



TRASE

Training in Sexual Education for People with Mental Disabilities

Sex and Relationships

Word Bank

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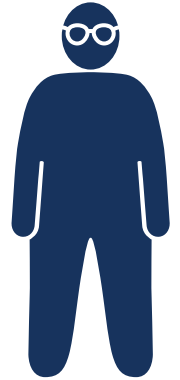
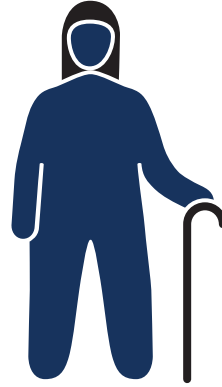
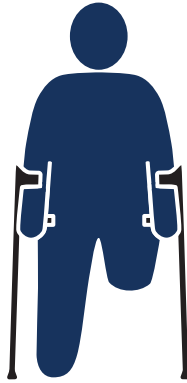
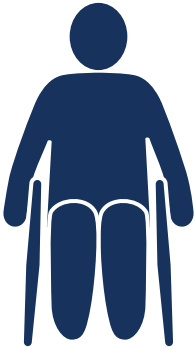
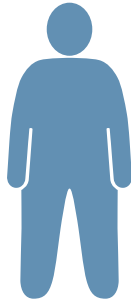
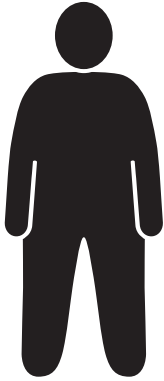
Introduction

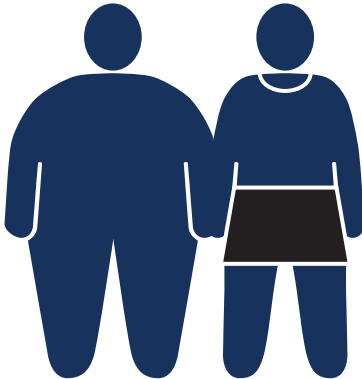
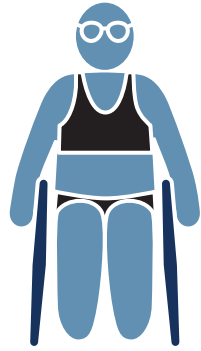
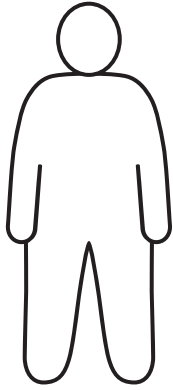
The TRASE Word Bank consists of a selection of thematically organised concepts and terms that are related to sexuality and relationships. Users can look up the terms and discuss them in more depth in pedagogical contexts. The TRASE Word Bank can be used as a supplement for sex education and as a resource for autonomous study.

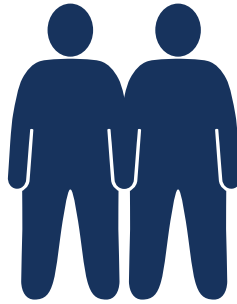
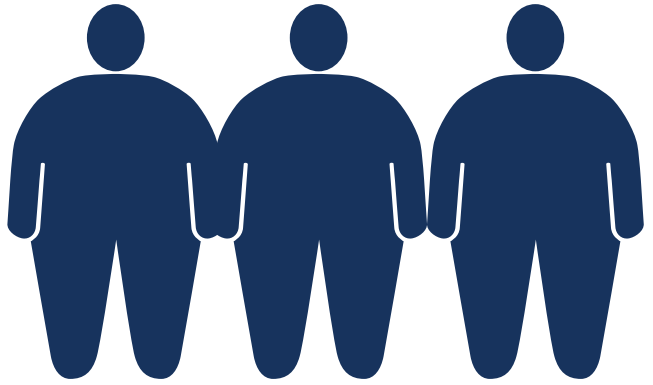
The TRASE Word Bank is aimed at carers, parents, teachers and individuals with learning disabilities or intellectual disabilities. It is most suitable for individuals with some reading comprehension or who can read with assistance and who have little sexually relevant information.

