

Glossary

ABORTION

Ending a pregnancy before the natural term.

ABSTINENCE

Choosing not to have any kind of sexual intercourse. For abstinence to be effective, people must not have any kind of sex, whether vaginal, oral, or anal. Abstinence from sex is the surest way not to get STDs or pregnant.

ACQUIRED

In disease terms, something that you get from someone else. Sexually transmitted diseases (STDs), including HIV, are acquired.

ACQUIRED IMMUNODEFICIENCY SYNDROME (AIDS)

AIDS is a measure of how much damage HIV has done to a person's immune system. It is not a disease. AIDS can develop after someone gets HIV. After HIV has been inside someone's body for a long time it can weaken or destroy their immune system. The immune system can't fight germs any more. The person gets different diseases or illnesses, also called opportunistic infections.

ACUTE

Not lasting a very long time. A cold that lasts only two or three days could be referred to as acute.

ADDICTION

Any time a person continues to exhibit harmful or obsessive behavior, they are addicted. There are many types of addictions, including addictions to sex, drugs, cigarettes, alcohol, and gambling.

ADOLESCENCE

The transition between puberty and adulthood is also the stage in humans that occurs from puberty to physical and sexual maturity, lasting from about ages 12 to 19.

AIRBORNE VIRUS

Germs people get through sneezing, coughing, or touching their mouth, eyes or nose. We get germs for colds and flu this way, but not STDs.

ANAL SEX

When a man puts his penis inside someone's anus. This is also called anal intercourse. People can get STDs by getting or receiving anal sex.

ANONYMOUS HIV TEST

A person doesn't give his or her name or address to the people who help them take an HIV test. Instead, the person is given a number and uses that as their identification. When they go back to get their test results they give that number. This way, no one else can know whose results they are.

ANTIBIOTIC

A medicine that kills bacteria and some other germs, but not viruses.

ANTIBODY

When a germ get inside the body, the immune system makes antibodies to fight the germs.

ANTIVIRAL

A substance that kills or suppresses a virus.

ANUS

The "butt hole" or small opening in a persons rear-end. This is where feces—solid waste—leaves the body.

ASEXUAL

Absence of sexual feeling.

ASYMPTOMATIC INFECTION

When someone is infected by a germ or virus but does not have any signs or symptoms. Most STDs are asymptomatic.

BACTERIA

Bacteria are one kind of microscopic (too small to see) germ. Humans can get bacteria from other people when they have unprotected sex. Antibiotics are the medicines used to treat infections caused by bacteria. Bacteria cause some STDs, including chlamydia, gonorrhea, syphilis and trichomoniasis.

BACTERIAL VAGINOSIS (BV)

BV is a vaginal infection, but it is not an STD. BV is actually an overgrowth of normal bacteria in the vagina. There are antibiotics and creams that will cure BV. Do not douche! Douching can actually *increase* a woman's chances of getting BV.

BAREBACK

Having sex without a condom, a term used especially for anal sex among men who have sex with men (MSM).

BARRIER

Something that stops or blocks things from going past it. Condoms act as a barrier of protection between one person's body fluids and another person's skin.

BIOLOGICAL SEX

The way your body was made. Most people's bodies are male or female. Their chromosomes, their brains, their reproductive systems, their skeletons and their hormones are either male or female.

BIRTH

When the muscles of the uterus push a baby out through a woman's vagina. "Delivering a baby" is another way to say birth.

BIRTH CONTROL (CONTRACEPTION)

Ways or methods people use to stop pregnancy from happening. For example: abstinence, birth control pills, spermicide, diaphragms, sterilization, latex condoms.

BIRTH CONTROL PILLS (ORAL CONTRACEPTIVES)

Pills that a woman can take every day to keep from getting pregnant. The pills are made of hormones that work by stopping the OVARIES from releasing eggs.

BISEXUAL

A person who is attracted to both males and females. Someone who is bisexual might fall in love or choose to have sexual contact with a male or with a female.

BLOOD BORNE VIRUS

A kind of germ that lives in blood and can't live outside of the blood stream for very long. Air, heat and chemicals can easily kill this type of germ. There are many blood-borne viruses, including HIV and Hepatitis B and C.

BLUE BALLS

When a male gets erections over a period of time without ejaculating it can cause a swollen, painful feeling in the testicles. Only sexual release can help (masturbation, sex, or wet dreams).

BODILY FLUIDS (BODY FLUIDS)

Blood, semen, vaginal secretions, urine, feces, saliva, tears, breast milk.

CARRIER

A person who has a germ or virus that can cause an STD, including HIV, even though they may have no signs or symptoms of the STD. A carrier can transmit the germ or virus to someone else through unprotected sex without knowing it.

CASUAL CONTACT

Everyday things that we might do with other people. For example, hugging, holding hands, kissing with a closed mouth, wiping tears, playing games, drinking from the same glass, eating from the same plate, or using someone's soap or clothes. You can NOT get STDs or HIV from casual contact.

CELIBATE

Choosing not to have any kind of sex, also called abstaining from sex.

CERVICAL CAP

A latex, thimble-shaped device that is inserted into the vagina and fits snugly over the cervix. It provides a barrier to block sperm from entering the uterus and prevents fertilization of the egg. After sex, it is left in place for 8 hours. A cervical cap is used with spermicidal jellies or creams that kill sperm.

CERVICAL CANCER

Cancer of the cervix is primarily caused by human papilloma virus (HPV) infection. Cervical cancer is screened for by a Pap smear.

CERVICAL SECRETIONS

These come from a woman's cervix, travel through the vagina and out of the body through the vaginal opening. Usually a whitish color, cervical secretions are normal and healthy. If a woman has HIV or another STD, her cervical secretions can transmit the STD to another person during sex.

CERVICAL SHIELD

See DIAPHRAGM.

CERVIX

The lower part of the uterus. It looks and feels like a small, soft, rubber ball and has a very small opening into the vagina that lets blood come out of the uterus during the menstrual period. It also lets sperm travel up into the uterus and fallopian tubes. It opens during childbirth to let the baby pass through. Sometimes the cervix is touched by the penis during sex. If it is touched too hard, it can make sex uncomfortable for the woman.

