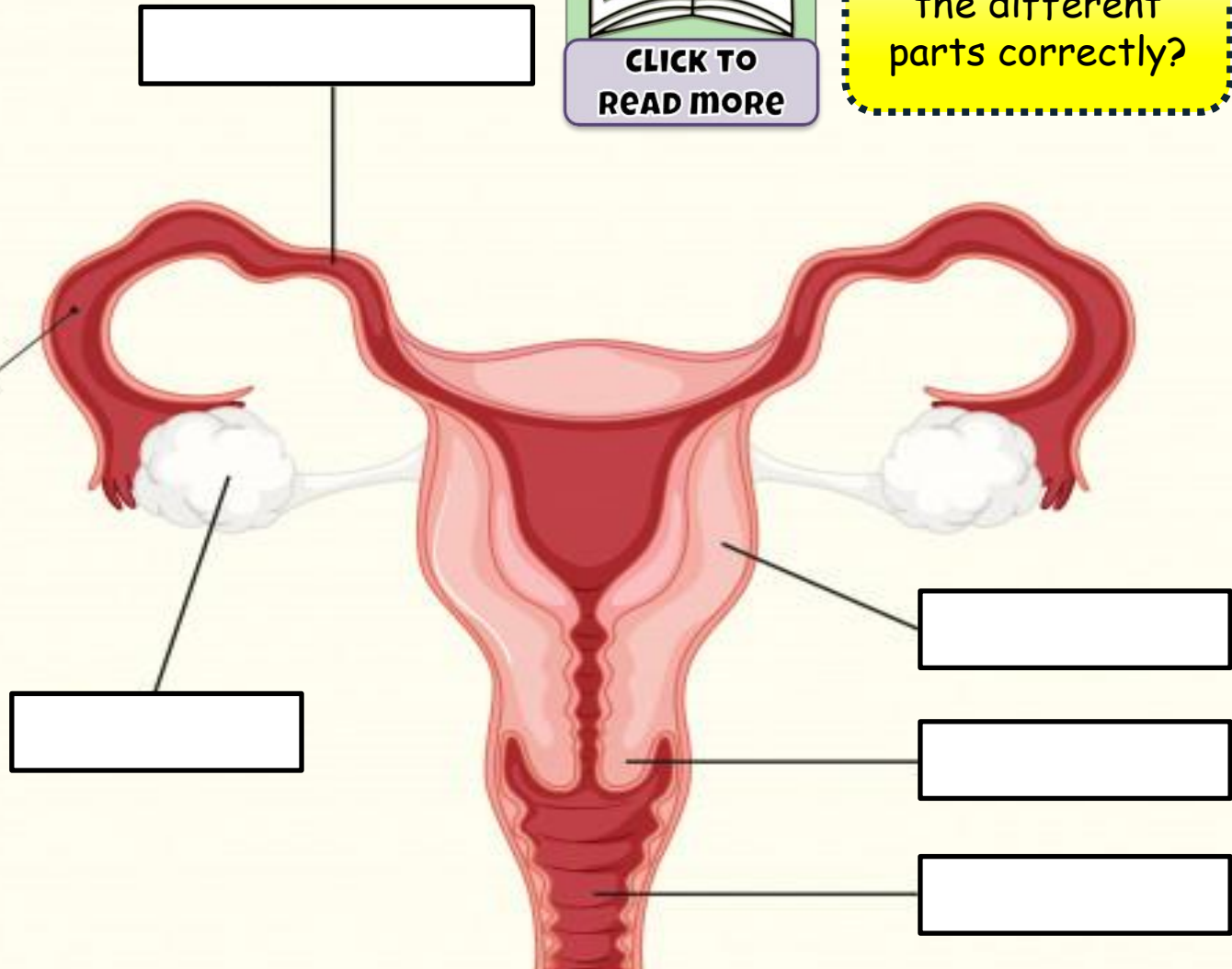


Task

Can you label all
the different
parts correctly?



