

# Glossary

**Adolescence:** The time between puberty and adulthood.

**Cervix:** The lower portion of the uterus, which protrudes into the vagina.

**Circumcision:** For males, it is the removal of all or part of the foreskin of the penis. For females, it is the removal of the clitoris or removal of the clitoris and labia at birth, during childhood, or at puberty.

**Clitoris:** A small organ at the upper part of the labia that is sensitive to stimulation.

**Egg:** A female sex cell.

**Ejaculation:** Forceful release of seminal fluid from the penis.

**Epididymis:** Organ where sperm mature after they are produced in the testicles.

**Erection:** Hardening of the penis.

**Fallopian tubes:** Tubes that carry eggs from the ovaries to the uterus.

**Fertility:** Ability to produce offspring (children).

**Fertilization:** Union of the egg with the sperm.

**Fetus:** The product of conception from the end of the eighth week of pregnancy to the moment of birth.

**Foreskin:** Loose skin covering the end of the penis.

**Genitals:** Reproductive organs.

**Glans:** The end, or head, of the penis.

**Growth spurt:** A rapid increase in height and weight, which typically occurs during puberty.

**Hormones:** Special chemicals secreted by endocrine glands that cause changes in specific areas of the body.

**Labia majora (outer lips):** Two folds of skin (one on either side of the vaginal opening) that cover and protect the genital structures, including the vestibule.

**Labia minora (inner lips):** Two folds of skin between the labia majora and the vestibule that extend from the clitoris on each side of the urethral and vaginal openings.

**Masturbation:** Touching yourself for sexual pleasure.

**Menopause:** The stage at which menstrual activity ends.

**Menstrual cycle:** The period of time measured from the first day of the menstrual period through the series of regularly occurring changes in the ovaries and uterus to the first day of the next menstrual period.

**Menstruation:** The monthly discharge of blood and tissue from the lining of the uterus.

**Nocturnal emission (wet dream):** The passing of semen from the urethra during sleep.

**Ovaries:** Two glands that contain thousands of immature egg cells. Each month an egg ripens and breaks out of its sac, a process called ovulation.

**Ovulation:** The periodic release of a mature egg from an ovary.

**Penis:** External male organ through which semen or urine leave the body.

**Premenstrual syndrome (PMS):** Symptoms such as cramps, tension, anxiety, breast tenderness, and bloating, which begin several days prior to the onset of menstruation and subside when menstruation begins.

**Prostate gland:** This gland produces a thin, milky fluid that becomes part of the semen.

**Puberty:** The period of life during which an individual becomes capable of reproduction.

**Pubic hair:** Hair over the pubic bone, which appears at the onset of sexual maturity.

**Reproduction:** The process of conceiving and bearing children.

**Scrotum:** The pouch of skin behind the penis that holds the testicles.

**Secretion:** The process by which glands release certain materials into the bloodstream or outside the body.

**Semen:** The fluid that leaves a man's penis when he ejaculates.

**Seminal vesicles:** Small glands that produce a thick, sticky fluid that carries the sperm.

**Sexual intercourse:** The erect penis of the male entering the vagina of the female.

**Sperm:** A male sex cell.

**Testicles (testes):** Male reproductive glands that produce sperm.

**Uterus:** The small, hollow, muscular female organ where the fetus is held and nourished, from the time of implantation until birth.

**Urethra:** A canal that carries urine from the bladder to the urinary opening in both males and females. In males, the urethra also carries semen.

**Urethral or urinary opening:** The spot from which a man or woman urinates.

**Vagina:** The canal that forms the passageway from the uterus to the outside of the body.

**Vaginal discharge (secretion):** A normal, white or yellowish fluid from the cervical canal or vagina.

**Vaginal opening:** Opening from the vagina where menstrual blood leaves the body.

**Vas deferens:** The long, thin tubes that transport sperm away from the epididymis.

**Vestibule:** The area of the external female genitalia that includes the vaginal and urethral opening.

**Virgin:** A person who has not had sexual intercourse.

**Vulva:** The external genital organs of the female, including the labia majora, labia minora, clitoris, and vestibule of the vagina.

**Wet dream (nocturnal emission):** The passing of semen from the urethra during sleep.



## Organizations and Reproductive Health Web Sites

### **Institute for Reproductive Health (Institute)**

Part of Georgetown University, the Institute conducts research, advances scientific information, and provides policy support in natural methods of family planning and fertility awareness.

