


# SEXUAL ANATOMY 101

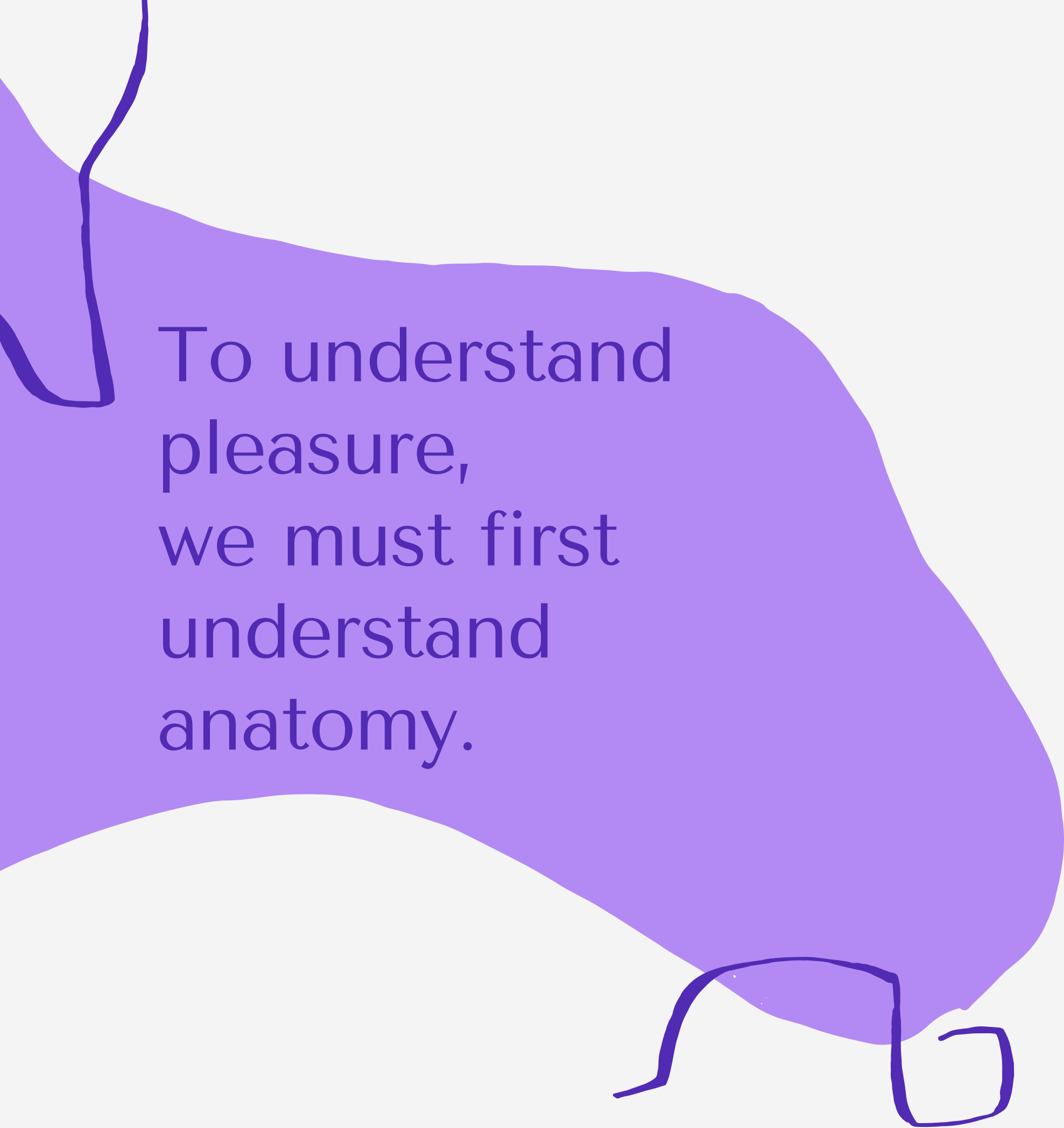
SEXUAL HEALTH RESOURCE



The image features a white background with purple abstract shapes in the corners. A large purple shape is in the top right, and another is in the bottom left. The text is centered in a purple font.

“When we give ourselves permission to understand our bodies, we remove the stigma attached with sexuality, and open the door to pleasure.”

**-PATTY BRISBEN**



To understand  
pleasure,  
we must first  
understand  
anatomy.

## **FEMALE**

Female sexual anatomy is not only comprised of the internal and external genital structures, but also the brain.

## **MALE**

Male external sexual anatomy is more visible than the female. For many men, their anatomy and function are closely tied to their sense of masculinity.

# FEMALE SEXUAL ANATOMY



## THE BRAIN

- Women with lower libido have different activity and blood flow in their brains.
- Mindfulness is the practice of turning “on” the pleasure centers of the brain and turning “off” the thinking centers of the brain; to be present in the moment.
- The brain controls a woman’s body image and motivation for connection with her partner.