INSIDE BODY
PARTS



Ovary

Uterus

Cervix

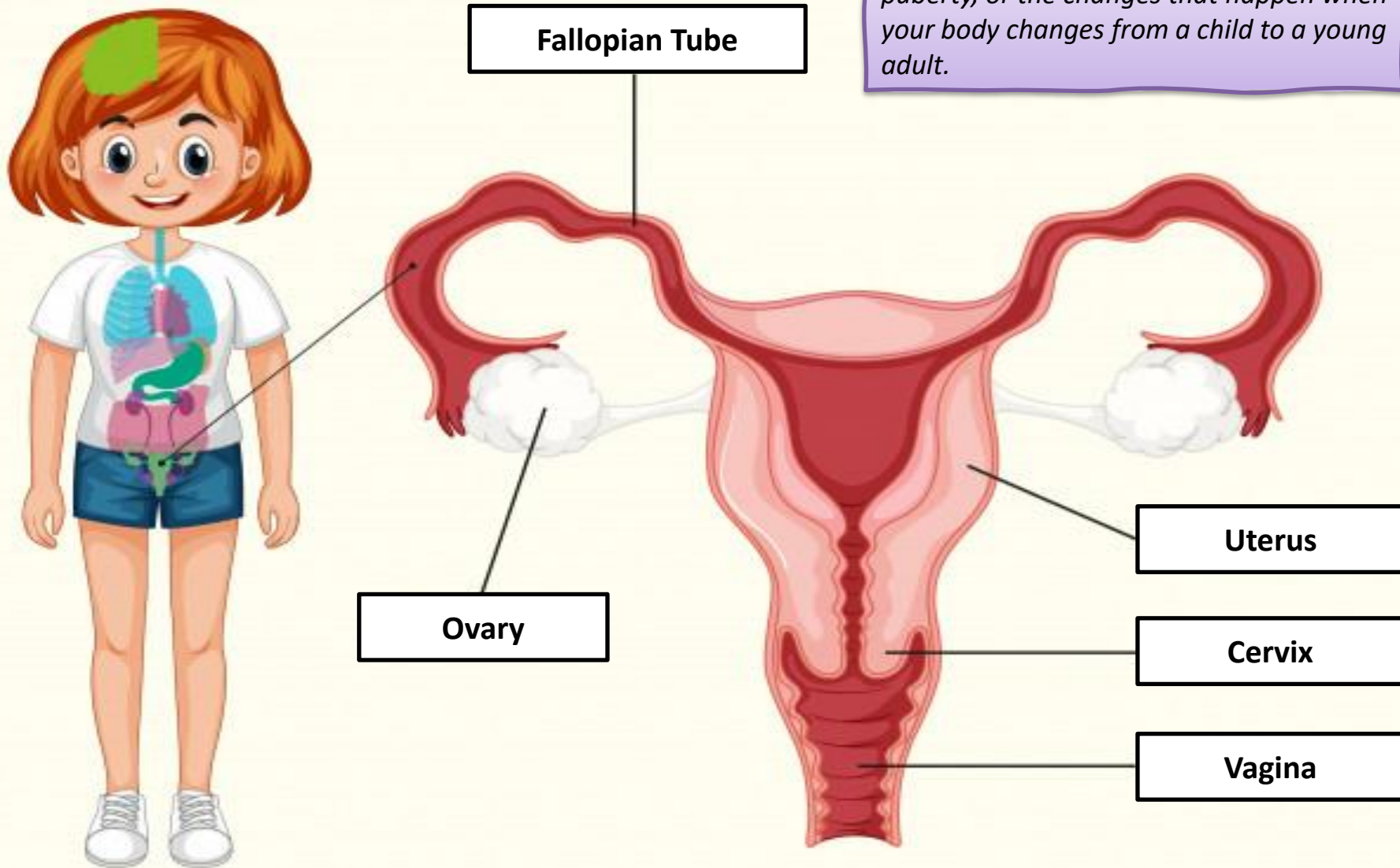
Vagina

Fallopian Tube

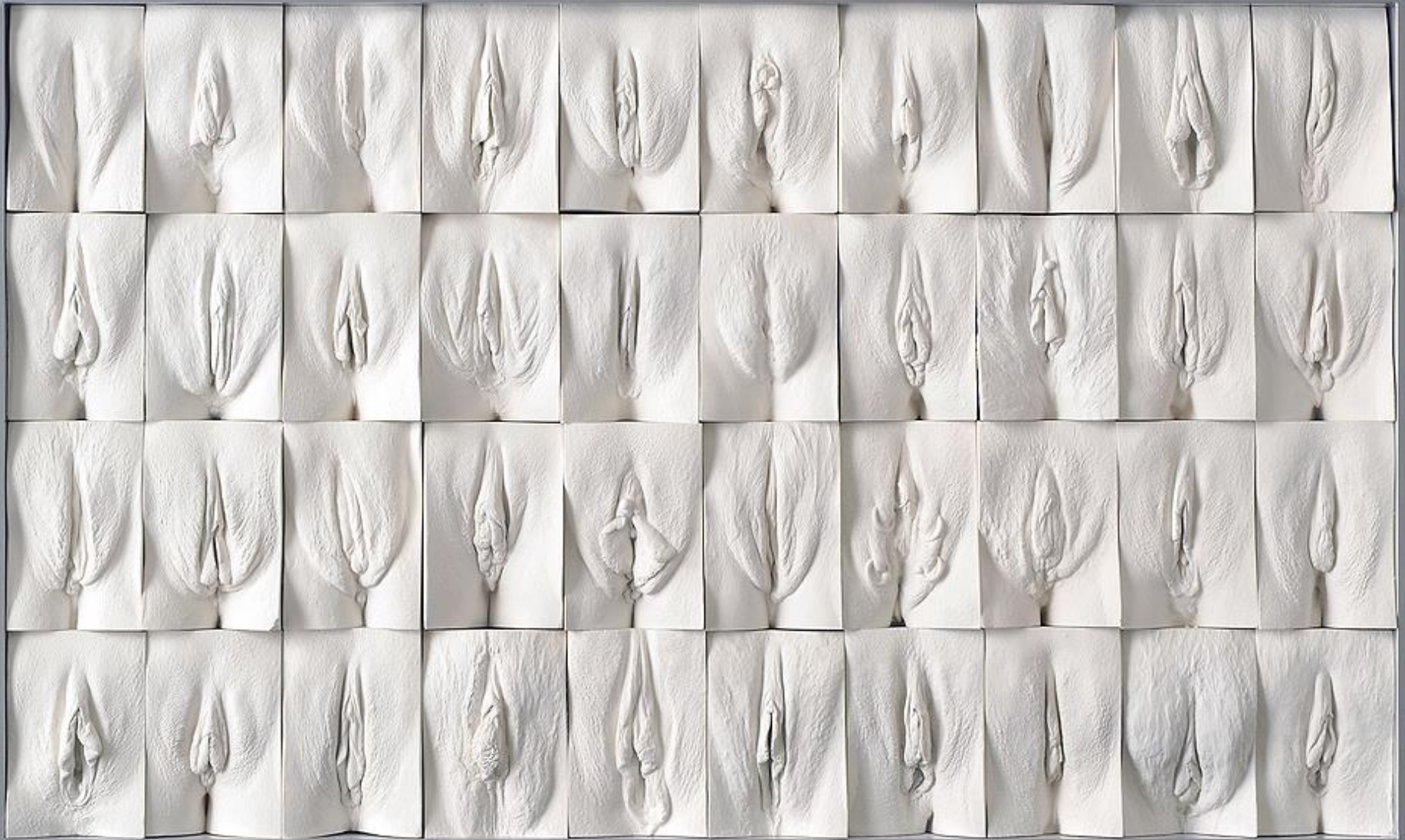
FEMALE REPRODUCTIVE SYSTEM

Did you know?

If you're between the ages of 9 and 14, you've probably started to experience puberty, or the changes that happen when your body changes from a child to a young adult.



Jamie McCartney is an artist who wants to cast vaginas in every country in the world to show the wide range of vulvas out there.





Cervical Screening



Should I go for cervical screening? Cancer Research UK

