



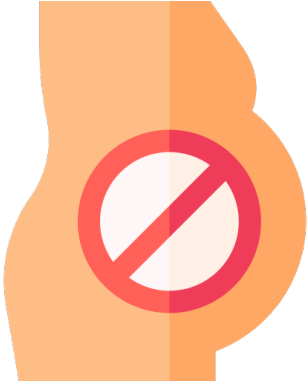
**Developmental
Disabilities
Planning Council**

Easy Read Edition

A Self-Advocate's Guide to Safer Sex

Words to Know

Words to Know



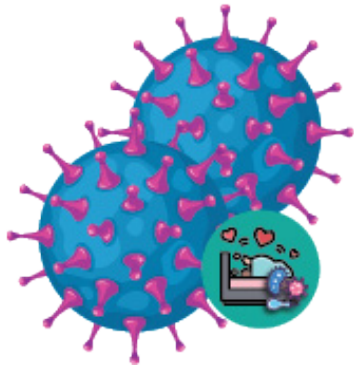
abortion

When a person decides to end their pregnancy without giving birth. After getting an abortion, a person is not pregnant anymore. (Parts 3, 7)



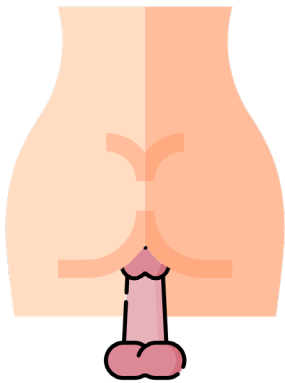
age of consent

The youngest a person can be and still consent to sex. (Part 8)



AIDS

A disease caused by HIV. People with AIDS can get very sick. (Part 5)



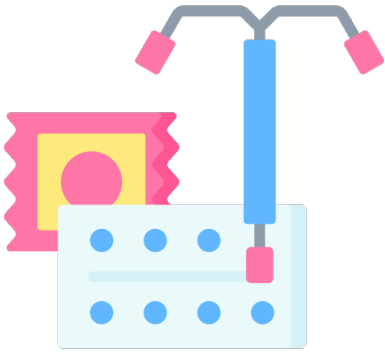
anal sex

When a person puts their penis or a sex toy inside someone else's anus (butt). (Parts 2, 5, 9)



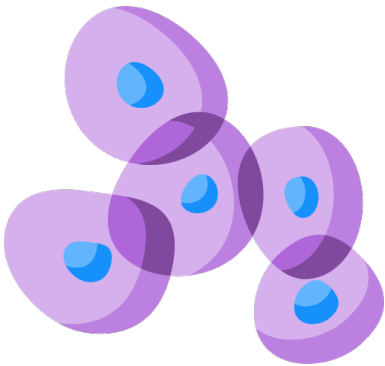
asexual

Someone who does not have sexual feelings towards anyone else (Part 1)



birth control

Medication that makes it so someone cannot get pregnant as long as they keep taking it. Birth control is also called contraception.(Parts 3, 7, 8)



cells

Tiny living organisms. The human body is made up of cells. (Parts 3, 5)



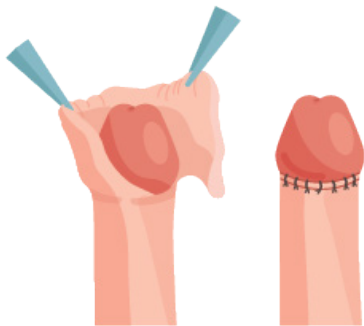
cervix

An internal body part. The area where the vagina meets the uterus. (Parts 2, 7)



chlamydia

An STI. Many times, people who have chlamydia have no symptoms and do not know they have an STI. Chlamydia can be cured with medication. (Part 4)



