

**Family Life and Human Sexuality**  
**Unit Vocabulary**  
**TEACHER RESOURCE**

Grade Level First Introduced	Vocabulary Term	Definition
6	<b>Acceptance</b>	Appreciating other people and situations
6	<b>Adolescence</b>	The stage of life between childhood and adulthood when puberty begins
6	<b>Anus</b>	Where feces (solid waste) comes out of the body
6	<b>Cervix</b>	Opening of the uterus
6	<b>Conception</b>	When the fertilized ovum, or zygote, has implanted in the wall of the uterus
6	<b>Consent</b>	Permission for something to happen or agreement to do something
6	<b>Ejaculation</b>	Forces the semen through the urethra and out of the body
6	<b>Epididymis</b>	Network of tubes where the sperm mature and are stored temporarily
6	<b>Erection</b>	Involuntary process that occurs when the spongy layers inside the penis are engorged with blood and the penis swells and elongates
6	<b>Estrogen</b>	A female sex hormone that produces female secondary sex characteristics and effects the menstrual cycle
6	<b>Fallopian Tube</b>	Carries the egg from the ovaries to the uterus
6	<b>Family</b>	Two or more people who love and take care of each other
6	<b>Fertilization</b>	The joining together of a male sperm cell and a female egg cell

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6	<b>*** Gender Expression ***</b>	The manner in which people outwardly express their gender through, for example, behavior, clothing, haircut, voice or body characteristics
6	<b>*** Gender Identity/ Identification ***</b>	The internal sense that they are female, male or a variation of these
6	<b>Genitals</b>	External Reproductive body parts
6	<b>Hormones</b>	Chemical substances made and released in one part of the body that cause a change in another part of the body
6	<b>Hygiene</b>	The things that you do to keep yourself and your surroundings clean in order to maintain good health
6	<b>Implantation</b>	The attachment of the fertilized ovum to the uterine wall
6	<b>Menstrual Cycle</b>	A recurring cycle where the lining of the uterus prepares for pregnancy
6	<b>Menstruation</b>	Flow of the lining material out of the female
6	<b>Nocturnal Emissions</b>	When a boy releases semen in his sleep
6	<b>Ova</b>	The female reproductive cell (also called the egg cell)
6	<b>Ovary</b>	Stores the ova (egg) and hormones that cause the egg to mature
6	<b>Ovulation</b>	When the ovaries release one mature egg cell each month
6	<b>Penis</b>	The external sexual organ of the male
6	<b>Pituitary Gland</b>	The master gland of the endocrine system that directs growth and development
6	<b>Puberty</b>	The life development stage when sex organs mature into adulthood
6	<b>Progesterone</b>	A hormone that prepares the uterus for the fertilized ovum and maintains pregnancy

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6	<b>Relationship</b>	A connection, association, or involvement between people
6	<b>Reproduction</b>	Sexual activity which results in conception and the production of offspring
6	<b>Scrotum</b>	The sac that contains the testicles
6	<b>Semen</b>	Mixture of sperm and fluid
6	<b>Sexual Intercourse</b>	When the penis is inserted into the vagina
6	<b>*** Sexual Orientation ***</b>	The overall term that is used to describe people's physical and/or romantic attractions to other people
6	<b>Sexuality ***</b>	A person's thoughts, feelings, and behaviors that are influenced by gender and attraction
6	<b>Sperm</b>	The male reproductive cell
6	<b>Testicles</b>	Small glands that produce sperm
6	<b>Testosterone</b>	A male hormone that is released into the blood stream from the testes and causes the male secondary characteristic to develop during puberty
6	<b>Tolerance</b>	Willing to accept feelings, habits or beliefs that are different from your own
6	<b>Urethra</b>	Small tube used for urination
6	<b>Uterus</b>	Shelters and nourishes the growing baby
6	<b>Vagina</b>	Muscular passageway from the uterus to the outside of the body
6	<b>Vas Deferens</b>	Tubes that extend from the epididymis to the urethra

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7	<b>Abstinence</b>	Avoiding high risk behavior, such as the use of tobacco, alcohol, and drugs or engaging in sex
7	<b>*** Adoption ***</b>	When you give birth and then choose someone else to parent your child. It's a permanent, legal agreement where you agree to place your child in the care of another person or family permanently
7	<b>*** Adoptive Family ***</b>	Adults plus adopted children
7	<b>*** Ally ***</b>	Someone who stands with, helps, or advocates for individuals and groups other than their own
7	<b>Anal Sex</b>	Sexual behavior involving penetration of the anus by a penis (penetration is when one thing is inserted into another thing)
7	<b>Barrier Methods</b>	Puts a physical wall (barrier) between sperm and egg so they cannot join
7	<b>*** Biological Sex ***</b>	Being male or female based on a person's genitals
7	<b>*** Bisexual ***</b>	Describes an individual who is sexually attracted to people of both sexes
7	<b>*** Blended family ***</b>	A family with one parent, stepparent, children and stepchildren
7	<b>Cells</b>	Basic unit or building block of life
7	<b>Circumcision</b>	The removal of the foreskin of the penis
7	<b>Clitoris</b>	Sensitive area within the female's reproductive system
7	<b>Condom</b>	A covering for the penis that is made of sheaths of latex or plastic
7	<b>*** Couple family ***</b>	Two people in a relationship
7	<b>Cowper's gland</b>	Produces seminal fluid

