

A
Abortion: A medical or surgical procedure to end a pregnancy.
Age of consent: The age at which a person can normally legally consent to sexual intercourse is 16 in Scotland. At that age as far as the Sexual Offences Act is concerned they are to all intents and purposes an adult. There are however a few exceptions to this.
AIDS: Acquired Immune Deficiency Syndrome. It is a collection of illnesses caused by a virus people pick up that makes their immune system weak. If HIV is left untreated, it progresses through stages leading to late-stage or advanced HIV also known as AIDS. If HIV is well managed it will not lead to AIDS.
Anal Sex: Sex involving penetration of the anus. Anal sex is something that is enjoyed by some people.
Androgyne: A term used to describe people who find they do not feel comfortable thinking of themselves as simply either men or women. Instead they feel that their gender identity is more complicated to describe. Some may identify their gender as being a form of combination between a man and a woman, or alternatively as being neither.
Antibiotics: Medicine that destroys bacteria. Antibiotics can clear bacterial infections like Chlamydia, Gonorrhoea and Syphilis.
Antibodies: Proteins produced by your body to fight off foreign bacteria and viruses in your blood.
Antiretroviral therapy (ART): Medication given to people living with HIV. Early HIV diagnosis and adherence to treatment can lead to a long and healthy life. HIV cannot be passed on if taking effective Antiretroviral Therapy (ART) and having an undetectable HIV viral load.
Anus: Is the name for the opening between the buttocks necessary for bowel movements to pass out of the body.
Anilingus: When someone uses their mouth and tongue to touch and stimulate another person's anus. Also known as Rimming .
Asexual: A person who does not feel sexual attraction or respond sexually to others.
B
Bacteria: Organisms that cause infection. Chlamydia, Syphilis and Gonorrhoea are infections that are caused by bacteria.
Bacterial Vaginosis: A very common vaginal infection which results in discharge and soreness. It is caused by an imbalance in the types of bacteria in the vagina. It is not sexually transmitted and does not affect men.
Barrier method: A form of protection from infection or from pregnancy that stops a man's sperm from entering another person's body. Condoms and Femidoms (female condoms) are forms of barrier methods.
Birth Control: All methods of preventing a pregnancy. Contraception can be called "birth control" and if used correctly can prevent pregnancy.
Bisexual: A person who is emotionally and physically attracted to women and men.
Blood Test: A sample of blood is taken from a vein, using a syringe. The blood will be sent to a laboratory to be tested.

C
<p>Cap: A cap or diaphragm is a rubber or silicone contraceptive in the shape of a small dish that sits at the neck of the womb to block sperm from reaching a woman's eggs. Must be used with a spermicide which kills sperm.</p>
<p>Casual Sex: Sexual activity between people who are not established sexual partners or do not know each other well.</p>
<p>Celibate: A person who chooses not to have sex.</p>
<p>Cervical cancer: Cancer of the cervix is a life-threatening disease. Treatments are available and will depend on the size and spread of the cancer.</p>
<p>Cervical smear: Also known as a smear test. A procedure which aims to stop cancer by detecting abnormal cells in the cervix (neck of the womb) early on. A smear test is not a test for cancer. In Scotland, the NHS invites women for free tests every three years between the ages of 25 and 60 and every five years for women aged 60 to 64.</p>
<p>Cervix: The entrance or neck of the womb, at the top of the vagina.</p>
<p>Childhood Sexual Abuse: A child is sexually abused when they are involved in sexual activity that they do not fully understand and that violates the laws or social taboos of society.</p>
<p>Chlamydia: A bacterial sexually transmitted infection passed from one person to another by having sex without a condom. It is easy to test and treat.</p>
<p>Circumcision: Male circumcision is the removal of the foreskin from the penis. Female circumcision is illegal in the UK and is known as Female Genital Mutilation.</p>
<p>Clitoris: A collection of nerve endings that produces feelings of pleasure and excitement when stimulated. It is above the opening to the vagina and is about the size of a pea.</p>
<p>Coil: see IUD/IUS</p>
<p>Cold sore: Small blisters usually found near the mouth or nose, caused by the herpes simplex virus.</p>
<p>Colposcopy: A test to have a look at the cervix in detail.</p>
<p>Combined pill: The combined pill is a form of contraception that contains two hormones – oestrogen and progestogen.</p>
<p>Coming out: When a person first tells someone/others about their identity as lesbian, gay, bi or trans.</p>