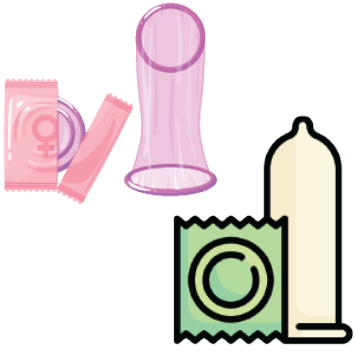
circumcision

Having your foreskin removed. (Part 2)



clitoris

An external body part. A body part that helps with sexual pleasure. The clitoris is just above the top of the inner labia. (Part 2)



condoms

Thin sheaths of material that go over the penis or in the vagina or anus (butt). Condoms can prevent pregnancy and STIs. (Parts 3, 4, 5, 8)



consent

Saying yes to something. (Parts 8, 9)



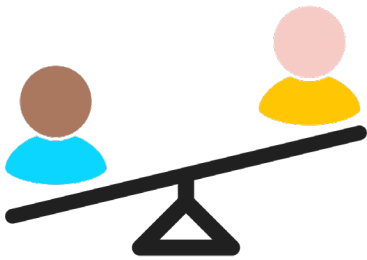
curable

When a disease is curable, you can take medication to get rid of the disease germs completely from your body. (Parts 4, 5)



dental dams

Thin sheets of flexible material, usually made out of rubber latex. You can put a dental dam over the opening of the vagina when you are having mouth-to-vagina or vagina-to-vagina sex. Dental dams can prevent STIs. You can also make dental dams out of a condom or a disposable glove. (Parts 4, 5)



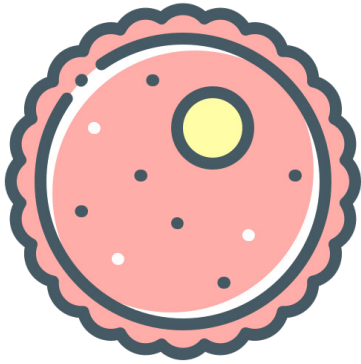
disparity

An unfair difference between two groups. (Part 5)



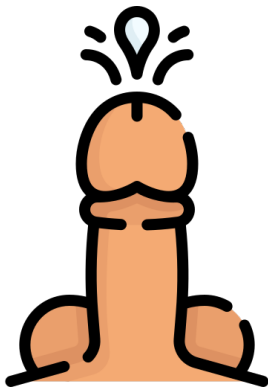
domestic violence

Abuse that happens within romantic or intimate relationships. (Part 9)



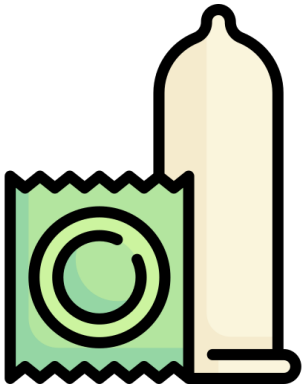
eggs

One of the two types of cells involved in pregnancy. People with vaginas generally make eggs. (Parts 2, 3)



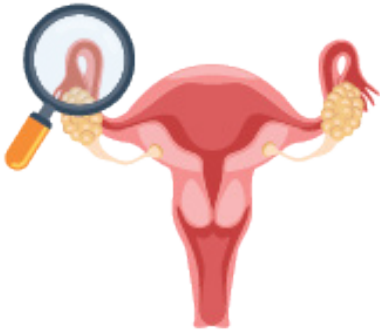
ejaculation

When sperm comes out of a penis. (Part 3)



external condoms

Condoms that go over the penis or a sex toy shaped like a penis. External condoms are sometimes called “male” condoms.
(Part 3)



Fallopian tubes

An internal body part. The body parts that connect the ovaries to the uterus. (Parts 2, 3)



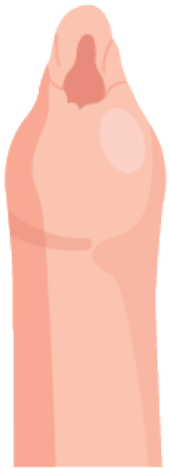
fertilization

When an egg and a sperm meet. (Part 3)



