

Thank you for attending our workshop! This handout provides you with key information that we discussed today, relating to Anatomy, HIV/AIDS, Gender Identity and Orientation. If you have any questions, concerns, queries or you simply want more information, you can:

- Visit: www.knowyourbodyknowyourrights.com and get more resources from there as well!
- Email us! theyfoundation@gmail.com and we'll answer any question you may have ☺

There is no shame in asking questions; everyone has the right to accurate information and making informed decisions! ☺

Naming the Shame – Know your Anatomy!

Female Anatomy

- **Vulva:** Women's external genitals, including the labia, mons pubis, clitoris, clitoral hood & vaginal opening, together comprise the vulva.
- **Labia Majorca (Outer Lip):** The fatty folds of skin that protect the inner parts of the vulva.
- **Labia minor (Inner Lip):** The hairy part of the vulva on top of the pubic bone.
- **Clitoris:** A pre – sized organ located above the urethra (urinary opening), where the inner lips of the vulva join. The role of the clitoris is for sexual pleasure.
- **Hymen:** A delicate tissue located outside the opening of the vaginal passage. It is so delicate that it may tear in childhood during cycling or exercising. It may also tear from tampons, during masturbation or exercise. In some women, it can be stretched without tearing. The hymen may however break or stretch during the course of running, cycling or exercising, at any point in life. So, the presence or absence of an intact hymen does not indicate whether or not a woman has had sex. There is no "proof of virginity" for either a woman or a man.

Male Anatomy

- **Testes (singular: testicle):** Two egg – shaped organs located in the scrotum that are two hanging sacs located behind the penis. Testes produce sperm and male hormones called androgens, including Testosterone.
- **Scrotum:** A sac hanging under the penis that holds the tests and protects them.

We are grateful to TARSHI (www.tarshi.net) for the information in this handout.

Sex, Sexuality, Sexual Orientation and Identity

There are no fixed rules around how people need to be attracted to one another or how they must express their sexuality or define themselves.

Sex refers to the biological, anatomical, physiological and chromosomal difference between females and males present at birth such as the presence of a vagina or penis, menstruation or sperm production, difference in genetic make-up etc. Sex can also be used to describe physical acts of sex that include but are not limited to penetrative penile-vaginal intercourse, oral sex, anal sex, masturbation and kissing among other acts.

Sexuality, according to WHO draft working definition 2002, is a central aspect of being human throughout life and encompasses sex, gender identity and roles, sexual orientation, eroticism, pleasure, intimacy and reproduction.

Sexuality is experienced and expressed in thoughts, fantasies, desires, beliefs, attitudes, values, behaviours, practices, roles and relationships. While sexuality can include all of these dimensions, not all of them are always experienced or expressed. Sexuality is influenced by the interaction of biological, psychological, social, economic, political, cultural, ethical, legal, historical and religious and spiritual factors.

**KNOW YOUR BODY
KNOW YOUR RIGHTS**
शरीर अपना, अधिकार अपने

Know Your Body, Know Your Rights (KYBKJR)
Workshops on sexuality education for young people

Sexual Orientation and Identity on the other hand, describes how individuals consider themselves based on whom they are sexually attracted to, whether to people of the same gender, a different gender, or to more than one gender and which category of these identities they want to adopt for themselves.

Gender Identity is how you see yourself socially: man, woman, or a combination of both. For example: One may have a penis but prefer to relate socially as a woman, or one may have a vagina but prefer to relate as a man.

So how is Gender different from Sex?

Gender is how societies view men and women, how they are distinguished, and the roles assigned to them. People are generally expected to identify with a particular gender that has been assigned (gender assignment) to them, and act in ways deemed appropriate for this gender. While gender roles are based on expectations that a culture has of behaviour appropriate for male or female, gender identity is an individual's sense of belonging to the category of men or women or neither of the two. We attribute a gender (gender attribution) to someone based on a complex set of cues, which vary from culture to culture. These cues can range from the way a person looks dresses and behaves to the context in which they do so and also on their relationship with and use of power.

We are grateful to TARSHI (www.tarshi.net) for the information in this handout.

Different Choices, Different Identities! Make your own.

It's important to recognize that identities are fluid, and people may choose to associate with more than one!

Man: A person who identifies as a male and may or may not have male genitalia or reproductive organs like a penis or testes.