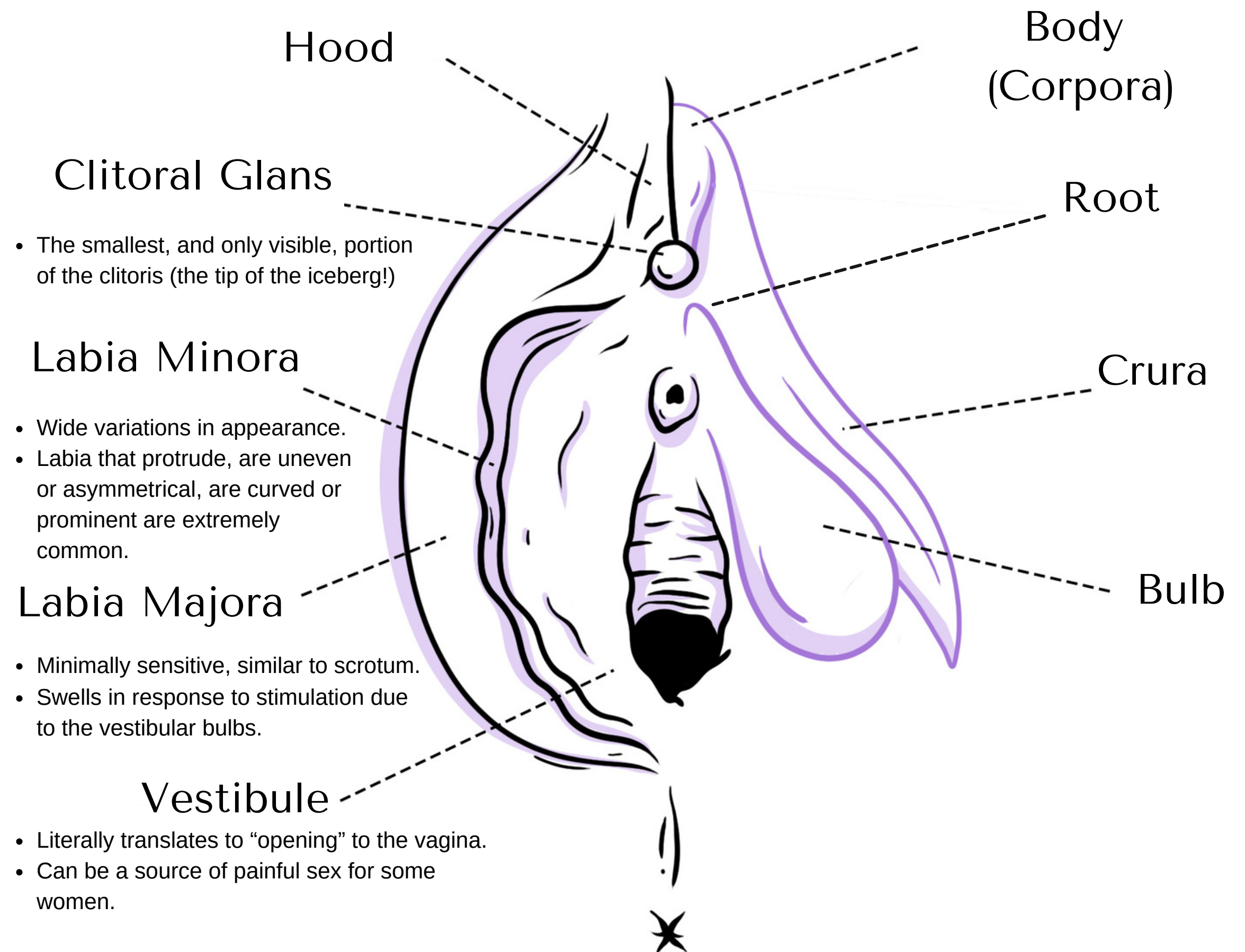
# VULVA WITH INTERNAL VIEW

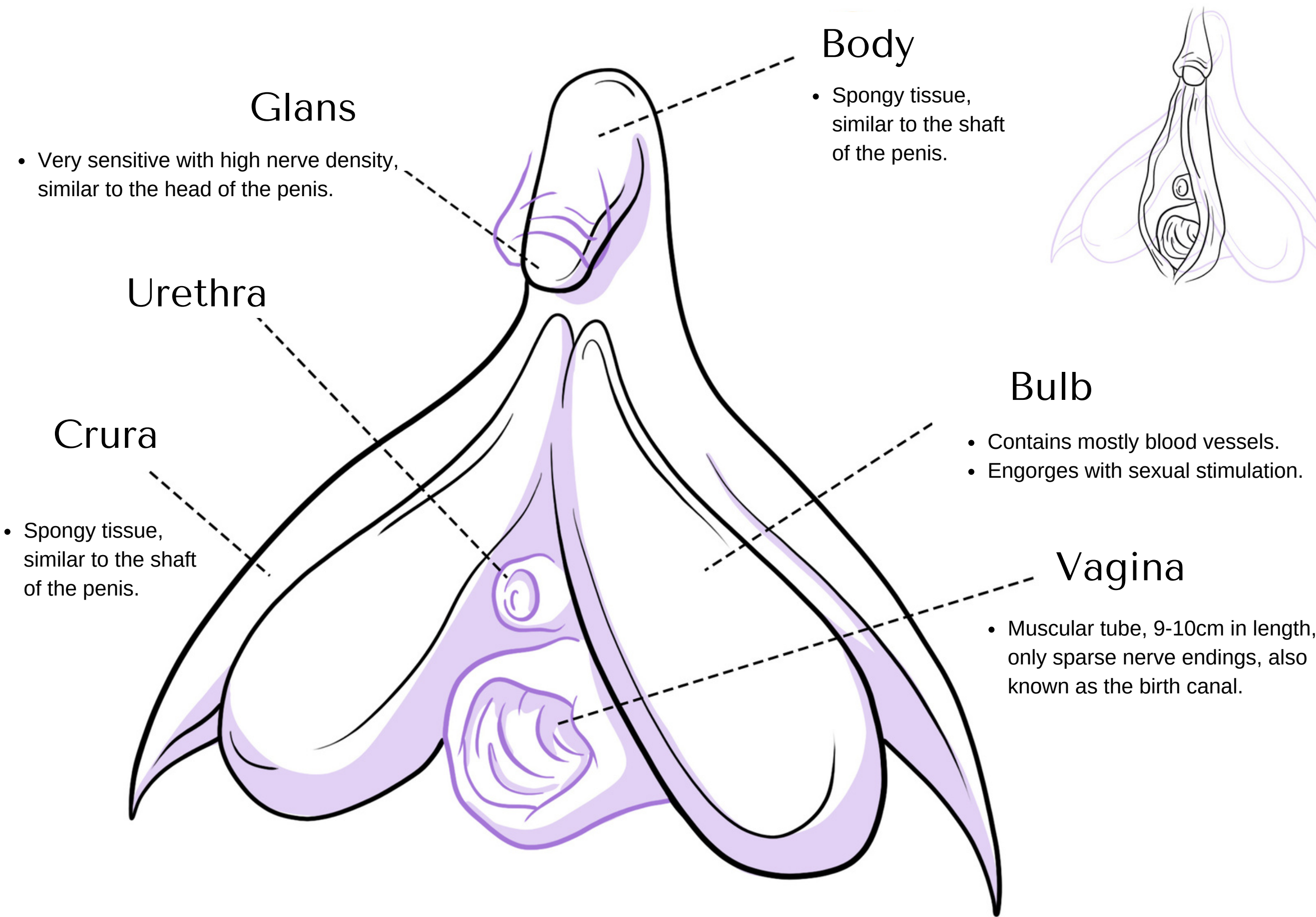
## VULVA OR VAGINA?

Many of us have been taught to refer to the female external anatomy as a vagina. However, the vulva encompasses the clitoral glans, the labia minora, labia majora, and the vulvar vestibule.

## DID YOU KNOW?

With over 8,000 nerve endings, the clitoris is a powerhouse of pleasure, as most women require clitoral stimulation in order to orgasm.