<p>Conception: When an egg is fertilised by sperm and then starts to grow in the womb.</p>
<p>Condom: A male condom is made of very thin latex (rubber) or polyurethane (plastic) which is put over a man's erect penis. They protect both partners during vaginal or anal sex from some sexually transmitted diseases including HIV. NHS Greater Glasgow & Clyde has a Free Condom service.</p>
<p>Condom Female: A female condom is made of very thin polyurethane. Condoms are called barrier methods of contraception and they work by stopping the sperm meeting an egg. A female condom is inserted into the vagina and can be put in place up to 8 hours before sex takes place. They provide protection from some sexually transmitted infections and HIV.</p>

C (continued)
<p>Confidentiality: If something is confidential then it is private. If you are under 16 you have the same right to confidentiality from health services as adults. This means that doctors and nurses should not pass on any information about you to anybody else unless they think you are in serious danger. If they think you are in danger they will discuss the issue with you first.</p>
<p>Consent: Another word for permission. It is against the law for anyone to have sex with another person without their consent. It also against the law to have sex with a young person under 16. This is known as the age of consent.</p>
<p>Contraception: The word used to describe the prevention of conception (pregnancy) by artificial means. There are many different contraceptive methods and different methods suit people at different times of their lives. Also known as Birth Control.</p>
<p>Contraceptive injections: An injection which protects against pregnancy and lasts for 13 weeks.</p>
<p>Crabs: Lice that live in the pubic hair and can be spread from person to person during sex or close contact. Crabs are easy to treat.</p>
<p>Cross-dressing: see Trans</p>
<p>Crush: A strong feeling of passion for someone that can fade over time. It is a normal part of growing up but can happen at any age in life.</p>
<p>Cunnilingus: When someone uses their mouth and tongue to touch and stimulate a woman's vagina and clitoris. Also known as Oral Sex.</p>
<p>Cyber sex: Talking about sex with someone through text chat, apps or on the internet, in a chat room or by email.</p>
<p>Cystitis: Inflammation of the bladder. It may make you feel that you want to urinate all the time and it can be painful when you do so.</p>
D
<p>Date rape: see Rape</p>
<p>Diagnosis: Finding out the exact cause of an illness.</p>
<p>Dildo: An object shaped like an erect penis usually made from rubber or plastic that people can use to give themselves, or their partner, sexual pleasure.</p>
<p>Discharge: A secretion or fluid that comes out of a penis or vagina. For women, discharge from the vagina is normal and will happen from puberty through to the menopause. If the discharge is an unusual colour or smells unpleasant, it may indicate an infection and need treatment. For men, discharge from the penis other than ejaculation is usually not normal and can indicate an infection.</p>
E
<p>Ectopic pregnancy: This is when a fertilised egg (embryo) implants outside of the womb, usually in one of the fallopian tubes. It requires urgent medical treatment.</p>
<p>Egg: The female sex cell produced by a woman's ovaries. If the egg is fertilised by a man's sperm it grows into an embryo.</p>
<p>Ejaculate: When a man has an orgasm his penis releases fluid called semen.</p>
<p>Embryo: The name for an unborn baby in the earliest stages of pregnancy (until the end of the seventh week) before it becomes known as a foetus (eighth week and onwards).</p>

E (continued)
<p>Emergency contraception: This is contraception used after unprotected sex to prevent pregnancy. There are two types of emergency contraception: pills or an IUD/coil which can be fitted. These choices are available up to 120 hours after unprotected sex to prevent pregnancy. The earlier these are used after sex the more effective they are.</p>
<p>Emotional regulation: Is a term generally used to describe a person's ability to effectively manage and respond to an emotional experience. In a manner that is socially tolerable and sufficiently flexible to permit spontaneous reactions, as well as the ability to delay spontaneous reactions as needed.</p>
<p>Endometriosis: A condition affecting women in which the tissue that normally lines the womb grows on other organs outside of it. It can cause pain and fertility problems.</p>
<p>Erection: When a man gets sexually aroused his penis swells and becomes hard or erect.</p>
<p>Erectile Dysfunction: see Impotence</p>
<p>Erogenous zone: Areas on your body that are sensitive to sexual stimulation, places where it feels nice to be kissed and caressed. Common erogenous zones for both sexes are the ears, lips, neck, breasts, inner thighs and genitals.</p>