Woman: A person who identifies as a female and who may or may not have female genitalia and reproductive organs like breasts, a vagina, and ovaries.

Inter-sexed Person: An individual born with the physical characteristics of both males and females. These individuals may or may not identify as men or women.

Kothi: A feminized male identity, which is adopted by some people in the Indian subcontinent and is marked by gender non-conformity. A kothi, though biologically male, adopts feminine modes of dressing, speech and behavior and looks for a male partner who has a masculine mode of behavior, speech and attire. Some believe that this is not an identity but a behavior.

Different Choices, Different Identities! Make your own.

Transgender: An individual who does not identify with the gender assigned to them. They may or may not consider themselves a 'third sex'. Transgender people can be men who dress, act or behave like women or women who dress, act or behave like men. They do not, however, necessarily identify as homosexual.

Transsexual: An individual who wants to change from the gender they have been assigned at birth to another gender. Some have surgery, hormonal medication, or other procedures to make these changes. They may or may not identify as homosexual, bisexual or heterosexual. They may be female to male transsexuals, male to female transsexuals or choose not to be identified as either.

Find Us! Facebook: [Know Your Body, Know Your Rights Campaign](#)
Website: www.knowyourbodyknowyourrights.com
Queries: theyfoundation@gmail.com Twitter: theyfoundation

KNOW YOUR BODY KNOW YOUR RIGHTS

शरीर अपना, अधिकार अपने

Know Your Body, Know Your Rights (KYBKJR)
Workshops on sexuality education for young people

Transvestite: An individual who dresses in the clothing that is typically worn by people of another gender for purposes of sexual arousal/gratification. Transvestites are often men who dress in the clothing typically worn by women. They are also known as cross-dressers.

Hijra: A term used in the Indian subcontinent, which includes those who aspire to and/or undergo castration, as well as those who are intersexes. Although some Hijra refer to themselves in the feminine, others say they belong to a third gender and are neither men nor women.

Queer: A person who questions the heterosexual framework. This can include homosexuals, lesbians, gays, intersexed and transgender people. To some this term is offensive, while other groups and communities have used it as a form of empowerment to assert that they are not heterosexual, are non-conformist, against a dominant heterosexual framework, and dissatisfied with the 'labels' used on people who do not identify as heterosexual.

Homosexual: An individual who is sexually attracted to people of the same gender as their own, and/or who identifies as being homosexual.

Gay: A man who is sexually attracted to other men and/or identifies as gay. This term can also be used to describe any person (man or woman) who experiences sexual attraction to people of the same gender.

Lesbian: A woman who is sexually attracted to other women and/or identifies as being a lesbian.

Asexual: An individual who feels no sexual attraction towards other individuals.

Bisexual: An individual who is sexually attracted to people of the same gender and also to people of a gender other than their own.

Heterosexual: An individual who is sexually attracted to people of a gender other than their own and/or who identifies as being heterosexual.

We are grateful to TARSHI (www.tarshi.net) for the information in this handout.

What's a FEMALE condom?

A female condom is a polyurethane (transparent, plastic like looking) pouch that has a flexible ring at both ends. It is approximately 3 inches wide and 7 inches long. Its efficacy is known to be around 79-95%. It reduces the risk of STI and HIV transmission. It can be used by those with latex allergies and can be inserted up to 8 hours prior to intercourse. It can increase pleasure for both partners because the rim of the outer ring stimulates the clitoris and testes during sex. It does not affect fertility. However, it can be expensive and sometimes produces noisy crackling sound during intercourse. Also, some women find it difficult to insert.

Usage: Add lubricant. Insert the closed end of the condom deep into the vagina to cover the cervix. The open end stays outside the vagina to partially cover the labia. After sex, remove the condom by twisting the outer ring and pulling it out gently to avoid spilling any semen.

Precaution: Do not use the male and female condom together. Recommendations for the female condom indicate a single usage for each condom. However, there is research being done to study whether disinfecting and cleaning a female condom can allow for multiple usage.

Is Masturbation harmful?

Masturbation is an enjoyable and perfectly harmless activity. Both men as well as women masturbate. It does not matter how often you do it as long as it does not interfere with the other things you have to do or does not involve anyone else without their consent. Masturbation will not affect your sex life negatively. It is a legitimate sexual activity in its own right and does not cause weakness, stunted growth, pimples, or any psychological problem. It does not impact or affect your ability to have children.

