



Intimate Areas and Hygiene



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let's sign about sex

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Freya

Freya's materials were supplemented by the project team with easy-to-read entries and information on existing video material



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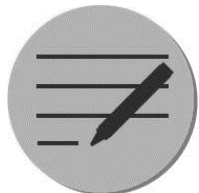
Infos for Trainers



This icon shows you that the information will be signed by the trainers in the workshop.



This icon indicates that the LSAS lexicon contains **video material in sign language**.



This icon shows you that there is a **worksheet for the participants**.



Intimate Areas

Whatever you call it, let's take a look at how "it" works.

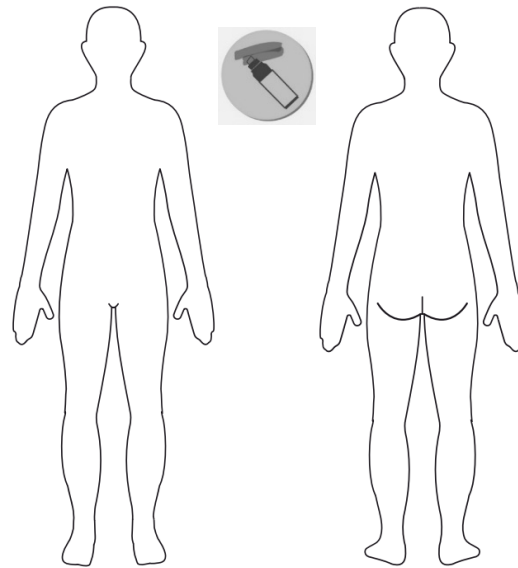


Intimate Areas and Hygiene



What are intimate areas?

We've already talked about intimate places.
Do you remember?



Intimate Areas and Hygiene



Intimate areas on the body - everyone is different!

Intimate areas can look different, and that's okay.

There's no need to compare yourself to others,
each of us is unique!

Intimate Areas and Hygiene

Intimate areas include, among other things,
the genitals and
reproductive organs.



These change during adolescence.

Thanks to these organs, people can have children or have sex.

genitals

genital organs

adolescence

adolescence - man
adolescence - woman



Intimate Areas and Hygiene

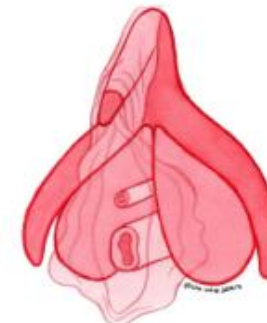


Worth knowing ...



The clitoris is the only organ in the human body whose sole function is to provide pleasure. Arousal causes it to become engorged and enlarged.

clitoris



Intimate Areas and Hygiene



Worth knowing ...

The **pubic mound** also has another name – **Venus' mound**.

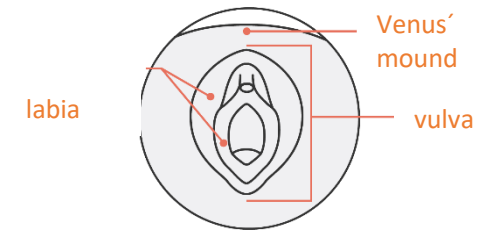
term mound refers to a low, round, protruding part of the landscape.

Similar to this part on a woman's body.

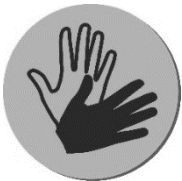
Why Venus' mound?

Previously, people believed that these mounds

in the landscape were created by the **goddess Venus**.



goddess Venus
roman goddess
of love and beauty



Intimate Areas and Hygiene



Worth knowing ...



In some cases (medical, aesthetic, cultural), the **foreskin of the penis** is removed.

This is called circumcision.

circumcision



Intimate Areas and Hygiene



Worth knowing ...

Have you noticed that the shape of the scrotum changes?



Sometimes it is looser and sometimes tighter to the body.