CHANCRE

The classic painless sore caused by syphilis in the primary stage. The chancre appears at the place where infection with syphilis occurred. The sore is generally not painful and usually goes away on its own, even though the person is still contagious.

CHASTITY

Sexual abstinence.

CHILDBIRTH

Another word for BIRTH.

CHLAMYDIA

Chlamydia is a common STD that can damage a woman's reproductive organs. Even though symptoms of chlamydia are usually mild or absent, serious complications that can cause irreversible damage, including infertility, can occur "silently" before a woman ever recognizes the problem. Chlamydia also can cause discharge from the penis of an infected man.

CHRONIC

Something that happens repeatedly or something that will not go away for a long period of time.

CIRCUMCISION

A simple operation that removes the foreskin of a male's penis. This is usually done soon after a boy is born, but can also be done on older boys and men.

CLITORIS

An organ above the opening of a female's vagina and above the opening of the urethra. It is located where the folds of the vaginal lips (labia) come to a point in the upper/top part of a female's pubic area. It is very small, sensitive, and about the size of a pea. It feels good when it is rubbed or touched in certain ways.

COITUS

Sexual intercourse between a man and a woman, where the man puts his penis in the woman's vagina.

COITUS INTERRUPTUS

When a man stops having vaginal intercourse with his partner before he ejaculates. It is not an effective means of preventing STDs or pregnancy.

COME

Another word for orgasm.

COMMUNICABLE

Something, like a germ or virus, that is spread from one infected person to another person.

COMMUNICATION JAMMERS

Common communication difficulties that create barriers to communication between people.

CONDOM

A device usually made of latex or polyurethane that is used during sexual intercourse. It is put on the penis of a male partner for the purpose of preventing pregnancy and/or transmission of STDs. A condom can also be made of a form of animal intestine that is good for pregnancy prevention, but should not be used to prevent STDs. Some condoms are available in a material called polyurethane, for people who have allergies to latex. Female condoms are also available. A female condom is inserted into a woman's vagina before sex and has a wide ring that prevents it from being pushed inside.

CONFIDENTIAL TESTING

If you get a confidential test for HIV or another STD, then only you and the medical staff where you had the test performed can see the results. If someone else wanted to see the results, they would have to get your permission.

CONGENITAL

A medical condition that is present at birth; a congenital condition may be acquired (as an infection), or may be hereditary. STDs may be acquired at or before birth, but no STD is genetically transmitted.

CONTRACEPTION (BIRTH CONTROL)

Ways or methods people use to stop pregnancy from happening. Abstinence, birth control pills, spermicide, diaphragm, sterilization and latex condoms are some examples of contraception.

CONTRACEPTIVE FOAM

A spermicidal foam that is inserted into the vagina with an applicator prior to intercourse where it helps protect against pregnancy. Contraceptive foam does not protect against STD infection.

CONTRACEPTIVE IMPLANT

Soft chemically-treated capsules inserted under the skin of a woman's upper, inner arm. The capsules constantly give off tiny amounts of an artificial hormone called progestin to help prevent pregnancy. A contraceptive implant does not protect against STD infection.

CONTRACEPTIVE PATCH

Adhesive patch worn on a woman's skin that releases hormones to prevent pregnancy. A contraceptive patch does not protect against STD infection.

CONTRACEPTIVE SPONGE

A polyurethane sponge inserted inside the vagina that blocks the opening of the cervix and releases a spermicide to protect against pregnancy. A contraceptive sponge does not protect against STD infection.

CONTRACEPTIVE SUPPOSITORY

A small capsule of spermicide that is inserted into the vagina prior to intercourse where it dissolves and helps protect against pregnancy. A contraceptive suppository does not protect against STD infection.

CRABS

Slang term for Pediculosis pubis or pubic lice, very small vermin that infest the pubic areas of human beings and are passed on to others through sexual intercourse.

CUM

Another word for semen.

CUNNILINGUS

When a person uses his or her mouth to sexually excite the genitals of a female partner. This is one way to have oral sex. People can get STDs this way. A moisture barrier such as a dental dam can prevent STD transmission.

DENTAL DAM

A square piece of latex rubber that people can use during oral sex to help prevent getting STDs, including HIV. It is put over the anus or vagina to prevent blood or sexual fluids from passing between partners during oral sex.

DEPO-PROVERA

A hormone injection that lasts for 3 months to prevent pregnancy. This injection does not prevent STD infection.

DIAGNOSE

To tell when a person is infected or sick with a specific disease or illness.

DIAPHRAGM

A soft, rubber cup that fits into the vagina and covers the cervix. It is used with spermicidal cream or jelly. A doctor must fit a woman's diaphragm, sized to her cervix, so that it is comfortable and will work properly to prevent pregnancy. The diaphragm does not protect the male or female from STDs.

DILDO

A cylindrical sex toy, often shaped like a penis, used to penetrate the vagina or anus.

DISCHARGE

A liquid that is excreted from the vagina, penis, or anus. It can occur in different colors (e.g., clear, white, yellow, green) and may have a strong odor. It can be thick and heavy at times. While not all discharge signifies an STD, it is often a symptom of an infection. Discharge may be accompanied by itching, pain, or burning in the area.

DISCRIMINATION

Unfair treatment of a person or group on the basis of prejudice.

DRY HUMMING (OUTER COURSE, FROTTAGE)

Slang term for rubbing the GENITALS against a part of another person's body (such as the thigh), often through clothes.

DRY SEX

A common form of sexual intercourse; refers to sexual activities that do not include or result in penetration.

DOUCHE

Plain water, water mixed with vinegar, or a special solution used to wash the inside of the vagina. Douching won't prevent the transmission of STDs and it can't keep a woman from getting pregnant. Douching can even cause a woman to get an infection. Douching is unnecessary, as the secretions in the vagina self-clean the organ.

DUAL METHOD

Using one prevention method for pregnancy prevention and another for STD/HIV prevention. (For example, birth control pills used in conjunction with a condom.)

DYSPLASIA

An abnormal change in cells. For example, HPV can cause dysplasia of the cervix.

