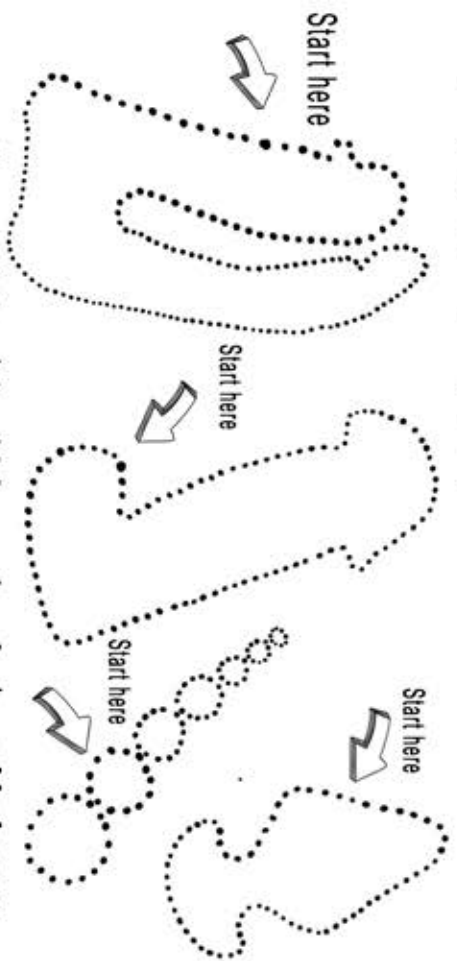


# CONNECT THE DOTS ON THE DILDO

Toys can help with self-love and exploring self-pleasure. It's all about finding a toy that works best for you and your body. Try many, pick a few. They can also be fun to bring into dynamics with a partner (or two).



Masturbation isn't taboo and it won't make you blind or kill kitties. It's actually a healthy, fun, and important way to explore your sexuality. It makes sex you have with other people better, it can help with cramps or headaches, and it doesn't have risks like contracting a disease or getting pregnant. You can do it as often as you want and it doesn't cost you anything...although you can treat yourself to some pretty amazing toys that can help with the self-pleasure exploration. Learning what you like sexually is healthy and empowering. It's a huge way to practice (literal) self-love!

Some good reads to get ya started: "Because It Feels Good" by Dr. Debbie Herbenik; "Come As You Are" by Emily Nagoski; "The Body is Not An Apology" by Sonya Renee Taylor

Remember:

## A Healthy Vagina is a Happy Vagina!

Taking care of yourself by moving your body and eating foods that make you feel good inside can also keep your lady bits healthy and happy.

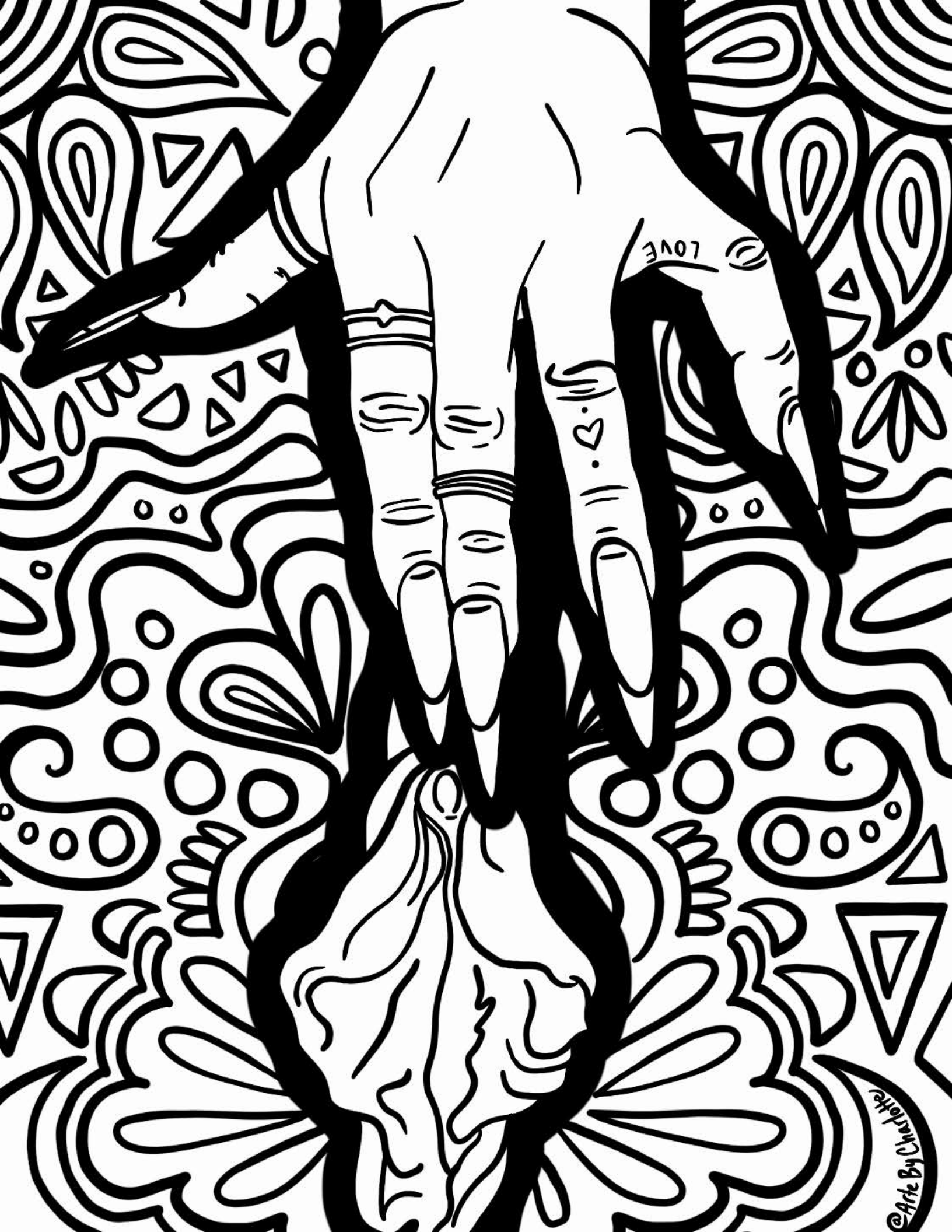
Say **no** to douching and **no** to scented soaps. Say **yes** to cotton, breathable underwear and **yes** to unscented soaps to keep that vajayjay fresh!

Keeping yourself hydrated also keeps that vagina feeling great! Drink lots o' water daily, get that annual pap smear, wash your hands, wash your toys, and always use water-based lubes.

## Enjoy that beautiful body of yours!



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