This is due to the ambient temperature.

If a man is cold, the scrotum pulls closer to the body.

If he is warm, the scrotum is looser and further away from the body.

This adjusts the temperature of the testicles.



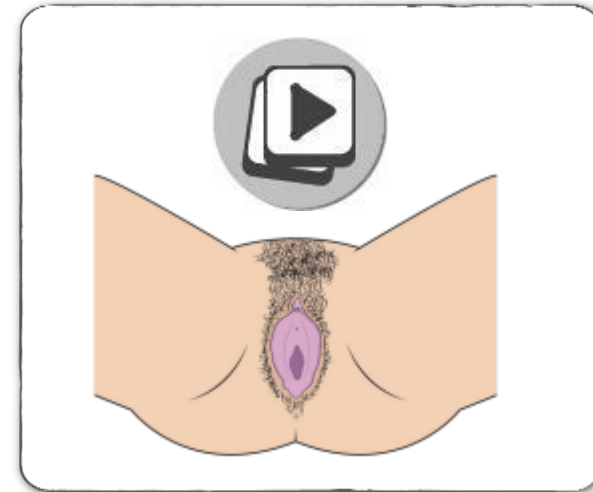


The external genitalia of a woman are called the **vulva**.

This is the part that is visible from the outside.

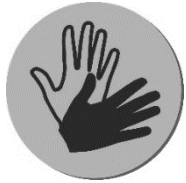
Other external parts are:

- the mons pubis
- the clitoris
- the vaginal opening
- the labia majora
- the labia minora
- the urethral opening



The **vagina** is a woman's internal genital organ.

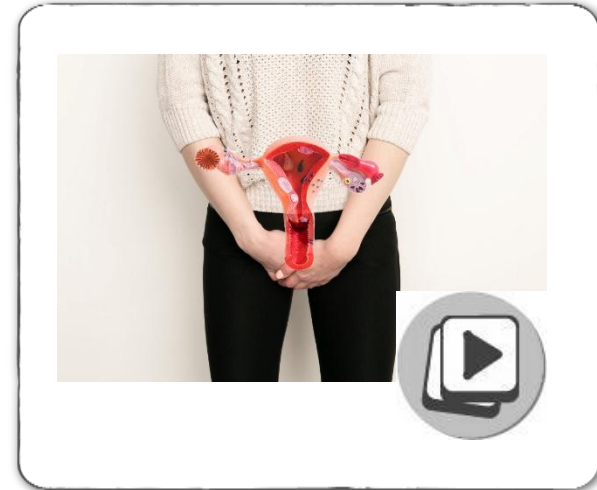
It is located inside the body and cannot normally be seen.



It is a tube-shaped organ that is used for sexual intercourse, the outflow of menstrual blood, and childbirth.

The cervix connects the vagina to the uterus. It protects the uterus from bacteria and infections. It is an important part of the female body, so it is recommended to have it examined once a year by a **gynecologist**.

This is a doctor who takes care of women's health in the intimate area.



An **egg** is formed in the ovary. Every healthy woman has two **ovaries**. The **fallopian tubes** are used to transport the egg from the ovary to the **uterus** during ovulation.



The uterus serves to receive, store, and develop a fertilized egg.

The **uterine lining** serves to implant the fertilized egg.

If fertilization does not occur, the lining is shed and leaves the body with **menstrual blood**.

Menstrual period



Intimate area - male

Intimate Areas and Hygiene

The external genitalia of a man are

- the penis and
- the scrotum.

