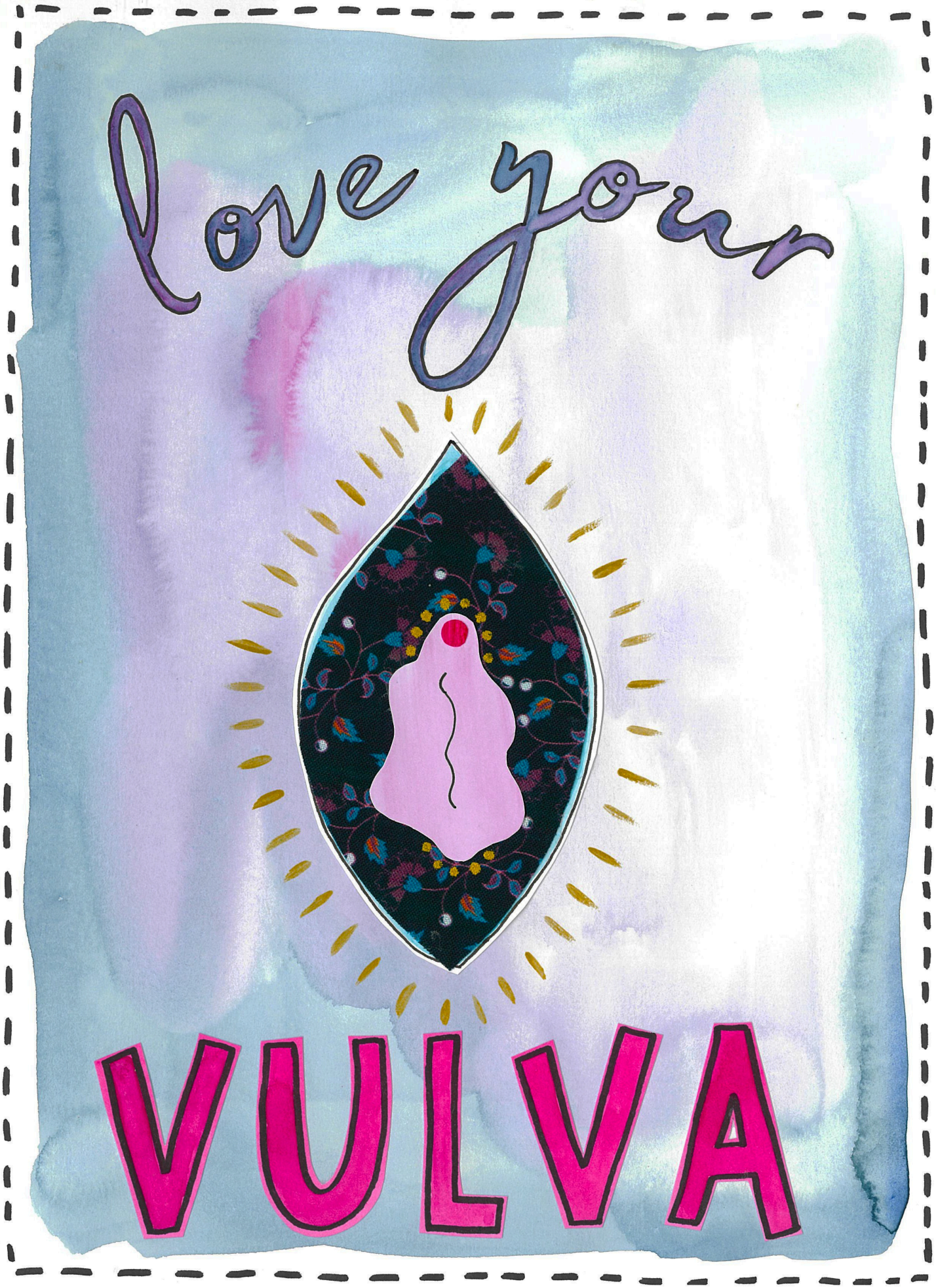

love your
VULVA

The **Love Your Vulva** Project is a craft-based project that empowers vulva owners by fostering the mind-body connection, promoting body positivity, and reducing stigma and shame surrounding the vulva.