F
<p>Fallopian tubes: The tubes that attach a woman's ovaries to her womb. The eggs travel down the fallopian tubes to the womb each month when they are released from the ovaries.</p>
<p>Fantasy: Sexual fantasy is mental images or creations of the imagination of an erotic nature that can lead to sexual arousal.</p>
<p>Fellatio: Oral sex where someone stimulates a man's penis by using their mouth and tongue.</p>
<p>Female condom (Femidom): A form of protection against sexually transmitted infections or pregnancy. Similar to a male condom it is a soft sheath that lines the woman's vagina and stops any semen from getting into it. It is non latex.</p>
<p>Female Genital Mutilation (FGM): The partial or total removal of a woman's external genitals or other deliberate injury to her genital organs. It is illegal in the UK.</p>
<p>Femidom: see Female Condom</p>
<p>Fertilisation: If a man's sperm gets into the vagina it can travel up the cervix and meet an egg. If the egg becomes fertilised by a sperm an embryo can start to grow. If this happens the woman has become pregnant.</p>
<p>Fertility: When a woman or man has a healthy reproductive system and they are able to get pregnant or to produce healthy sperm, they are known as fertile.</p>
<p>Fertility problems: see Infertility</p>
<p>Fetish: A particular thought, activity or object that sexually arouses someone.</p>
<p>Fingering: This means touching or exploring a woman's genitals or a woman or man's anus with your fingers.</p>
<p>Fisting: When a person inserts multiple fingers and then their whole hand inside a woman's vagina or a person's anus. Fisting can be physically dangerous unless the people involved are very relaxed and well lubricated and can be a route of transmission for some sexually transmitted infections.</p>

F (continued)
Foetus / fetus: The medical term for a baby in the womb from 8th week of pregnancy until birth.
Folic acid: A vitamin that can be taken by women which reduces the risk of a baby being born with something wrong with the spine such as spina bifida.
Foreplay: Sexual activity like kissing, stroking, oral sex, masturbation. It has an essential role in preparing the body for penetrative sexual intercourse – men get an erection and a woman’s vagina becomes lubricated. It does not necessarily have to lead to penetrative sex.
Foreskin: A hood of skin that covers the tip of a man’s penis (unless he has been circumcised and the foreskin has been removed).
Frottage: A form of having sex involving rubbing bodies together (either clothed or unclothed) which stimulates but does not involve penetration.
G
Gay: A man who is emotionally and physically attracted to men. Some women and girls prefer to refer to themselves as gay women rather than lesbian.
Gay sex: People of the same sex stimulating each other sexually.
Gender: Gender is largely culturally determined and is assumed from the sex assigned at birth.
Gender Dysphoria: Gender refers to the way in which a person feels and thinks about themselves, and the way they dress, speak or move. This can be different to the ‘sex’ they were given at birth. In other words, you may feel female and have a penis, you may feel male and have a vulva or may feel like a mix of the two. Some people end up feeling like they belong to a different gender from the one everyone expected them to be in when they were born. These people are often referred to as being trans, transgender, or genderqueer.
Gender fluid: Fluctuating gender – a person who does not identify themselves as having a fixed gender. Some people reject or do not experience binary gender identities (man/woman) and use a variety of non-binary terms including gender fluid to describe themselves.
Gender Identity: A person’s innate sense of their own gender, whether male, female or something else (see Non-binary), which may or may not correspond to the sex assigned at birth.
Genitals: The sexual organs. In a woman, the vagina and vulva; and in a man, the penis and testicles. Also called genitalia.
Genital examination: When a doctor or nurse examines the vulva, vagina, penis or testicles.
Genital warts: Small growths on or around the genitals caused by a virus.
GP: General Practitioner or Doctor usually based in the community who treats patients with acute or chronic illnesses and who refers onwards, usually to hospitals, for specialist treatment.
Gestation period: The time it takes for a baby to grow in the womb. Usually around 40 weeks.
Gonorrhoea: A sexually transmitted infection which may have no symptoms but can also involve painful or smelly discharge from a person’s genitals. It can infect the throat and the rectum. It can be easily treated with antibiotics, but can become serious if it is left untreated.