Male body



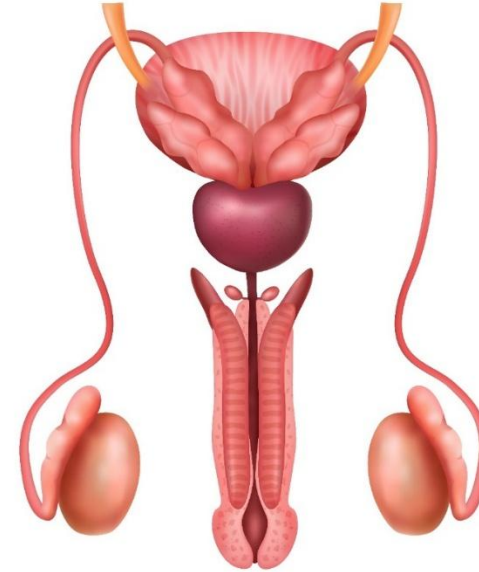
The tip of the penis is called the **glans penis**.

The **urethra**, which serves to **excrete urine and semen**, opens here.

The foreskin is a fold of skin that protects the glans penis. It is movable. It needs to be pulled back during **hygiene**. The foreskin and glans are connected by a frenulum. The scrotum is a sac of skin that **protects** the testicles.

The internal genital organs include:

- prostata
- seminal vesicles
- vas deferens
- testicles
- epididymis
- corpus cavernosum



Sperm is produced in the testicles. Every healthy man has two testicles.

Sperm mature in the epididymis. Every healthy man has two epididymis.


Intimate area - male

Intimate Areas and Hygiene

The prostate produces a secretion that allows sperm to move. It is kept active by testosterone, which is produced in the testicles.

secretion

fluid from the body itself

 An enlarged prostate is manifested by difficulty urinating. It is advisable to visit a urologist who will perform a prostate examination.

testosterone

sex hormone

The vas deferens carry sperm from the epididymis to the urethra during ejaculation.

urologist

doctor for mens health

Erection:

During an erection, the penis increases in volume and hardens.

The erection is caused by two corpora cavernosa, which fill with blood.



Ejaculation, also known as orgasm, climax or ejaculation. This is the process by which ejaculate is released from the body through the mouth of the urethra.

Semen is a fluid containing **sperm** and other substances that are produced in the body. During ejaculation, it squirts out of the penis. Ejaculate is transparent to white.

erection



ejaculation
sperm,
semen



substances

content substances

These areas require special care:

In the **genital area**, hair grows, which we call **pubic**.
It occurs in both men and women.

Some people **trim** or remove this hair,
while others leave it as it is.

All of this is fine.

Most often, people use a razor or an electric shaver,
but there are other methods of hair removal.



hygiene

cleanliness

personal hygiene

trim

shorten

Regular and proper hygiene is important for intimate health.

Intimate areas should ideally be washed **every day**.

It is also advisable to maintain increased hygiene before and after **masturbation** and before and after sex.

For hygiene you can use a terry cloth washcloth or your hand, with warm water - not boiling water.

masturbation

self-
satisfaction



Can soap be used for intimate hygiene?

Women should not use regular body soap for intimate hygiene.



These soaps are not suitable for these areas.

They can cause inflammation (itching of the vulva and/or foul-smelling vaginal discharge)

Inflammation

the body's own reaction to harmful stimuli



Can I use wet wipes?



Temporarily (e.g. on trips, in places where there is no hot water).

However, they are not suitable for **long-term use**. Wet wipes with perfume (added fragrance) are completely **unsuitable**.