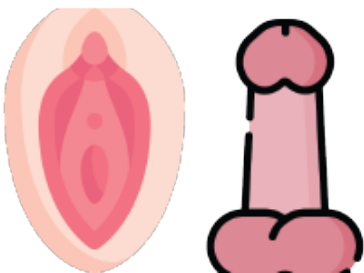
fetus

The new human that grows inside a person when the person is pregnant. (Parts 2, 3, 5)



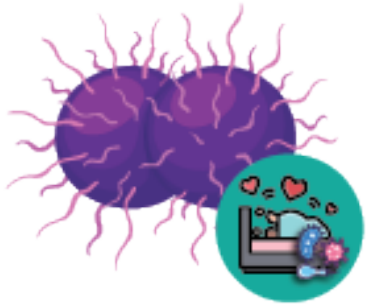
foreskin

An external body part. A piece of skin that surrounds the tip of the penis. (Part 2)



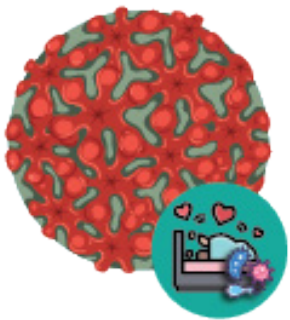
genitals

The parts of your body you use in sex and having children. (Parts 2, 4, 7, 8, 9)



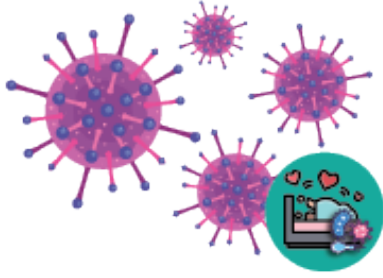
gonorrhea

An STI. Many times, people who have gonorrhea have no symptoms and do not know they have an STI. Gonorrhea can be cured with medication. (Part 4)



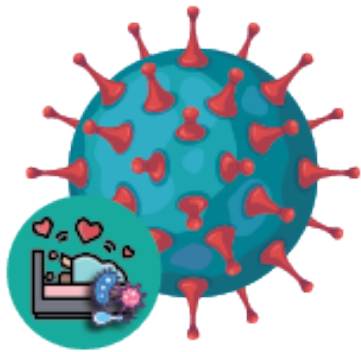
hepatitis B

An STI that can hurt your liver. Your liver is an organ in your body. There is no cure for hepatitis B but it can be treated with medication and prevented with a vaccine. (Part 4)



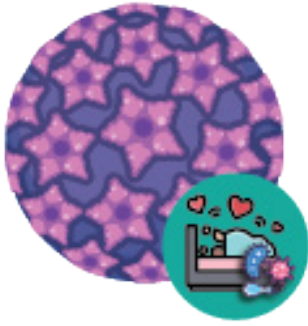
herpes

An STI that causes sores on the genitals. There is no cure for herpes, but it can be treated with medications. (Part 4)



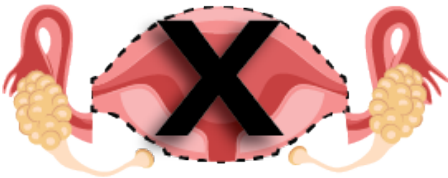
HIV

An STI that makes it hard for your body to fight off germs. HIV cannot be cured, but it can be prevented and treated with medication. (Parts 4, 5)



HPV

An STI that causes warts on the genitals. Most types of HPV are harmless and go away on their own, but some types can cause cancer. There is no cure for HPV but it can be prevented with a vaccine. (Part 4)