ECTOPIC PREGNANCY

Pregnancy that happens outside the uterus, such as pregnancy occurring in the fallopian tube.

EGG

An egg is the sex cell of the woman. It must meet with sperm to cause a pregnancy. Usually one egg comes out of the woman's ovary about two weeks before every menstrual period. When it leaves the ovary, it goes into of the fallopian tubes. After a woman has unprotected intercourse, sperm swim through the uterus and up the fallopian tube to meet with an egg.

EJACULATION

When semen leaves a penis during an orgasm. Usually only a teaspoon or so comes out at a time. About 500 million sperm come out with the semen. This can happen when he has sex, when he masturbates or even when he is asleep (wet dream). If a male doesn't ejaculate during sexual contact, he will not be harmed. A male can ejaculate with or without having an orgasm. Urinating and ejaculation cannot happen at the same time.

EMBRYO

When a pre-embryo (zygote) grows and gets to be a certain size and sticks itself to the inside of the uterus, it becomes an embryo. It takes eight weeks after fertilization for the embryo to grow into a fetus.

EMERGENCY CONTRACEPTION (EC)

Methods used to prevent pregnancy after unprotected intercourse (such as when a contraceptive fails or when sex occurs without contraception). Two types of EC are available: emergency contraceptive pills (ECPs) and emergency copper-bearing IUD insertion. Both methods are safe and effective if proper service delivery guidelines are followed.

EPIDIDYMISS

Part of the male reproductive system. Sperm mature and travel through this organ.

ERECTION

When a penis gets stiff and hard. This happens because blood flows into it. This might happen because someone is sexually excited, but it can also happen at other times.

EROTIC

Sexy or sexually exciting.

EXPOSURE

Being exposed to an STD means that you were in a situation in which you had a chance to "catch" it. You can be exposed to an STD by having sex with an infected person. You can lower your chance of being exposed to a STD by not having sex or by using an effective barrier method, such as a condom.

FALLOPIAN TUBES

The two tubes in a woman's body that carry the egg to the uterus. The tubes are attached to the uterus. They are very thin—like pieces of spaghetti—and only about 4 inches long. When an egg leaves the ovary, it goes into one of the tubes. After a woman has unprotected intercourse, sperm swim through the tubes to meet with the egg.

FANTASY

A dream or story that someone makes up. Some fantasies are sexual and can involve one person wishing or thinking about having sex in certain ways.

FECES

The solid waste that comes out of the anus. It comes from material/food that the body cannot use.

FELLATIO

When a person uses his or her mouth to sexually pleasure his or her partner's penis. This is one way to have oral sex. People can get HIV and other STDs from fellatio. People doing this could get infected semen or pre-seminal fluid into their mouths. People having it done to their penis could get HIV if blood from a

partner's mouth goes into the hole at the tip of the penis. A latex condom will stop both of these things from happening.

FEMALE CONDOM

The female condom is designed to fit inside the vagina. It is a soft pouch made of polyurethane that is inserted into the vagina before sexual intercourse.

FERTILE

The time during a month that a woman can become pregnant if she has unprotected intercourse. It usually begins up to five days before ovulation, because sperm can live this long inside the body. It also includes the day ovulation happens, and the two days (the life-span of an egg) after ovulation.

FERTILITY AWARENESS METHOD (FAM)

A technique some women use to avoid an unwanted pregnancy by calculating her fertile days from her menstrual cycle. It is not a recommended contraceptive method for adolescents. (See also RHYTHM METHOD.)

FERTILIZATION

The joining of a man's sperm cell and a woman's egg cell. If the fertilized egg attaches itself to the inside of the uterus, pregnancy has begun.

FETUS

The name of the pregnancy from 8 weeks until the delivery of the baby.

FORESKIN

Loose skin that covers the tip of the penis on uncircumcised men.

FRENCH KISSING

A kiss in which both people open their mouths and each puts their tongue into the other person's mouth.

FROTTAGE (OUTERCOURSE, DRY HUMPING)

When two people rub their bodies together to feel sexual pleasure.

GAY

A word used to mean "homosexual." Males that are sexually attracted only to other males or females that are sexually attracted only to other females are called gay. Women who like other women are also called lesbians.

GAY, LESBIAN, BI, TRANSGENDER (GLBT)

An umbrella term to refer to men and women who are gay, lesbian, bisexual, or transgender. This acronym is sometimes seen as GLBTQ, which refers to GLBT plus people who are questioning their sexuality.

GENDER

A cultural construct consisting of the set of distinguishable characteristics associated with each sex.

GENDER IDENTITY

Who you feel you are on the *inside* (male, female, both, neither, flexible). Your *gender expression* has to do with how you act on the outside (how you walk, talk, sit, dress, etc. ... whether you're more masculine, feminine, some of both).

GENITALS ("PRIVATE PARTS")

The sex organs on the outside of the male and female body.

GENITAL WARTS

Caused by some types of the human papilloma virus (HPV).

GLANS

The medical word for the tip or head of a male's penis and a woman's clitoris.

GLBT

See GAY, LESBIAN, BI-SEXUAL, TRANSGENDER.

GONNORHEA

An STD caused by a bacterium that can grow and multiply easily in the warm, moist areas of the reproductive tract, including the cervix, uterus, and fallopian tubes in women, and in the urethra in women and men. The bacterium can also grow in the mouth, throat, eyes, and anus.

GROIN

The medical word for the part of the body where the upper thigh meets the lower belly or abdomen.

GYNECOLOGY

A medical specialty that focuses on women's reproductive systems.

GYNECOLOGICAL EXAM

A reproductive health exam for women. Usually includes a pelvic exam, Pap smear (screening for cervical cancer), and a breast exam. May include STD testing and vaccinations.

HEPATITIS B (HBV)

A viral liver disease that can be acute, chronic, and even life-threatening, particularly in people with poor immune resistance. Hepatitis B can be transmitted by sexual contact, contaminated needles, contaminated blood or blood products. Unlike HIV, it is also transmissible through close casual contact. There is a vaccine for Hepatitis B.