G-Spot: An area inside a woman’s vagina which may create lots of sexual pleasure for her.

H
<p>Hepatitis A: An infection that affects the liver which is usually associated with poor hygiene. It can be caught through sexual activities like rimming, or by sharing infected needles used to inject drugs. Vaccination is available.</p>
<p>Hepatitis B: An infection that affects the liver which can be caught through unprotected sexual contact or by sharing infected needles used to inject drugs. Vaccination is available.</p>
<p>Hepatitis C: A disease that affects the liver which is transferred through blood. It is most commonly passed on by sharing infected needles used to inject drugs. It is less commonly passed on sexually.</p>
<p>Herpes: A common viral infection (Herpes Simplex Virus) of the skin on the face or genitals. It causes tiny painful sores. Once you have acquired HSV, the virus will remain in your body and may cause a recurrence from time to time.</p>
<p>Heterosexual: feelings involving sexual and emotional attraction to people of the opposite sex.</p>
<p>HIV: HIV stands for Human Immunodeficiency Virus. HIV damages part of your immune system. Left untreated, HIV can lead to a range of illnesses which weaken the body and can eventually lead to serious complications and death. There is no cure or vaccine for HIV, however very effective treatment for HIV is now available. People living with HIV who take medication for their condition can expect a near normal healthy life expectancy.</p>
<p>Homosexual: see Gay</p>
<p>Homophobia: The fear or dislike of someone, based on prejudice or negative attitudes, beliefs or views about lesbian, gay or bi people. Homophobic bullying may be targeted at people who are, or who are perceived to be, lesbian, gay or bi and can be in the form of verbal or physical abuse or discrimination.</p>
<p>Hormones: Naturally occurring chemicals that guide the changes that take place in the body. They cause physical and emotional changes. Hormones cause sexual developments such as puberty to start in men and puberty and periods in women.</p>
<p>HPV: Human Papilloma Virus. The virus that causes genital warts and can contribute to cell changes in the cervix or anus. Vaccination is available.</p>
<p>Hymen: A thin layer of skin that partially covers the entrance to a woman's vagina. It breaks naturally by sex, use of tampons or various sporting activities. It sometimes involves a small loss of blood.</p>
I
<p>Implants: A very reliable type of contraception where the hormone is in a small, plastic rod, which a doctor or nurse inserts under the skin on a woman's arm. The implant works for 3 years.</p>
<p>Impotence: Word used to describe a man who has problems getting or maintaining an erection. As well as medical illnesses and prescribed medication it can be caused by alcohol, drugs, stress, tiredness and anxiety. Also known as Erectile Dysfunction.</p>
<p>Incest: It is when people who are related, like brothers and sisters, dads and daughters have sex with each other. This is illegal in the UK.</p>
<p>Infection: An illness caused by a bacteria or virus.</p>
<p>Infertile: A woman who is unable to have a baby or a man who cannot fertilise a woman's eggs.</p>

I (continued)
<p>Infertility: Infertility is when a couple cannot get pregnant (conceive) despite having regular unprotected sex. There are many possible causes of infertility and fertility problems can affect either the man or the woman.</p>
<p>Intercourse: When the penis penetrates a woman's vagina or a woman or man's anus during sex.</p>
<p>Internal pelvic examination: This is when a woman's internal genitals are examined usually in a doctor's surgery, hospital or clinic. It is carried out by a nurse, midwife or doctor where they put some gloves on and examine the inside of your vagina with their fingers while they press on your abdomen. It might be slightly uncomfortable but not sore. You can ask for a female doctor. Occasionally they may use a small plastic instrument called a speculum which is inserted into the vagina to see the cervix.</p>
<p>Intersex: A general term used for a variety of conditions in which a person is born with a reproductive or sexual anatomy that does not seem to fit the typical definitions of female or male. Intersex people may identify as male, female or non-binary.</p>
<p>Intimacy: Being emotionally or physically close with someone.</p>
<p>Irregular periods: You have irregular periods if the length of your menstrual cycle (the gap between your periods starting) keeps changing.</p>