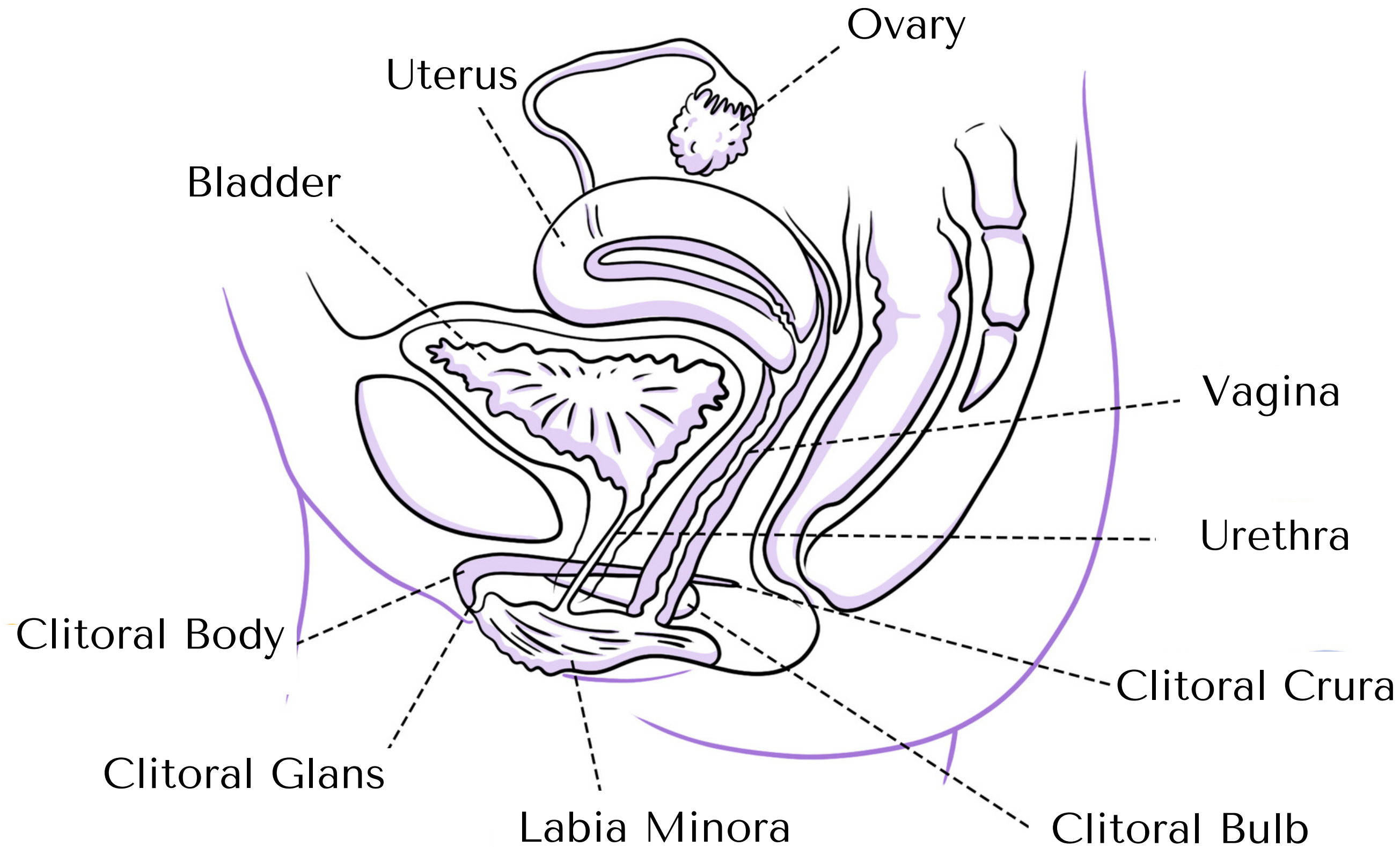
# THE WONDROUS CLITORAL COMPLEX

## MORE THAN A SPOT

The clitoral complex is more than just a small part of the external female sexual anatomy. It is wishbone-shaped, and approximately 10 cm in length from the tip of the glans to the tip of the crura (almost 4 inches!)

## DID YOU KNOW?

Clitoris comes from the Greek kleitoris, which has been translated as both “little hill” and “to rub,” suggesting an ancient play on words.



# FEMALE INTERNAL REPRODUCTIVE ANATOMY

## DID YOU KNOW?

Some women experience more intense orgasms when their bladder is full, possibly due to increased pressure on the nearby clitoral structures and/or increased use of their pelvic floor muscles, which causes an increase in engorgement.

# MALE SEXUAL ANATOMY



## THE BRAIN

Most men can easily turn off their “thinking” brain and instead focus on the moment via their “reward center of the brain,” but sometimes this can result in premature ejaculation.