This project is for You

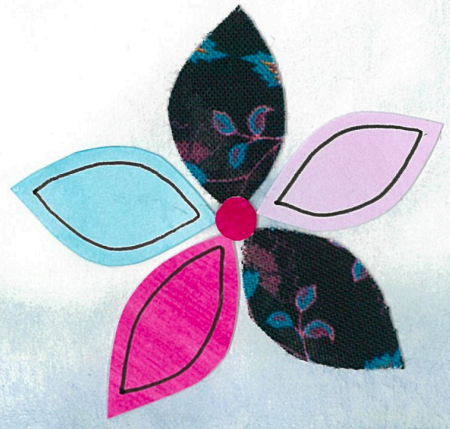
- If you have a vulva and want to explore this part of yourself
- If you don't have a vulva and want to learn more about it
- If you feel shame or embarassment about your genitalia (if you do, you're not alone!)
- If you want to start to acknowledge and process emotions, beliefs, or experiences related to your vulva or sexual health
- If you have experienced sexual trauma and want to reclaim this part of yourself in a safe and contained way
- If you have experienced things like painful sex, trauma, or gender dysphoria and want to create a container for this pain
- If you want to break the silence and stigma around this part of the body
- If you want to connect with your creativity (and yes, you <u>ARE</u> creative!)
- If you want to be a champion for menstrual and reproductive justice
- If you are a craftaholic and just need a new project!
- If you _____ (add YOUR reason for doing this project!)

Why this is SO important!

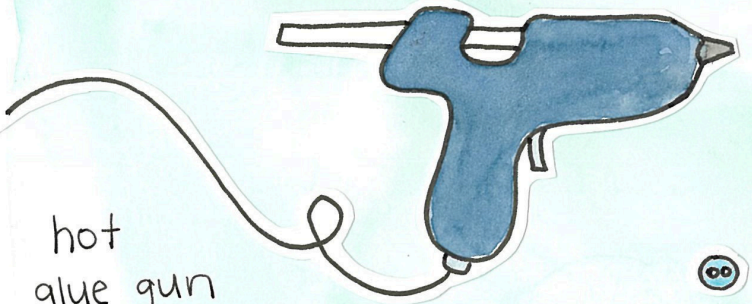
Understanding and respecting one's body is essential for true empowerment. The (sad) fact is, many vulva owners haven't ever looked at their own vulva, couldn't accurately identify the parts of a vulva, and feel some level of discomfort with or embarassment of their genitalia.

Societal stigma and taboo, unrealistic standards of beauty and sexuality, and a lack of education are all detrimental to vulva owners around the world. Additionally, the lack of open and healthy dialogue about the vulva leads to shame, poor body image, anxiety, and a negative impact on health.

By encouraging body positivity and open conversations about the vulva, we can normalize diversity, counteract harmful media influences, reduce stigma and shame, and promote mental and sexual well-being for vulva owners, one vulva at a time.

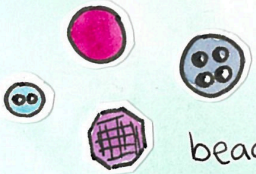


Materials



hot glue gun

poly-fill

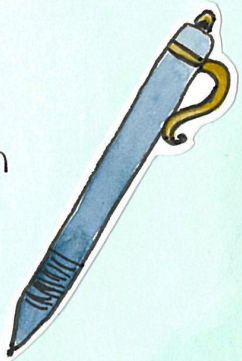


bead, button, or sequin

thread

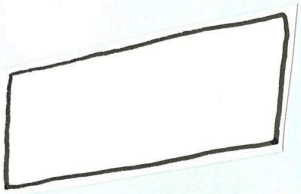
fabric and felt

string

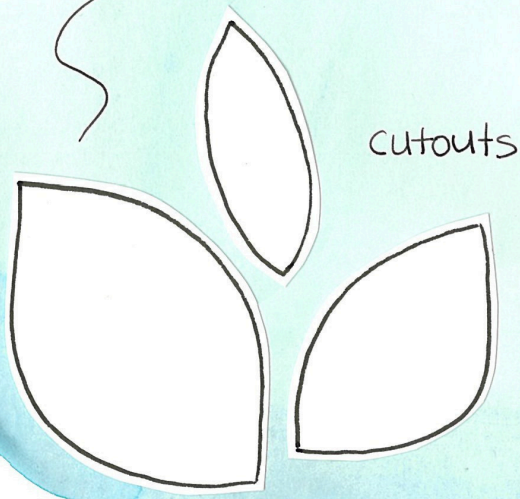


pen

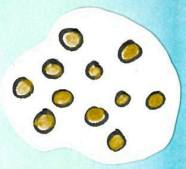
needle



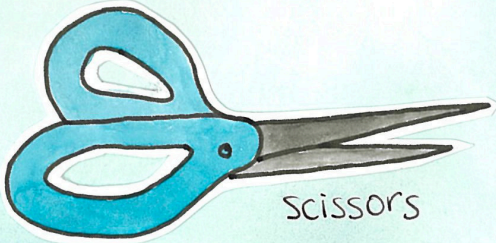
paper (1"x4")