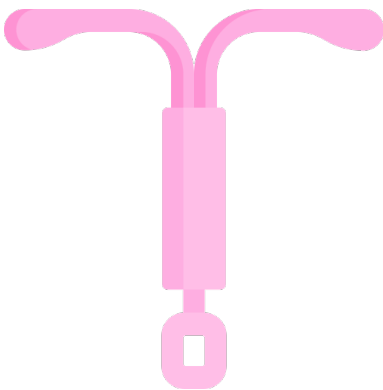
hysterectomy

A kind of sterilization that people with a uterus can get. Hysterectomy is when a doctor removes the uterus completely so that sperm cannot get through to meet with an egg. (Part 3)



internal condoms

Condoms that go inside someone's vagina or rectum (butt). Internal condoms are sometimes called "female" condoms. (Part 3)



intrauterine device (IUD)

A small device that goes inside your uterus to prevent pregnancy. (Part 3)



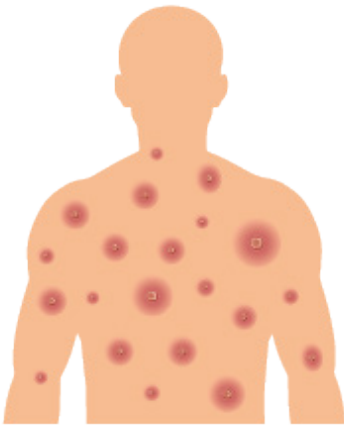
labia

An external body part. The fat and tissue around the opening of the vagina. (Part 2)



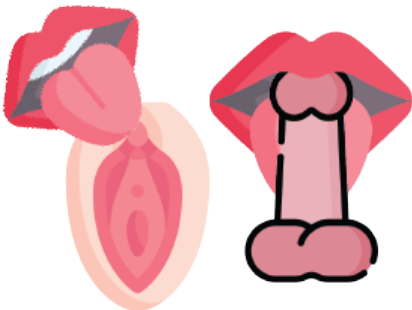
medication abortion

When a pregnant person takes pills to end their pregnancy. (Part 3)



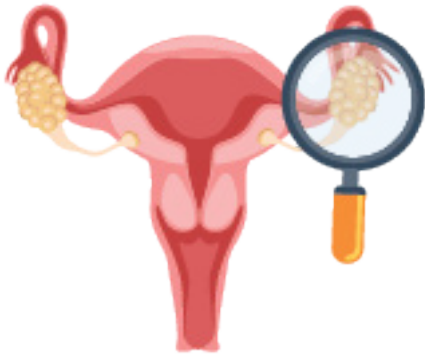
Mpox

A disease that causes painful sores on your body. Mpox is also called monkeypox. (Part 6)



oral sex

When someone puts their mouth on someone's genitals (sexual body parts), like their penis or vagina. (Parts 2, 4, 5, 8, 9)



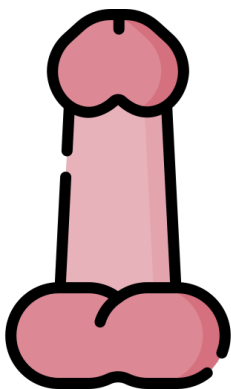
ovaries

An internal body part. Where eggs develop inside a person. (Parts 2, 3)



ovulation

When an egg comes out of a person's ovary and goes into their Fallopian tube. (Part 3)



penis

An external body part. The penis is the part of the body that sperm and urine (pee) come out of. (Parts 2, 3, 4, 5, 7, 9)



post-exposure prophylaxis

A medication you take after you were exposed to HIV to prevent you from getting HIV. (Part 5)



power imbalance

When one person has a lot more power than the other (Part 8)



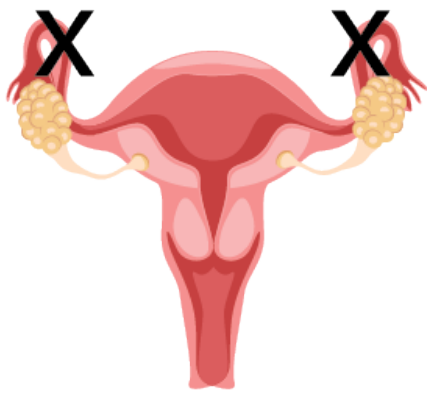
pre-exposure prophylaxis (PrEP)