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7	<b>Dating Relationship</b>	Two people are spending time together in a close relationship. These relationships can be complex, and usually develop over time and may consist of friendship, romantic love, and/or intimacy involving sexual activity.
7	<b>Embryo</b>	The fertilized cell that is dividing
7	<b>*** Extended family ***</b>	Couple, blended, single parent or nuclear family plus other relatives
7	<b>Fetus</b>	The developing baby after two months
7	<b>Foreskin</b>	Loose skin covering the end of the penis
7	<b>*** Foster Family ***</b>	Adults caring for one or more children born to different parents
7	<b>Gender</b>	A social construct based on emotional, behavioral, and cultural characteristics attached to a person's assigned biological sex. A person's social and/or legal status as male or female
7	<b>*** Heterosexual (Straight) ***</b>	Describes an individual who is sexually attracted to people of the opposite sex
7	<b>*** Homosexual (Gay) ***</b>	Describes an individual who is sexually attracted to people of the same sex
7	<b>Hormonal Methods</b>	Methods of birth control that prevent ovulation, thin the uterine lining, and thicken the mucus in the cervix
7	<b>Hymen</b>	A membrane that partially covers the entrance to the vagina
7	<b>*** Joint-Custody Family ***</b>	Two parents living apart and sharing custody of children.
7	<b>Labia</b>	The two folds of skin on the outside of the female
7	<b>Labia Minora</b>	Helps protect the vagina and urethra
7	<b>Labia Majora</b>	Outer fold of flesh that covers the female's vagina

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7	*** <b>Lesbian</b> ***	A woman who is romantically and/or physically attracted to other women
7	*** <b>LGBTQ+</b> ***	All-inclusive acronym for lesbian, gay, bisexual, transgender, questioning/queer, and other identities
7	*** <b>Masturbation</b> ***	Touching one's own body/genitals for pleasure
7	*** <b>Miscarriage</b> ***	When an embryo or fetus dies before the 20th week of pregnancy
7	*** <b>Nuclear family</b> ***	Two parents plus children
7	<b>Oral Contraceptive (The Pill)</b>	Medicine taken in pill form that contains hormones which prevent pregnancy by preventing ovulation and thickening the cervical mucus
7	<b>Oral Sex</b>	Mouth to genital contact
7	<b>Organs</b>	A part of a living organism that is composed of tissue organized to perform a certain function
7	<b>Placenta</b>	Rich lining of tissue that builds up along the uterine wall
7	<b>Pre-ejaculation fluid</b>	Fluid that is released before an ejaculation which contains sperm
7	<b>Privileges</b>	Are something that is earned, either by age or by completing responsibilities
7	<b>Prostate gland</b>	Produces seminal fluid
7	<b>Questioning</b>	Describes an individual who questions his/her own identity and orientation
7	<b>Responsibilities</b>	Chores or expectations which are required or expected
7	<b>Seminal Vesicle</b>	Produces seminal fluid

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7	<b>Sexting</b>	The sending or receiving of sexually explicit or sexually suggestive images, messages, or videos (this includes texts, emails, and instant messages).
7	<b>Sexually Transmitted Infections (STIs)</b>	Illnesses that pass from one person to another through sexual contact, but they can be prevented  STIs covered in 7 <sup>th</sup> Grade: Genital Herpes, Genital Warts, Gonorrhea, HIV/AIDS, Gonorrhea, Chlamydia, Syphilis, Pubic Lice
7	<b>*** Single-Custody Family ***</b>	Parent living apart and children living with one parent
7	<b>Stereotype</b>	An exaggerated and oversimplified belief about an entire group of people, such as an ethnic or religious group or a gender
7	<b>Tissue</b>	A mass of similar cells that performs a specific function
7	<b>*** Transgender ***</b>	Describes individuals whose gender identity differs from others of their biological sex
7	<b>*** Transitioning ***</b>	The process by which a transgender person lives consistently with their gender identity
7	<b>Umbilical cord</b>	Attaches to the baby's navel and grows out of the placenta
7	<b>Vaginal Sex</b>	Sexual activity involving penetration of the vagina (penetration is when one thing is inserted into another thing)
7	<b>Vulva</b>	The outer part of the female genital organs