cutouts

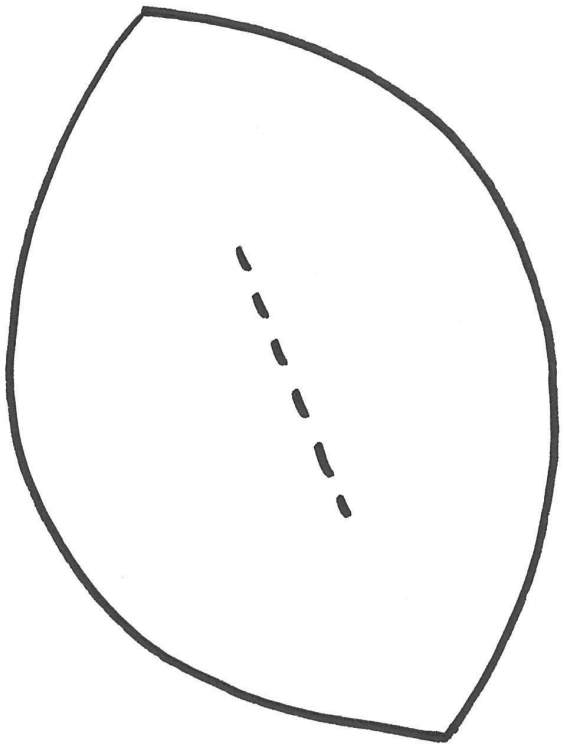


seed beads

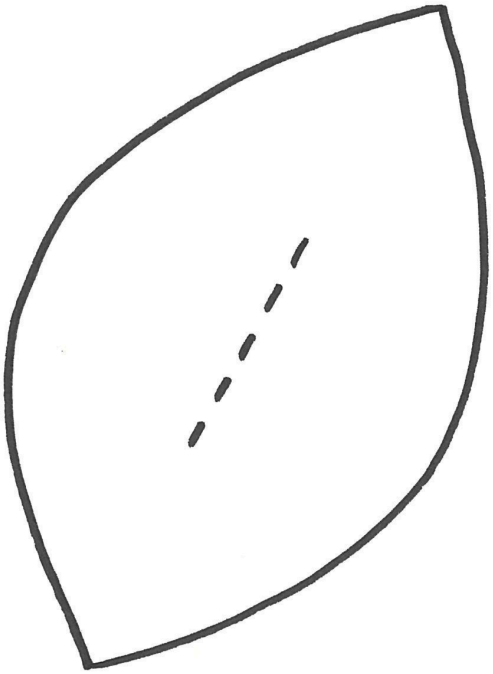


scissors

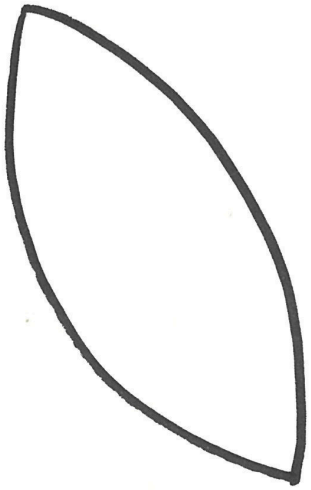
cut these out!