A medication that can prevent you from getting HIV. You take PrEP every day as a pill or get it as a shot every 2 months. (Parts 5, 8)



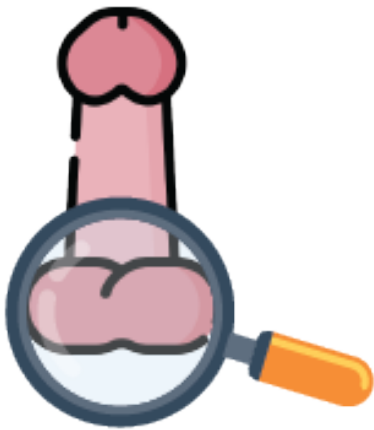
prevent

To stop something from happening in the first place. (Parts 3, 4, 5, 6)



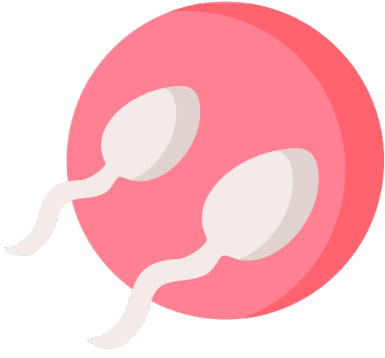
salpingectomy

A kind of sterilization that people with Fallopian tubes can get. Salpingectomy is when a doctor removes the Fallopian tubes completely so that sperm cannot get through to meet with an egg. (Part 3)



scrotum

An external body part. The scrotum is a bag made out of skin that holds the testicles. (Part 2)



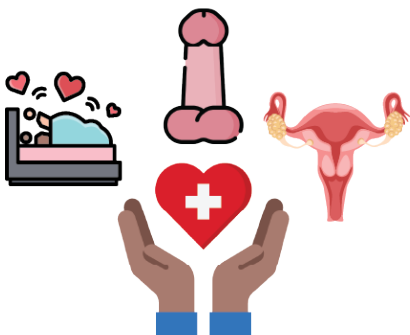
semen

A bodily fluid that contains sperm. (Parts 2, 3)



sex

Different sexual activities that people can do together. (Parts 1, 2, 3, 4, 5, 6, 7, 8, 9)



sexual and reproductive health care

care to make sure your genitals and reproductive system are healthy. (Parts 7)



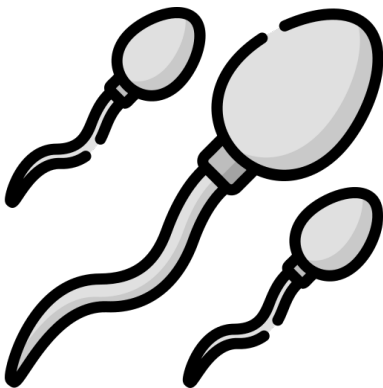
sexual assault

Having sex with someone without their consent. (Parts 8, 9)



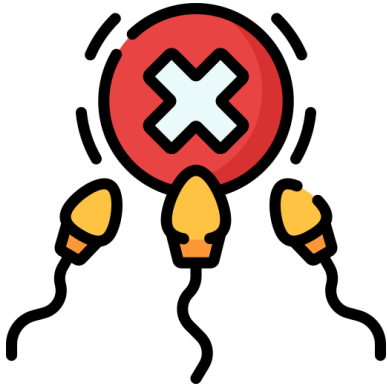
sexually transmitted infections (STIs)

Germes you can get from having sex. Some people call sexually transmitted infections “sexually transmitted diseases,” or STDs. (Parts 1, 3, 4, 5, 6, 7, 8, 9)



sperm

One of the two types of cells involved in pregnancy. People with penises generally make sperm. (Parts 2, 3)