*Institute for Reproductive Health, Georgetown University, 4301 Connecticut Avenue, NW, Suite 310, Washington, DC 20008 USA; Telephone: 202-687-1392; Facsimile: 202-537-7450; Web site: [www.irh.org](http://www.irh.org)*

### **Family Health International (FHI)**

FHI works to improve reproductive and family health around the world through biomedical and social science research, innovative health service delivery interventions, training, and information programs.

FHI leads YouthNet, a global program committed to improving the reproductive health and HIV prevention behaviors of youth 10 to 24 years old. YouthNet collaborates with youth, parents, religious and community leaders, policy-makers, schools, health professionals, employers, the media, nongovernmental organizations (NGOs), and other youth networks to improve the reproductive health of young people worldwide.

*FHI Headquarters, P.O. Box 13950, Research Triangle Park, NC 27709 USA; Telephone: 919-544-7040; Facsimile: 919-544-7261; or FHI HIV/AIDS and YouthNet Departments, 2101 Wilson Boulevard, Suite 700, Arlington, VA 22201 USA; Telephone: 703-516-9779; Facsimile: 703-516-9781; Web site: [www.fhi.org](http://www.fhi.org)*

### **Advocates for Youth**

This organization is dedicated to creating programs and advocating for policies that help young people make informed and responsible decisions about their reproductive and sexual health.

*Advocates for Youth, 1025 Vermont Avenue, NW, Suite 200, Washington, DC 20005 USA; Telephone: 202-347-5700; Facsimile: 202-347-2263; Web site: [www.advocatesforyouth.org](http://www.advocatesforyouth.org)*

**Alan Guttmacher Institute (AGI)**

AGI's mission is to protect the reproductive choices of women and men in the United States and around the world. AGI seeks to inform individual decision-making, encourage scientific inquiry, enlighten public debate, and promote the formation of sound public- and private-sector programs and policies.

*Alan Guttmacher Institute Headquarters, 120 Wall Street, 21st Floor, New York, NY 10005 USA; Telephone: 212-248-1111; Facsimile: 212-248-1951; or 1120 Connecticut Avenue, NW, Suite 460, Washington, DC 20036 USA; Telephone: 202-296-4012; Facsimile: 202-223-5756; Web site: [www.agi-usa.org](http://www.agi-usa.org)*

**Centers for Disease Control and Prevention (CDC)**

CDC's mission is to promote health and quality of life by preventing and controlling disease, injury, and disability.

*Centers for Disease Control and Prevention, 1600 Clifton Road, Atlanta, GA 30333 USA; Telephone: 800-311-3435; Facsimile: 770-488-3110; Web site: [www.cdc.gov](http://www.cdc.gov)*

**International Planned Parenthood Federation (IPPF)**

IPPF and its member Associations are committed to promoting the right of women and men to decide freely the number and spacing of their children and the right to the highest possible level of sexual and reproductive health. IPPF links with autonomous national Family Planning Associations (FPAs) in over 180 countries worldwide.

*International Planned Parenthood Federation, IPPF Public Affairs Department, Regent's College, Inner Circle, Regent's Park, London NW1 4NS, UK; Telephone: 44-171-487-7900; Facsimile: 44-171-487-7950; Web site: [www.ippf.org](http://www.ippf.org)*

**National Campaign to Prevent Teen Pregnancy**

This organization is dedicated to preventing teen pregnancy by supporting values and encouraging acts that are consistent with a pregnancy-free adolescence.

*National Campaign to Prevent Teen Pregnancy, 1776 Massachusetts Avenue, NW, Suite 200, Washington, DC 20036 USA; Telephone: 202-478-8500; Facsimile: 202-478-8588; Web site: [www.teenpregnancy.org](http://www.teenpregnancy.org)*

**Pathfinder International**

Pathfinder International provides women, men, and adolescents throughout the developing world with access to quality family planning information and services. Pathfinder works to halt the

spread of HIV/AIDS, provide care to women suffering from the complications of unsafe abortion, and advocate for sound reproductive health policies in the United States and abroad. Pathfinder also implemented the FOCUS on Young Adults program which worked to improve the health and well-being of young adults in developing countries through the creation and strengthening of effective reproductive health initiatives.