The TRASE Word Bank is based on a deconstructionist perspective of sexuality and gender. This approach allows for considering various human bodies, gender self-concepts as well as sexual orientations and arrangements beyond binary and normative assumptions as they occur and are experienced in contemporary western societies.



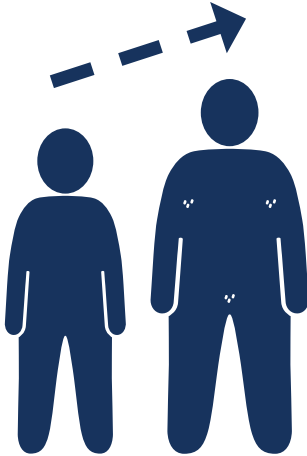






Sexualised body parts and basic functions

Puberty

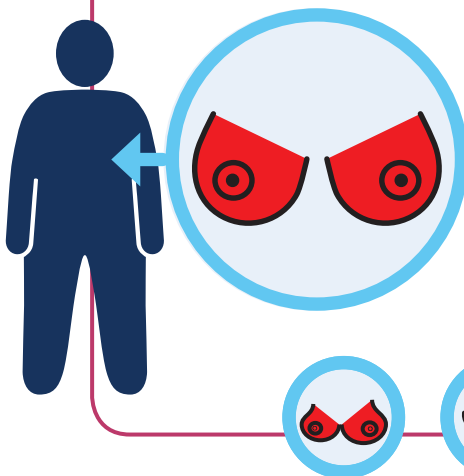


Puberty is the period during which a child turns into an adult.

Usually, the body grows and changes shape. Some people grow facial and body hair.

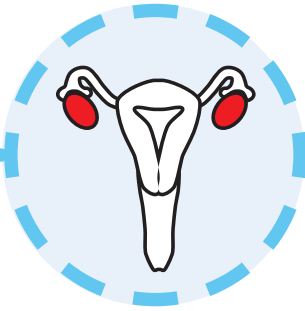
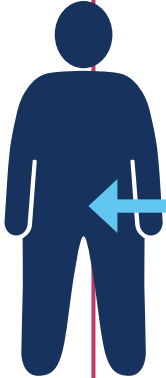
Puberty begins at different ages. The time puberty takes varies.

Breasts



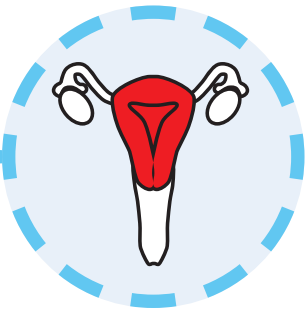
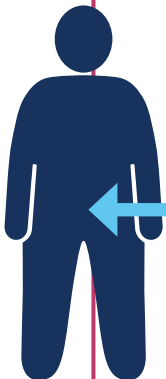
Some people develop breasts on their chests. Breast shapes and sizes vary. Breasts have glands that can produce milk. Most often breasts produce milk after a person has given birth to a child.

Ovaries



Ovaries are organs that produce eggs and hormones. Ovaries usually come in pairs. Ovaries are located in the lower part of the tummy, one on each side of the uterus. Starting in puberty, usually one egg at a time is released from one of the ovaries during the menstrual cycle.

