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The Vag Mag

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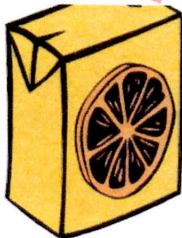
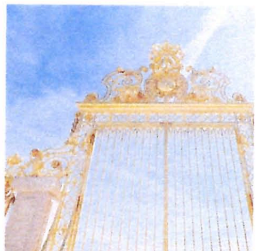
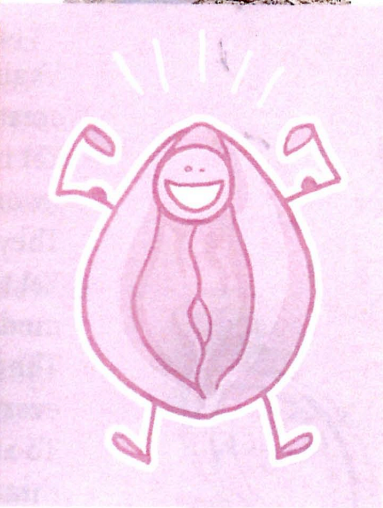
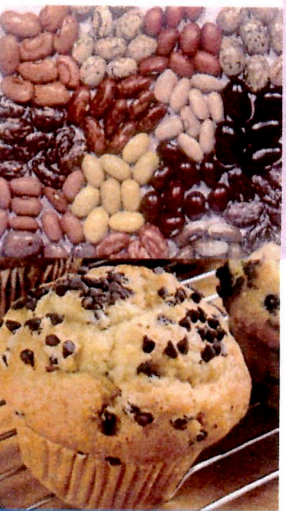
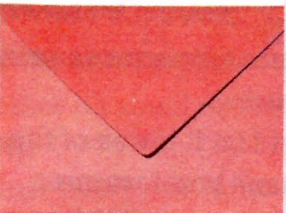