labia majora



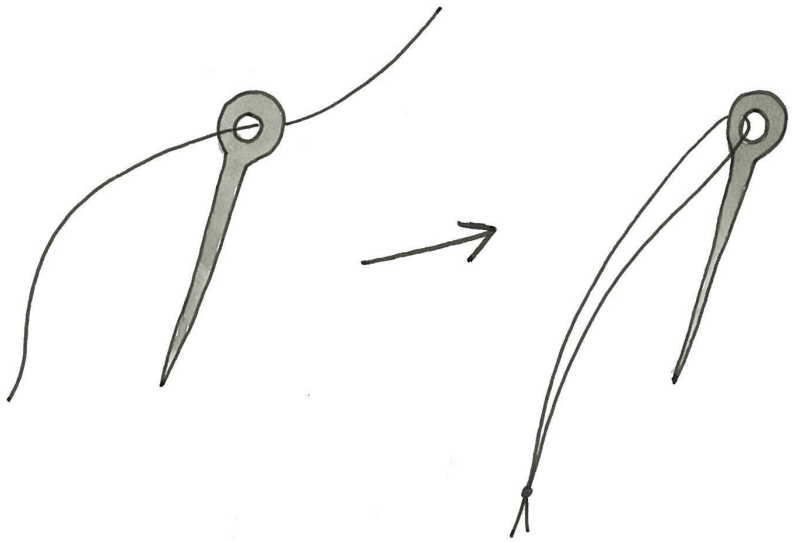
labia minora



back

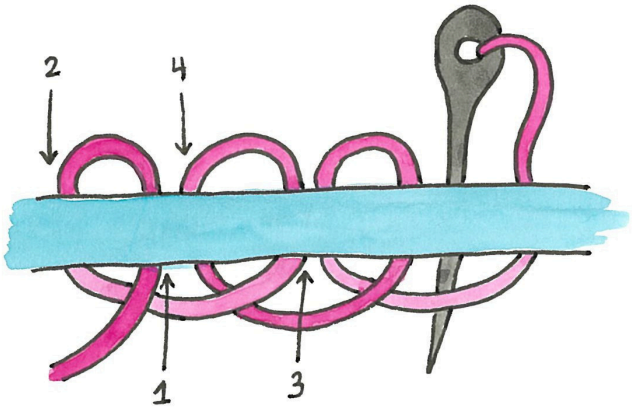
Threading the needle

Cut a piece of thread about 24" long. Put one end of the thread through the eye of the needle. Double the thread back, roughly lining up the ends. Knot the thread a few times. Now you're ready to rock n' roll!



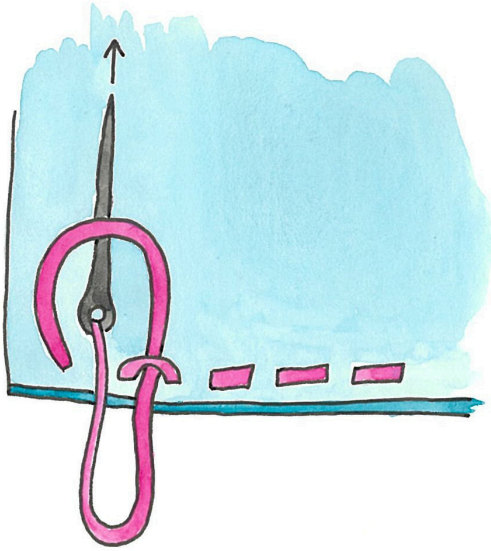
Backstitch

Bring the needle UP at 1. Insert the needle DOWN at 2, making a stitch backwards to meet the last stitch. Come UP at 3 and insert the needle DOWN at 4. Repeat until finished or until only 4-5" of thread remains. Tie off (see next page on how to do this). If you have more to go, thread the needle as before and pick up where you left off!



Tying off the thread

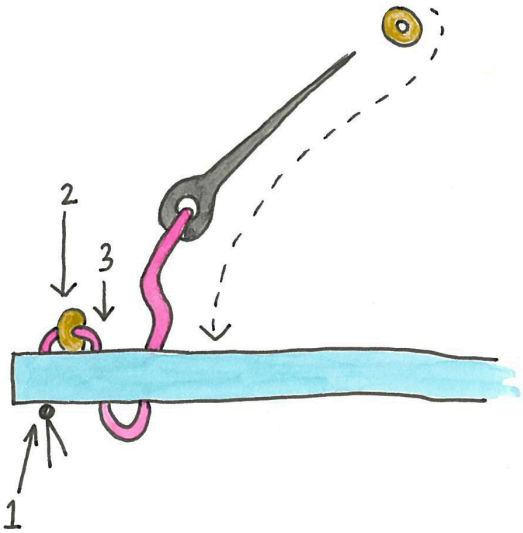
When you are finished sewing, or only have about 4" of thread remaining, you will want to tie off the thread. To do this, go under your last stitch and pull the needle through the loop you just made. Pull tight to knot and cut the thread.