<p>IUD: (Intrauterine Device) A small plastic and copper device put into the uterus. It stops sperm reaching an egg, and may also stop a fertilised egg implanting in the uterus. It can be used by women who have not had a baby. An IUD can stay in for 5–10 years depending on type but can be taken out sooner.</p>
<p>IUS: (Intrauterine System) A small, T-shaped plastic device, which releases the hormone progesterone, is put into the uterus. This thins the lining of the uterus to prevent a fertilised egg implanting, thickens cervical mucus to prevent sperm reaching an egg, and may stop ovulation. The IUS works for five years but can be taken out sooner. The majority of women will have much lighter periods, if any at all. A smaller version of the IUS (Jaydess) is now available. It lasts for 3 years, not 5 years, but is less likely to stop periods.</p>
J
<p>Jaydess: see IUS</p>
K
<p>Kissing: When two people put their mouths together for pleasure. It is a safe pleasurable activity. You cannot get pregnant from kissing.</p>
<p>KY Jelly: A water based lubricant you can buy which may make sex easier or more pleasurable. You can use this with condoms.</p>
L
<p>LGBTi: Lesbian, Gay, Bisexual, Transgender, Intersex</p>
<p>Labia: The lips on either side of the entrance to a woman's vagina. Everyone's will look different.</p>
<p>Labour: Contractions of the womb that women giving birth have. The contractions open the cervix so that the baby can be pushed down the vagina into the world. Labour usually lasts between 12-24 hours but can be shorter or longer.</p>
<p>Lesbian: A woman who is emotionally, romantically and/or sexually attracted to women.</p>

L (continued)
Libido: Sexual desire.
Love bite: When someone sucks or gently bites the skin of another person leaving a red mark.
Lubrication: A slippery fluid you can use to make sex easier and more fun. Some oil-based lubricants can damage condoms. Water based lubricants are safer.
LGV: Lymphogranuloma venereum. A rare form of Chlamydia bacteria which attacks the lymph nodes. It is most common in men who have sex with men. It is easy to treat.
M
Masturbation: Touching or stimulating your own or someone else's genitals for sexual pleasure. Masturbation is a natural and normal way of exploring your own body or your partner's body. When two people do it together it is called mutual masturbation. In heterosexual couples there is a small risk of pregnancy if the man ejaculates close to the vagina.
Menarche: The name given to a woman's first period.
Menopause: When a women's periods stop. This usually happens between 45-55 years of age. Average age is 52.
Menstruation: Another word for periods.
Menstrual Cycle: This cycle starts on the first day of a woman's period until the day before the next period starts. The average cycle is 28 days but this may vary from woman to woman.
Mini Pill: Also known as the progestogen-only pill. It prevents pregnancy by changing a woman's mucus making it difficult for sperm to reach the egg. This pill has to be taken at the same time every day with no breaks.
Miscarriage: When a foetus (unborn baby) naturally comes out of a woman's womb before it is old enough to survive.
Mycoplasma genitalium: A bacterial sexually transmitted infection that we do not routinely test for, but may be tested for if usual treatments are not successful.
N
Natural Family Planning: Fertility awareness method that involves being able to identify the signs and symptoms of fertility during the menstrual cycle so you can plan or avoid pregnancy.
Neutrois: see Non-binary
Non-binary: An umbrella term for people whose gender identity doesn't sit comfortably with 'man' or 'woman'. Non-binary identities are varied and can include people who identify with some aspects of binary identities, while others reject them entirely. Non-binary can include terms such as pan gender, poly-gender, third gender, neutrois, gender fluid. Some reject the gender concept altogether and regard themselves as non-gender.
Non-gender: Some people reject the gender concept (binary/non-binary) and regard themselves as non-gender.
Non-specific urethritis: An infection that only affects men. It can involve pain or burning sensation in the penis or sore testicles. There are many bacteria which can cause this, but we routinely treat without testing for these.
Non-penetrative sex: Sex that does not involve a man's penis or sex toy entering their partners vagina or anus.

