

FACILITATOR RESOURCE WOMAN TO WOMAN OUTLINE

1. **Getting Comfortable with Your Vulva (10 minutes):** If you have the book *Body Drama*, open it to page 118. Otherwise, distribute the handouts of the female external genitalia.
 - What names were you taught for your genitals (down there) when you were growing up?
 - What’s your reaction to these pictures? (Explain the difference between the vulva and the vagina.)
 - How many of you have seen this view of yourselves? (You have to sit with a mirror between your legs to get this view.)
 - There are all kinds of negative messages about the vulva—“It’s ugly. It smells like fish. It needs to be sprayed with feminine hygiene products.” Have you heard these messages? How do you feel about them?

Give information about the natural cleansing ability of the vagina. Make the point that vulvas are unique, just like faces and that they have a musky genital odor that is not foul unless the person has poor hygiene or has an infection.

2. **Sexual Response (8-10 minutes):** Talk about what happens in the body. You might ask the women to share what happens for them during excitement and orgasm. They may be less familiar with the terms plateau and resolution. You can teach them about that.
 - Excitement: The vagina lubricates, breathing gets rapid, heart beats faster, nipples get erect, clitoris gets erect (just like the penis).
 - Plateau: Excitement increases but it may go up and down depending on the stimulation or what’s going on in the woman’s mind.
 - Orgasm: When the excitement reaches its highest level, orgasm or climax happens. It’s different for different women but usually involves rhythmic contractions inside the vagina and a sense of release. If the woman is in the mood and the right stimulation continues, she has the capacity to have multiple orgasms.
 - Resolution: Everything goes back to its un-stimulated state.

Refer to the facilitator resource for more information about sexual response. Get the women to talk about orgasm. Not all women have orgasms. Ask: Have you had orgasms? What are your orgasms like?

3. **How Pregnancy Happens (12 minutes):** Distribute the handouts of the female and male internal reproductive organs and *Journey of the Egg and Sperm*. Say something like, “I know all of you have had at least one baby, but who can tell me in your own words about the journey that the egg and sperm make to meet each other and form a pregnancy.”

Briefly review the handout, *Journey of the Egg and Sperm*. Ask participants to locate the various organs (ovaries, Fallopian tubes, uterus, testicles, etc., on their anatomy handouts as they review the process of conception).