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8	<b>*** Asexual***</b>	A person who does not experience sexual attraction, but may experience other forms of attraction (ex. Intellectual, emotional)
8	<b>Birth Control</b>	Ways to alter the conditions necessary for conception and/or pregnancy to occur
8	<b>Birth Defects</b>	Abnormalities present at birth that cause physical and intellectual disability or death

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8	*** <b>Cisgender</b> ***	A person whose gender identity is aligned with their biological sex (or sex assigned at birth)
8	<b>Contraception</b>	Interference with successful fertilization of an ovum by chemical, physical, or surgical methods
8	<b>Contraceptive Implant (Nexplanon)</b>	Flexible, plastic tube that is inserted into the inner, upper arm which releases hormones to prevent pregnancy for up to 5 years
8	<b>Consent</b>	Clear, unambiguous, knowing, informed, and voluntary agreement between all participants to engage in each act within the course of sexual activity
8	<b>Depo-Provera (The Shot)</b>	Hormonal medicine that is injected into the female (a person with a vagina) body every 12 weeks to prevent pregnancy
8	*** <b>Gender Non-Conforming</b> ***	A term for a person who does not behave or express their gender within the stereotypical or expected norms of the gender they were assigned at birth
8	*** <b>Gender Norms</b> ***	The ways people are often expected to act, dress, and look based on their perceived gender and/or sex
8	*** <b>Intersex</b> ***	A general term that encompasses people who are born with chromosomes, hormones, genitalia and or other sex characteristics that are not exclusively male or female
8	<b>Intrauterine Device (IUD)</b>	A hormonal or copper device inserted inside of the uterus to prevent pregnancy for 3 -12 years
8	*** <b>Non-Binary</b> ***	A term for a person who does not fit into the “box” of boy or girl, but may fit in both, neither, or move between the two
8	<b>NuvaRing (Vaginal Ring)</b>	A small flexible ring that is inserted into the vagina once a month which releases hormones to prevent pregnancy
8	<b>Obstetrician</b>	A doctor that cares for with pregnant, childbirth, and postpartum period
8	<b>OrthoEvra (Contraceptive Patch)</b>	A small adhesive square, worn on the skin of a female (person with a vagina), that releases a small amount of hormones to prevent pregnancy by stopping ovulation
8	*** <b>Pansexual</b> ***	A person who is emotionally, romantically and/or physically attracted to people based on their characteristics and traits, not based on their gender and/or sex
8	<b>Prenatal care</b>	Steps that a pregnant female can take to provide for her own health and the health of her baby
8	*** <b>Pronouns</b> ***	Words like “he,” “she,” or “they” that a person uses to refer to

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		someone in addition to using their names
8	*** Queer ***	All-inclusive umbrella term to describe a wide range of identities
8	<b>Spermicide</b>	A substance used to kill or disable sperm to prevent pregnancy
8	*** Tubal Ligation ***	A surgical procedure that permanently closes or blocks the fallopian tubes
8	<b>Ultrasound</b>	A diagnostic test that uses sound waves to create a visual image of the baby, placenta, and uterus.
8	*** Vasectomy ***	Involves cutting the vas deferens so that sperm cannot travel from the testicles to the urethra
8	<b>Withdrawal</b>	Penis is removed from the vagina prior to ejaculation

Grade Level First Introduced	Vocabulary Term	Definition
9	*** Abortion***	A medical intervention that ends a pregnancy
9	<b>Condom</b>	A covering for the penis or inside of the vagina that is made of sheaths of latex or plastic
9	<b>Diaphragm</b>	A dome-shaped, thin, flexible rubber cup that is inserted into the vagina to cover the cervix
9	<b>Emergency Contraceptive Pill</b>	Pills containing hormones that could prevent pregnancy after unprotected intercourse
9	<b>Fertility Awareness Method (FAMs)</b>	Ways to track ovulation to prevent pregnancy. Also called “natural family planning.”
9	<b>Outercourse</b>	Sexual activity without vaginal intercourse or penetration
9	<b>Sterilization</b>	A permanent method of birth control which involves surgery

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## References

Bronson, Mary H. (2009). Glencoe Health: Student Edition. McGrawHill/Glencoe.

Merki, Mary (1999). Teen Health Course 3. Glencoe/McGraw Hill.

Meeks, Linda, Heit, Philip, & Burt, Jonh (1993). *Educations for Sexuality and HIV/AIDS*. Blacklick: Meeks Heit Publishing Company

## Additional Resources:

<https://www.CDC.gov>

<https://www.plannedparenthood.org>

National Sex Education Standards (NSES 2020)

Howard County Public Schools Sexual Health Vocabulary Resource

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