Adding beads

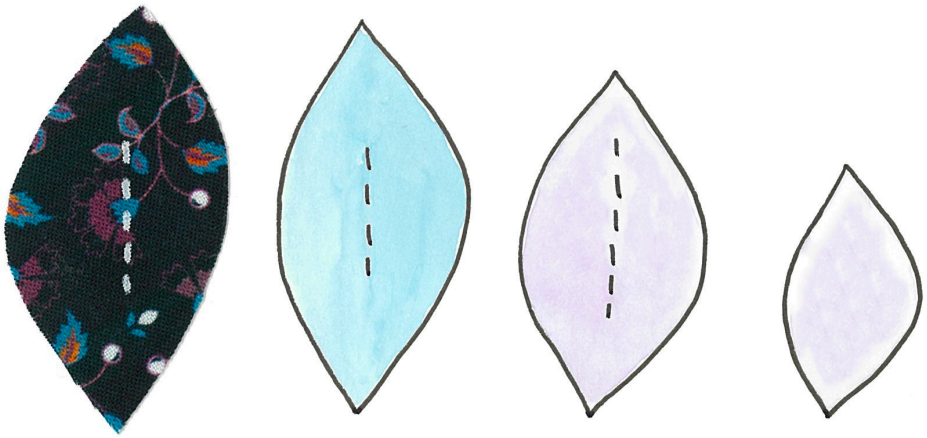
Thread the needle as before. Come UP at 1. Put the bead on the needle at 2. Insert the needle DOWN at 3.

You can do this with each stitch or spread them out, your choice!



1

Gather your materials. On the felt/fabric, trace and cut out two labia majoras, one labia minora, and the back piece. Cut a slit along the dotted lines.



labia majora labia minora back

Colors can be the same or different - it's **YOUR** vulva!

There is no "normal" vulva! Everyone's vulva is unique and varies in size, shape, and color. The vulva's appearance can also change throughout a person's life, especially during times of hormonal fluctuation like puberty, pregnancy, and menopause.

Source: acog.org

2

Grab your needle, thread, labia majora pieces, and beads (if desired).

Place the **labia majora** pieces on top of each other, lining them up. It's okay if they aren't even- **imperfection is normal and beautiful!**

Some vulva owners have labia that are symmetrical while others have labia that are uneven in size.
All are normal!

Source: acog.org

3

Thread the needle. Using the **backstitch**, sew all the way around the slit in the middle, about 1/8" from the edge of the fabric. The two labia majora pieces should now be sewn together. If desired, you can add beads to the stitches.

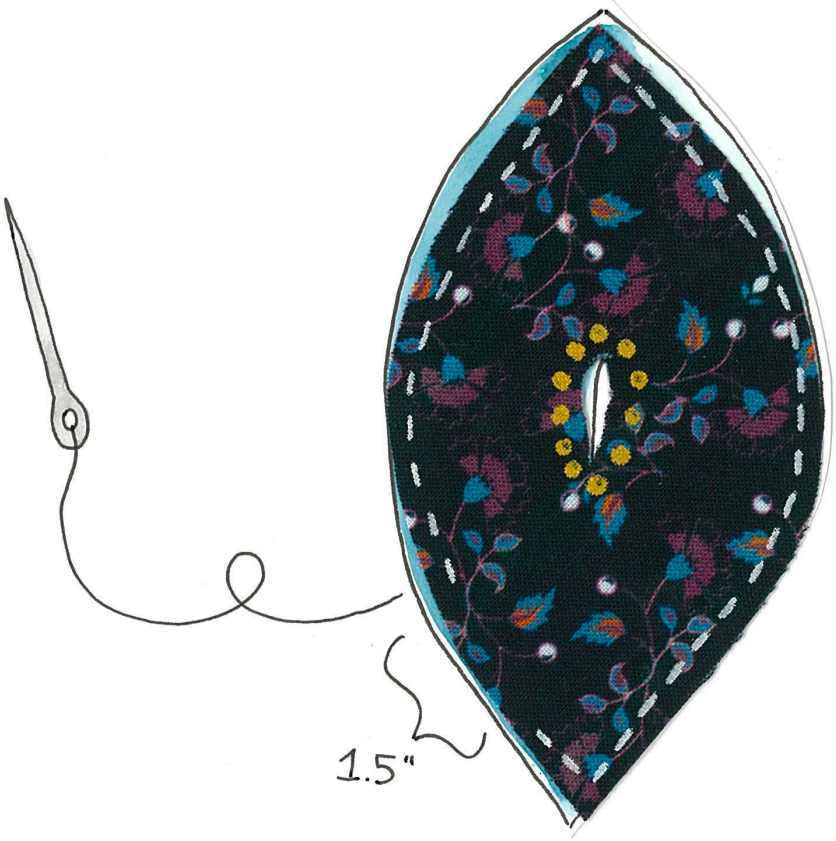
* refer to instructions on the **backstitch** and **adding beads**, if you need a reminder!

The **labia majora** are filled with **erectile tissue** that becomes filled with blood when aroused.