Uterus

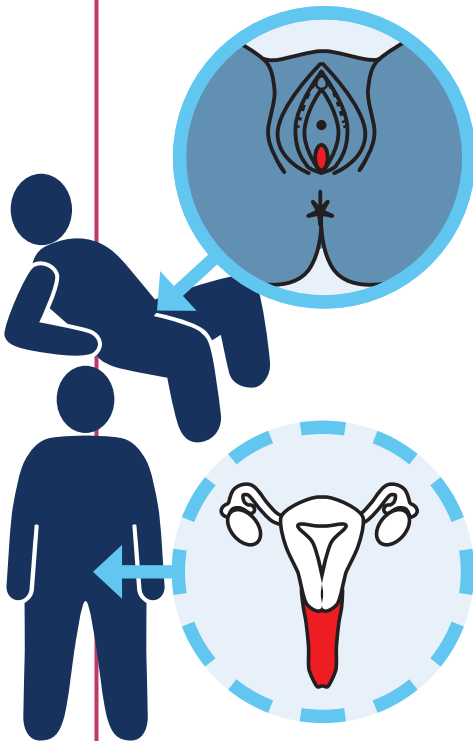


A uterus is a hollow muscular organ in which fertilised eggs develop into babies. It is located between the ovaries in the lower part of the tummy.

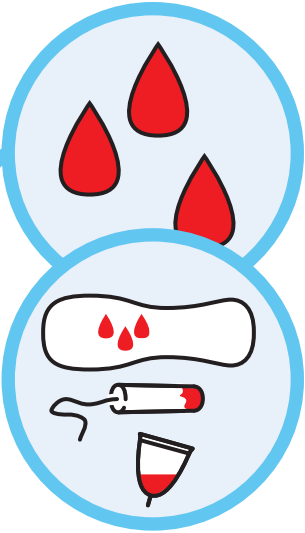
Vagina

The vagina is a muscular and elastic tube. It connects the uterus with the vulva.

The vagina has different functions. Sometimes fluids come out of the vagina. These fluids can be vaginal discharge or menstrual blood. The vagina produces a fluid during arousal. The vagina can usually take a finger or a penis. It is also the birth canal for a baby.

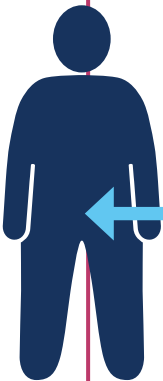


Menstruation



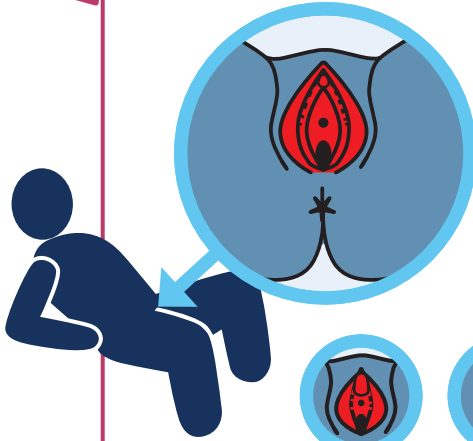
Menstruation means that blood flows from the uterus through the vagina out of the body. This may happen every few weeks from puberty to menopause. Blood flowing from the uterus can be collected outside the body with a pad or inside the vagina, e.g. with a tampon.

Menopause



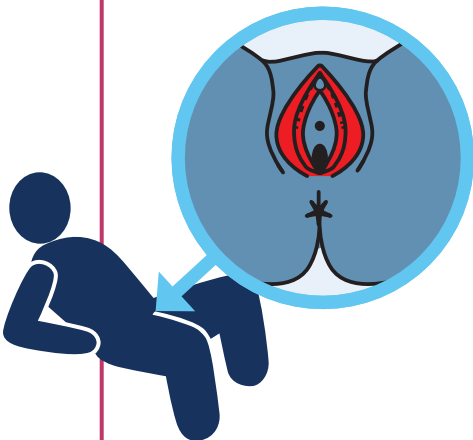
Menopause is the period during which ovaries cease to produce hormones and release eggs. Menstruation gradually ceases. Menopause begins at different ages. It may begin between 40 and 50 years of age. The time a menopause takes varies.

Vulva



Some people have outer genitalia called vulva. The vulva consists of inner and outer labia, the external part of the clitoris, the opening of the vagina and the opening of the urethra.