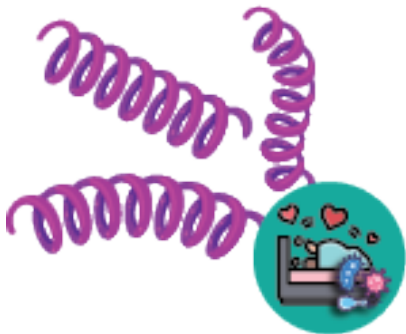
sterilization

When someone has surgery so they cannot get pregnant or get someone else pregnant anymore.(Part 3)



surgical abortion

When a pregnant person has surgery to end their pregnancy. (Part 3)



syphilis

An STI that causes sores on the genitals and can damage other parts of your body if you do not get it treated. Syphilis can be cured with medication. (Part 4)



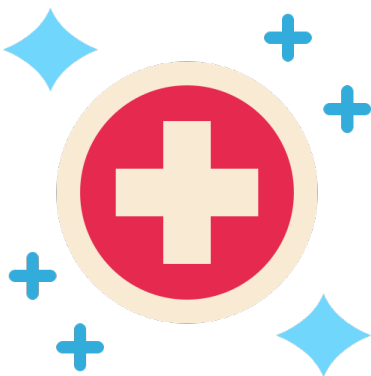
testicles

An internal body part. The testicles make sperm. (Part 2)



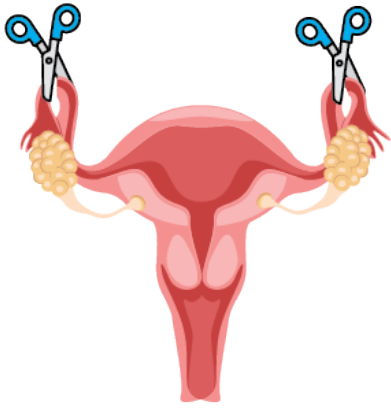
transmisogyny

Bad treatment of transgender women. (Part 5)



treatable

When a disease is treatable, it means you can take medication to help get rid of the symptoms of that disease. (Parts 4, 5)



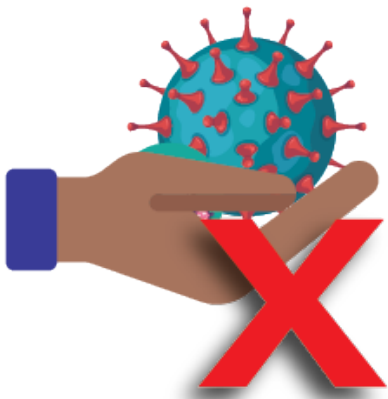
tubal ligation

A kind of sterilization that people with Fallopian tubes can get. Tubal ligation is when a doctor cuts or ties the Fallopian tubes so that sperm cannot get through to meet with an egg. (Part 3)



undetectable

When someone with HIV has so little HIV in their blood that an HIV test cannot find it.(Part 5)



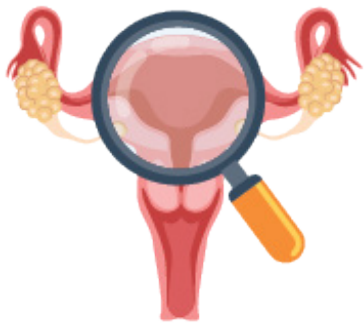
untransmittable

When you cannot give HIV to a sexual partner, even if you have sex without condoms or PrEP. (Part 5)



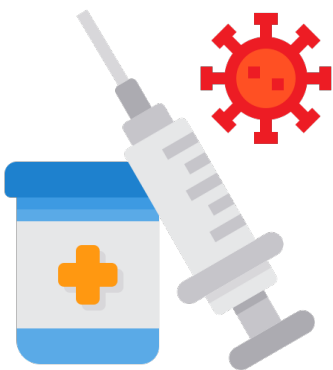
urethra

An internal body part. A tube inside the body that carries urine from the bladder to out of the body. In people with vaginas, the opening of the urethra is part of the vulva, between the opening of the vagina and the clitoris. In people with penises, the urethra also carries semen out of the body, and is located inside the penis. (Part 2)