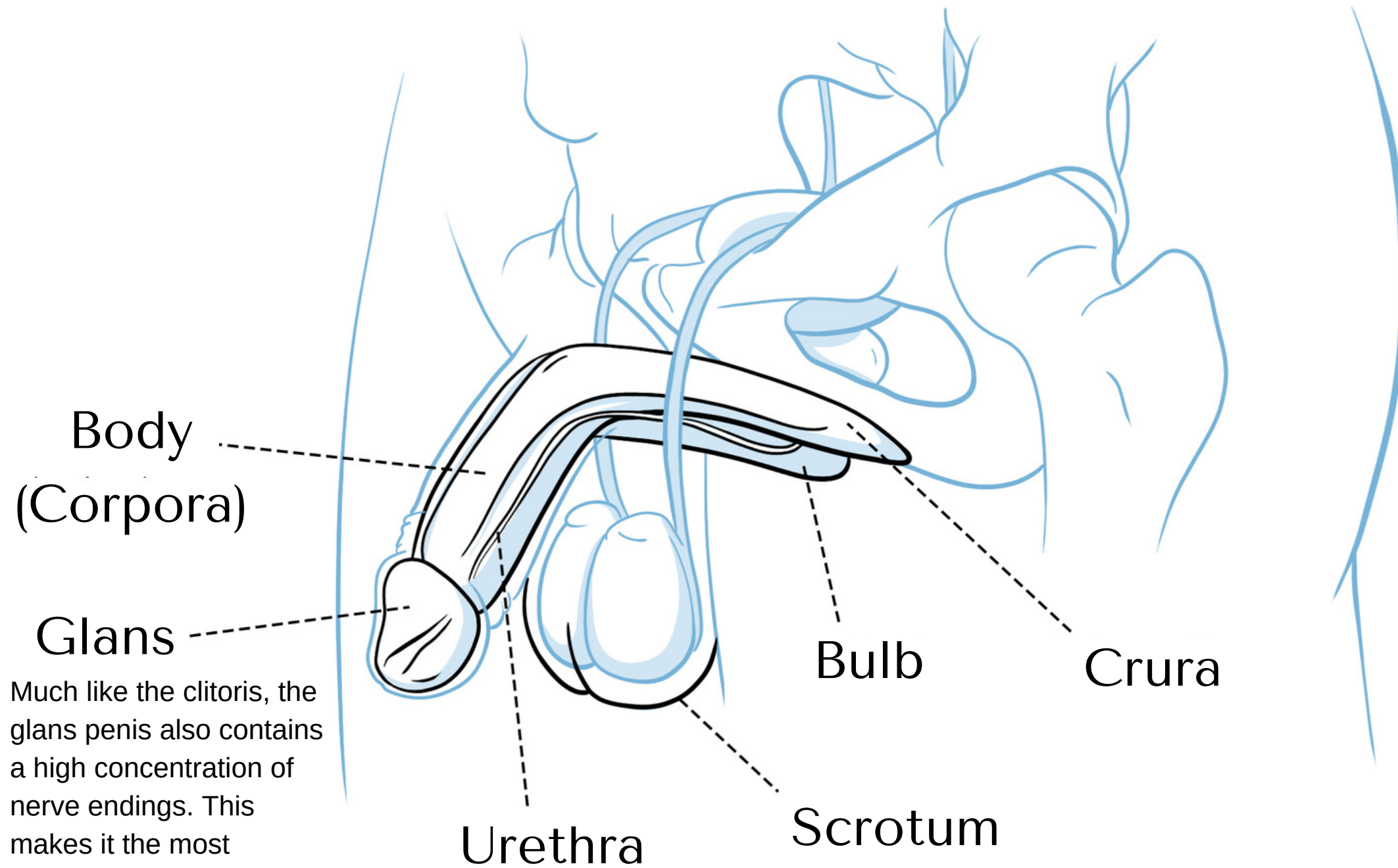


# MALE EXTERNAL SEXUAL ANATOMY

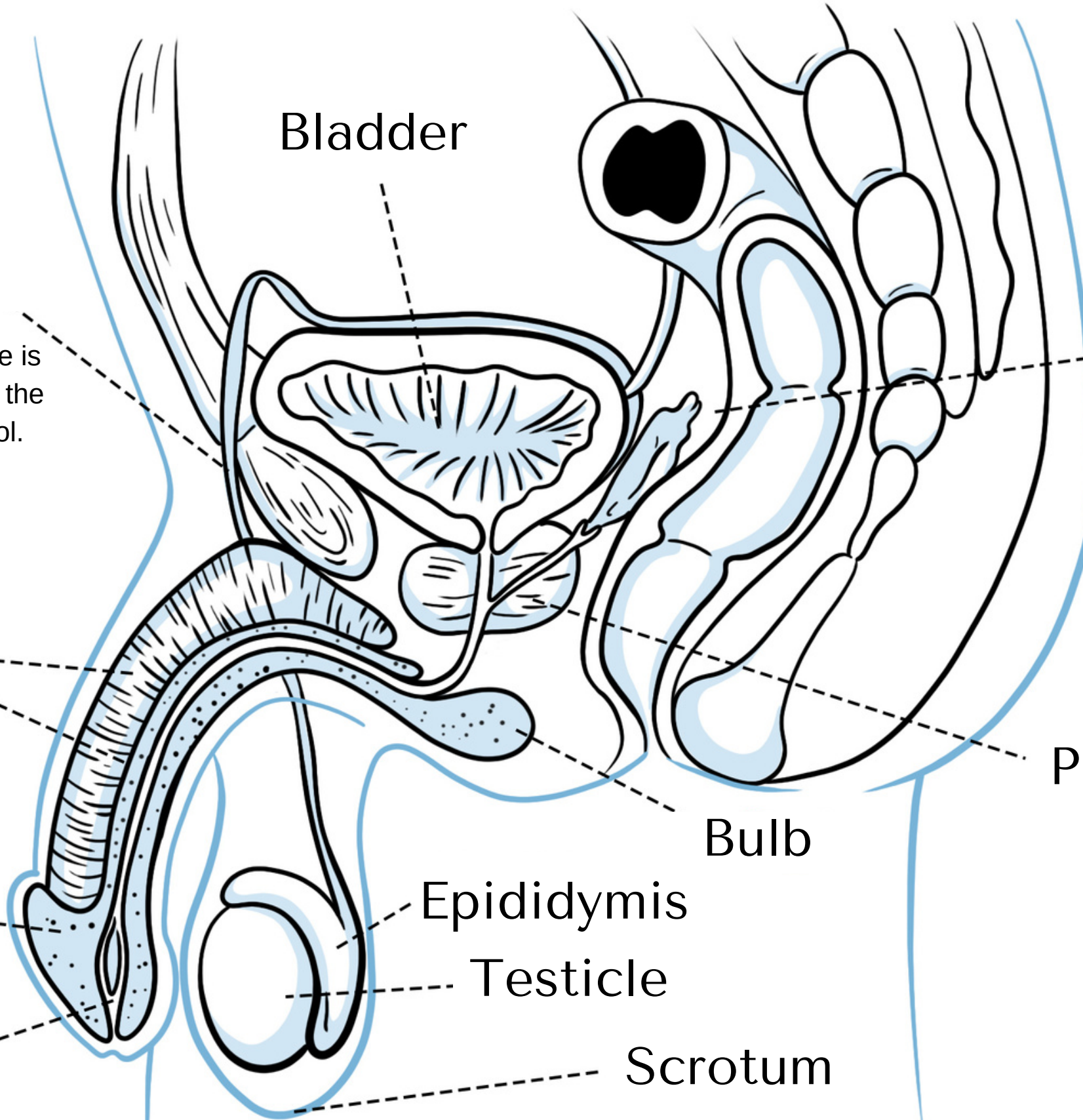
Male external sexual anatomy encompasses the penis and the scrotum, which contains the testicles. The bulb forms the internal structure of the penis and the visible, external shape of the penis. The bulb appears as a prominent ridge on the shaft of the penis.

