

## Frequently asked questions: vulvas

These vulva FAQs can be used as a guide for teachers and parents to help give informative answers to common concerns. Our top tip: try to reassure young people that worrying a bit is only human, but that a wide variety of colours, textures, shapes and sizes are normal.

### 1. What is my vulva supposed to look like?

The vulva is the outer lips which are visible on the outside. Everyone's vulva looks different so there is no "normal" looking vulva. The inner and outer labia come in all different shapes, colours and sizes.

### 2. Is it normal to have one labia longer than the other?

The length of the labia varies greatly, and it is very common for one side to be longer than the other.

### 3. What colour should my vulva be?

The colour of vulvas varies greatly from person to person – it may be pink or more purple, or may be more red or brown. You may also find that your vulva is darker than the surrounding skin.

### 4. What kind of texture should my labia be?

The inner labia may be smooth to the touch but can also be frilly or wrinkly in texture. The outer labia are fleshier and have pubic hair.

### 5. I have a mole on my vulva, should I be worried?

Moles on the vulva are very common. However, if you notice a new mole or if it itches, then you should go and see your doctor.

### 6. My vulva gets painful sometimes, what should I do?

There are many reasons why the vulva may be painful. It may be that they are dry, or you have an infection, or a condition called vulvodynia. If the pain persists, or becomes a problem, then it is a good idea to see your doctor.

### 7. Are vulvas meant to smell?

It is actually the vagina which smells. It has its own unique scent, which reflects the bacteria which naturally live in the vagina and keep it clean (by producing normal healthy discharge), what you eat, the balance of your hormones, the clothes you wear, what you use to wash, and your hygiene. This smell is completely normal, but if it becomes unusually strong you should check with a doctor.