

Word/term/ definition Sex Education /Health Education

Abortion	An ending or termination of a pregnancy
Abstinence	Not having sex with anyone
Acquaintance Rape	Sexual assault by someone who the victim knows
AIDS	Acquired Immune Deficiency Syndrome
Adolescence	Period of physical and emotional change - puberty to early adulthood
Apology	A one person attempt to repair a relationship and build trust. Useless and manipulative in relationships where abuse and coercion is present.
Boundaries	Boundaries are decisions that protect fundamental safety or integrity, indicating what one will and will not tolerate. Not about control but about being safe to be you.
Age of Consent	The age at which the law states a person is old enough to consent to have sex. Age 16 in UK.
Anal Sex	Sex in which the penis or sex toy goes into the anus
Asymptomatic	Having no signs or symptoms of an infection or virus
Barrier method	Birth control blocking sperm from passing through the cervix. Includes:- condom, diaphragm, cervical cap, spermicide, female condom
BDSM	Sexual practices including bondage, discipline, domination, submission and sadism/masochism
Birth control	Something that prevents pregnancy
Breast feeding	Feeding baby with human milk from the breast
Breasts	Two glands on the chest- produce milk during and after pregnancy. Usually referred to as sex organs
Calendar method	Fertility awareness based method for predicting fertility, tracking menstrual cycles.
Casual sex	Sex between people not in a relationship together
Celibacy	Not having sex with anyone
Commitment	Full sincere participation in a relationship which creates stability in life
Cervical cap	Barrier method of birth control available by prescription
Chlamydia	Common STD caused by bacteria and cured by antibiotics - if untreated can cause infertility
Circumcision	Surgical procedure to remove the foreskin or part of the clitoris
Climax	An orgasm
Clitoris	Sex organ which swells with blood during sexual excitement
Coitus	Sex in which the penis enters the vagina
Conception	The beginning of pregnancy
Condom	Barrier method - pouch worn over the penis during sex. Usually made from latex and bought over the counter
Contraceptive	Any behaviour, device, medication, creams or jellies used to prevent pregnancy. Also known as birth control
Coercive control	Domestic abuse isn't always physical. Coercive control is an act or a pattern of acts of assault, threats, humiliation and intimidation or other abuse that is used to harm, punish, or frighten their victim.
Date rape	Forced sexual contact with someone the victim knows
Dildo	A penis shaped sex toy used to stimulate the vagina or anus
Ejaculation	The moment when semen spurts out of the opening of the urethra in the glans of the penis
Erection	A hard penis- when it becomes full of blood and stiffens
Erotic	Sexually arousing
Family planning	Making plans and taking actions like using birth control to have the number of children you want when you want them.
Fellatio	Oral sex on a penis- also called a blow job
Female ejaculation	Release of fluid of the urethra during orgasm
Fertility	Ability to have children
Fertilization	Joining of an egg (female gamete) and sperm (male gamete)
Foetus	Develops from the embryo at 10 weeks of pregnancy
Foreplay	Kissing, rubbing, stroking, touching that leads to sex
Gaslighting	Describes actions that make another person believe he or she is crazy. It is not necessary to deliberately manipulate the environment to gaslight another person (although this happens). Every time a correct suspicion is denied by someone who knows what is happening, that is gaslighting.

Genes	Chains in your cells which carry information about what is unique to you - including eye colour, height, body type etc...
Genitals	External sex and reproductive organs e.g. vulva, penis and scrotum
Gynaecologist	Doctor specialising in female reproductive health care
HBV	Viral infection that can be sexually transmitted and can lead to liver problems
Herpes	Common sexually transmitted disease around the genital area
HIV	Human Immunodeficiency Virus --- chronic virus which attacks the immune system and can lead to AIDS
HPV	Human Papilloma Virus - Most common sexually transmitted disease - can cause genital warts- mostly harmless and will go away but can cause cancer
Impotence	The inability to have an erection
In vitro Fertilisation	IVF - a method of assisted reproduction
Infertility	The inability to become pregnant or to cause a pregnancy
Intercourse	Sexual activity in which the penis goes into the vagina
Intimacy	The closeness you feel when you share your private and personal self with someone else.
Kink	An uncommon sexual behaviour
Libido	Feeling of sexual desire
Lube/lubricant	Water, oil or silicone based product used to increase slipperiness and reduce friction during sex
Lust	Sexual desire for someone
Masturbation	Touching one's own genitals for sexual pleasure
Menopause	When menstruation stops because of hormone changes- usually between age of 45-55
Menstruation	The flow of blood and tissue from the uterus and through the vagina that usually lasts between 3-7 days. Also known as a period
Miscarriage	When an embryo or foetus dies before the 20th week of pregnancy
Neonatal	Regarding a new born infant
One night stand	Slang for having sex with someone right after meeting them and never meeting them again
Oral herpes	Infection of the mouth - also known as cold sores
Oral sex	Sex involving mouth to genitals
Orgy	Sex among 3 people or more
Penis	Male reproductive and sex organ
Perinatal	Around the time of childbirth
Period	Menstruation (see above)
The Pill	Short for the birth control pill
Platonic	Not a sexual relationship
Pornography	Video, photos, words that are made for sexual pleasure
Post Exposure Prophylaxis	PEP- medicine that helps prevent HIV if started within a few days after being exposed.
Premature ejaculation	When a person with a penis ejaculates before they want to or has little control over how quickly they ejaculate during sex.
Pro-choice	Supporting the right to a safe legal abortion
Pro-life	Promotion of the rights of the unborn child and against termination and body autonomy
Puberty	Time between childhood and adulthood when people mature physically and sexually.
Pubic hair	Hair that grows around sex organs.
Rape	Sexual intercourse without consent
S&M	Sadomasochism
Sanitary pad/towel	An absorbent reusable /disposable lining made of cotton worn against the vulva to absorb menstrual flow
Scrotum	A sac of skin divided into parts that holds the testicles
Semen	Fluid containing sperm
Sex drive	The urge and desire to have sex- also called the libido
Sex positive	Accepting sex and sexuality as natural good part of life
Sexism	Systemic and individual discrimination against women
Sexual harassment	Unwanted sexual advances from someone. Includes gestures, language (texts/emails/calls/face to face) or touching

Sexually Transmitted Disease/infection	Infections passed from one person to another during vaginal, anal, oral, or sexual skin to skin contact. STD/STI
Sperm	Reproductive cell created in the testes
Spotting	Light bleeding that happens not during menstruation
Stealthing	When a condom is removed during sex without the other person's knowledge or consent.
Virginity	Having never had sex- this can mean different things to different people:-
Voyeurism	Sexual practice which involves watching another person undress or engage in sexual behaviour
Wet dream	Erotic dreams which can lead to ejaculation
Withdrawal	Pulling the penis out of the vagina before ejaculation to avoid pregnancy