*Pathfinder International, 9 Galen Street, Suite 217, Watertown, MA 02472 USA; Telephone: 617-924-7200; Facsimile: 617-924-3833; Web site: [www.pathfind.org](http://www.pathfind.org)*

### **Planned Parenthood Federation of America (PPFA)**

PPFA is the world's largest and most trusted voluntary reproductive health care organization. PPFA believes in the fundamental right of individuals to manage their own fertility regardless of income, marital status, race, age, sexual orientation, and national origin. PPFA believes that reproductive self-determination must be voluntary and preserve the individual's right to privacy.

*Planned Parenthood Federation of America, 810 Seventh Avenue, New York, NY 10019 USA; Telephone: 212-541-7800 or 800-230-PLAN refers you to your local Planned Parenthood organization; Facsimile: 212-245-1845; Web site: [www.plannedparenthood.org](http://www.plannedparenthood.org)*

### **Reproductive Health Gateway**

The Health Information Publications Network (HIPnet) has developed the Reproductive Health Gateway, a powerful one-stop on-line search site that searches through more than 20,000 pages in over two dozen Web sites selected for information on reproductive health.

*Web site: <http://www.rhgateway.org>*

### **Reproline®**

ReproLine® is a free source of up-to-date information on selected reproductive health topics, including family planning. It is designed for policy-makers with technical or clinical backgrounds involved in setting policy for service delivery. ReproLine® is managed by the JHPIEGO Corporation.

*Web site: <http://www.reproline.jhu.edu>*

### **Sexuality Information and Education Council of the United States (SIECUS)**

The mission of SIECUS is to affirm that sexuality is a natural and healthy part of living; to develop, collect, and disseminate

information; to promote comprehensive education about sexuality; and to advocate the right of individuals to make responsible sexual choices.

*Sexuality Information and Education Council of the United States Headquarters, 130 West 42nd Street, Suite 350, New York, NY 10036-7802 USA; Telephone: 212-819-9770; Facsimile: 212-819-9776; or 1706 R Street, Washington, DC 20009 USA; Telephone: 202-265-2405; Facsimile: 202-462-2340; Web site: [www.siecus.org](http://www.siecus.org)*

### **United Nations Population Fund (UNFPA)**

UNFPA helps developing countries find solutions to their population problems. It is the largest international source of population assistance. UNFPA has a number of resources and programs in reproductive health including family planning and sexual health.

*United Nations Population Fund, 220 East 42nd Street, New York, NY, 10017 USA; Telephone: 212-297-5020; Facsimile: 212-557-6416; Web site: [www.unfpa.org](http://www.unfpa.org)*

### **Web Sites for Youth**

**Girls Incorporated:** [www.girlsinc.org/ic/](http://www.girlsinc.org/ic/)

This site is from a U.S. nonprofit, youth organization dedicated to inspiring all girls to be strong, smart, and bold.

**Go Ask Alice:** [www.goaskalice.columbia.edu](http://www.goaskalice.columbia.edu)

This site has questions and answers on relationships, sexuality, and sexual health issues.

**I Wanna Know:** [www.iwannaknow.org](http://www.iwannaknow.org)

This site offers information on STIs, basics about body changes, and advice on how to deal with peer pressure.

**It's Your (Sex) Life:** [www.itsyoursexlife.com](http://www.itsyoursexlife.com)

This site provides reliable, objective sexual health information for young adults.

**Mezzo:** [www.ippf.org/mezzo/index.htm](http://www.ippf.org/mezzo/index.htm)

This site is an on-line guide to love and relationships for young people by young people.

**Sex Etc.:** [www.sexetc.org](http://www.sexetc.org)

This site helps youth become sexually healthy people and avoid pregnancy and disease during their teenage years.

**Teenwire:** [www.teenwire.com](http://www.teenwire.com)

This site gives you information on young men's and women's bodies, how not to have sex if you do not want it, safer sex, and dealing with breaking up.

**Voices of Youth:** [www.unicef.org/voy/](http://www.unicef.org/voy/)

This site has discussion forums on how the world can become a place where the rights of every child are protected.

**X-press:** [www.ippf.org/x-press/index.htm](http://www.ippf.org/x-press/index.htm)

This site is IPPF's newsletter by and for young people.

**Yo! Youth Outlook:** [www.pacificnews.org/yo/](http://www.pacificnews.org/yo/)

This site is a monthly newspaper by and about young people.

**Youth HIV:** [www.youthhiv.org](http://www.youthhiv.org)

This site includes information on living with HIV infection.

**Youthshakers:** [www.youthshakers.org](http://www.youthshakers.org)

This site is a global network of youth working to promote positive sexual health through providing sexual health information, peer education, and youth leadership development.