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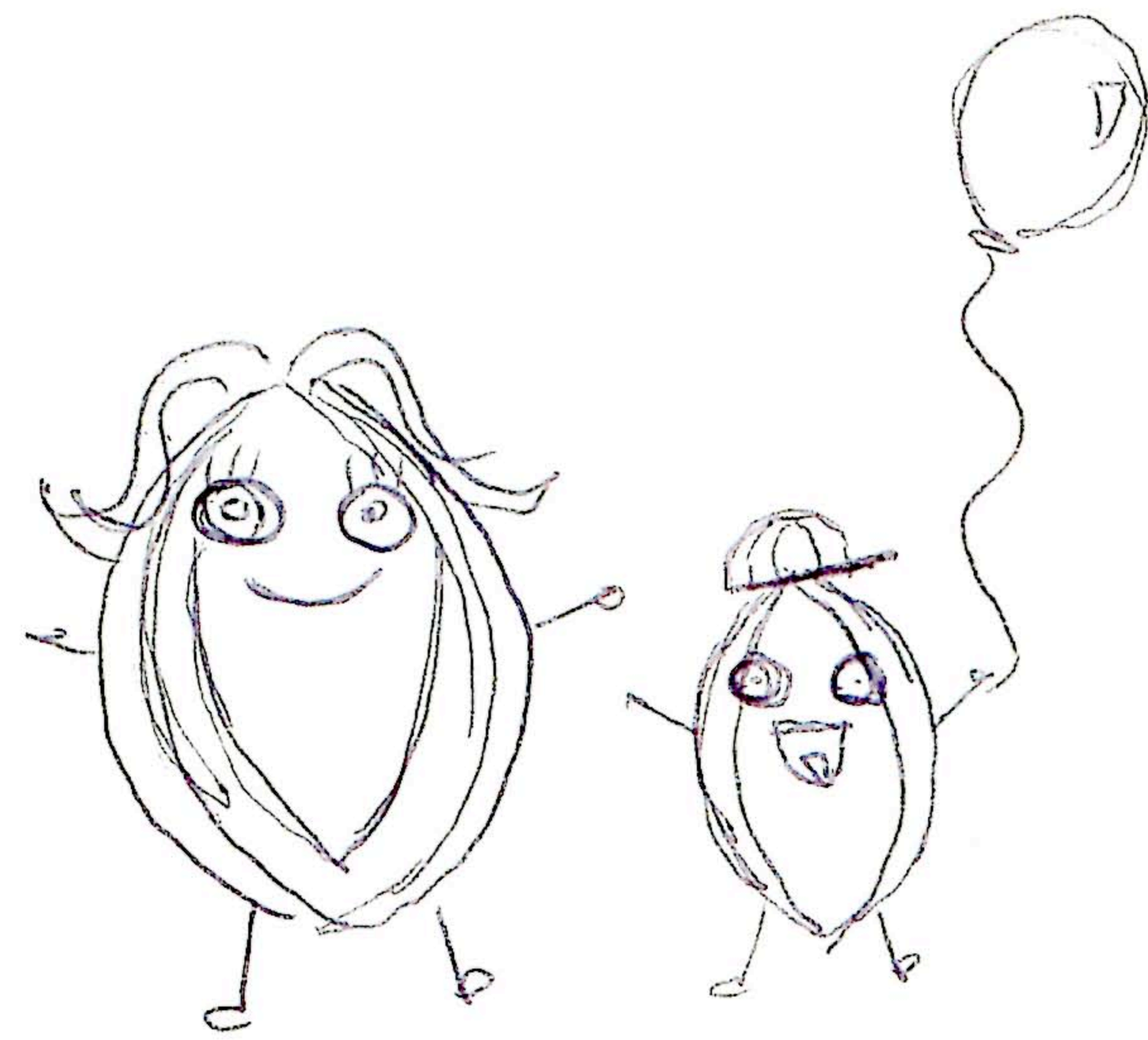
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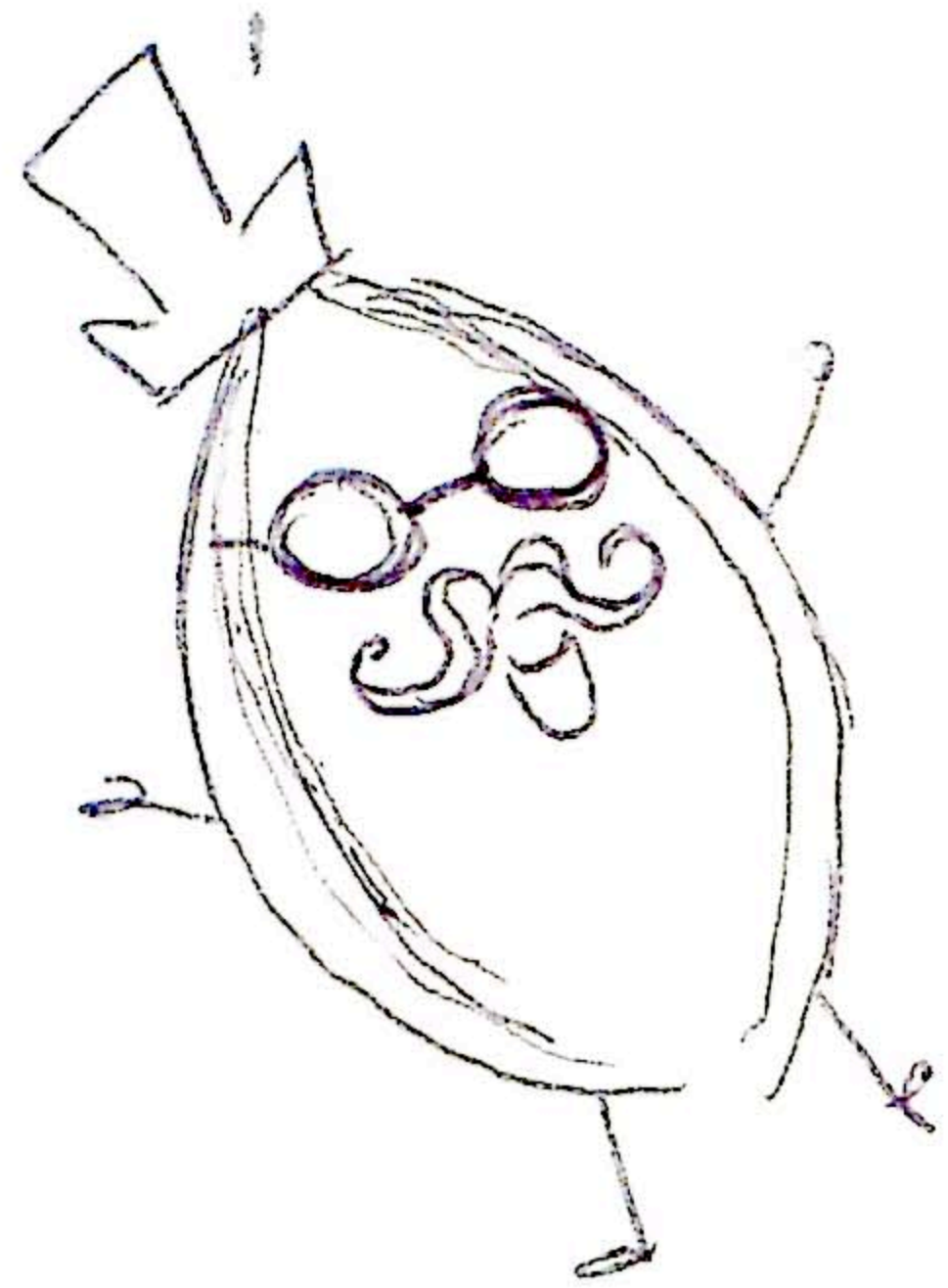
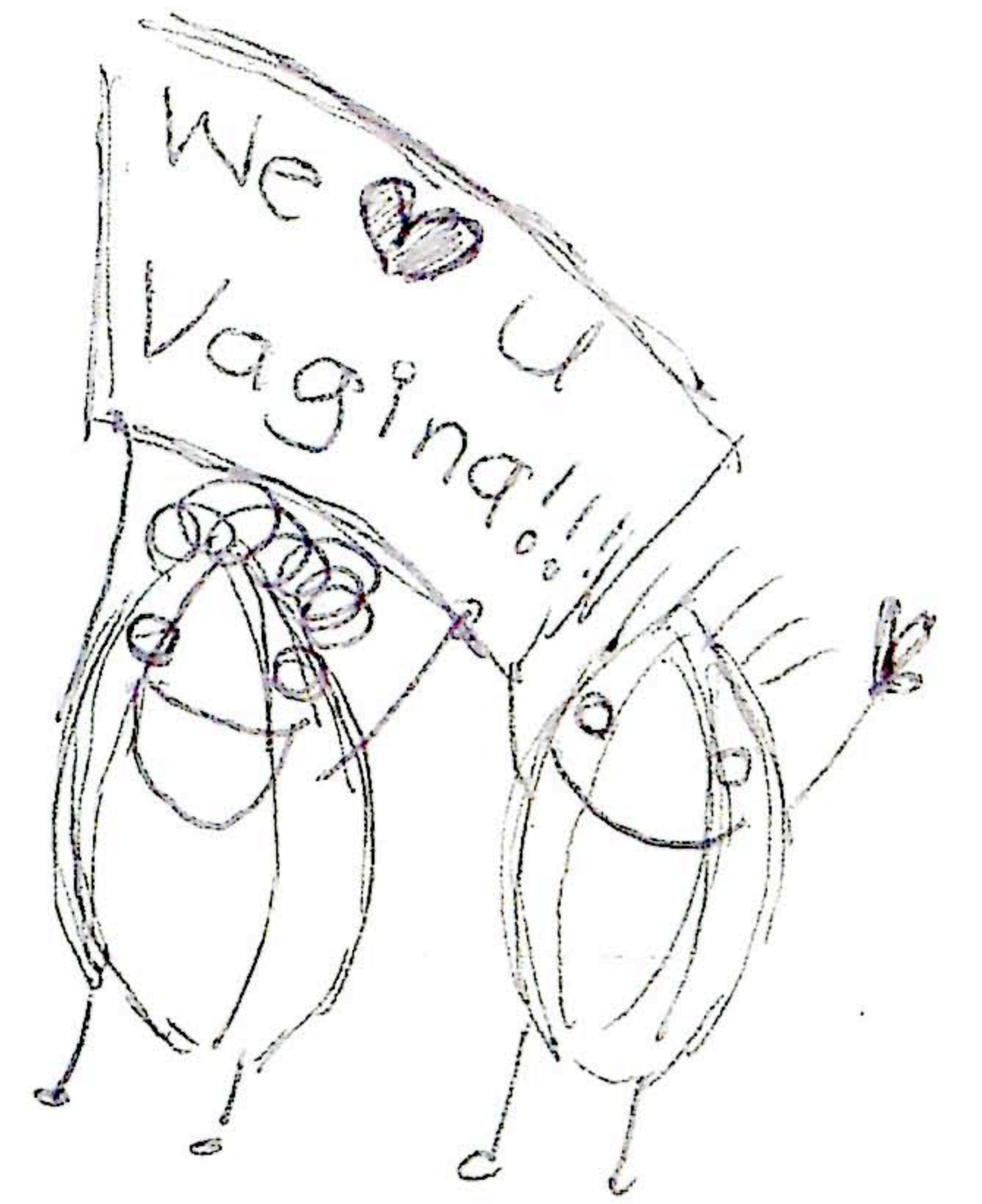
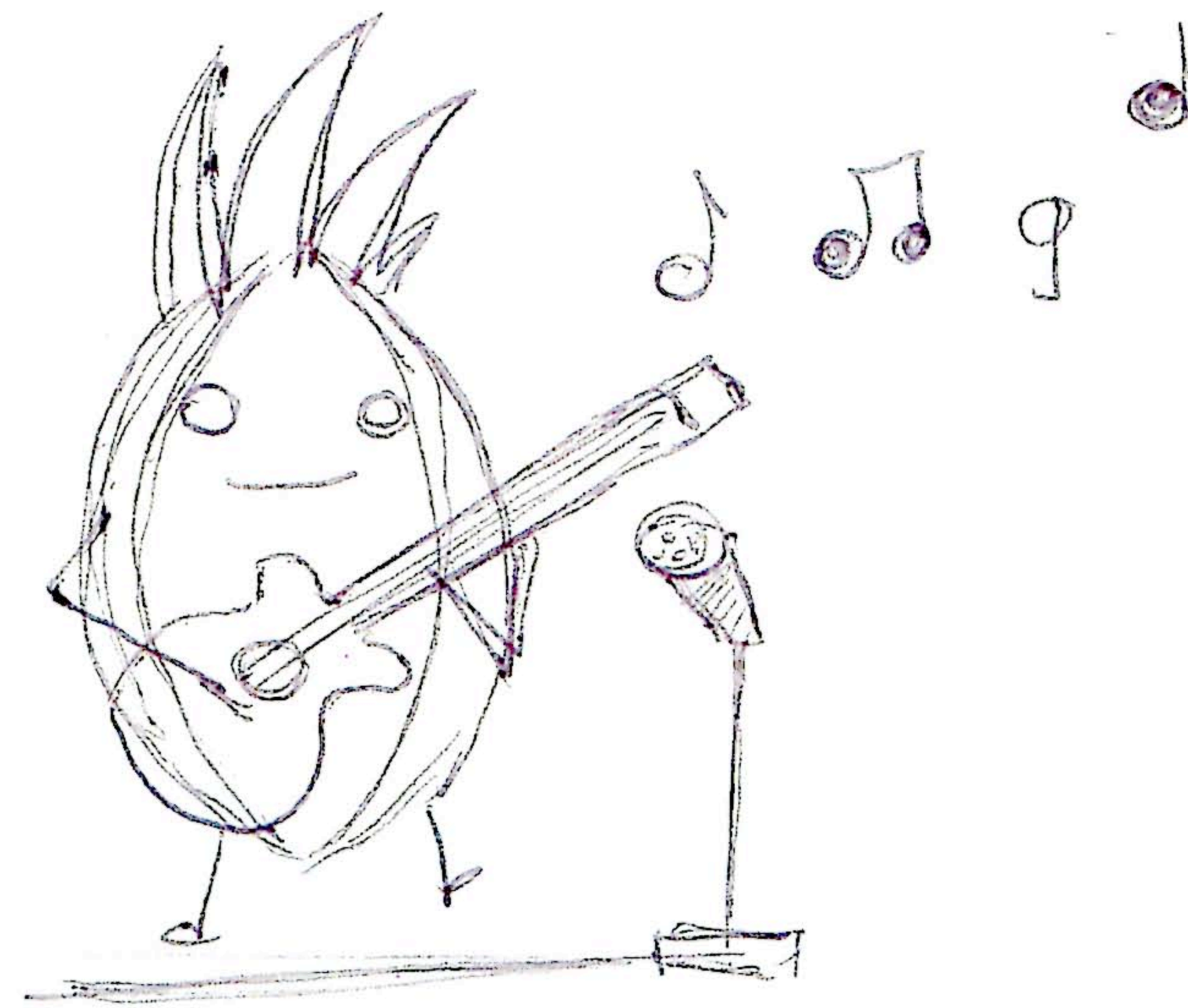
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THE VAG MAG