O
<p>Oestrogen: One of the female hormones that control reproduction. It allows eggs to grow in a woman's ovaries every month.</p>
<p>One-night stand: When you have sex with someone but do not go on to have a relationship with them.</p>
<p>Oral Contraception: A hormonal form of contraception which is taken by the mouth in tablet form.</p>
<p>Oral sex: Using the mouth and tongue to pleasure and stimulate a man's penis or a woman's vagina. It cannot lead to pregnancy but can be a risk for some types of sexually transmitted infections.</p>
<p>Orgasm: The peak of sexual pleasure for men and women. A series of muscular spasms followed by relaxation and in men it usually involves ejaculation. Orgasms are different for everyone and not everyone has an orgasm every time they have sex.</p>
<p>Ovaries: The female reproductive glands – a pair of organs in a woman's body that store and develop eggs. Women are born with over a million unripe eggs. After puberty some of these eggs are ripened and released from the body.</p>
<p>Ovulation: Release of eggs from the ovaries usually 10-16 days before the start of a period. However, this varies from woman to woman.</p>
P
<p>Paedophilia: When someone has a sexual attraction to children specifically. Acting on this is illegal in the UK.</p>
<p>Pan-gender: see Non- binary</p>
<p>Partner Notification: When someone is diagnosed with a sexually transmitted infection, partner notification is the process of contacting all sexual partners they have had in the previous six months. This is usually done by the person who has been diagnosed themselves if they feel able to do so. If they do not, the clinic can offer to do this on a person's behalf completely anonymously, so the person being contacted does not know who the person is that has been diagnosed.</p>
<p>Peer Pressure: Feeling pressured to do things (for example, have sex) simply because your peers say they have or you feel you should just to impress them.</p>
<p>Pelvic inflammatory disease: A disease affecting women which causes pain in the lower stomach. It can lead to an increased risk of ectopic pregnancy and infertility. Untreated Chlamydia and Gonorrhoea can cause this.</p>
<p>Penetrative sex: When a vagina, or anus is penetrated by a man's penis, or some sort of object (such as a sex toy).</p>
<p>Penis: A man's penis is the part of his body that he uses when urinating and when having sex. Semen passes out of the penis during sexual intercourse</p>
<p>PEP: Post Exposure Prophylaxis. PEP is a combination of HIV medication (antiretroviral drugs) that can be used to reduce the risk of acquiring HIV when a person has had unprotected sex with someone who is HIV positive or where there is a high chance of them being HIV positive. If PEP drugs are given within 72 hours of risk (ideally within 24 hours), they may reduce the chance of someone becoming HIV positive.</p>
<p>PEPSE: Post Exposure Prophylaxis following Sexual Exposure (sometimes called PEP): See PEP</p>

P (continued)
<p>Pre-Exposure Prophylaxis (PrEP): Pre-Exposure Prophylaxis is a course of medicine taken by people who are HIV negative to lower their risk of HIV infection. PrEP does not protect against any STIs other than HIV and it only protects the person taking PrEP. Condoms are still the best way to prevent STIs. PrEP is for anyone who is HIV negative and at a high risk of acquiring HIV.</p>
<p>Period: Once a woman reaches puberty she will have a menstrual bleed, or period, each month. The bleeding happens when an egg is not fertilised and comes out of the vagina. Periods can start from 8-16 years old but it is usually between 12 -13 years old.</p>
<p>Petting: Another word for foreplay. See Foreplay</p>
<p>Pharmacist: A person who is qualified to prepare medicines and drugs and give some medical advice. Many pharmacies within the Greater Glasgow and Clyde area also provide free condoms through the NHS Greater Glasgow & Clyde Free Condoms service.</p>
<p>The Pill: Oral contraception taken in tablet form. See Oral Contraception.</p>
<p>Poly-gender: see Non-binary</p>
<p>Polyamorous: The practice of participating simultaneously in more than one serious romantic or sexual relationship with the knowledge and consent of all partners.</p>
<p>Pornography: Representation of sexual behaviour in books, pictures, statues, motion pictures, and other media that is intended to cause sexual excitement. Also known as porn.</p>
<p>PMS / PMT: Short for premenstrual syndrome or premenstrual tension, it is caused by hormonal changes in the body during the days leading up to a woman's period. It can make some women feel moody, sad, irritable and tired. May have other symptoms such as a bloated tummy, swollen or tender breasts and spots.</p>
<p>Pre-cum: A small amount of semen escapes from the end of the penis before a man ejaculates.</p>
<p>Pregnancy: When a foetus (or fetus) is growing inside a woman's body, she is pregnant.</p>
