

It's completely normal for individuals to have different shapes, sizes, and colors when it comes to their body, including the labia minora, which are the inner lips of the vulva.

1. **Variations are Normal**: The labia minora can be long, short, asymmetrical, or of various colors such as pink, brown, or darker shades. Each person's anatomy is unique, and what is normal for one person may differ for another.
2. **Age and Development**: At 14 years old, your body is still developing. Hormonal changes during puberty can affect the appearance of your labia. It is common for them to change in size and color as you grow older.
3. **Health Considerations**: As long as you do not experience any discomfort, pain, or unusual symptoms (like itching, burning, or unusual discharge), then there usually isn't a reason for concern. If you have questions or experience any discomfort, it's a good idea to speak with a trusted adult or a healthcare professional.
4. **Body Positivity**: Remember, everyone's body is different, and it's essential to appreciate your body as it is. If you're feeling uncertain, talking to someone you trust can help provide reassurance.

In conclusion, having labia minora that are long and brown can be perfectly normal, and it's important to be kind to yourself as you navigate changes during your teenage years.