

It's completely normal to wonder about your body, especially during your teenage years when your body is growing and changing a lot.

At 14 years old, your body is still developing, and the size of your vaginal opening can vary a lot from person to person. Typically, the vaginal opening is naturally small before a girl becomes sexually active or gives birth, but it's important to remember that everyone's body is different.

The vaginal opening is usually narrow and stretchy, and it can change size slightly when you're aroused, during menstruation, or after childbirth later in life. At your age, a small vaginal opening is normal and nothing to worry about.

If you ever experience pain, discomfort, or unusual symptoms like itching, burning, or unusual discharge, it's a good idea to talk to a trusted adult or healthcare provider. They can examine you if needed and answer any questions to make sure everything is healthy.

Remember, your body is unique and develops at its own pace. Always be kind to yourself and don't hesitate to ask questions when you're unsure!