

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 Identity/ Identification	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	Implantation	The attachment of the fertilized ovum to the uterine wall
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	Condom	A covering for the penis that is made of sheaths of latex or plastic
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
		The sending or receiving of sexually explicit or sexually suggestive

7	Sexting	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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Grade Level First Introduced	Vocabulary Term	Definition
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	Pre-Exposure Prophylaxis (PrEP)	A prescription medicine taken to prevent a person from getting HIV
9	Post-Exposure Prophylaxis (PEP)	A medication given within 72 hours of possible exposure to HIV to prevent the person from getting HIV
9	Sterilization	A permanent method of birth control which involves surgery

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10	Safe Haven Law	A distressed parent, who is unable or unwilling to care for their infant, can safely give up custody of their baby, with no questions asked. Under this law, newborns can be anonymously left at hospitals or law enforcement stations up to 10 days from the birth. If the baby is unharmed, the person who invokes Safe Haven is immune from civil liability or criminal prosecution. (U.S. Department of Human Services)
10	Sexual Behavior	How a person chooses to act on their feelings of attraction towards others

References

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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.CDC.gov)

<https://www.plannedparenthood.org>

National Sex Education Standards (NSES 2020)

Howard County Public Schools Sexual Health Vocabulary Resource

U.S. Department of Human Services