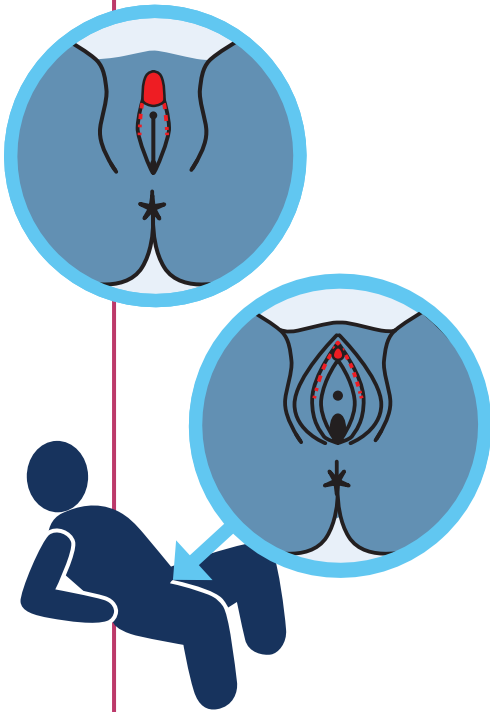
Labia



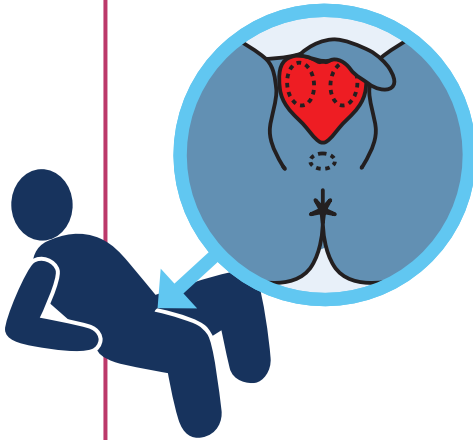
The labia consist of outer and inner folds. The labia protect the vaginal opening, the opening of the urethra and the clitoris. The outer folds usually grow hairy in puberty. The inner folds are thinner and hairless. Labia have different sizes, shapes and colours.

Clitoris

The clitoris is an organ that can swell. Usually, the larger part of the clitoris is located within the body. A smaller part is located at the front of the vulva. Sizes of the external part of the clitoris vary. Frequently, the visible part of the clitoris is small and does not have a urethra. In some individuals, a clitoris is big and may have a urethra. The clitoris is densely nerved. It can be a source of sexual pleasure.

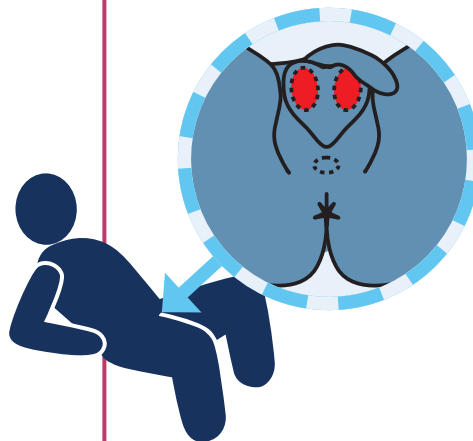


Scrotum



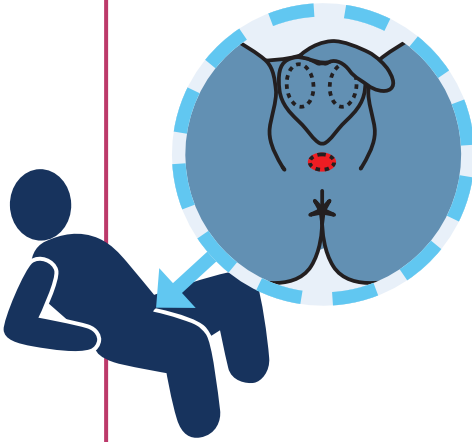
Some people have a scrotum as part of their genitalia. A scrotum is a sac outside the body which usually contains testicles. The scrotum usually grows hairy in puberty.