HEPATITIS C (HCV)

Hepatitis C is a liver-destroying disease that kills over a long period of time. HCV is spread via contaminated blood products or shared needles. There is no standard treatment or vaccine. Approximately 40% of patients infected with HIV are also infected with the hepatitis C virus mainly because both viruses share the same routes of transmission. Increasingly recognized as a major epidemic.

HETEROSEXUAL

A person who is sexually attracted to someone of the opposite sex. Also called "straight."

HIV

See HUMAN IMMUNODEFICIENCY VIRUS.

HERPES (HERPES SIMPLEX VIRUS, HSV)

An STD caused by herpes simplex virus (HSV), a common cause of genital blisters and ulcers. Herpes spreads quickly and is often referred to as a persistent cold sore. Medicine exists to control it but it can't be cured.

HIGH-RISK BEHAVIOR

Behaviors that are the most likely to lead to STD infection and/or pregnancy: unprotected sex (anal, vaginal, sometimes oral); using contaminated needles/sharing syringes; coming in ultimate contact with bodily fluids (e.g., blood, semen, vaginal fluids, breast milk).

HOMOSEXUAL

Someone who is sexually attracted to someone of the same sex. Males that like males and females that like females are homosexual. Male and female homosexuals are also called "gay." Female homosexuals are also called "lesbians."

HORMONES

Chemicals that a body makes to help all the parts of the body work well.

HORNY

A slang term that means someone physically feels like they want to have sex.

HUMAN IMMUNODEFICIENCY VIRUS (HIV)

The virus that can cause AIDS. Once it is inside a person's body, it begins to break down or weaken the person's immune system. A person who has HIV may not get sick for a long time.

HUMAN PAPILLOMA VIRUS (HPV)

Genital HPV infection is an STD caused by the human papillomavirus (HPV), which can infect the genital area of men and women including the skin of the penis, vulva, or anus, and the linings of the vagina, cervix, or rectum. Most people who become infected with HPV will not have any symptoms and will clear the infection on their own.

HYMEN

A thin piece of skin that stretches over the opening of the vagina. People used to think that a hymen didn't have an opening in it until intercourse took place. The fact is, most baby girls are born with a hymen that has a small opening that lets blood flow out of the vagina during the menstrual period. Some girls can even be born without a hymen. The opening can be made larger with the use of tampons.

IMMUNE

To be protected or safe from something. There are vaccines that can make you immune to certain diseases, like Hepatitis B. This means that if you get the vaccine, you can't get the disease.

IMMUNE SYSTEM

A group of cells that defend or protect the body from viruses, bacteria, and other germs by killing them. Lymph nodes and white blood cells are two parts of the immune system.

INCUBATION PERIOD

The time period it takes for a person to know he or she has a disease. The incubation period starts on the first day a person is exposed to the disease. Depending on the disease, this can be as short as a few days or more than 10 years. Even though an infected person may feel perfectly healthy and show no symptoms during a disease's incubation period, they can still give the disease to another person.

INFECTED

Another way to say that someone has "caught" a germ is to say they are infected. If you are infected with a disease-causing germ there is a certain amount of time (called an incubation period) between the time you get infected and the time that you show symptoms (signs) of the disease.

INFERTILITY

When a woman or man cannot get pregnant or get a woman pregnant. The greatest cause of infertility in women is untreated chlamydia and gonorrhea infections that led to pelvic inflammatory disease and scarring of the Fallopian tubes.

INTERCOURSE

See SEXUAL INTERCOURSE.

INTRAUTERINE DEVICE (IUD)

An IUD is a T-shaped device that is inserted into the uterus by a health care professional. The IUD is a good choice for those in long term monogamous relationships who are not at high risk for STDs. Today's IUDs have one of the lowest failure rates of any contraceptive method. An IUD offers no protection from HIV or other STDs.

INTRAVENOUS (I.V.)

When something is put directly into someone's veins, such as legal medicines or illegal drugs.

INTRAVENOUS (I.V.) DRUG USERS

People who use needles to put drugs into their bodies. Drugs like methamphetamine, heroin, cocaine, and speed can be injected into a person's veins. Steroids are usually injected into someone's muscles. People who share needles can get HIV or other blood-borne infections like Hepatitis C and B. The risk of catching HIV or Hepatitis through needles can be prevented by not sharing needles or any other injection equipment.

K-Y JELLY

One brand of a water-based lubricant. People can buy it at a pharmacy or sometimes a grocery store, without a prescription.

LABIA

The inner and outer folds of flesh that cover and protect the vagina (labia minora and labia majora).

LABOR

The work or effort involved in childbirth.

LAMB-SKIN CONDOM

The same thing as a natural membrane condom. They are good at preventing pregnancy, but are not recommended for preventing the spread of STDs. These condoms have tiny holes in them, called pores, which are too small to see, but are large enough for germs to get through.

LATEX

A thin type of rubber used to make condoms, medical gloves, and other products.

LATEX CONDOM

A condom made of latex rubber that can be used to prevent pregnancy and the spread of STDs and HIV. Vaseline and other oil-based products (such as baby oil, cooking oil) should not be used with latex condoms because the oil can cause the condom to fall apart. It is safe to use water-based lubricants—such as K-Y Jelly—with latex condoms.

LESBIAN

A female who is sexually attracted to other women.

LICE

Tiny parasites that can infest the skin, characterized by intense itching. Passed from person to person by skin-to-skin and close personal contact.

LOVE

A feeling that shows strong caring for someone else. It comes in many forms, like love for close friends, for parents or for children. Love is not the same as sexual desire. Sexual contact can be a way to express this feeling to another person, but it is not the only way to show love.

LUBRICANT

A substance that feels slippery and is used to help make sex comfortable. During sex a person can put lubricant on the inside and outside of a condom or inside a woman's vagina or person's anus before and during sex. This can keep a condom from getting dry and breaking during vaginal sex or anal sex. There are two kinds of lubricants: water-based and oil-based. Oil-based lubricant should not be used with latex condoms because the oil can cause the condom to fall apart.

LUBRICATED CONDOM

A latex or natural membrane condom that has lubricant put on it before it is sealed in a package.

LUST

Having a very strong sexual desire for someone, sometimes without love being involved.