Source: my.clevelandclinic.org

4

Thread the needle. Sew around the outside of the labia, about 1/8" from the edge of the fabric. Leave 1.5" unsewn (this creates an opening to add the poly-fill later). Tie off and cut string.



"Vulva" comes from the Latin word meaning **"covering"**. The vulva **protects** the internal reproductive organs.

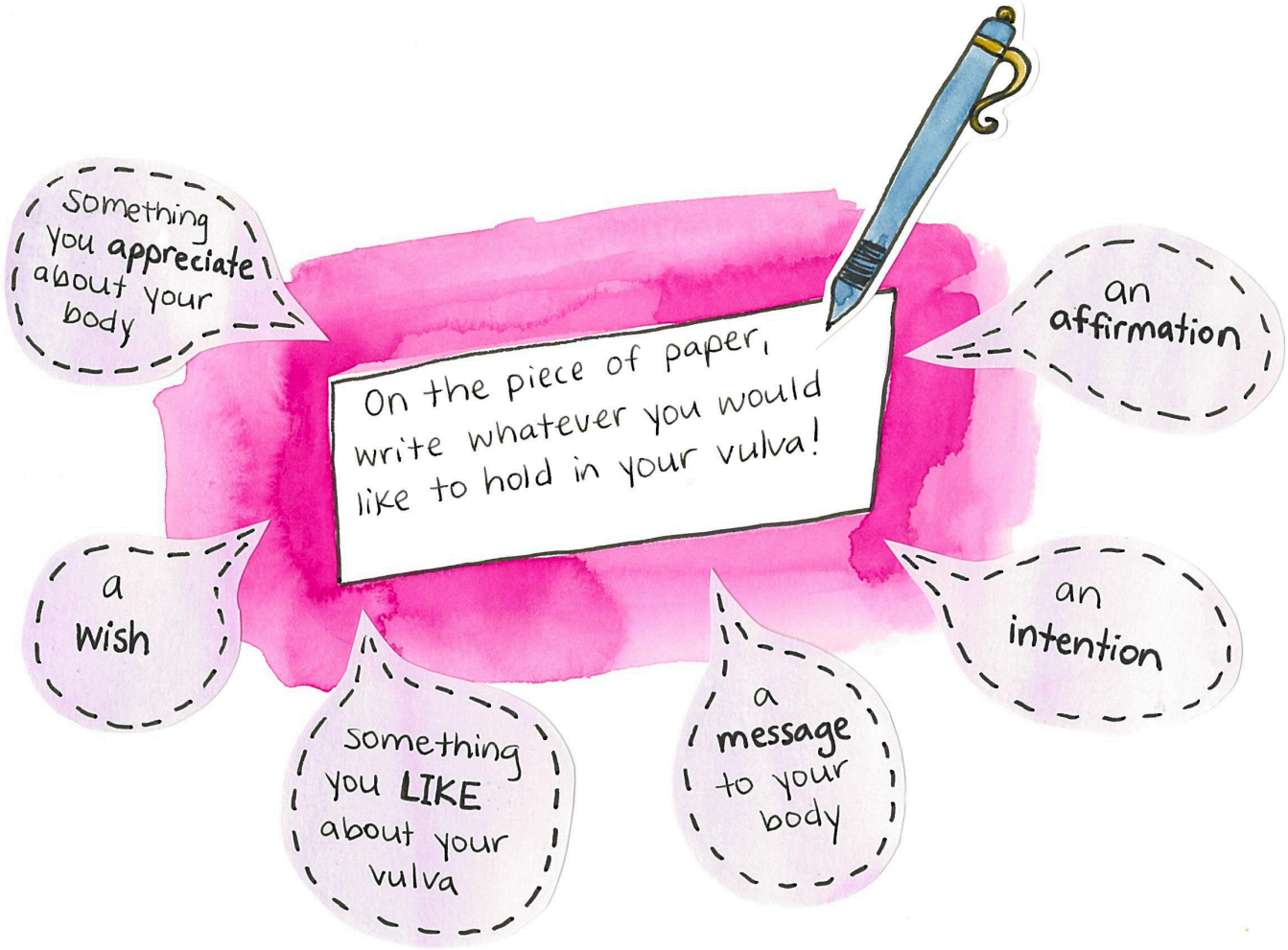
Source: my.clevelandclinic.org

5 Add polyfill to the inside of the labia. You can make it as soft or as firm as you like!

During pregnancy and menstruation, the vulva may become **darker** and more **swollen** due to increased blood flow.