Task: Pick one or two coloured hats and answer all the related questions



2 Minutes



What facts do I know? What else do I need to know? What do I want to know?

INFORMATION



How do I feel about this? What don't I like about this? What do I like about this?

FEELINGS



Can something be done? New ideas? What are the solutions/suggestions?

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What thinking is needed? Next steps? Where are we now?

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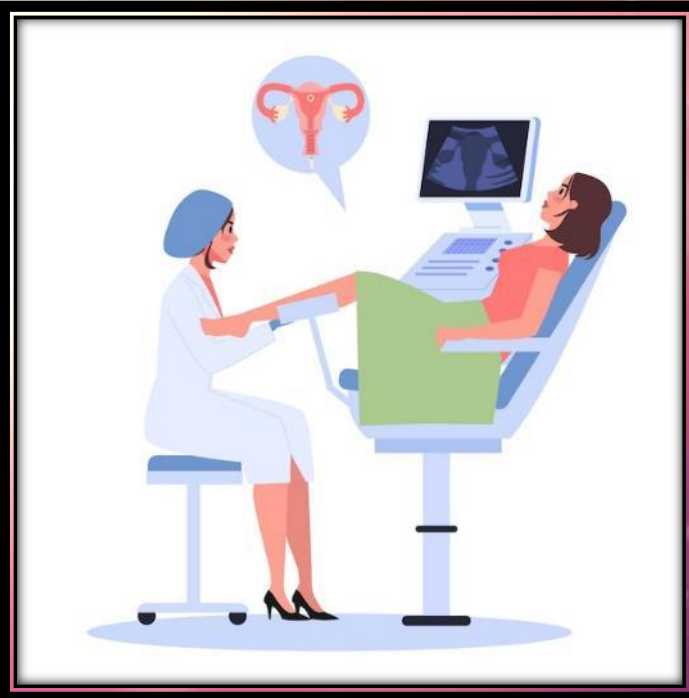
What is wrong? Is it safe? Can it be done?