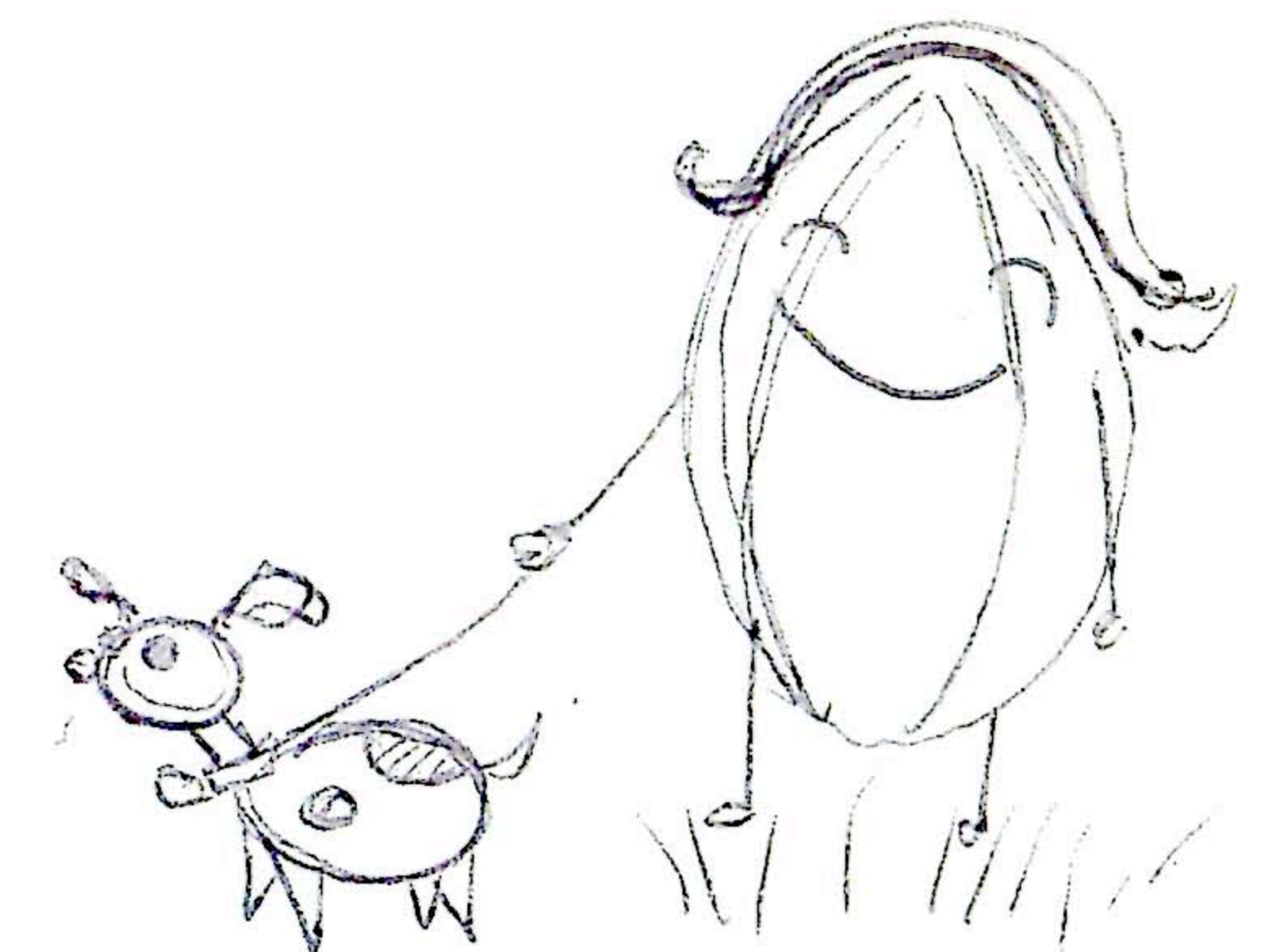
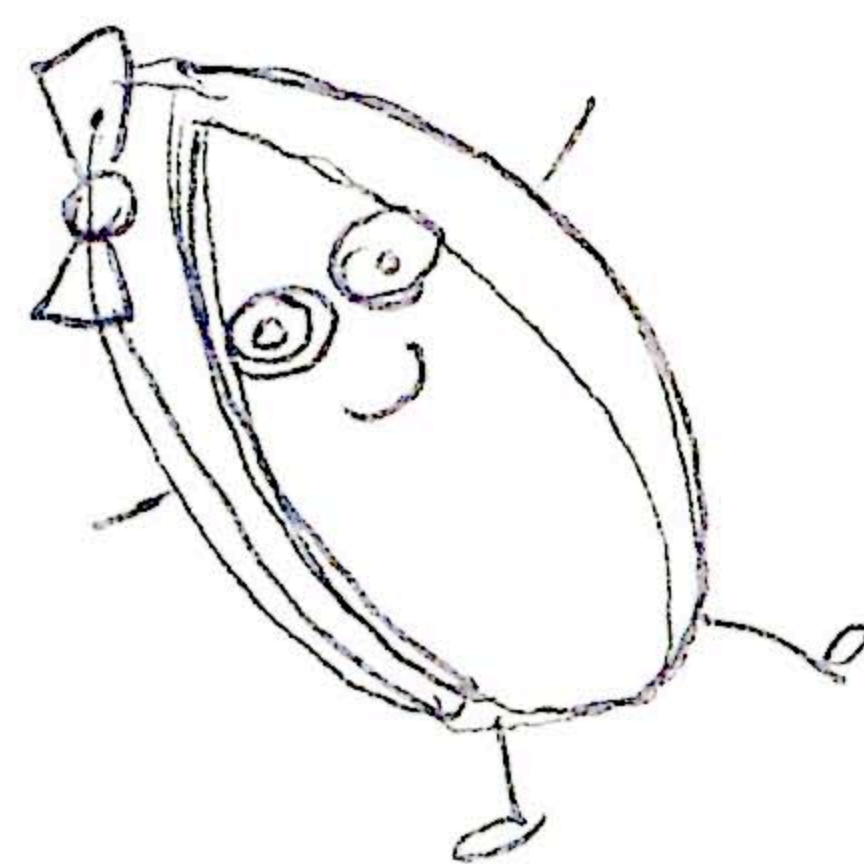
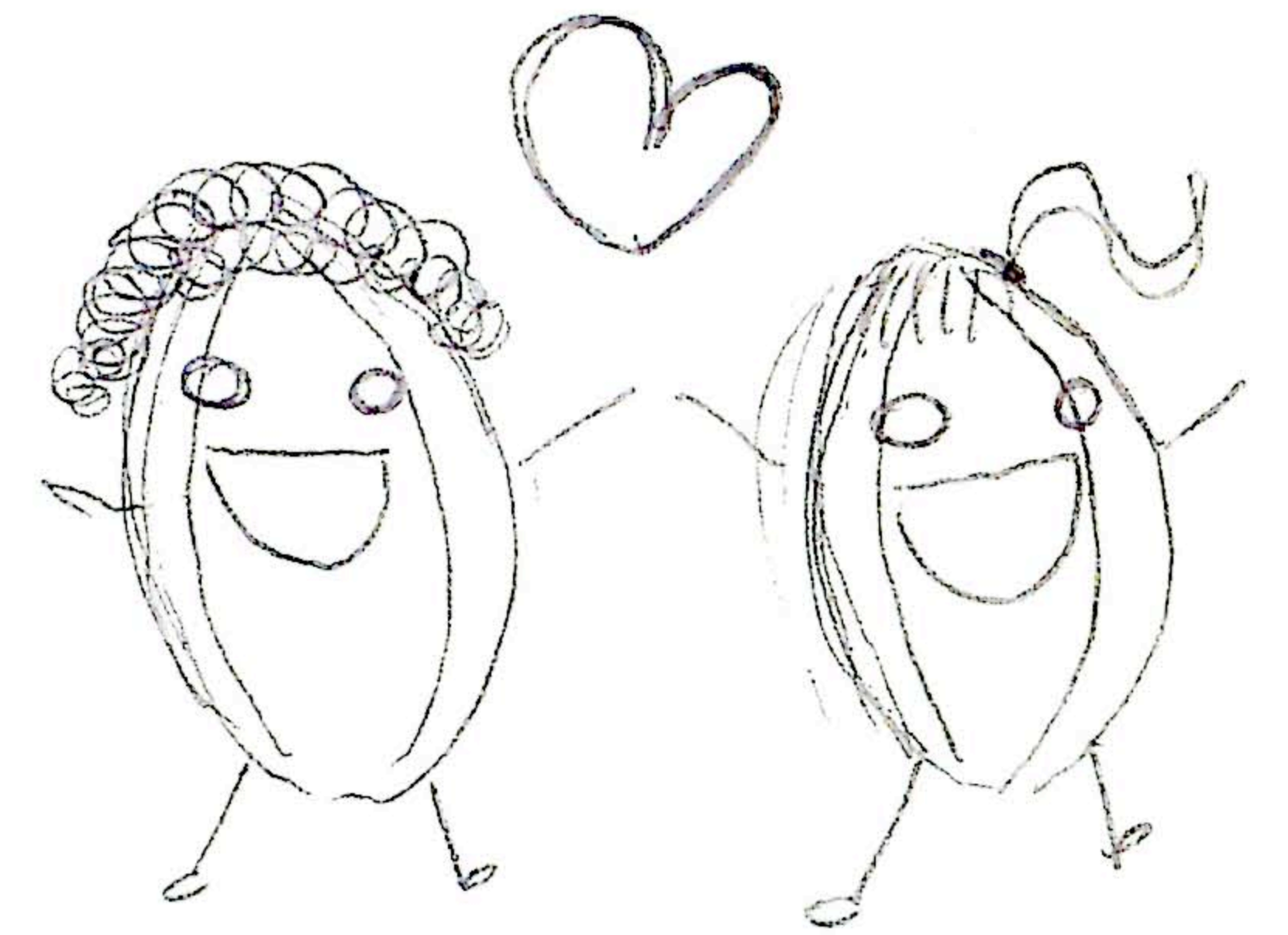
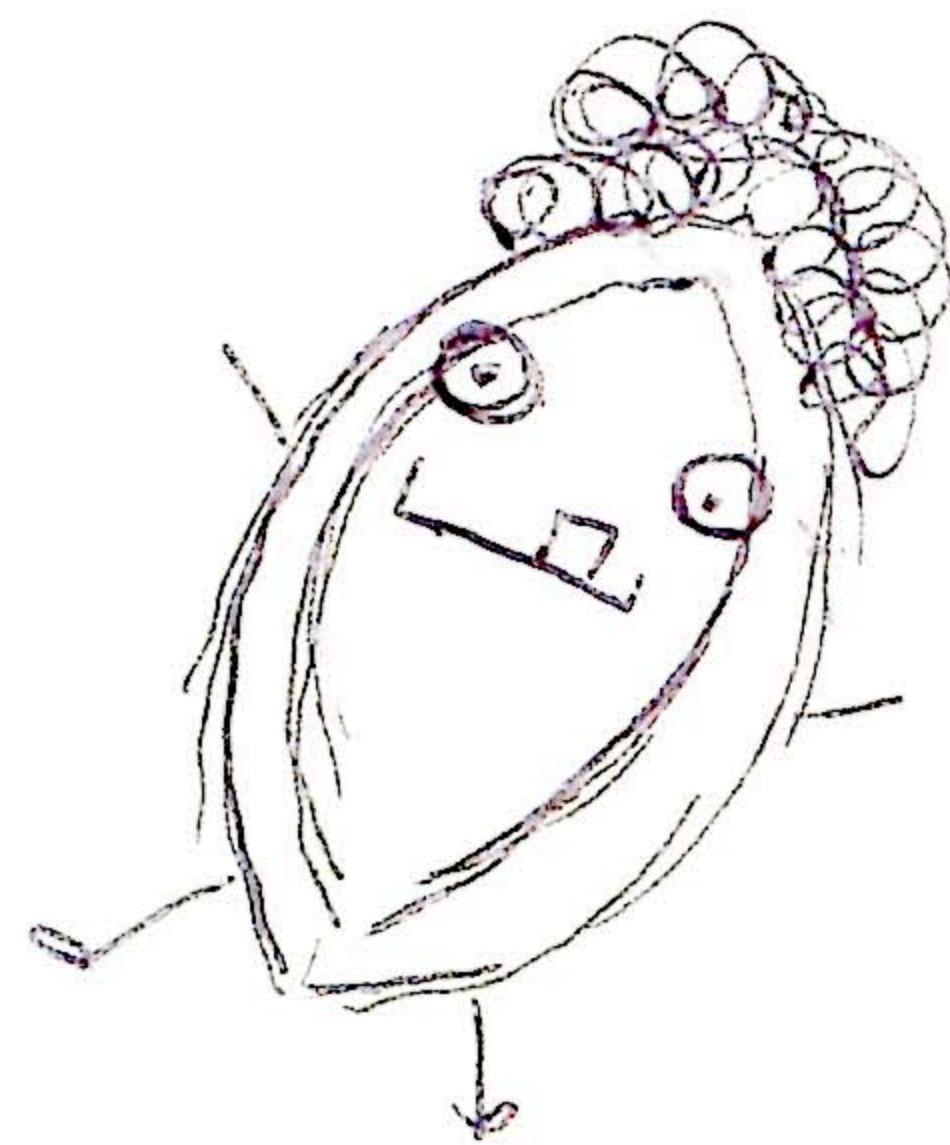