Source: my.clevelandclinic.org

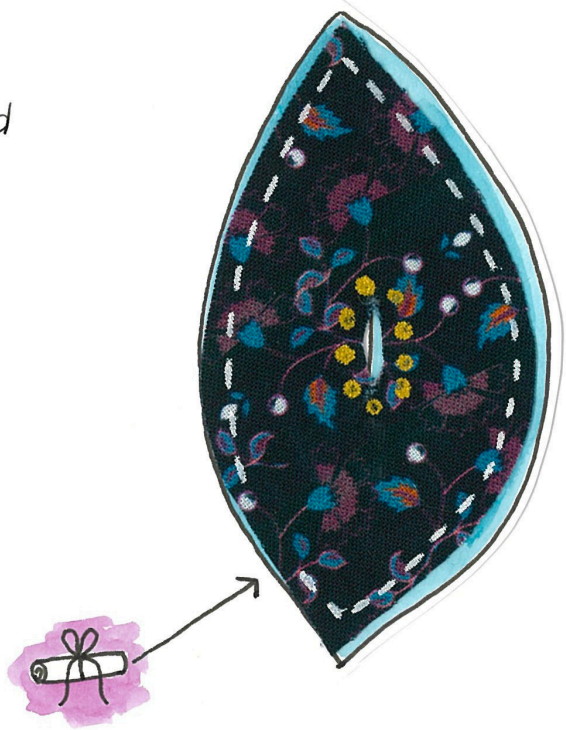
6


On the piece of paper, write whatever you would like to hold in your vulva!
Something you **appreciate** about your body
an **affirmation**
a **wish**
an **intention**
Something you **LIKE** about your vulva
a **message** to your body

7

Roll up the piece of paper and tie with string.

Place your paper inside the labia and add any additional poly-fill, if desired.



The vulva includes organs, openings, blood vessels, nerves, and erectile tissue that exist for the **sole purpose** of allowing you to experience **sexual pleasure**.

source: my.clevelandclinic.org

8

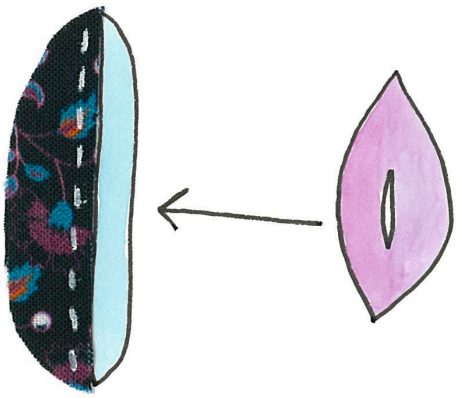
Sew the remainder of the labia closed. Tie off and cut thread.

For some, the **labia minora** are small and "tucked in" the labia majora. For many, however, the labia minora extend beyond the labia majora. All are normal!

source: my.clevelandclinic.org

9

Take the labia minora piece and place on the back of the sewn labia, lining up the center slits.



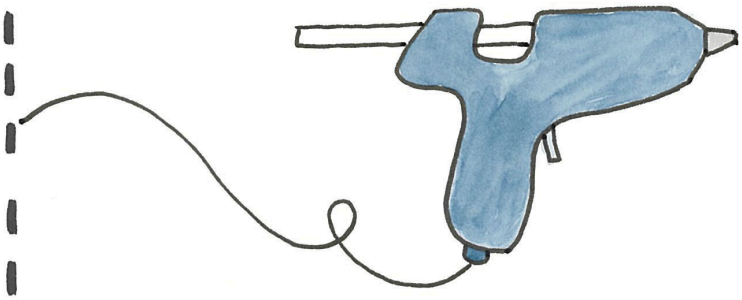
Pull through the center partly, creating the labia minora.

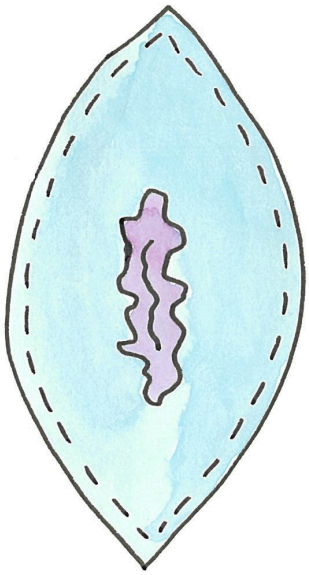
The vulva has glands that produce **natural lubrication** during sexual intercourse. The **Bartholin's** and **Skene's glands** are located near the vaginal opening.