Intimate Hygiene

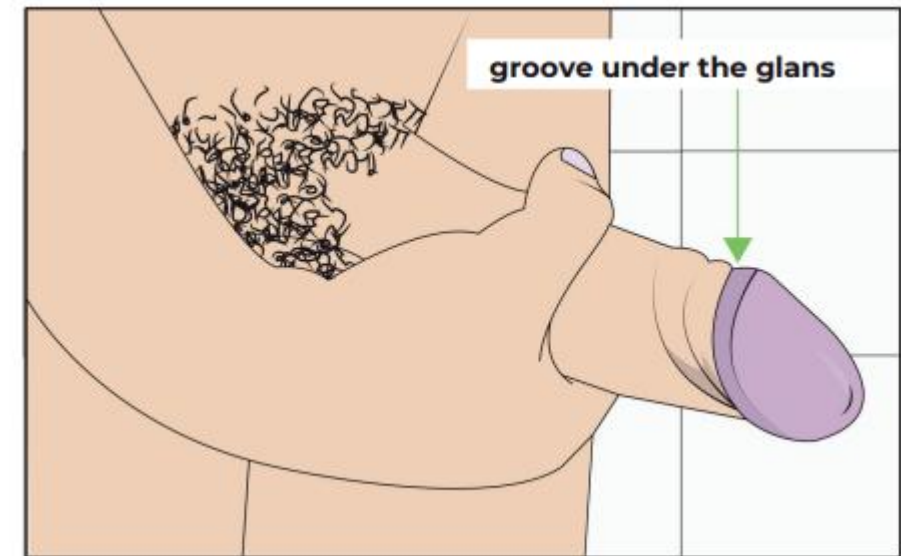
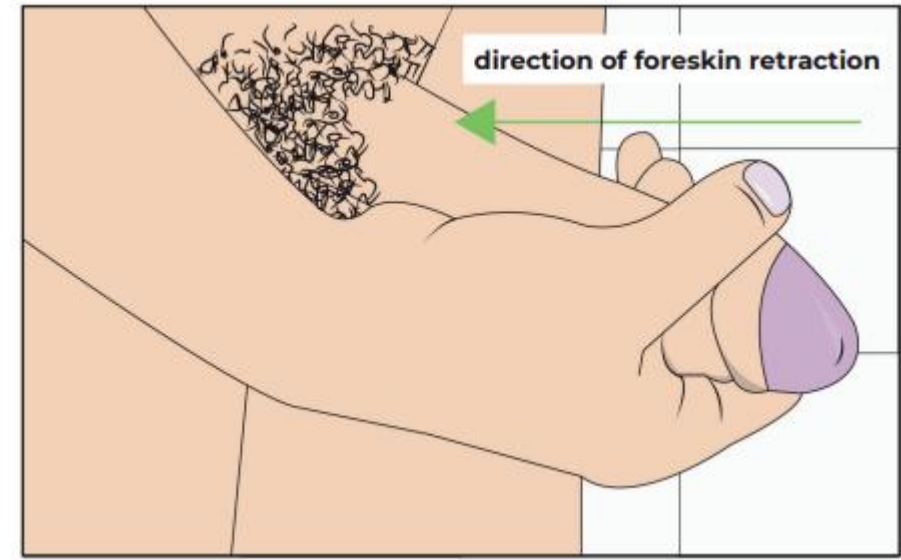
Intimate Areas and Hygiene

Male hygiene

Pull back the foreskin – so that the entire glans and the groove under the glans are visible.



Wash this area very thoroughly.
Then pull the foreskin back.



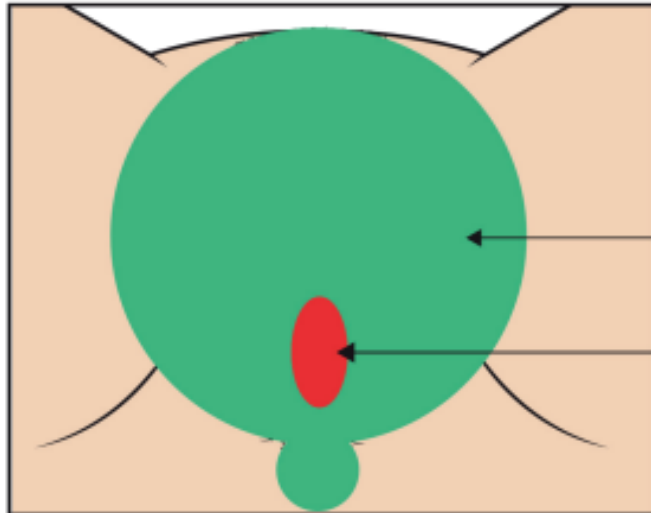
Intimate Hygiene



Female Hygiene

Always move from front to back

So you can avoid transferring bacteria from the anal area to the vagina.