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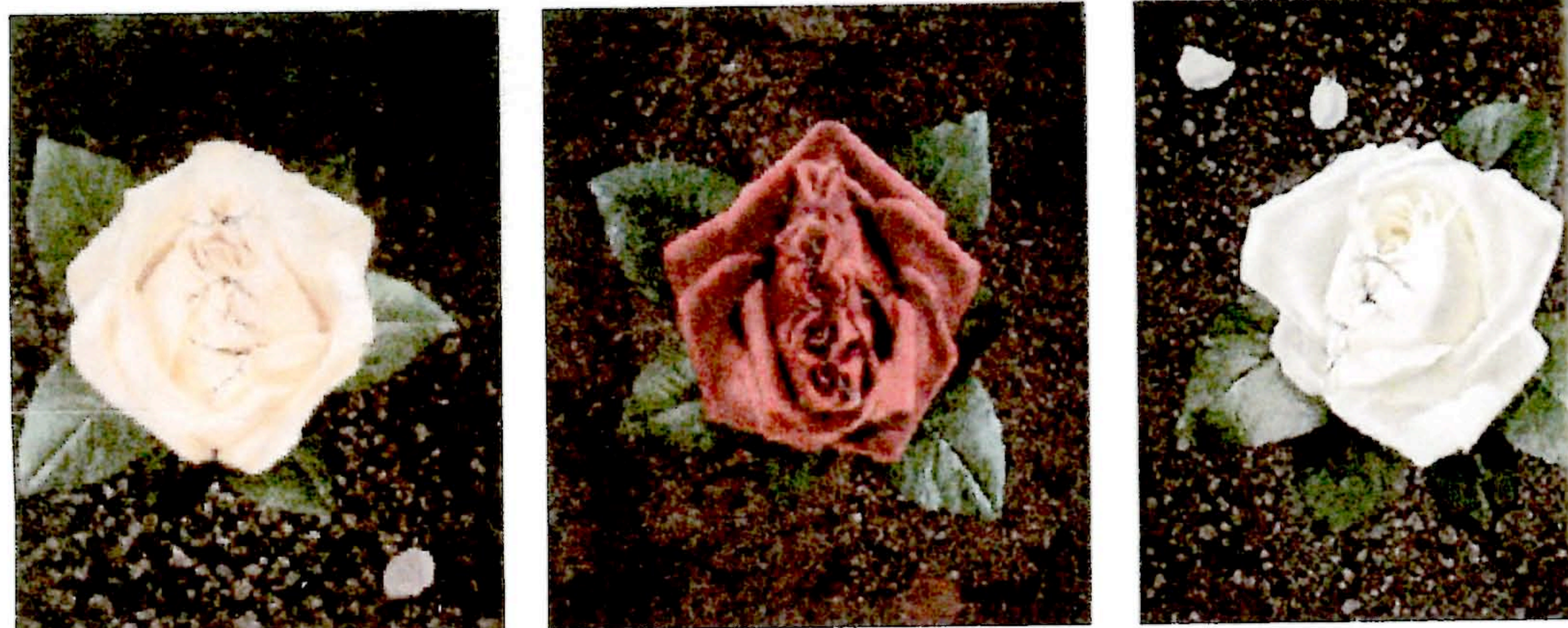
by Jenny Drainie
Vaginas are seen as smelly, hairy creatures
Yet in fact it is one of the woman's best features.
They come in all shapes and sizes
Yet there is only one ideal the media advises
The young tight pussy is what everyone desires
To attain it, it is plastic surgery that one requires
Vaginas are beat up to become perfected
But instead come out being defected
Many women see it as something scary
Yet it something that can make you very merry
Vaginas should be treated with respect
Since it is one of the woman's