LYMPH NODES

Small bean-shaped parts of the body that help protect against infections and other health problems. Common places for them are the neck, armpits, and groin. If the nodes are swollen, then it means the person's immune system is working to kill whatever is infecting the body.

MANDATORY REPORTERS

Certain professions/roles that are required by law to report known or suspected cases of child abuse or neglect.

MASTURBATION

The touching of a person's sex organs by oneself or by another person for sexual pleasure. It is not harmful and is normal if someone sexually pleasures herself or himself. It is also normal if someone doesn't want to masturbate.

MEN WHO HAVE SEX WITH MEN (MSM)

A term that includes both men that self-identify as homosexual men and men who do not identify as being gay but may still have sex with other men.

MENARCHE

A girl's first menstrual period. The average age of the first period is 12 years, but it can happen a few years earlier or later. A girl can become pregnant after she begins to have menstrual periods, and sometimes before her first menstruation.

MENOPAUSE

The time in a woman's life when she completely stops menstruating. The average age that this happens is 51, though it can happen earlier or later.

MENSTRUAL CYCLE

The time period that begins on the first day of a woman's menstrual period and lasts until the first day of the next one. The cycle starts about every 28 days, although it can vary considerably.

MENSTRUAL FLOW

The blood that goes out of a woman's body during her menstrual period.

MENSTRUATION

The period of a woman's menstrual bleeding. Also called "the period."

MISCARRIAGE

The spontaneous loss of a pregnancy before the fetus is 20 weeks old.

MONOGAMY

Having only one sexual partner; being 100% faithful. Choosing to have one sexual partner for a period of time, as in marriage or a steady relationship.

MORNING-AFTER PILL

See EMERGENCY CONTRACEPTION.

NATURAL MEMBRANE CONDOM

A condom made from the intestines of certain animals that is used to prevent pregnancy but does not protect against STDs. Natural membrane condoms have microscopic holes called pores in them and STD bacteria and viruses can pass through these holes and infect the other person.

NON-LUBRICATED CONDOM

A latex or natural membrane condom that is packaged without a lubricant. It is very dry and feels chalky. This is safe (without chemicals) for people to put in their mouths. To stop HIV, a non-lubricated latex condom is something that can cover the penis during oral sex. A person can also cut a non-lubricated latex condom along the side and then cut off the tip to make a square of latex (to be used as a dental dam).

NONOXYNOL-9 (N-9)

One kind of spermicide. N-9 does not provide protection against infection from HIV or other STDs. N9 can irritate the vagina and rectum, which may increase the risk of contracting HIV or another STD from an infected partner.

NUVARING

See RING.

OIL-BASED LUBRICANT

A lubricant made from something that has oil in it. The oil can deteriorate or break down a latex condom when used during sex. Vaseline, mineral oil and lotions are some examples of oil-based lubricants.

ORAL CONTRACEPTIVES (BIRTH CONTROL PILLS)

Pills that a woman can take every day to keep from getting pregnant. The pills are made of hormones that work by stopping the ovaries from releasing eggs.

ORAL SEX

When a person kisses, licks, or sucks another person's genitals to give them sexual pleasure. Either person can get an STD from oral sex. Dental dams and non-lubricated latex or polyurethane condoms can be effective in preventing STD transmission from oral sex. See also: CUNNILINGUS and FELLATIO.

ORGANS

A part of a person's body. Each organ has a special job to do so that a person can live and stay healthy. The penis, vagina, heart, skin, liver, and stomach are a few examples of organs.

ORGASM

A strong, intense, good feeling that happens in someone's genitals during sex. When a male has an orgasm, he usually ejaculates. He can also have an orgasm without ejaculating. For a female, muscles in the vaginal area around the uterus move in a special way, causing pleasurable feelings that can last for a few seconds or a minute or longer.

ORTHO-EVRA

See CONTRACEPTIVE PATCH.

OUTER COURSE (FROTTAGE, DRY HUMPING)

Sexual activities that do not include or result in penetration.

OVARIES

The parts of a female's reproductive organs that store the eggs. Most females have two ovaries, each one about the size of a small almond. They are inside the body, one on each side of the uterus, at the ends of the fallopian tubes. Girls are born with all of the eggs they will ever have. Around the time a girl begins to menstruate, one egg grows every month and leaves an ovary. The ovaries also make hormones that help her body get ready for pregnancy.

OVULATION

When a woman's eggs leave the ovary. This usually happens about 14 days before a woman has her period.

PAP SMEAR

An exam that a health care professional gives a female. The doctor gently removes cells from the cervix. This doesn't hurt. The cells are then looked at under a microscope to make sure they are healthy. If they look unhealthy, it could be a warning sign of cancer or a cervical infection, but not always. A woman should have one done every 2-3 years depending upon age and risk after becoming sexually active.

PATCH ("THE PATCH")

See CONTRACEPTIVE PATCH.

PEER

Someone who is the same age and usually the same race, culture, neighborhood, and socio-economic status. For teens, usually schoolmates or adolescent neighbors.

PELVIC INFLAMMATORY DISEASE (PID)

An infection of a woman's reproductive system. PID is usually caused when an STD (most of the time either chlamydia or gonorrhea) is not treated right away. Symptoms for PID include cramping, tenderness, or pain in the pelvic area. PID can cause a woman's reproductive organs not to work properly. It can cause lifelong pain and even make her infertile (unable to have children).

PENETRATION

Penetration includes vaginal sex (a man putting his penis in a woman's vagina), oral sex (someone licking, sucking, or putting his/her mouth on another person's genitals), and anal sex (someone putting their mouth or penis in someone's anus).

PENIS

The sex organ outside the male's body. It is made of soft tissue and blood vessels. Most of the time it is small and soft, but when a male gets sexually excited, blood goes into the tissues. This makes the penis get larger and stiff, or erect. Semen and urine leave the body through the penis.

PERIOD

Another name for menstruation.

PETTING

Touching another person's sex organs for sexual pleasure.