## DID YOU KNOW?

The scrotum has a similar sensitivity and skin as the female labia majora. The little seam in the middle is the result of the fusion of this skin that would have otherwise formed the labia majora (outer lips).



- Much like the clitoris, the glans penis also contains a high concentration of nerve endings. This makes it the most sensitive part of the penis.



## Vas Deferens

- This small tube exiting the testicle is cut during a vasectomy, which is the most effective form of birth control.

## Body (Corpora)

- Increased blood flow causes an erection.

## Glans

## Urethra

## Bladder

## Seminal Vesicle

- Seminal vesicles make the majority of the fluid in semen.

## Prostate

## Bulb

## Epididymis

## Testicle

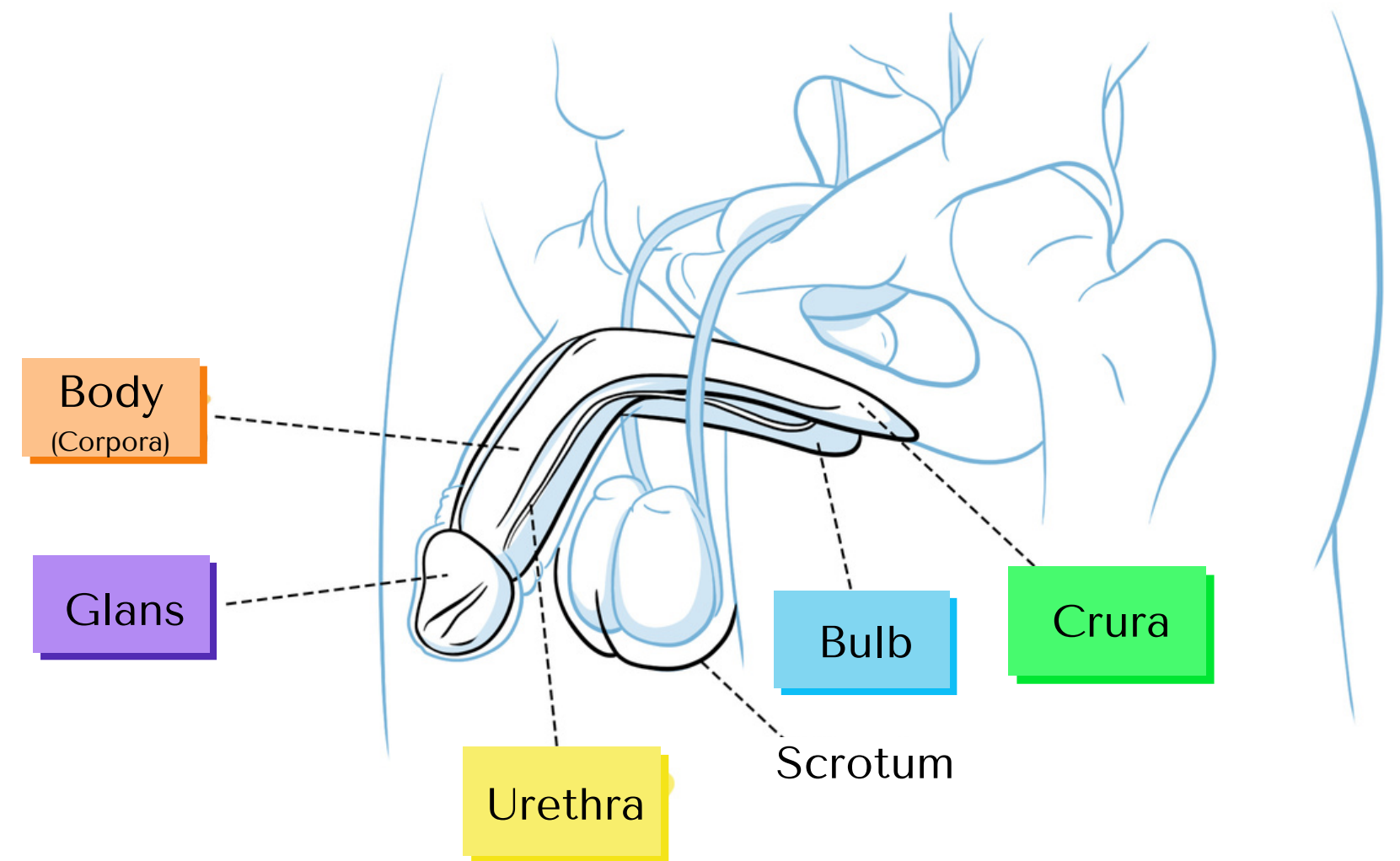
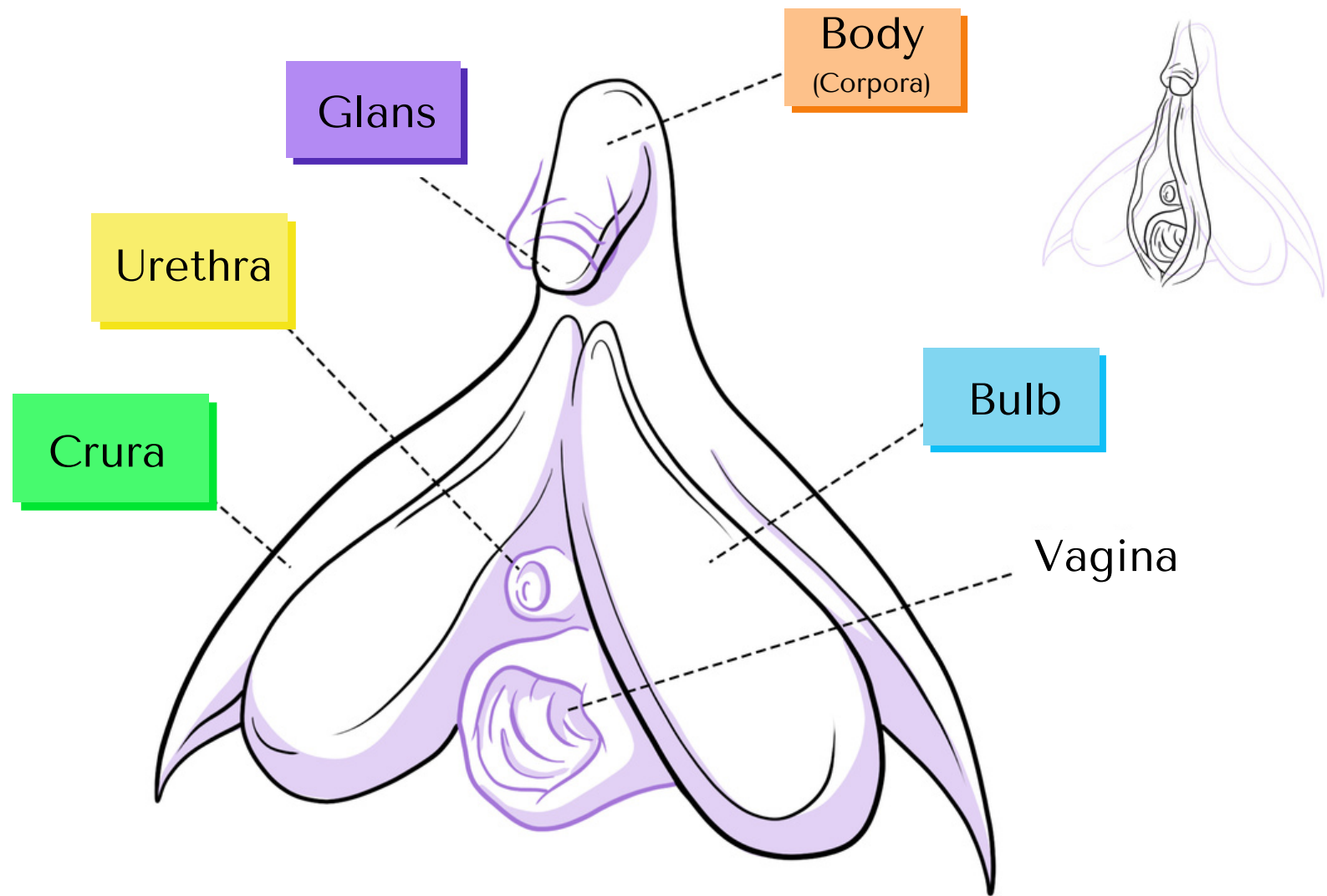
## Scrotum