Find Us! Facebook: [Know Your Body, Know Your Rights Campaign](#)
Website: www.knowyourbodyknowyourrights.com

Queries: theyfoundation@gmail.com Twitter: theyfoundation

**KNOW YOUR BODY
KNOW YOUR RIGHTS**
शरीर अपना, अधिकार अपने

Know Your Body, Know Your Rights (KYBKJR)
Workshops on sexuality education for young people

How can one know if she or he has a sexually transmitted disease (STD)? How long does one take to become sick after getting an STD? Which is the best place to get it diagnosed in Delhi?

As the name suggests, an STD is transmitted through unsafe sex with an infected person. Symptoms of STDs vary and can appear within 1 week of exposure to 3 weeks. Symptoms of STD for men are quite easy to spot, usually appearing in/around the genital area. In women many STDs may not manifest symptoms initially. In men, symptoms include, a yellow/white discharge from the penis, inflammation of the testicles and prostate gland. A common symptom in women is a change in vaginal discharge – it may increase, become yellow or greenish, or develop a foul smell. Other symptoms common to all include boils/ blisters/ rashes, burning during urination and irritation and/or discharge from the anus. You can get a blood test for STDs at any government hospital or reliable pathology laboratory in the city. Untreated STDs can cause cervical and other cancers, chronic hepatitis, pelvic inflammatory disease, infertility, and other complications. However, when diagnosed and treated early, almost all STDs are completely curable.

RTI stands for Reproductive Tract Infection. It refers to infections that affect the reproductive tract. RTI's are caused by an overgrowth of organisms that are normally present in the vagina or when bacteria or microorganisms are introduced into the reproductive tract during sexual contact or through medical procedures.

STI stands for Sexually Transmitted Infection, refers to infections transmitted through sexual contact.

We are grateful to TARSHI (www.tarshi.net) for the information in this handout.

What is the full form of HIV?

1. H - Human: The virus can only infect human beings.
2. I - Immune-deficiency: The virus creates a deficiency within the body's immune system, resulting in failure of its proper functioning.
3. V - Virus: The organism is a virus, and is hence incapable of reproducing on its own. It reproduces by taking over or infecting the cells of a living organism (in this case, the immune cells).

What is the full form of AIDS?

1. A - Acquired: It is a condition one must acquire or get infected with and is not transmitted genetically.
2. I - Immune: It affects the body's immune system, which protects it against infections and pathogens such as bacteria and viruses
3. D - Deficiency: It makes the immune system deficient resulting in failure of its proper functioning
4. S - Syndrome: A person infected with AIDS may experience a wide range of different diseases and opportunistic infections.

What is the difference between HIV and AIDS?

HIV or the Human Immunodeficiency Virus is a virus that slowly, over a period of time, destroys a person's immune system, if present in their body. Because of a weakening immune system, the person may develop infections and diseases and that is called AIDS. There is presently no cure for AIDS. One can however, protect oneself from being infected by following some simple precautions like: Always having sex with a condom, getting blood tested before having a transfusion, using only disposable syringes and not sharing needles.

Find Us! Facebook: [Know Your Body, Know Your Rights Campaign](#)
Website: www.knowyourbodyknowyourrights.com
Queries: theyfoundation@gmail.com Twitter: theyfoundation

KNOW YOUR BODY KNOW YOUR RIGHTS

शरीर अपना, अधिकार अपने

Know Your Body, Know Your Rights (KYBKJR)
Workshops on sexuality education for young people

How is HIV transmitted?

There are four routes of transmission for HIV:

1. Unprotected sex with an infected person.
2. Infected mother to child, either during pregnancy, delivery or through breast-feeding.
3. Through contaminated blood and blood products (including organ and tissue transplants)
4. Sharing of unsterilized used infected needles, syringes and other medical equipments like dentists' instruments

What is the window period?

HIV test do not look for the presence of HIV in the body: they look for the presence of antibodies produced by the immune system when it encounters HIV. It may take up to 3 months for the body to produce enough HIV antibodies to produce a positive test result. This three-month period between infection and a positive test is known as the window period. During this time a person is already infected and capable of spreading HIV.