Testicles



Testicles produce hormones and sperm. They are egg-shaped organs that usually come in pairs. Testicles are usually located in the scrotum.

Prostate



The prostate is a gland that produces fluid. The fluid makes sperm fluid. The prostate is close to the bladder and the urethra.

Sperm



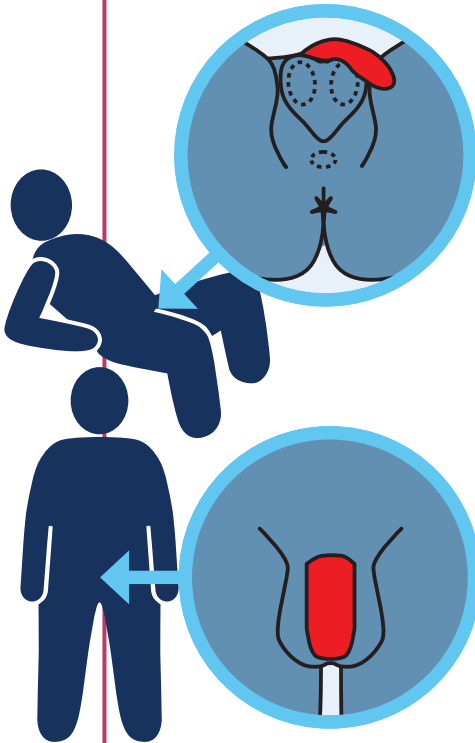
Sperm are cells that fertilise eggs. If sperm enters the vagina, it can swim into the uterus and fertilise an egg. The person with the egg becomes pregnant.

Penis

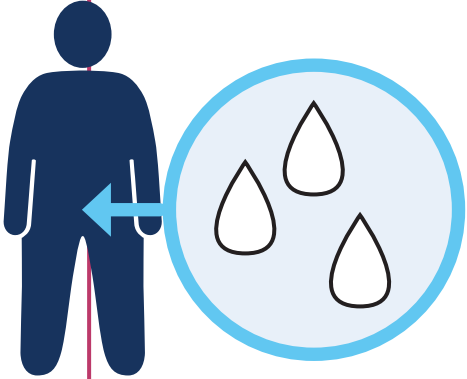
The penis is an external organ. It is located above the scrotum. The tip of the penis is called glans penis. The area between the body and the tip is called shaft. Penis sizes vary.

When the penis fills with blood, it becomes hard and erect. This condition is called an erection.

The penis has different functions. It allows for passing urine. It can be a source of sexual pleasure. During an ejaculation sperm comes out of the penis.

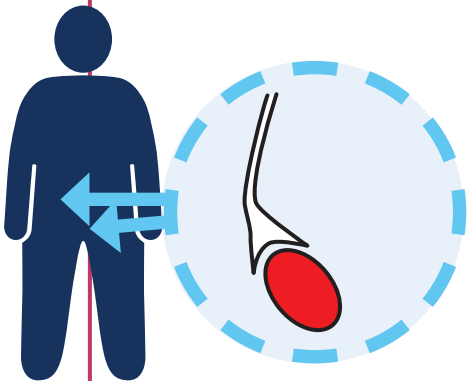


Ejaculation



An ejaculation is the process when sperm comes out of the penis or a clear fluid that may come out of the urethra above the vaginal opening.

Ovotestis



An ovotestis is an organ that has functions of ovaries and testicles. Ovotestes can appear in combination with an ovary or a testicle.