JUDGEMENT

Cervical Screening

HPV (Human Papilloma Virus)

- All girls ages 12-13 are offered the HPV vaccine (delivered through schools and consists of 3 injections over 12 months)
- Provides effective protection against cervical cancer for at least 20 years.



Cervical Screening

- Aged 20 – 25 your doctor will send you a letter about cervical screening
- It is a test to check the health of the cells of your cervix (Entrance to the womb in the vagina)
- Most will show cells are fine but 1 in 20 may show some abnormal changes in the cells
- In most cases this will not mean cancer but in some cases these abnormal cells may need to be removed in order to not develop into cancerous cells.
- You need to be aware but you don't need to worry!

Did you know?

Cervical screening is also known as a Pap test or Pap smear.

Task

Why is it important to never miss your cervical screening?

What Do You Think?



"It is just as important for men to know about female reproductive organs as it is women"

Talking Points



I think that ...

I don't think... is right because...

My opinion is...

I would argue the same because...

I disagree with... because...

Building on what... said. I think...

An alternate way of looking at this is...

I sort of agree, however....

I would challenge what.. said because ...

Do you agree or disagree? Why?

Can you add to the statement?

Do you have a question about the statement?

Would you like to challenge what is being said?

Do you have an alternative idea?



What Do You Think?



“Every woman in the world has sovereignty over her vagina”

Talking Points



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REVIEW YOUR LEARNING OUTCOMES

ASSESSMENT
FOR LEARNING

CONFIDENCE CHECKER



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Complete the confidence checker of where you think you are at for this lesson

(Discussion or complete sheet)



3 Minutes

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confident at all
on this topic

A little
confident

Confident

Very
confident

I am super
confident on
this topic

HOMEWORK SUGGESTION

Homework Explained

Create a poster highlighting why it is important to keep your body clean.



DUE DATE

Must be submitted by...

Hand / Google
Classroom





IMPORTANT INFORMATION



2 Minutes



FOR MORE INFORMATION ABOUT THE TOPICS COVERED IN THIS UNIT
WE WOULD ADVISE ONE OF THE BELOW:

SPEAK TO YOUR PARENTS/GUARDIANS, HEAD OF YEAR,
A TRUSTED ADULT OR FRIEND.

IF YOU HAVE ANY CONCERNS ABOUT YOURSELF OR SOMEONE YOU KNOW.
IT IS IMPORTANT TO SPEAK UP AND TELL SOMEONE!

SPECIFIC FURTHER INFORMATION ON THIS TOPIC CAN BE FOUND HERE:

- ☐ ChildLine - You can talk to us about anything. No problem is too big or too small. Call us on 0800 1111 or chat to us online <https://www.childline.org.uk>
- ☐ <https://kidshealth.org/> - A large range of health subjects covered including puberty for children and teens
- ☐ <https://www.brook.org.uk/your-life/puberty/> Brook Health lives for young people
- ☐ <https://www.nhs.uk/> - Loads of information on a very wide range of physical and mental health issues

HEALTH
& WELLBEING

SEEKING SUPPORT

REFLECTION PLENARY



A problem I overcame today was...

**Before I only knew...
now I also know...**

**The key words for this lesson
were...**

I'm really proud of the way I have...

Today I have tried to...

**The most important thing I have
learnt today is...**

I used to feel ... but I now feel ...

**Before I would have done...
Now I will ...**

Next lesson I would like to...

**A question I would like to ask
is...**

**I would like to learn more
about...**

**I know if I need further support
or help I could speak to.... or
contact...**

**I now know I can supported
others by...**

**One thing I didn't realise was...
this will help me to...**

2 Minutes





REFER TO MINDFULNESS POWERPOINT