most beautiful aspects
Whether it's small or hairy, curly or large
Of their pussy one must always be in charge
A woman should never see it as strange
And never desire it to change
It is the source of physical pleasure
And should be looked upon as a treasure.
Fuck the media and all its opinions
I'm not about to become one of its minions
My pussy is what makes me glad
And no one is going to make me mad
Into thinking that it is strange
It is the ideals of society that need to be rearranged



FGM

by Courtney McKinney



Female genital mutilation (FGM) includes any procedures that intentionally alter or cause injury to the female genital organs for non-medical reasons. The procedure itself has no health benefits for girls and women. They can cause severe bleeding and problems with urination, and later cysts, infections, infertility as well as complications in childbirth and an increase risk of newborn deaths. This practice is mostly carried out by traditional circumcisers, who often play other central roles in communities, such as attending childbirths. However, 18% of FGM is performed by health care providers and this trend is increasing.

Clitoridectomy: partial or total removal of the clitoris and in some very rare cases only the prepuce—the fold of skin surrounding the clitoris.

Excision: partial or total removal of the clitoris and labia majora.

Infibulation: narrowing of the vaginal opening through the creation of a covering seal. The seal is formed by cutting and repositioning the inner, or outer, labia, with or without removal of the clitoris.

Other: all other harmful procedures to the female genitalia for non-medical purposes, e.g. pricking, piercing, incising, scraping and cauterizing the genital area.