Sexes and genders

Female



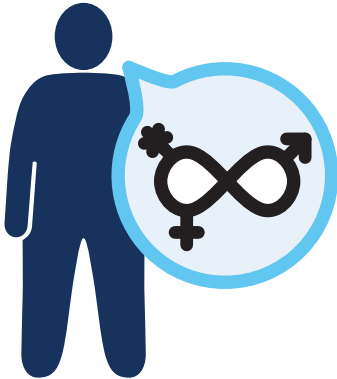
Bodies with a clitoris, labia, a vagina, ovaries and a uterus at the time of birth are called female. People with these properties are declared girls or women, respectively. Female bodies usually develop breasts in puberty.

Male



Bodies with a penis, a scrotum, testicles and a prostate are called male. People with these properties are declared boys or men, respectively. Male bodies often retain a flat chest as an adult.

Intersex



Bodies defined as intersex have different combinations of body parts that resemble those of female and male.

In addition, intersex describes a person who identifies as such. Some intersex people refer to themselves as inter or some other terms.

Girl or woman



A girl or a woman is a person who considers herself a girl or a woman, regardless of the appearance.

Boy or man



A boy or a man is a person who considers himself a boy or a man, regardless of the appearance.

Trans*



Trans are people who do not feel comfortable with their assigned gender. Some people who feel uncomfortable with their gender assignment also refer to themselves as transsexual or some other terms. Some trans people will try to have their first names and gender status legally changed. Some trans people will try to have their bodies adjusted. Some will try to do both. Some don't do anything.

Agender



Agender are people who do not identify with any gender.

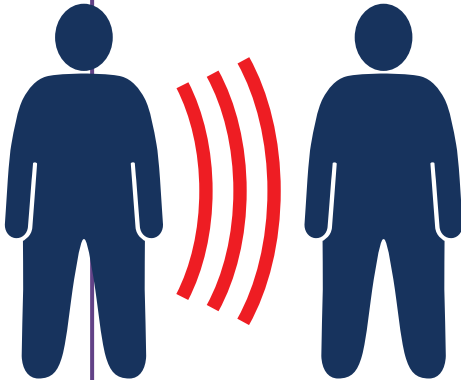
Bigender



Bigender are people who identify with more than one gender.

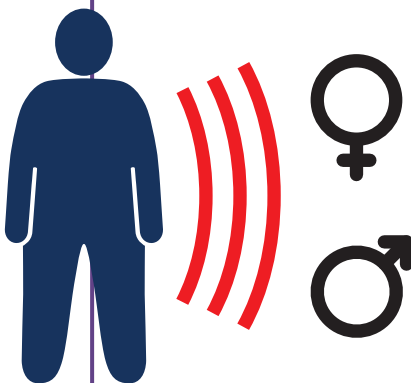
Sexual orientations

Pansexual



Pansexual means fancying individuals regardless of their sexes/genders.

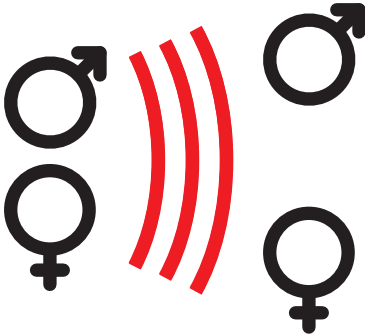
Bisexual



Originally, bisexual meant fancying two sexes/genders. This meant fancying men and women. Nowadays bisexual can also mean to fancy two or more sexes/genders.

Homosexual

Homosexual means fancying the same sex/gender.



Lesbian

Lesbian means a person who considers herself a woman and who fancies a woman.



Gay man

A gay man means a person who considers himself a man and who fancies a man.



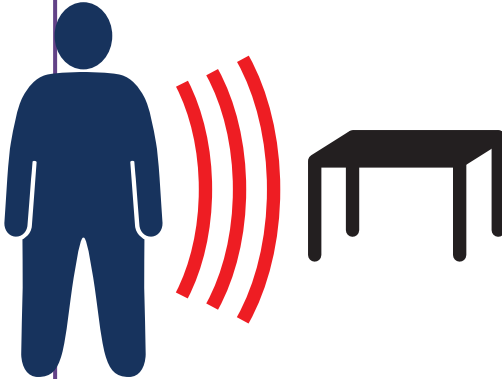
Heterosexual

Heterosexual means fancying a person of another sex/gender than one's own.