<p>Pregnancy test: A test on a sample of urine or blood which shows whether or not you are pregnant. The test works by detecting the presence of a pregnancy hormone.</p>
<p>Premature ejaculation: When a man ejaculates (cums) too soon or before he wants to. There are various reasons for this including over-excitement, performance anxiety, inexperience, etc. It can happen at any age.</p>
<p>Progesterone: One of the female hormones that controls reproduction.</p>
<p>Prostate gland: A walnut-sized gland just below a man's bladder. It produces the fluid that is called semen or cum.</p>
<p>Puberty: A period of time when boys' and girls' bodies go through rapid, physical and emotional changes and become sexually mature. Puberty usually starts between the ages of 9 and 13, but can be older. Puberty takes a long time and is triggered by certain hormones or chemicals inside the body.</p>
<p>Pubic hair: The hair that starts to grow around the genitals of both boys and girls at puberty.</p>
<p>Pubic lice: Also known as 'crabs'. Pubic lice are tiny insects that live on genital hair. They are passed on during sex or through close physical contact.</p>

R
<p>Rape: Rape is when a man uses his penis to penetrate someone's vagina, anus or mouth without their consent (the person did not agree to it). The victim of the offence can be a woman or a man.</p>
<p>Rhythm method: Also known as Natural Family Planning, it is a method of working out when a woman is most fertile and then avoiding unprotected sex at that time to prevent pregnancy.</p>
<p>Rimming: When a person uses their mouth and tongue to stimulate or pleasure another person's anus.</p>
S
<p>Safer Sex: Ways of having sex that lower the risk of pregnancy and catching an STI. Condoms can prevent the transmission of sexually transmitted infections for vaginal and anal sex. Sex is safer if not under the influence of drugs including new psychoactive substances (NPS) and alcohol. Oral sex is less risky than unprotected vaginal or anal sex for catching STI's but several STIs can be transmitted orally.</p>
<p>Sanitary towels: Sanitary towels / pads are used when a woman is having her period. They are disposable pads of absorbent material that fit into your pants and soak up blood and need to be changed every few hours.</p>
<p>Scabies: An itchy and contagious skin infection that can be passed on through non-sexual and sexual contact including hand holding.</p>
<p>Scrotum: The soft bag of skin that holds a man's testicles.</p>
<p>Semen: Fluid that contains a mixture of secretions from a man's reproductive glands and sperm cells. Semen comes out from the man's penis when he ejaculates.</p>
<p>Sero-conversion: the period shortly after a person is exposed to the HIV virus when the virus starts to replicate and the infection becomes established in the body. This is usually accompanied by a short period of flu like symptoms which goes in a few days.</p>
<p>Sexual activity: Having sex or doing things of a sexual nature with another person.</p>
<p>Sexual arousal: Refers to your physiological response to sexual stimuli. You could be alone or with a partner when this occurs. Also known as getting turned on or being horny.</p>
<p>Sexual assault: Sexual Assault is when someone penetrates by any means and to any extent someone's vagina, anus or mouth without consent or reasonable belief that they consented, touches someone sexually, engages in any form of sexual activity, has physical contact with anyone's body with an implement either over or under their clothing, ejaculates semen onto them, or emits urine or saliva onto them sexually.</p>
<p>Sexual development: see Puberty.</p>
<p>Sexual history: The people you have had a sexual relationships with during your life and the types of sexual activity you have had.</p>
<p>Sexual intercourse: The insertion of an erect penis into the vagina or anus. Also known as penetration.</p>
<p>Sexuality: How we feel about ourselves as a sexual being and how others see us. Emotions, feelings, behavior and culture can shape our sexuality and it develops throughout our lives.</p>
<p>Sexual orientation: Sexual orientation is about who you're attracted to and who you feel drawn to romantically, emotionally and sexually.</p>

S (continued)
Smear: A medical test to detect any changes in a woman's cervix. See Cervical Smear .
Smegma: A smelly creamy substance that can build up under a man's foreskin if he does not wash.
Sperm: The male reproductive cell which fertilises a woman's egg. Men usually have millions of sperm in their semen.
Spermicide: Jelly that is used along with diaphragms, (caps) to kill sperm.
Sterilisation: When a man or a woman has an operation to prevent getting pregnant, or getting their partner pregnant. It is a permanent method of birth control. Male sterilisation is known as vasectomy.
STI: Short for sexually transmitted infection.