● The areas that we wash thoroughly during hygiene.

● The vaginal opening, we don't wash vagina with water or soap.

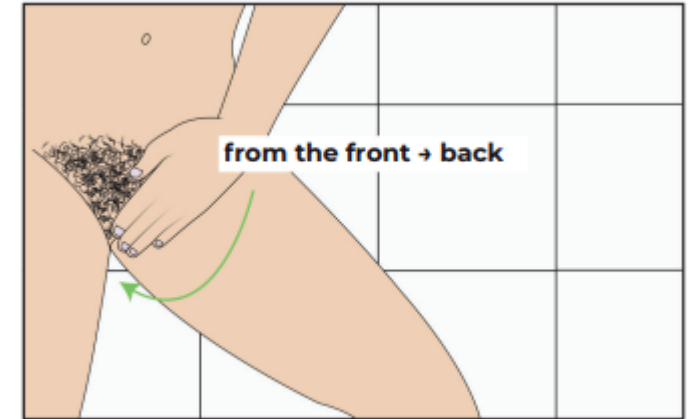
After rinsing:

Dry the area with a clean towel.

You should not rub the area.

A woman should pay attention to increased hygiene during menstruation.

Intimate Areas and Hygiene

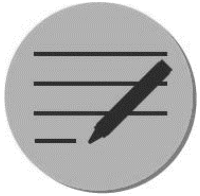


Intimate Areas and Hygiene

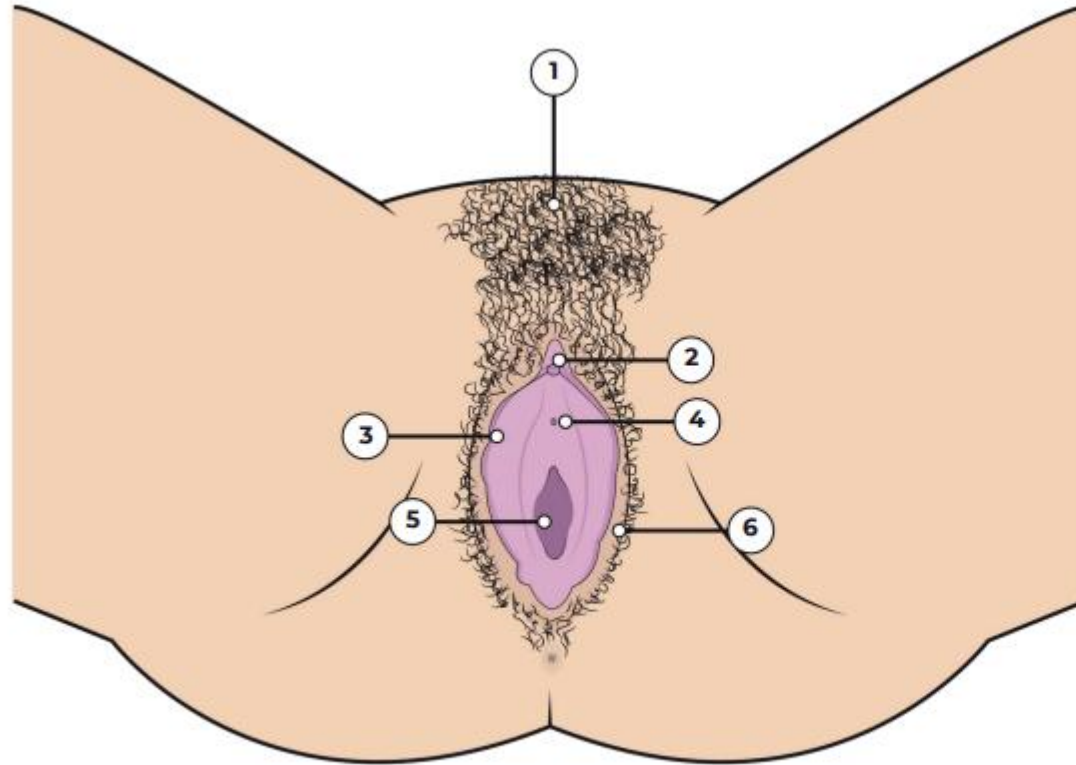


Exercise

femal genital area



Extension section – Knowledge
Female genital area
(worksheet)



