

Family Life and Human Sexuality
Unit Vocabulary
TEACHER RESOURCE

Grade Level First Introduced	Vocabulary Term	Definition
6	Acceptance	Appreciating other people and situations
6	Adolescence	The stage of life between childhood and adulthood when puberty begins
6	Anus	Where feces (solid waste) comes out of the body
6	Cervix	Opening of the uterus
6	Conception	When the fertilized ovum, or zygote, has implanted in the wall of the uterus
6	Consent	Permission for something to happen or agreement to do something
6	Ejaculation	Forces the semen through the urethra and out of the body
6	Epididymis	Network of tubes where the sperm mature and are stored temporarily
6	Erection	Involuntary process that occurs when the spongy layers inside the penis are engorged with blood and the penis swells and elongates
6	Estrogen	A female sex hormone that produces female secondary sex characteristics and effects the menstrual cycle
6	Fallopian Tube	Carries the egg from the ovaries to the uterus
6	Family	Two or more people who love and take care of each other
6	Fertilization	The joining together of a male sperm cell and a female egg cell
6	Gender Expression	The manner in which people outwardly express their gender through, for example, behavior, clothing, haircut, voice or body characteristics
6	Gender Identification	Describes the biological traits of a person or how a person views themselves
6	Gender Identity	The internal sense that they are female, male or a variation of these

6	Genitals	External Reproductive body parts
6	Hormones	Chemical substances made and released in one part of the body that cause a change in another part of the body
6	Hygiene	The things that you do to keep yourself and your surroundings clean in order to maintain good health
6	Menstrual Cycle	A recurring cycle where the lining of the uterus prepares for pregnancy
6	Menstruation	Flow of the lining material out of the female
6	Nocturnal Emissions	When a boy releases semen in his sleep
6	Ova	The female reproductive cell (also called the egg cell)
6	Ovary	Stores the ova (egg) and hormones that cause the egg to mature
6	Ovulation	When the ovaries release one mature egg cell each month
6	Penis	The external sexual organ of the male
6	Pituitary Gland	The master gland of the endocrine system that directs growth and development
6	Puberty	The life development stage when sex organs mature into adulthood
6	Progesterone	A hormone that prepares the uterus for the fertilized ovum and maintains pregnancy
6	Relationship	A connection, association, or involvement between people
6	Reproduction	Sexual activity which results in conception and the production of offspring
6	Scrotum	The sac that contains the testicles
6	Semen	Mixture of sperm and fluid
6	Sexual Intercourse	When the penis is inserted into the vagina
6	Sexual Orientation	The overall term that is used to describe people's physical and/or romantic attractions to other people

6	Sexuality	A person's thoughts, feelings, and behaviors that are influenced by gender and attraction
6	Sperm	The male reproductive cell
6	Testicles	Small glands that produce sperm
6	Testosterone	A male hormone that is released into the blood stream from the testes and causes the male secondary characteristic to develop during puberty
6	Tolerance	Willing to accept feelings, habits or beliefs that are different from your own
6	Urethra	Small tube used for urination
6	Uterus	Shelters and nourishes the growing baby
6	Vagina	Muscular passageway from the uterus to the outside of the body
6	Vas Deferens	Tubes that extend from the epididymis to the urethra

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7	Abstinence	Avoiding high risk behavior, such as the use of tobacco, alcohol, and drugs or engaging in sex
7	Adoption	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	Adoptive Family	Adults plus adopted children
7	Ally	Someone who stands with, helps, or advocates for individuals and groups other than their own
7	Anal Sex	Sexual behavior involving penetration of the anus by a penis (penetration is when one thing is inserted into another thing)
7	Barrier Methods	Puts a physical wall (barrier) between sperm and egg so they cannot join
7	Biological Sex	Being male or female based on a person's genitals
7	Bisexual	Describes an individual who is sexually attracted to people of both sexes

7	Blended family	A family with one parent, stepparent, children and stepchildren
7	Cells	Basic unit or building block of life
7	Circumcision	The removal of the foreskin of the penis
7	Clitoris	Sensitive area within the female's reproductive system
7	Couple family	Two people in a relationship
7	Cowper's gland	Produces seminal fluid
7	Dating Relationship	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	Embryo	The fertilized cell that is dividing
7	Extended family	Couple, blended, single parent or nuclear family plus other relatives
7	Fetus	The developing baby after two months
7	Foreskin	Loose skin covering the end of the penis
7	Foster Family	Adults caring for one or more children born to different parents
7	Gender	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	Heterosexual (Straight)	Describes an individual who is sexually attracted to people of the opposite sex
7	Homosexual (Gay)	Describes an individual who is sexually attracted to people of the same sex
7	Hormonal Methods	Methods of birth control that prevent ovulation, thin the uterine lining, and thicken the mucus in the cervix
7	Hymen	A membrane that partially covers the entrance to the vagina
7	Joint-Custody Family	Two parents living apart and sharing custody of children.
7	Labia	The two folds of skin on the outside of the female

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

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

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8	Asexual	A person who does not experience sexual attraction, but may experience other forms of attraction (ex. Intellectual, emotional)
8	Birth Control	Ways to alter the conditions necessary for conception and/or pregnancy to occur
8	Birth Defects	Abnormalities present at birth that cause physical and intellectual disability or death
8	Cisgender	A person whose gender identity is aligned with their biological sex (or sex assigned at birth)
8	Contraception	Interference with successful fertilization of an ovum by chemical, physical, or surgical methods
8	Contraceptive Implant (Nexplanon)	Flexible, plastic tube that is inserted into the inner, upper arm which releases hormones to prevent pregnancy for up to 5 years

8	Consent	Clear, unambiguous, knowing, informed, and voluntary agreement between all participants to engage in each act within the course of sexual activity
8	Depo-Provera (The Shot)	Hormonal medicine that is injected into the female (a person with a vagina) body every 12 weeks to prevent pregnancy
8	Gender Non-Conforming	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	Gender Norms	The ways people are often expected to act, dress, and look based on their perceived gender and/or sex
8	Intersex	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	Intrauterine Device (IUD)	A hormonal or copper device inserted inside of the uterus to prevent pregnancy for 3 -12 years
8	Non-Binary	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	NuvaRing (Vaginal Ring)	A small flexible ring that is inserted into the vagina once a month which releases hormones to prevent pregnancy
8	Obstetrician	A doctor that cares for with pregnant, childbirth, and postpartum period
8	OrthoEvra (Contraceptive Patch)	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	Pansexual	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	Prenatal care	Steps that a pregnant female can take to provide for her own health and the health of her baby
8	Pronouns	Words like “he,” “she,” or “they” that a person uses to refer to someone in addition to using their names
8	Queer	All-inclusive umbrella term to describe a wide range of identities
8	Spermicide	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	Ultrasound	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	Withdrawal	Penis is removed from the vagina prior to ejaculation

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

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 (NSE 2020)

Howard County Public Schools Sexual Health Vocabulary Resource