

## What's Up Down There?

Questions You'd Only Ask Your Gynecologist If She Was Your Best Friend

By Lissa Rankin, M.D. (St. Martin's Press, 2010)



### Book Club Guide

So you've read the book – laughed, cringed, and learned a thing or two about what's up down there. Now, let's dish! Grab your best girlfriends (and a glass of wine) and let your empowered, honest, authentic voices be heard!

Please note: Some of these questions are funny, some difficult, *all real*. We encourage you to hold a safe, sacred space for your club members and friends, and invite you to maintain the spirit of love and authenticity that characterizes the Owning Pink site and our community. For more information on the community guidelines of Owning Pink, visit [www.owningpink.ning.com/page/the-pink-group-agreement](http://www.owningpink.ning.com/page/the-pink-group-agreement).

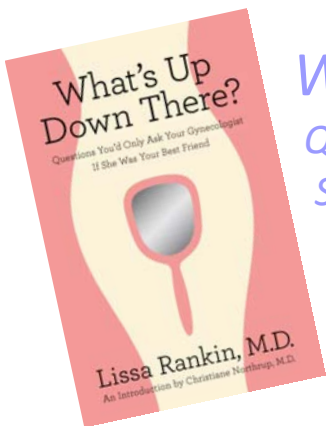
#### Bods...

1. Was there anything that you thought you knew about your own body that turned out to be misinformation?
2. What do you think is the single most common misconception women are under over their own bodies? How did you re-educate yourself on this matter?
3. With the invention of the Internet, do you feel young women today have easier access to education about their own bodies? Do you rely on the web in your own family? When is the last time you had an open discussion with your sister/mother/daughter about the female form?
4. What do you think is the greatest disparity between what we feel and what we know to be true regarding our own bodies? What IS health?
5. Most girls experience a first offense – the first time you learned that your body is something to be ashamed of. (Lissa's happened when she was five, climbing trees with the boys while wearing a dress. Someone's mother yelled, "Lissa Rankin, get out of that tree. You should be ashamed of yourself. The boys are going to see your panties.") What was your first offense?

#### ... and Boobs

6. What do you call your breasts? (Ta-tas? Boobies? Been There & Done That?)
7. When did you first buy a training bra? Did your mom take you shopping? A friend or babysitter, or did you fly solo? Was it a positive experience, totally embarrassing, or somewhere in between? Tell us about it!





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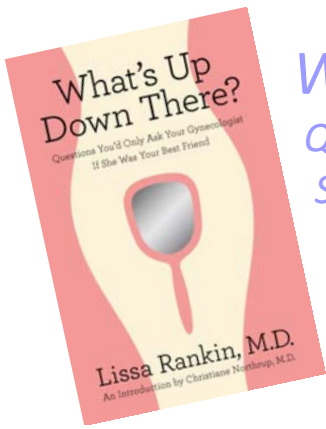
### Coochie Confidential

8. How do you feel when you walk down the feminine products aisle? Are you embarrassed? Does it piss you off? Get you jazzed? Do you still try to buy something else at the grocery store so no one notices that you're buying tampons?
9. What happened when you first tried to insert a tampon?
10. Tell us your most embarrassing period story.
11. What do you call your vagina? (Lissa calls hers "Yoni" — if you've never named her, try now!)
12. If your vagina could talk, what would she say?

### Between The Sheets

13. How did you view your sexuality as a young adult? Did you wait until you were older to have sex, or jump right in to sexual experiences?
14. Tell us about your first sexual experience. Was it awkward? Frightening? Gratifying? Clumsy?
15. Tell us about your first orgasm. (Hint: One woman Lissa asked said it happened when a fly crawled on her inner thigh while she was sunbathing. Someone else discovered a Jacuzzi jet.)
16. Tell us about your best sexual experience.
17. When it comes to the following sex acts, are you Yes, a No, or a Maybe? (See Lissa's blog [LINK](#) for the complete list!)
  - Good ol' missionary position
  - Threesome
  - Tantric sex
  - Reading or writing erotica
  - Anal sex
  - Swinger party
18. How do you keep things juicy in the bedroom? Do you make sex dates with your partner, opt for spontaneous lovemaking, or linger somewhere in between?
19. How do you own your sexuality?





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### The Whole *Shebang*

20. Do you find that when women gather, the conversation eventually evolves into discussing the kinds of things represented in this book? Why do you think that women are so prone to sharing and discussing personal matters while men are not?
21. When is the last time you felt intimidated just for being a woman?
22. How do you “own your pink” or reclaim your femininity?
23. At what age do you think girls should be told about things like menstruation, masturbation, and sexual intercourse? What age were YOU told about these things? How extensive was your “education” before you were ever actually educated?
24. Would you feel comfortable giving this book to your daughter? Your mother? If you could send this book to one person, who would it be and why?
25. In your group, do women in different age ranges have similar feelings about how empowering it is to talk about girl parts? If so, what do older women feel vs. younger women?
26. After reading the book, what do you think the best addition to health and sex education for teenagers could be to prepare them for becoming a woman?
27. Does your group think this book should be recommended reading for men or not? Why or why not?