Objectophile

Objectophile means fancying objects.



Asexual

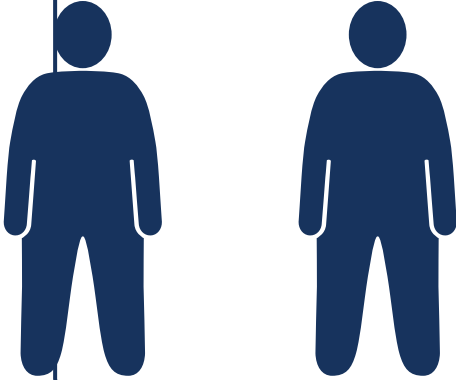
Asexual means not fancying anybody or any object for sex.



Strangers, acquaintances, friendships and relationships

Stranger

A stranger is a person you do not know at all.



Acquaintance

An acquaintance is a person you recognise but do not know well.



Friend



A friend is someone you like and enjoy spending your time with.

Partner

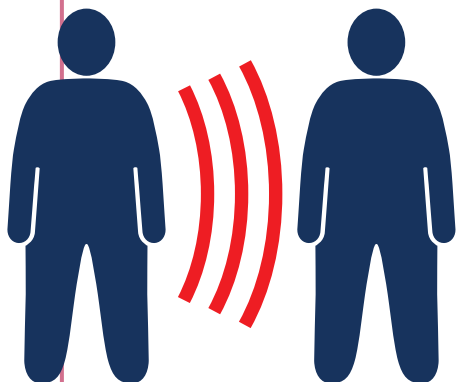


A partner is someone you like, enjoy spending your time with and whom you know intimately.

Sexual conventions and arrangements

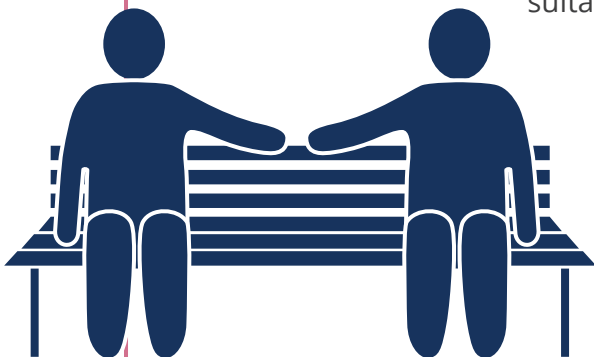
Flirt

To flirt means to act as if one fancies another person.



Date

To date means that people meet to assess each other's suitability as partners.



Partnership



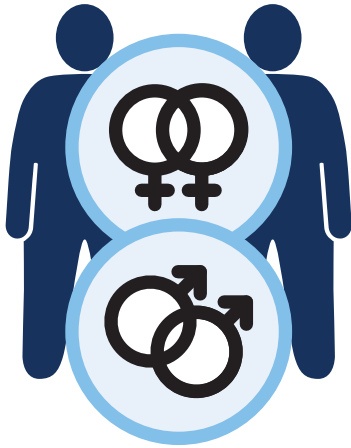
Partnership means an intimate relationship between individuals, regardless of their sexual orientation.

Marriage



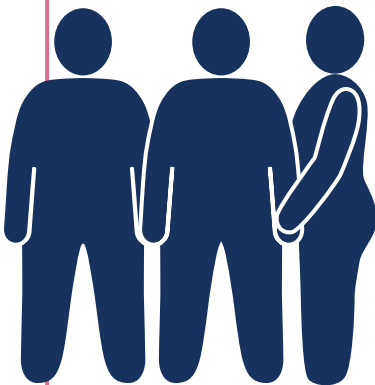
Marriage means to have a relationship between two individuals legally recognised. When a couple consists of a man and a woman, they are permitted to marry in all countries. So far, individuals who do not identify as men or women can only marry as one of the two recognised genders.

