

## RSE Terminology

Here is a list of child-friendly definitions to support with the discussions and questions that may arise when delivering RSE sessions in school. Best practise is to ensure correct child-friendly terminology is used, as opposed to slang words.

Word	Definition
<b>Anus</b>	The opening from the rectum through which faeces (poo) leaves the body. The opening on a person's bottom.
<b>Breasts</b>	A female's chest after puberty. A set of glands on a female's chest; breasts can produce milk after a woman gives birth. Males also have breasts, but they do not produce milk.
<b>Cervix</b>	The lower part of the uterus that connects to the vagina. Sometimes known as the neck of the womb.
<b>Ejaculation</b>	The release of semen, which contains sperm, from the tip of the penis during orgasm. Some women can also ejaculate during orgasm when fluid is released from the urethra. (This fluid is not urine).
<b>Erection</b>	An erection is when a penis is hard because it fills with blood. Erections happen more regularly during puberty.
<b>Genitals</b>	These parts are often called the private parts. The external sexual and reproductive organs of both males and females; the vagina, labia and clitoris of a female and the penis and scrotum of a male.
<b>Menstruation</b>	Often called a period. When the blood and tissue lining of the uterus sheds and comes out of the vagina, usually once every month.
<b>Nipples (Link to Breast Feeding)</b>	The small projection in female breasts, which milk can be secreted.
<b>Orgasm</b>	A strong pleasurable sensation that can occur at the climax of sexual excitement
<b>Oral Sex</b>	Using the mouth and/or tongue to stimulate the genitals of a partner.
<b>Ovulation</b>	The release of an ovum (egg) from an ovary each month.
<b>Ovary</b>	An organ in a female's body that produces, stores and, once a month, releases ova (eggs). Females are usually born with two ovaries. Ovaries also produce hormones including progesterone, oestrogen and testosterone.
<b>Penis</b>	A male's reproductive and sex organ that is made of spongy tissue that fills with blood during sexual excitement and becomes hard (also known as an erection). Urine and semen

	pass through the penis through a tube called the urethra. Urine comes out when the penis is soft and semen sometimes comes out when the penis is erect.
<b>Semen</b>	The whitish, sticky fluid that is released from a penis during ejaculation. One teaspoon of semen can contain around 300 million sperm.
<b>Sexual Intercourse</b>	When a penis is inserted into a vagina. Sexual intercourse can mean other kinds of intercourse too.
<b>Testicle</b>	The gland in which sperm and the hormone testosterone are produced.
<b>Vagina</b>	A stretchy muscular tube inside the female body that extends from the vulva to the cervix.
<b>Vulva</b>	The external (outside) part of a female's genital parts.
<b>Wet Dream</b>	This is the release of semen from a male's penis which he is sleeping, most commonly during puberty.