# MALE INTERNAL REPRODUCTIVE ANATOMY

## DID YOU KNOW?

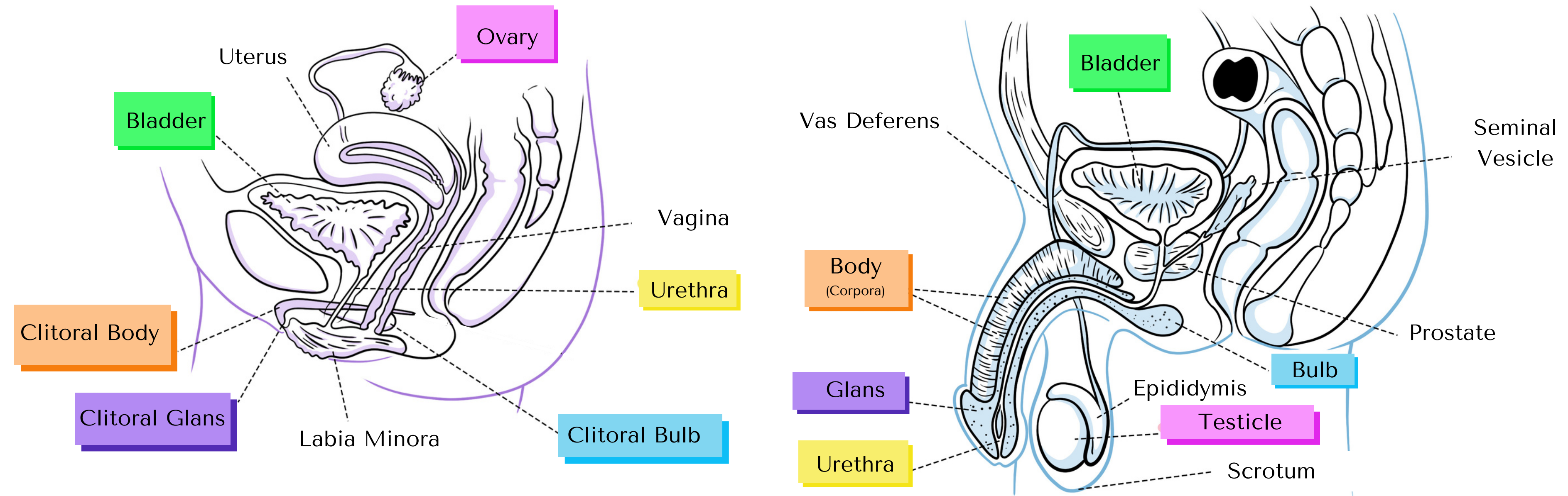
Babies (in the womb) become female unless exposed to testosterone.

# SIMILARITIES BETWEEN CLITORAL COMPLEX AND PENIS



In the illustrations above, we have used color to highlight the related sexual anatomy in both sexes and to show how similar the clitoral complex and the penis are. During development in the womb, all humans begin with the same sex organs. Around 10 weeks, with the absence or presence of testosterone, these structures change into the clitoris or the penis.

# HOMOLOGUES OF REPRODUCTIVE ANATOMY



Homologous structures originate from the same embryologic origin (during early fetal development in the womb) and share similar functions. Each color-coded pair in the above illustrations share a similar function and/or origin.

Knowledge is power! Sexual anatomy shouldn't be a secret or shameful. The truth is that female and male anatomy are very much alike when you take a peek beneath the surface. Hopefully this reference aids in understanding that the clitoral complex is similar to the penis, just a bit more hidden, a bit more petite, and a bit more wondrous...with its only purpose being pleasure. Exploration is highly encouraged.

-Christine Vaccaro, DO, FACOG, FPMRS

Member, Medical Advisory Board

Patty Brisben Foundation for Women's Sexual Health

For more information visit, [pattybrisbenfoundation.org](http://pattybrisbenfoundation.org)