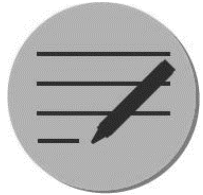
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Intimate Areas and Hygiene

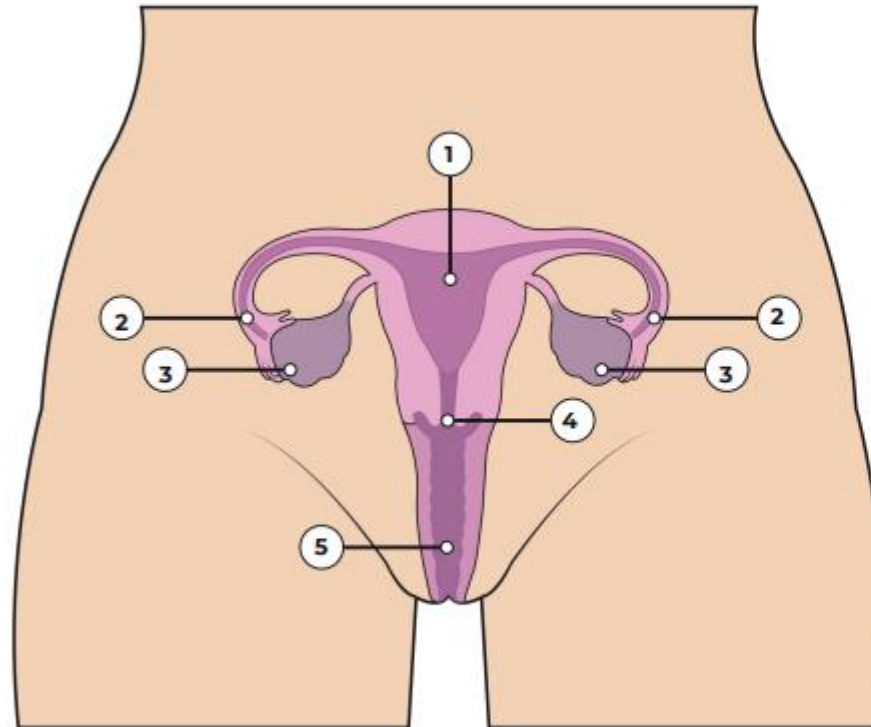


Exercise

female genital area



Extension section – Knowledge
female genital area (worksheet)