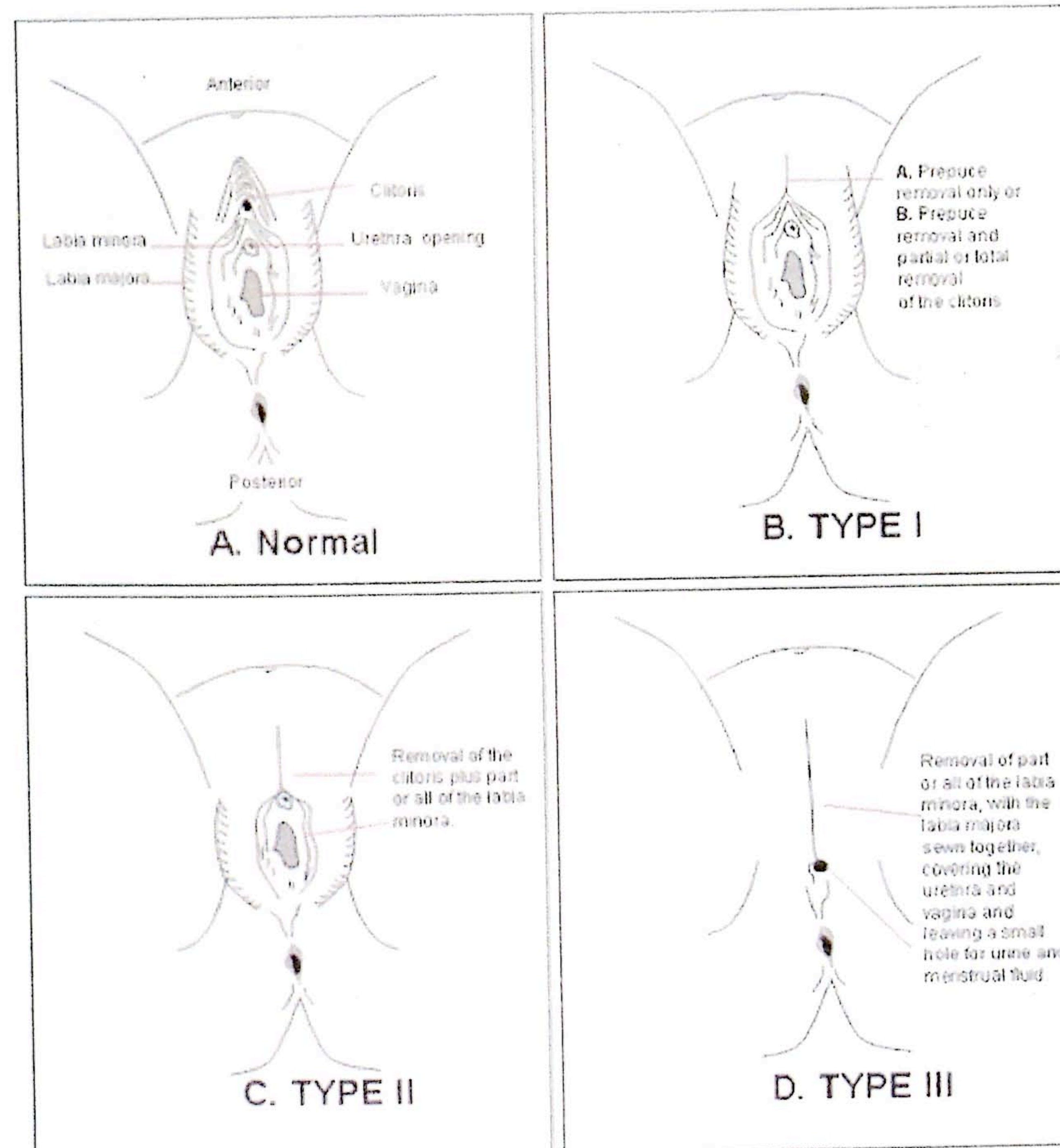
There are no health benefits of this procedure. It only works to remove and damage healthy and normal female genital tissue, and will result in interference in the natural functions of girls' and women's bodies.

The causes of female genital mutilation includes a mix of cultural, religious and social factors within families and communities. Where FGM is a social

convention, the social pressure to conform to what others do is a strong motivation. Often FGM is considered a necessary part of raising a girl properly, and a way to prepare her for adulthood and marriage. FGM is also motivated by beliefs about what is considered proper sexual behavior, connecting procedures to premarital virginity and marital fidelity. It's considered in most communities to be a reducer of a woman's libido and therefore believed to help her resist "illicit" sexual acts. Similarly, FGM is associated with cultural ideas of femininity and modesty, which includes notions that girls are "clean" and "beautiful" after the removal of body parts that are considered "male" and "unclean." While there are no actual religious scriptures that support this practice, practitioners often believe that it has religious support.

In 1997 the World Health Organization (WHO) issued a joint statement with the United Nations Children's Fund (UNICEF) and the United Nations Population Fund (UNFPA) against the practice of FGM. A new statement with wider UN support was issued in 2008 to support increased advocacy for the abandonment of FGM. Since the 1997 statement there has been wider international involvement to stop FGM and the development of international monitoring bodies and resolutions that condemn the practice. Also, more

revised legal frameworks and growing political support to end FGM has increased internationally. In most countries the prevalence of FGM has decreasing and an increasing number of women and men in practicing communities are supporting the end to its practice. Source: <http://www.who.int/mediacentre/factsheets/fs241/en/>



MY BODY MY VAGINA

by Priscilla Spradlin

Sometimes as a woman it can be hard to know what even belongs to you. We are valued so highly for our bodies. We are given so little credit for our brains. We are taught so little about our anatomy. We are told how it is acceptable to use our bodies, and how it is not. I came to a profound conclusion only recently that should be apparent to every woman: this is my body, my vagina. I am in charge of it. No one else should have an opinion on how I should or do use it. This is my body, and from this point on no one will know more about it than me. There's a new Sheriff in town, and she ain't taking shit from anybody.

This is my body, my vagina. Why should I let anyone tell me that I should be ashamed of it? People are so quick to use the word "slut". We should be worrying more about the rights over our own bodies being taken away than what other people are choosing to do with theirs. Choice is an important part of having control over your own body, and your own sexual experience. It is my choice when and whom I have sex with, and how I have sex. I have the choice to say no, and I am not a prude if I do. I have the choice to say yes, and

I am not a slut if I do. It is exciting to think that I can take control of what I do with my body, and get most pleasure from it I can, and I will. I vow to take control of my sexual experience from here on including learning about sex! I will learn how a woman can get the pleasure from sex, I will learn safe sex practices, and I will learn about different types of sex. I will remember that as I make my own choices regarding sex, so do other women. A woman who chooses a different sexual lifestyle than me is not wrong, she is making her own choices. I will remember: This is my body, my vagina.

This is my body, my vagina. How have the choices dealing with my uterus become a matter of opinion? It sometimes seems like everyone but me gets an opinion on the rules governing my body. Birth control, abortion, the appropriate time to have sex, they have all become matter of public opinion. As a woman, I'm not asking other women to get abortions, birth control, or have sex, all I'm asking is that those things per-

to my body are made available to me if I want it. We live in a society where Viagra is covered by insurance for men but birth control for women is not. Society is so afraid of me as a woman enjoying sex or having sex at all that they try to put every obstacle possible in the way. There is the belief that if we teach women about sex, or give them the option to engage in sex with contraception that women everywhere will all become promiscuous sex fiends or something. Or that if women are given the choice to have an abortion that they will start getting pregnant left and right, having an abortion as a means of

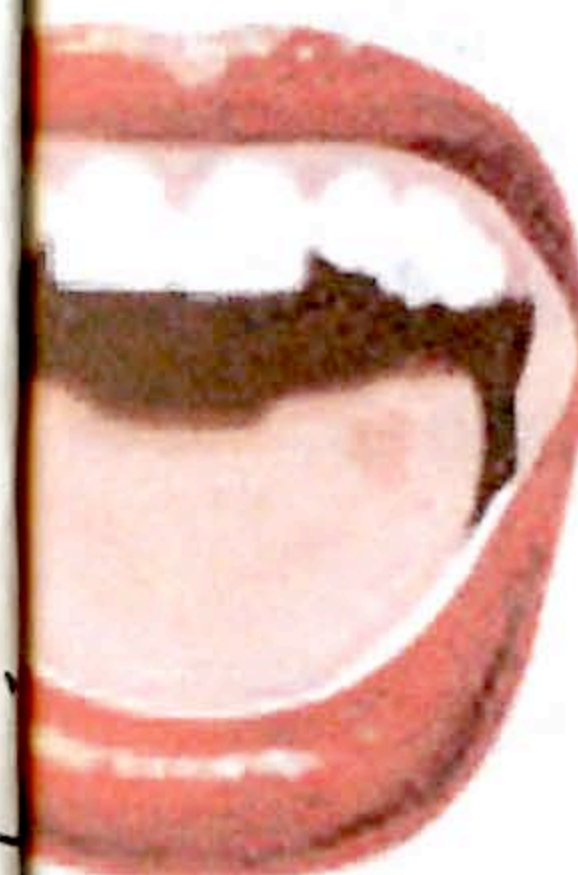
birth control. If people don't think these things are true, then why are they so scared to give women the right to learn about consensual, safe sex? I don't think I'm asking for too much, I just want the choice. I want the choice to have control

over my own body and have a say in what I do with it. This is my body, my vagina.