Swab: A painless scraping of skin which is examined for signs of infection or cell changes.
Syphilis: A sexually transmitted infection which causes a painless sore. It may go unnoticed and can spread without either partner knowing. It is passed during sex or sexual activity and can cause serious health problems and eventually be fatal if left untreated. It is easy to treat.
T
Tampon: A tube of absorbent material which is inserted into the vagina to absorb the blood when a woman is having her period.
Termination of pregnancy: Another word for abortion. Operation or procedure to end a pregnancy.
Testicles: The testicles are located behind the penis in a pouch of skin called the scrotum. They produce and store sperm.
Testosterone: The male hormone.
Third gender: see Non-binary
Thrush: Also known as Candida – a genital infection caused by a fungus. It causes soreness and itching in the genital area in both men and women.
Throat swab: A painless scraping of tissue from inside the throat which is sent to the laboratory to look for any signs of infection.
Toxic Shock Syndrome: Toxic Shock Syndrome or TSS is associated with use of tampons and can result from forgetting you have a tampon in place. TSS is rare but serious and causes high fever, faintness and muscle problems.
Trichomoniasis: A sexually transmitted infection (also known as T.V.). It can cause green, frothy discharge in women and green/yellow discharge in men. It is easily treated.
Trans: An umbrella term used to describe people whose gender is not the same as, or does not sit comfortably with, the sex they were assigned at birth. Trans people may describe themselves using one or more of a wide variety of terms, including (but not limited to) transgender, gender-queer (GQ), gender-fluid and cross-dresser.
Transgender man: A term used to describe someone who is assigned female at birth but identifies and lives as a man. This may be shortened to trans man, or FTM, an abbreviation for female-to-male.

T (continued)	
Transgender woman:	A term used to describe someone who is assigned male at birth but identifies and lives as a woman. This may be shortened to trans woman, or MTF, an abbreviation for male-to-female.
Transitioning:	This refers to the process a person goes through when they change their external gender presentation to reflect their own inner sense of gender. This may involve sex reassignment surgery and/or hormone therapy but not all trans people want or are able to have this.
Transphobia:	The phrase used to describe the intense dislike of or prejudice against transgender people. It also covers the dislike of transsexual, intersex or androgyne people.
Transsexual:	see Trans and Transgender man / Transgender woman.
Trimester:	Pregnancy is talked about in trimesters. There are 3 trimesters in a full term pregnancy - first, second and third. Each lasts approx 3 months and they are all different.
U	
Unplanned pregnancy:	A pregnancy that is not planned.
Unprotected sex:	Sex without a condom, PrEP or contraception. It carries the risk of pregnancy and catching an STI.
Urethra:	The tube that carries the urine from the bladder in both men and women. It also carries semen in a man.
Urine sample:	When you urinate in a bottle and give it to a nurse or doctor to examine for infection.
Uterus:	Another word for the womb where a baby develops during pregnancy.
V	
Vagina:	The passage that runs from a woman's genitals up to her womb. Where the penis goes during sexual intercourse.
Vaginismus:	A condition which causes spasm of the vaginal muscles making penetrative sex painful or even impossible. The causes can vary but are usually psychological.
Vanilla sex:	Refers to sex which does not involve elements such as BDSM, Kink, or fetish activities.
Vasectomy:	Male sterilisation.
Vibrator:	A battery operated sex toy, sometimes in the shape of a penis, which can give orgasm by vibrating against the clitoris or prostate, inside the vagina or anus.
Viral load:	The amount of HIV virus present in a patient's blood – indicative of how well their anti-retroviral therapy is working.
Virgin:	Someone who has never had sexual intercourse / penetration.
Vulva:	The word for a woman's external genitals. It is the area surrounding the opening of the vagina and includes the inner and outer labia and the clitoris.

W
Wanking: a common expression for masturbating.
Warts: Small growths caused by a virus which can be found on the genitals.
Wet dreams: Ejaculation when boys are asleep. Usually starts at puberty and you may not remember it happening
Window Period: The period of time it takes for an infectious disease to become detectable by laboratory tests. For HIV this is usually four weeks.
Withdrawal method: An unreliable method of protection where a man takes his penis out of the woman's vagina or anus or man's anus before he ejaculates (cums).
Womb: Another name for the uterus.