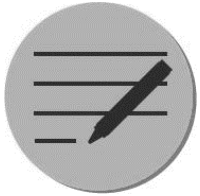
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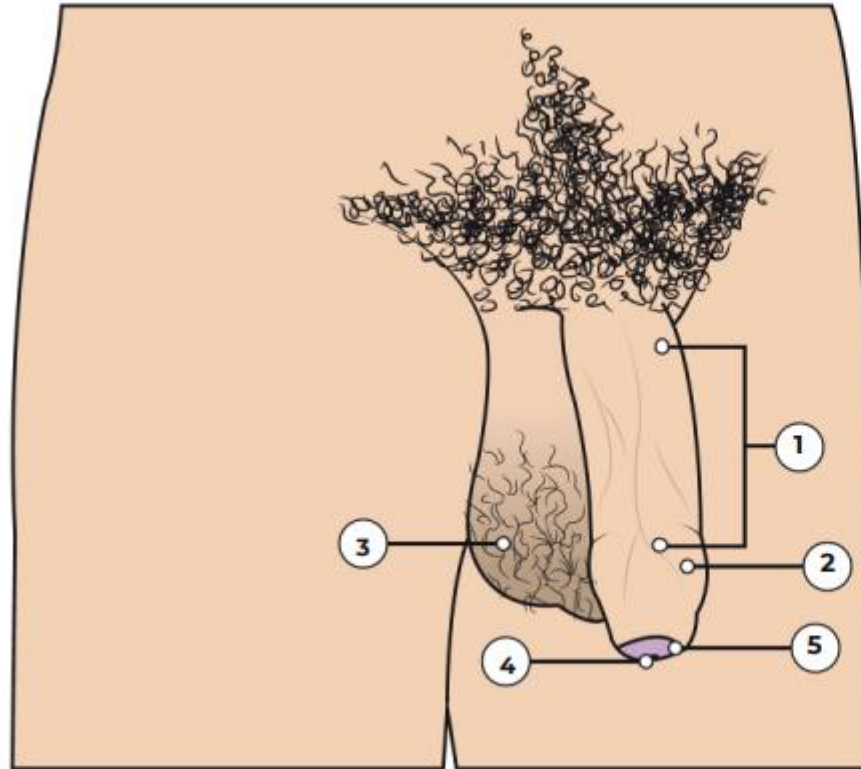


Exercise

male genital area



Extension section – Knowledge
Male genital area (worksheet)



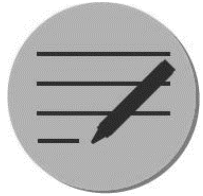
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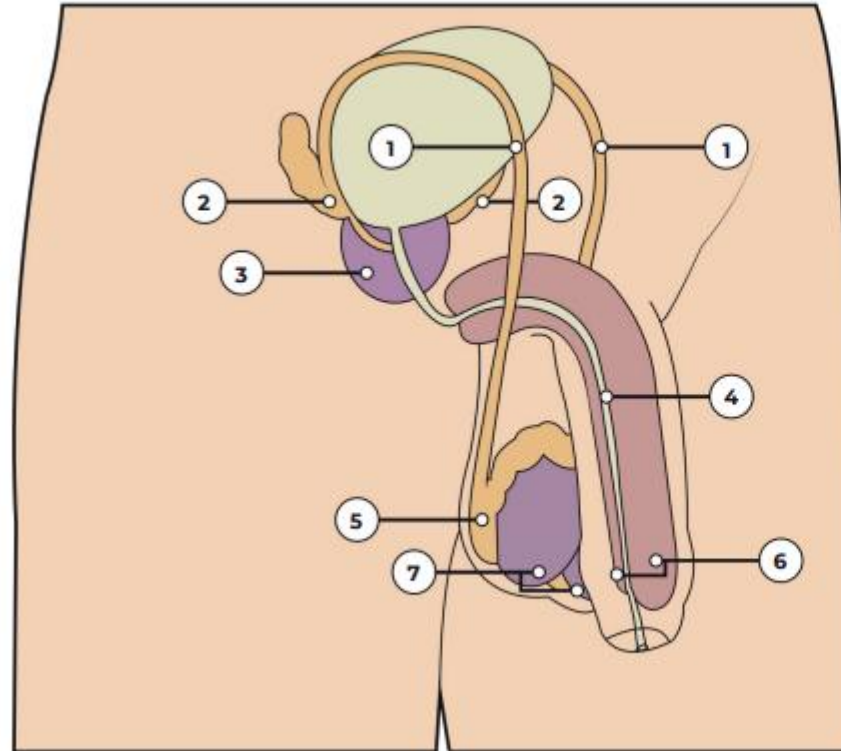


Exercise

male genital area



Extension Section – Knowledge
male genital area (worksheet)



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- ⑥ _____
- ⑦ _____

Intimate Areas and Hygiene



Hygiene Box