This is my body, my vagina. Yet I am constantly insecure that it looks ugly, or is somehow misshapen, embarrassing, not normal. I have not seen many vaginas other than my own, and I have rarely seen any in real life, in person. But I still have this notion that there is something wrong with me. When I decided to take control of my own body, I decided to also take control of my view of it. I need to know about my own anatomy, and yet I feel embarrassed

even trying to research facts about the female body. We have been taught that women's bodies should remain mysterious, we don't need to know about ourselves. What a load of crap. How can I be expected to be healthy, happy, and sane without even knowing how my body functions, or what's going on down there! I promise myself to stop being ashamed of my own body, and to look at myself and say, "I am normal" instead of saying, "I am ugly". The truth is vaginas come in many shapes and sizes, so find out about yours and own it. Your body should not be a mystery to you. I will stop thinking about the ways that I can change my body, and instead think of the ways I can accentuate it, celebrate it and make it feel good. This is my body, my vagina.

These are our bodies, our vaginas! This is a battle cry to all women to not only love their bodies, but also love their vaginas, their sexuality, their selves. Sometimes it seems that we have no control over our own bodies. This is a scary thought. Keep fighting for freedom, for self expression, for pride in yourself and your choices! Society keeps fighting over how much control we should be given over our female bodies, just keep saying one thing to yourself: This is my body, my vagina. And no one will love it more, treat it better, or know it better than me. This is my body, my vagina. And I am demanding control of it be given back to me.



Vajazzling



by Priscilla Spradlin

So Vajazzling, I never really had an opinion on it before now, because well, why would I? I am not one to put rhinestones all over my vagina. It seems unnecessary and strange. It's just another way to disguise the way that vagina's actually look. I say, go natural instead of trying to cover up the beauty of your vagina with extra flash and fanfare. I can see the appeal for other people as well however, because while I wouldn't ever pierce my vagina some women say they love the way they look and feel. So I guess, do what you want with your lady parts!

by Courtney McKinney

If you're bored of the way your Vajayjay is looking at the moment? Well, don't worry! Because now you can Bedazzle your Vajazzle! Bedazzling your Vajazzle is when the area is "deforested" and then a layer of adhesive crystals are applied either as a sheet or individually to create a lovely design across your vagina. It's the newest thing in vagina décor! Don't let your vagina be boring, add a



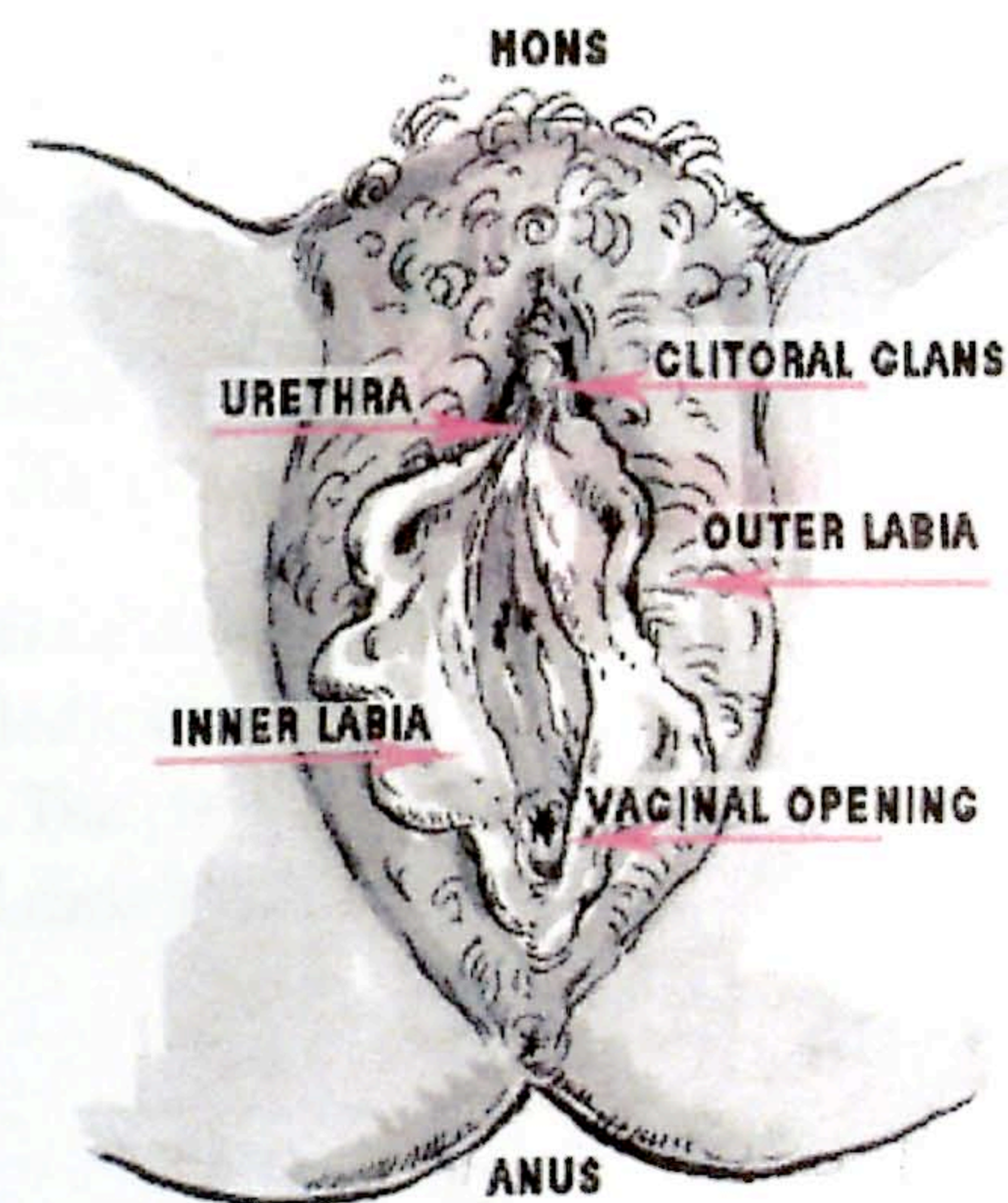
by Jenny Draime

Vajazzling is a new and hip way to style your vagina but do you see men decorating their penises?? I don't think so! Like a cell phone or other object, the pussy is now being seen as one. If you see your vagina as an object, what do you see yourself as?

Fake jewels are being used to decorate this area and seriously it looks like it hurts. Treat you vagina right and don't let it get covered by uncomfortable fake rocks just to please men.

little dazzle to your vajazzle.

There are spas and salons that offer Vajazzling services all over. They use stick-on Swarovski crystals to adorn to the outside of your love tunnel, but if you want to do it yourself, you can either order the crystals online or get crystal tattoos in the design of your choice: hearts, butterflies, flowers, whatever your lady part's desire!



Vaginas and SEX

The Vagina is a woman's best friend! The clitoris is there purposefully for a woman's pleasure and damn

it feels good when someone touches it right! As a woman climaxes she experiences a wave of pleasure, eventually reaching the orgasm, which is a mind-blowing sensation. To fully know how one Vagina works, one must experiment with masturbation. It's worth it to get to know your own Vagina in order to let your significant other know what you want when it comes to sex!