A man believes that he has the right to have sex with his wife whenever he wants and that it is her duty to provide it. Even when she refuses, he insists on having sex with her. Does a husband have the right to demand sex from his wife?

If a man forces his wife to have sex against her will, it is called marital-rape. Just because they are married does not mean that either partner can force the other to have sex. Each sexual encounter even between spouses should be consensual. Being married or in a relationship with a person does not mean one is always willing to have sex; there are times when they may not want to and this should be respected.

Defining Consent

- Consent is not just absence of a "no".
- For consent there must be communication at every increasing level of physical contact – ***if you consent to one thing, doesn't mean you consent to everything.***
- For consent the person should be fully conscious.
- For consent there must be no coercion and the person must be fully free to act.
- Everyone has the right to bodily integrity.

What is an Abortion? Is it Legal in India?

An abortion is the induced or spontaneous termination of a pregnancy. Abortion was legalized in India through the MTP (Medical Termination of Pregnancy) Act, 1971. Under the (MTP) Act:

- A registered physician in a government-approved hospital or facility may perform abortions during the first 20 weeks of pregnancy.
- The right to abortion is a reproductive right that all women have, regardless of age, marital status, disability status. **Whether to have an abortion or not is the woman's choice.**

We are grateful to TARSHI (www.tarshi.net) for the information in this handout.

Find Us! Facebook: [Know Your Body, Know Your Rights Campaign](#)
Website: www.knowyourbodyknowyourrights.com
Queries: theyfoundation@gmail.com Twitter: theyfoundation

KNOW YOUR BODY KNOW YOUR RIGHTS

शरीर अपना, अधिकार अपने

Know Your Body, Know Your Rights (KYBKRYR)
Workshops on sexuality education for young people

What is an Abortion? Is it Legal in India?

An abortion is the induced or spontaneous termination of a pregnancy. Abortion was legalized in India through the MTP (Medical Termination of Pregnancy) Act, 1971. Under the (MTP) Act:

- A registered physician in a government-approved hospital or facility may perform abortions during the first 20 weeks of pregnancy.
- The right to abortion is a reproductive right that all women have, regardless of age, marital status, disability status. **Whether to have an abortion or not is the woman's choice.**

We are grateful to TARSHI (www.tarshi.net) for the information in this handout.

Know Your Body, Know Your Rights

About the programme

'Know Your Body, Know Your Rights' (KYBKRYR) is a programme that addresses young people's need for Comprehensive Sexuality Education (CSE) and their increasing lack of access to information regarding their health and rights. The programme trains young people as peer educators to address issues of Sexuality, Gender, Health, Rights and HIV/AIDS through peer-to-peer workshops and programmes in their own communities.

Peer Educators are trained over a period of 4-6 months. In addition to being trained develop independent research case studies, produce short films and literature and conduct awareness campaigns in communities that engage decision makers, civil society and young people. They advocate for increasing young people's access to comprehensive sexuality education as well as youth friendly health services.

- The programme comprises of an **NCR Peer to Peer Education Programme** that trains over 800 young people annually from across the NCR on Gender, Sexuality, Health and Rights.
- A **National Capacity Building Training of Trainers (ToT) Programme**, that trains young trainers and peer educators a year, addressing youth health and rights from 10 states across India.
- The project has reached out to over 1,500 young people across 5 states in India through its workshops and has also expanded nationally, to host **The Project 19 Annual Festival** that brought together over 600 marginalized rural and urban youth together in Delhi to lobby and articulate their collective rights to their sexual reproductive rights and health.
- **The Know Your Body, Know Your Rights – National Online Campaign for Comprehensive Sexuality Education**, launched in 2010 with support from UNESCO, the MacArthur Foundation and CREA. The campaign enables young people to articulate and address their need for and ability to access Comprehensive Sexuality Education in India. It also aims to garner feedback from young people across India, on the latest draft of the Adolescence Education Programme (AEP), released by NCERT, UNFPA and UNESCO in 2010. For more information, visit www.knowyourbodyknowyourrights.com.

Donors

We are grateful to UNESCO, MacArthur Foundation, IPPF and the International Women's Health Coalition for their support to the programme across 2010 – 2011.

Find Us! Facebook: [Know Your Body, Know Your Rights Campaign](#)
Website: www.knowyourbodyknowyourrights.com
Queries: theypfoundation@gmail.com Twitter: theypfoundation