PRE-MENSTRUAL SYNDROME (PMS)

Physical pain or emotional difficulties that a woman might have up to two weeks before she has a period. This could be things like cramps, sore breasts, bloating or holding extra water inside the body, or headaches. Sometimes people feel sad, angry or depressed. Everyone might get different signs/symptoms. If a woman has really bad cramps, feel very emotionally upset, or has any other problem with her period, she should tell someone like a school nurse, parent, teacher or doctor. PMS can be helped by taking certain vitamins and minerals, eating healthy food, and exercise.

PLAN B®

See EMERGENCY CONTRACEPTION.

POLYURETHANE CONDOM

A condom made out of a plastic called polyurethane. People who are allergic to latex condoms can use these without a problem.

PRE-CUM

Fluid released from a man's penis before he ejaculates (cums). Another word for pre-seminal fluid. Pre-cum can come from a man's penis even without him realizing. It can cause an STD or pregnancy.

PREGNANT

When the egg and sperm meet, it is called fertilization. About four days after fertilization, the fertilized egg attaches itself to the lining of the uterus. When this happens, a woman is pregnant.

PREJUDICE

A negative or hurtful stereotype.

PRIVATE PARTS (GENITALS)

See GENITALS.

PROMISCUOUS

Having sex with more than one partner in a short period of time.

PROSTATE GLAND

Organ of the male reproductive system that makes fluid for semen.

PROSTITUTE

Any person (male or female) who has sex with someone in exchange for something (like money, drugs, food, or a place to sleep). They are also called sex workers, commercial sex workers, call girls, hookers, street walkers.

PROTECTION

Doing things to take care of yourself or someone else. Latex condoms are also called protection because they can help protect people from getting STDs during oral, vaginal, or anal sex.

PUBERTY

When a girl or boy begins to change into a young woman or a young man. It doesn't happen to everyone at the same time. For a girl, puberty usually begins between ages 8-14. Her body changes in many ways. For example, a girl's breasts begin to develop and she will get her first menstrual period. In a boy, puberty usually starts around 12 years old. His penis and testicles grow and develop. His voice also starts to change. Both boys and girls begin to grow pubic hair. They also grow hair on other parts of their body. These changes are usually finished by age 20.

PUBIC AREA

The area between the legs in both males and females where the genitals (sex organs) are located. After puberty—and sometimes before—pubic hair grows in this area.

PUBIC HAIR

Hair that grows on and around the genitals.

PUBIC LICE

See LICE.

PULLING OUT (WITHDRAWAL)

When a man removes his penis from the vagina, anus, or mouth before he ejaculates. It does not keep him from giving another person an STD or a woman from getting pregnant.

RACISM

Prejudice or discrimination based on an individual's race; can be expressed individually or through institutional policies or practices.

RAPE

One kind of sexual abuse. It is forced sexual intercourse. The person could be a husband, a friend, a date, or a stranger. Any person who makes someone have sex with them when they don't want to do it, is raping them. This is against the law. The person who is raped might feel guilty, like they did something wrong. This is not true. There is no reason for anyone to rape somebody. It is important for the person who is raped to find someone they trust to talk to about it.

RATES

How frequently an event occurs in a defined population.

REALITY CONDOM

See FEMALE CONDOM.

REPRODUCTION

The whole process involved in making a baby.

REPRODUCTIVE HEALTH

The health of women's and men's reproductive systems.

REPRODUCTIVE SYSTEMS

The organs that are involved in reproduction in women and men.

REPRODUCTIVE ORGANS

The parts of a man and woman's body that allow a woman to become pregnant.

RHYTHM METHOD

A way that some people use to reduce the chances of getting pregnant. People try to do this by not having sex on the days that a woman would usually get pregnant. This is usually a few days before, during and after ovulation. Because it's hard to figure out when this happens in each woman, the rhythm method usually doesn't work very well. It also doesn't stop germs that cause STDs from getting into people's bodies when they do have sex. (See also FERTILITY AWARENESS METHOD.)

RIMMING

Someone putting their mouth, lips or tongue in or around the anus (butt hole) of another person. It is one kind of oral sex. People can get STDs from doing this. It doesn't matter if someone is doing it or having it done to them. A person can place a moisture barrier—such as a dental dam—around the anus to prevent the spread of an STD during rimming.

RING (“THE RING”)

A small, chemically-treated flexible ring that is placed deep in the vagina for three weeks at a time. The ring releases contraceptive hormones for pregnancy prevention. The trade name is NuvaRing. Using the ring alone will not prevent STD infection.

RISK

Taking a chance. Having any kind of sex without a latex condom is a risk for getting STDs. Sharing drug needles can put you at risk for getting HIV and other blood borne infections, including hepatitis B and C.

RUBBER

A slang term for condom.

SAFER SEX

There are ways to have sexual contact that allow little to no chance of getting a STD. These include properly using latex condoms and other moisture barriers, mutual or self-masturbation, and abstinence from sexual contact.

SALIVA

Another word for spit. It is the fluid in a person's mouth. Most STDs cannot be spread by a person's saliva.

SANITARY NAPKIN

A pad of cotton with a strip of tape on one side that a woman can stick onto her underwear during her period. This soaks up the flow of blood that comes out of her vagina. Women also use tampons to absorb the menstrual flow.

SCABIES

A highly contagious skin disorder caused by a mite that burrows into the skin and produces an intense, itchy rash. Passed from person-to-person by skin-to-skin contact or close personal contact.

SCROTUM

The soft sac of wrinkled skin that covers, holds, and protects a man's testicles.

SELF-ESTEEM

How much a person likes, accepts, and respects himself or herself overall as a person.

SEMEN

The clear, sticky, white liquid that squirts out of a man's penis when he ejaculates. There are about one million sperm inside one drop of semen. Semen gives the sperm something to swim in, otherwise they couldn't move around.

SEMINAL VESICLES

Organs in the male reproductive system that make fluid for semen.

SEX

This means many things. Sex can be another word for gender. Or sex can be any activity that causes someone to have a good feeling inside his or her body or genitals. It could be kissing, hugging, body rubbing, touching, or sexual intercourse.

SEX ORGANS

See GENITALS.

SEX TOYS

Things (such as dildos, handcuffs or costumes) that people might use during sex with themselves or with another person.