The Clit

The Clitoris, also known as the Clit is there only for pleasure. It is actually bigger than it looks and it is connected to many muscles in the body, which allows the whole body to experience pleasure when a woman orgasms. Actually, the Clit has a pair of legs that continue throughout the outer labia and the lower part of the vagina called the crura.

The Urethra

This part of the vagina allows you to urinate. It is really close to the Vagina; therefore, when having sex it is important to make sure your lover has a clean hands or mouth in order to avoid infections!

Inner and Outer Labia

If you lift up your inner labia you find your inner labia. These areas of your vagina contain many nerves, which can add to the sexual experience! Also, your inner labia protects you from bacteria and helps to prevent infections. Knowing your vagina can lead you to have a wondrous experience. It is good to explore all the areas of your Vagina because everyone is different. All parts of it stimulate women in different ways, and one can only be sure if one explores and experiences this epic part of the female body so don't be afraid and **LOVE YOUR VAJAYJAY!**

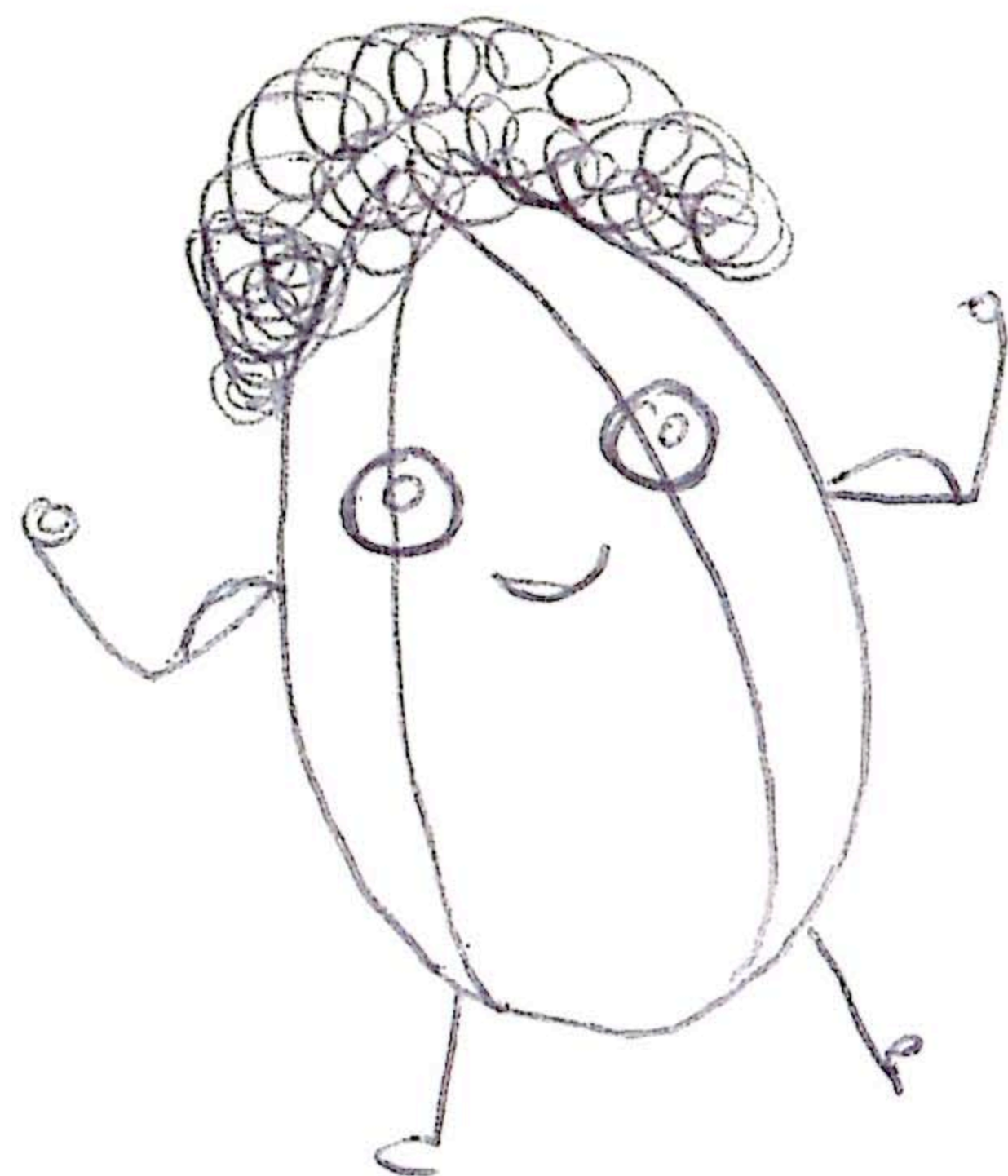
QUOTES

"There are really not many jobs that actually require a penis or vagina, and all other occupations should be open to everyone"

- Gloria Steinem

"Why do people say 'grow some balls'? Balls are weak and sensitive! If you really wanna get tough, grow a vagina. Those things take a pounding."

- Betty White



by Lisa Rankin from psychologytoday.com

There are 8000 nerve endings in the clitoris, dedicated exclusively to female pleasure. The penis only has 4000. Who says God didn't take care of us girls?

Vaginas have something in common with sharks. Both contain squalene, a substance that exists in both shark livers and natural vaginal lubricant. (Cue music: "She's a maneater...")

The word "vagina" comes from the Latin root meaning "sheath for a sword," which may explain why some women simply hate the word. So if you don't like the word "vagina," pick your own name for your girly parts. Just call it something and don't be afraid to talk about it.

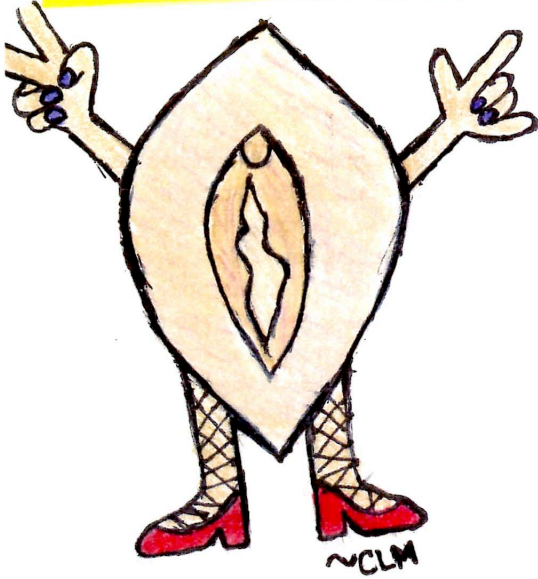
4. Only about 30% of women have orgasms from intercourse alone. The clitoris is where the action is. Most women who do orgasm during sex have figured out how to hit their sweet spot, either from positioning or from direct stimulation of the clitoris with fingers.

5. Safe sex (or even just orgasm alone) is good for you. Benefits include lowering your risk of heart disease and stroke, reducing your risk of breast cancer, bolstering your immune system, helping you sleep, making you appear more youthful, improving your fitness, regulating menstrual cycles, relieving menstrual cramps, helping with chronic pain, reducing the risk of depression, lowering stress levels, and improving self-esteem. So go at it, girlfriends!

3SNews.com asked the author to write "15 Crazy Things About Vaginas" after they had posted "5 Crazy Things About Sperm" and it was wildly popular. After it had been up on their website for about an hour, some suit in corporate made them pull it. "Too saucy." - We say "Fucked up!" and more facts at <http://www.psychologytoday.com/blog/owning-pink/201104/15-crazy-things-out-vaginas>

Super vagina!

by Priscilla



Sources!

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