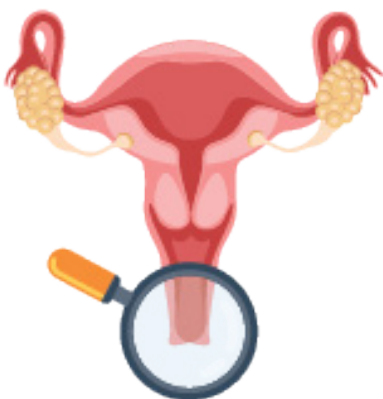
uterus

An internal body part. The uterus is where a fetus grows when a person is pregnant. (Parts 2, 3)



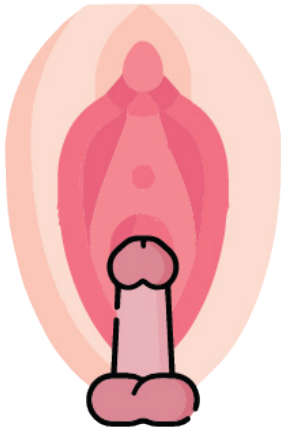
vaccines

Shots doctors give us to keep us from getting sick. (Parts 4, 6)



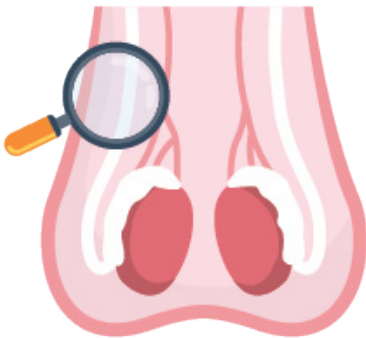
vagina

An internal body part. The vagina is where a person who gets a period menstruates or bleeds from and where a baby comes out of during birth. (Parts 2, 3, 4, 5, 7, 9)



vaginal sex

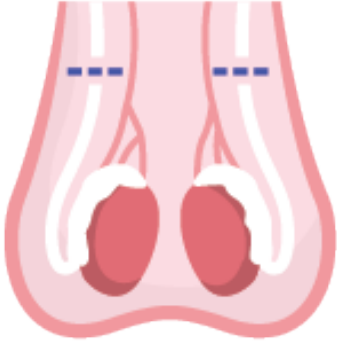
When someone puts their penis or a sex toy inside someone else's vagina. (Parts 2, 3, 5, 9)



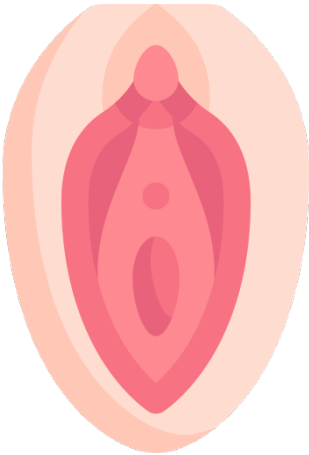
vas deferens

An internal body part. The vas deferens are tubes that carry sperm out of the testicles and up into the body. (Parts 2, 3)

vasectomy

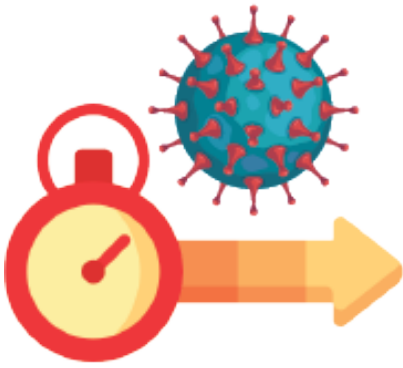


A kind of sterilization that people with a penis can get. Vasectomy is when a doctor cuts or ties the vas deferens (tubes that bring sperm from the testicles to the penis) so that a person cannot ejaculate sperm any more. (Part 3)



vulva

The external (outside) genitals of a person who has a vagina. (Parts 2, 9).



window period

The time between when you might have gotten HIV and when a test can look for HIV. (Part 5)