SEXUAL ABUSE

When someone mistreats another person in a sexual way. Sexual abuse happens whenever someone touches or does something to the private parts/genitals of another person's body that the person does not want her/him to do. Sexual abuse also happens when someone makes another person touch or do something to her/his private parts/genitals that they do not want to do. This "someone" could be someone the person knows, someone the person loves, or a stranger. Sexual abuse does not mean just forced sexual intercourse or activity, it can also include unwanted touching, fondling, watching, and talking in a sexual way. It can also include people forcing others to look at their genitals. Rape is one kind of sexual abuse.

SEXUAL CONTACT

Another way to explain being with someone in a close, physical way.

SEXUAL DESIRE

A strong interest or attraction for another person in a sexual way. People can have sexual desire with or without being in love.

SEXUAL FLUIDS

The wetness that comes out of a man or a woman's genitals. For men it is semen and pre-seminal fluid and for women it is vaginal and cervical secretions. These sexual fluids can transmit STDs and HIV if the person is infected.

SEXUAL INTERCOURSE

Any type of activity that involves the sharing of body fluids or the penetration of an orifice (the mouth, vagina, or anus) between two or more people. Sexual intercourse includes oral sex (when someone licks or sucks another person's genitals). People can get STDs, including HIV, if they do this without a safe barrier that prevents the fluids from getting from one person to another.

SEXUAL ORIENTATION

Whether people are homosexual, heterosexual or bisexual. A person does not choose their sexual orientation; their body chooses it for them before they start to have sex or even before they start going through puberty. Your *sexual orientation* has to do with who you mostly find sexually, emotionally, and romantically attractive (guys, girls or both). A "gay" man is someone who is physically attracted to other males. A "lesbian" woman is someone who is physically attracted to other females. "Heterosexuals" are people who are physically attracted to people of another gender—a man who loves a woman or a woman who loves a man.

SEXUAL PLEASURE

A good feeling that people get when they have sex with someone or are physically close to another person.

SEXUALITY

Everything in our daily lives that makes us attractive and sexual human beings.

SEXUALLY TRANSMITTED DISEASES (STD)

An infection passed from one person to another through sexual contact.

SEXUALLY TRANSMITTED INFECTIONS (STI)

Another term for STD.

SHAFT

The male penis.

SHOT ("THE SHOT")

See DEPO-PROVERA.

SOC

See STAGES OF CHANGE.

SODOMY

Could refer to: 1) anal sex; 2) oral-anal contact; 3) oral-genital; 4) sexual acts with animals; 5) or a vague term for "unnatural" sexual acts.

SORE

A opening on the body made by an ulcer or a cut.

SPECIMEN

A sample. (For example, a urine sample.)

SPERM

Little tiny living things that are made in a man's testicles. When a man ejaculates, semen squirts out of his penis. There are sperm swimming around in the semen and pre-seminal fluid. If sperm gets inside a woman, she could become pregnant.

SPERMICIDE

A chemical that kills sperm. It can be purchased without a doctor's prescription as a foam, cream, jelly, or film. It does not prevent STDs or HIV. Some people may be allergic to one or more chemicals in spermicide and some may irritate the skin. (See NONOXYNOL-9.)

SPONGE

See CONTRACEPTIVE SPONGE.

STAGES OF CHANGE (SOC)

A well-known model that describes how people change their behavior. The phases of the model are precontemplation, contemplation, preparation, action, and maintenance. In Native STAND, we refer to these stages as “Not Thinking About It”, “Thinking About It”, “Doing It”, “Sticking With It”.

STD

See SEXUALLY TRANSMITTED DISEASES.

STEREOTYPE

An idea or judgment about a group or thing that may or may not be true, or may be only partially true. A mental picture you have of someone just because they belong to a certain group of people.

STERILIZATION

A permanent kind of contraception. Usually older people do this when they do not want to have any more children. It is a simple operation that stops egg and sperm from meeting each other. Sterilization can be done to a man or a woman.

STI

SEXUALLY TRANSMITTED INFECTIONS. See SEXUALLY TRANSMITTED DISEASES.

STILL BIRTH

When a fetus dies before or during childbirth.

STRAIGHT

Someone who has a sexual attraction for members of the opposite sex. Another word for heterosexual.

SYMPTOMS

A sign or a signal. Medically speaking, a symptom is something that a person can notice about him or herself or about someone else that is a sign of a disease. Common symptoms for STDs include bumps, blisters, or warts near the genitals, a burning sensation when a person urinates, or a discharge or drip from the genitals.

SYNDROME

A collection/group of many diseases and illnesses. They would be different for each person. AIDS is a syndrome because people with AIDS die from other opportunistic diseases and illnesses, not from AIDS.

SYPHILIS

A serious bacterial STD that occurs in three stages: primary, secondary, and tertiary. In the primary stage, someone who is infected may get a painless sore or chancre on the genitals or mouth. This sore will go away on its own, even though infection is still present. In the secondary stage, an infected person may have a rash on their torso, soles of the feet, or palms of the hands; mucous patches in the mouth; or lose hair. In the tertiary stage, individuals no longer experience signs/symptoms making it difficult to know you are infected unless tested. If not treated, syphilis can cause serious and permanent damage, including death. It is easily tested for by a blood test and easily treated with penicillin.

TAMPON

A long skinny tube made of cotton with a string attached to one end. Some women insert tampons into their vagina during their period to soak up blood that comes out of her body.

T-CELLS

Special kind of white blood cells that are part of the immune system. They help kill germs in the body. Doctors can count a person's T-cells to measure how someone's immune system is working.

TESTICLES

Two small egg-shaped organs in males. They are soft and squishy and are covered and protected by the scrotum. They hang behind the penis of a male. The testicles make sperm. They need to be kept at a certain temperature. When it is hot they get larger and when it is cold they shrink closer to the body.

TRANSGENDER

Men or women who act and dress in ways usually associated with the opposite gender. Transgender people can be heterosexual, homosexual, or bisexual.

