

## THE RING and YOUR BODY



**WILL IT FALL OUT?** 

No, The vagina HUGS what's inside it.

Your vagina is a muscular canal. The ring shouldn't fall out if it is inserted properly because the vaginal muscles gently hold or hug what's inside you.



**DO I TAKE IT OUT?** 

No, The ring is like a **GOALIE**.

If she's not at the goal post, the other team can score. The Ring can only help protect you from HIV if it is in.



WILL IT STRETCH MY VAGINA?

No, The vagina is like an **ELASTIC BAND**.

The vagina expands and contracts. It will expand and squeeze whatever is put inside, then go back to its normal size when there is nothing inside.