
7th Grade Sexual Health Glossary of Terms

- Physical - relating to the body as opposed to the mind. A whole range of physical and mental challenges.
- Social - relating to society or its organization. Ex. Alcoholism is recognized as a major social problem.
- Cognitive - Cognition is “the mental action or process of acquiring knowledge and understanding through thought, experience, and the senses”.
- Puberty - the period during which adolescents reach sexual maturity and become capable of reproduction.
- Hormone - a regulatory substance produced in an organism and transported in tissue fluids such as blood or sap to stimulate specific cells or tissues into action.
- Adolescence - the period following the onset of puberty during which a young person develops from a child into an adult.
- Ovaries - a female reproductive organ in which ova or eggs are produced, present in humans and other vertebrates as a pair.
- Vagina - the muscular tube leading from the external genitals to the cervix of the uterus in women and most female mammals.
- Uterus - the organ in the lower body of a woman or female mammal where offspring are conceived and which they gestate before birth; the womb.
- Clitoris - a small sensitive and erectile part of the female genitals at the anterior end of the vulva.
- Inner Labia - the two thin inner folds of skin within the vestibule of the vagina enclosed within the cleft of the labia majora; nymphaea.
- Outer Labia - the two outer rounded folds of the adipose tissue that lie on either side of the vaginal opening and form the external lateral boundaries of the vulva.
- Fallopian Tubes - (in a female mammal) either of a pair of tubes along which eggs travel from the ovaries to the uterus.
- Cervix - the narrow neck-like passage forming the lower end of the uterus.
- Penis - the male genital organ of higher vertebrates, carrying the duct for the transfer of sperm during copulation. In humans and most other mammals, it consists largely of erectile tissue and serves also for the elimination of urine.
- Urethra - the duct by which urine is conveyed out of the body from the bladder, and which in male vertebrates also conveys semen.

- Testicles - either of the two oval organs that produce sperm in men and other male mammals, enclosed in the scrotum behind the penis.
- Scrotum - a pouch of skin containing the testicles.
- Foreskin - the retractable roll of skin covering the end of the penis.
- Epididymis - a highly convoluted duct behind the testis, along which sperm passes the vas deferens.
- Vas Deferens - the duct that conveys sperm from the testicle to the urethra.
- Digital-contact - touching genital areas with one's fingers or toes.
- Sex - (chiefly with reference to people) sexual activity, including specifically sexual intercourse.
- STDs - a sexually transmitted disease.
- HIV - human immunodeficiency virus, a retrovirus that causes AIDS.
- AIDs - a disease in which there is a severe loss of the body's cellular immunity, greatly lowering the resistance to infection and malignancy.
- Bacterial - a member of a large group of unicellular microorganisms that have cell walls but lack organelles and an organized nucleus, including some that can cause disease.
- Viral - of the nature of, caused by, or relating to a virus or viruses.
- Abstinence - the practice of restraining oneself from sexual intercourse to protect from STDs or unwanted pregnancy.
- Hormonal method of prevention - Hormonal birth control refers to birth control methods that contain synthetic forms of hormones. Combination Hormonal Birth Control: combination birth control are methods that contain both a synthetic estrogen and some type of progestin.
- Mutual Respect - can be defined as a feeling that something or someone is good, valuable or important, shared between two or more people.
- Trust - firm belief in the reliability, truth, ability, or strength or someone or something.
- Honesty - free from fraud or deception: legitimate, truthful.
- Compromise - an agreement or settlement of a dispute that is reached by each side making concessions.
- Understanding - the ability to understand something;
- Empathy - the ability to understand and share the feelings of another.
- Individuality - the quality or character of a particular person or thing that distinguishes them from others or the same kind, especially when strongly marked.

- Boundary - a line that marks the limits of an area; a dividing line.
- Values - the regard that something is held to deserve; the importance, worth, or usefulness of something.
- Beliefs - an acceptance that a statement is true or that something exists.
- Sexually Explicit - for example pictures of sexual activity or of a naked person displaying their genitals, buttocks or breasts. An image leaving little to the imagination can generally be defined as sexually explicit!