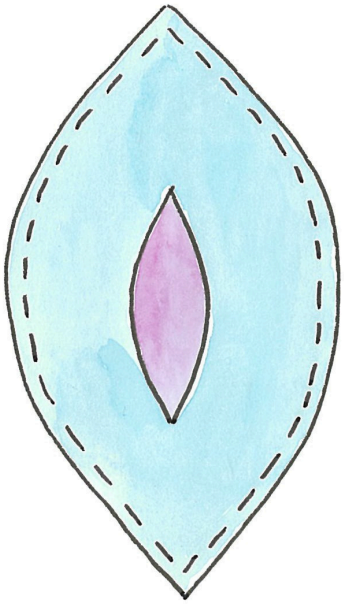
source: acog.org

10

Using the hot glue gun, glue the back of the labia into place.



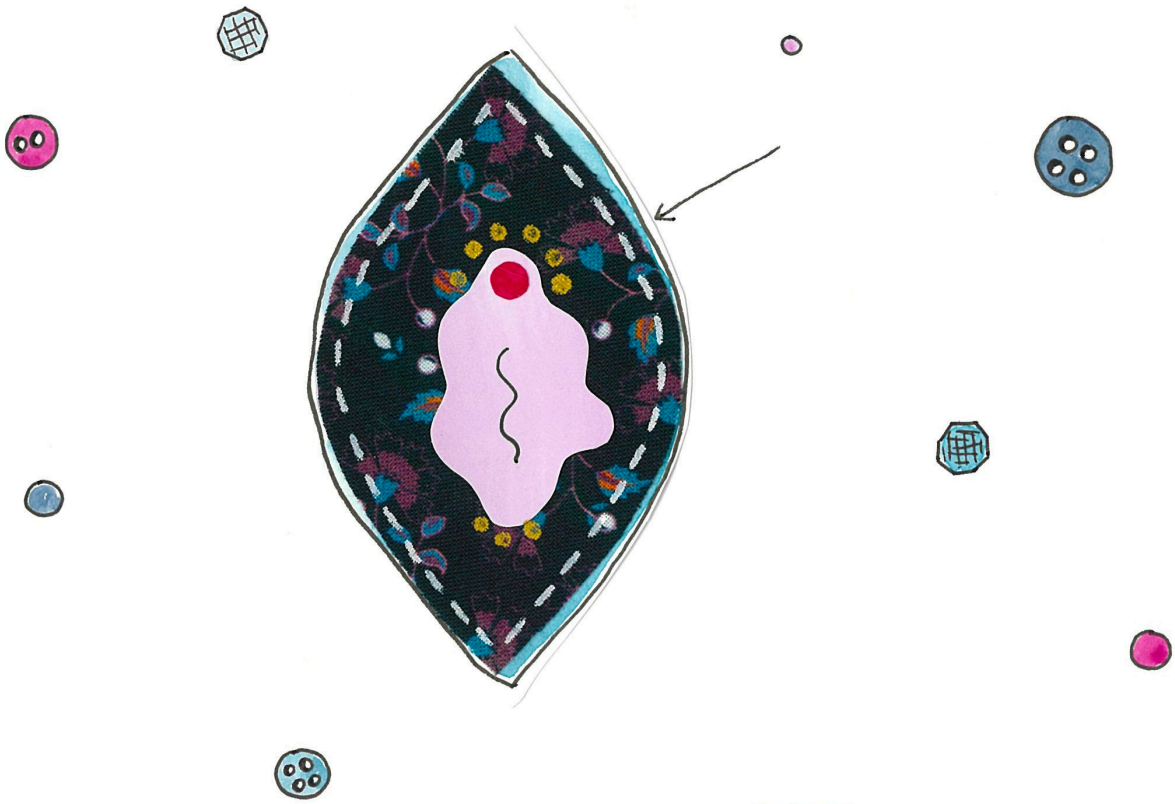




Take the **back** piece and glue over the back of the labia minora, covering any messy spots.

11

Choose your bead, sequin, button, or other object that will be your **clitoris**. Glue or sew into place.



The clitoris's sole purpose is to provide pleasure! It has more than **10,000 nerve endings**, which is more than **double** the amount in the penis.

source: acog.org

12

Now sit back and admire your **beautiful** vulva!

Questions for Reflection

- What was this process like for you? What surprised you? What was most challenging?

- What has shifted in regard to how you feel about your vulva or genitalia? What helped this to change?

- What is one thing you can do to foster a more loving relationship with your vulva or body?

- What is something you learned that you could share with a fellow vulva owner?

this project was developed by

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