TRANSMISSION

The way that any kind of disease, including an STD, can be spread. Having unprotected oral, anal, or vaginal sex, are the main ways STDs are transmitted. STDs can also be transmitted through open cuts or sores and through places that have mucous membranes like in someone's mouth, anus, vagina or penis tip. Blood, semen, pre-seminal fluid, vaginal and cervical secretions and breast milk are all fluids that can transmit STDs.

TRANSEXUAL

A person who voluntarily chooses to change their sex, usually for a variety of psychological or emotional reasons. Someone who has undergone surgery and/or hormone treatments to appear and live as the opposite sex.

TRANSVESTITE

Usually a male who likes to dress as a woman; a cross-dresser; a drag queen. Unlike a transsexual, the man keeps his penis.

TRICHOMONIASIS (TRICH)

An STD which can cause vaginitis in women and urethritis in men. Trichomoniasis—also called “trich”—can be treated with antibiotics.

TWO-SPIRIT, TWO-SPIRITED

A term used by some for GLBT Native Americans.

URETHRA

The small tube that carries urine from someone's bladder to the outside of his or her body. The opening to the urethra for a male is the hole at the tip of the penis. The opening to the urethra for a female is just above the opening to the vagina, and just below the clitoris. Germs that cause STDs can get inside someone's body through the urethra.

URETHRITIS

An infection of the urethra often caused by an STD. A person with urethritis often feels a burning sensation when he or she urinates. Urethritis can be treated with antibiotics.

URINE

The liquid waste that comes out of a person's urethra when they urinate. People cannot get STDs from other people's urine.

UTERUS

A hollow organ inside the lower pelvic area of a female's body. It is connected to both of the fallopian tubes and to the vagina. It is the shape and size of an upside-down pear. This is the place where a fetus grows if a woman gets pregnant. Each month the uterus gets ready to help a baby grow by making thick walls of blood; if a woman doesn't get pregnant then this blood flows out of the body as the menstrual flow.

VACCINE

A weak mixture of viruses (a kind of germ) made in a laboratory. Since the virus is either killed or weakened, the body can easily defeat it. After the body defeats the virus, it can make antibodies that easily recognize and kill the virus the next time they encounter it, which makes the person immune to that virus. Vaccines only work if they are given before someone is exposed to a virus.

VAGINA

The place in a female that leads from the uterus to the outside of the body. It is like a tunnel. It is also called a birth canal because when a woman has a baby it comes out through here. The vagina is also the place where an erect penis goes during vaginal sex. The walls of the vagina can adjust to be smaller or larger to help the penis fit. Mucous membranes line the vagina; this makes it easy for germs that cause STDs or other germs to get inside the body of a female. If semen or pre-seminal fluid has germs that can cause an STD, and the fluid gets near or touches the opening to the vagina, the woman could get an STD.

VAGINAL LIPS

See LABIA.

VAGINAL SECRETIONS

A clear and slippery fluid that comes from the walls of the vagina. It is a natural lubricant that comes out before and during sex. This helps the penis get inside the vagina easier. It also protects the lining of the vagina and the skin on a man's penis. It is also a fluid that can give STDs to another person.

VAGINAL SEX

Sometimes called "regular" sex or intercourse. It happens when a man puts his penis into the vagina of a woman.

VAS DEFERENS

Part of the male reproductive system. Pathway that carries the sperm from the testicles to the urethra.

VIRUS

A kind of germ that is so small it can't be seen when it gets inside a person's body. Some viruses can be prevented by vaccines. Viruses are the smallest and simplest of all germs, but they are also some of the deadliest. An STD caused by a virus cannot be cured, but it can be treated to help make the symptoms disappear. Herpes and HIV are two STDs that are caused by viruses.

VIRGIN

A person who has never had sex. Some people think it means someone who has not had oral, anal or vaginal sex. Other people feel that a virgin is someone who may have had oral sex but nothing else. The word virgin means many different things to different people. It is a good idea to ask a boyfriend or girlfriend what they mean when they say that they are a virgin; depending on their definition, they might have already contracted a STD.

VULVA

The sex organs outside of a female's body, including the labia and clitoris. It is possible that just touching the vulva with the penis can cause pregnancy because sperm could swim up into the vagina and uterus.

WATER-BASED LUBRICANT

A lubricant in which the main ingredient is water. This is good for using with a latex condom because, unlike oil-based lubricants, water-based lubricants won't destroy the latex material.

WET DREAMS

A man or a boy might have dreams about sex while he is sleeping. If he has an erection and then ejaculates this is a wet dream. It can happen to someone without that person knowing about it. Wet dreams are perfectly normal and can happen at any age. They are sometimes called "nocturnal emissions." Women can also have orgasms in their sleep.

WHITE BLOOD CELLS

One of the cells that are part of person's immune system. All fluids that transmit HIV have white blood cells in them.

WITHDRAWAL (PULLING OUT)

During sex a male takes his penis out of another person's vagina, anus or mouth before ejaculation. This stops semen from getting inside the person. Withdrawal is not effective at preventing pregnancy or at preventing the spread of STDs. A man's penis can leak pre-seminal fluid that contains sperm into a woman's vagina without knowing it. Pre-seminal fluids from a man and vaginal fluids from a woman, can also spread STDs before a man ejaculates.

WOMB

Another word for uterus.

YEAST INFECTION

A woman can get a yeast infection in her vagina when small amounts of normally-occurring yeast grow out of control. Yeast can grow faster if a person takes antibiotics or birth control pills for a long time, has an allergy to yeast, or changes their diet and eats a lot of sugar. A common symptom of a yeast infection is a white, thick, vaginal discharge, but many women with yeast infections have no symptoms. Yeast infections are treatable with medicine.

ZYGOTE

A zygote is formed when a man's sperm fertilizes a woman's egg. It is the first step in what will later develop into an embryo, then a fetus, and finally a baby.

Source: <http://www.cdc.gov/std>; <http://www.positive.org/JustSayYes/glossary.html>;
<http://www.teenaid.org/Educators/Glossary/tabid/81/Default.aspx>; <http://www.plannedparenthood.org/health-topics/glossary-4338.htm>; <http://www.fwhc.org/birth-control>;
<http://www.cs.columbia.edu/digigov/LEXING/CDCEPI/gloss.html>