Civil partnership / Registered partnership



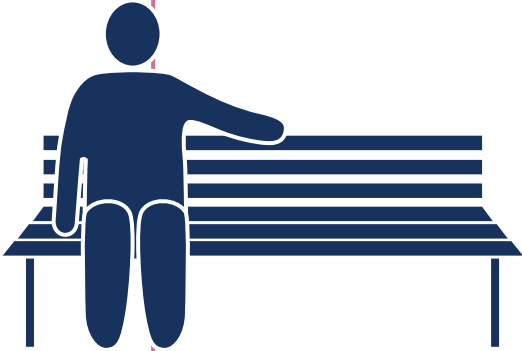
In some countries, men are generally not allowed to marry men. The same applies to women. Some countries offer a “civil partnership” or “registered partnership” instead.

Open relationship



An open relationship means that partners agree to having sex with individuals outside their relationship.

Single



“Single” is defined in different terms, depending on the context. In legal terms, “single” means not being married or being in a civil partnership.

In every-day language, “single” means that a person does not have a partner.

Polyamory



Polyamory means that people live in partnerships with more than one partner.

Cruising



Cruising means to search for sex among strangers or acquaintances. Cruising usually takes place e.g. in some parks in large cities or in bath houses. Cruising is part of gay male sex culture.

Sex Party



Sex party means that several people meet to have sex. Sex parties take place at home or e.g. in some clubs.

Sex and masturbation

Kiss



To kiss means to touch with the lips as a greeting or as a way of showing respect, affection or sexual attraction.

Masturbation



Masturbation means having sex with oneself. This can mean to rub or stroke one's private parts or anything else to create sexual pleasure and achieve sexual satisfaction.

Sex

Sex is an activity that frequently includes kissing, stroking and rubbing each other's bodies. Some people also enjoy practices and arrangements that involve role-playing and pain.

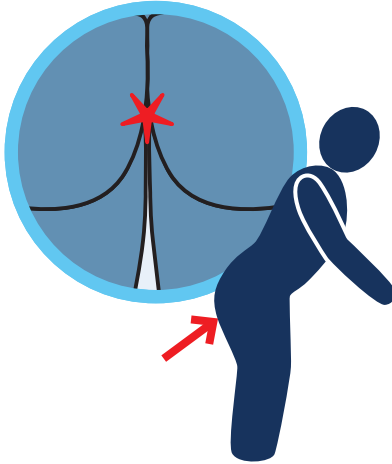


Oral sex

Oral sex is when someone licks and sucks another person's penis, clitoris or vagina.



Anal sex



Anal sex is when someone puts a penis or a large clitoris into another person's anus.

Vaginal intercourse



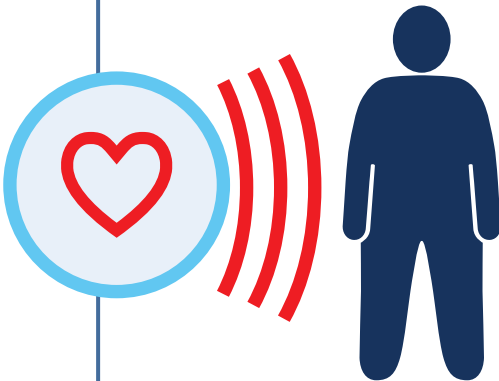
Vaginal intercourse is sex with a penis in a vagina.

Orgasm



An orgasm is a strong sensation that can happen when someone masturbates or has sex. At the peak of an orgasm, the body becomes rigid, a penis ejects sperm and a vagina contracts. After an orgasm, the body relaxes.

Love



Love is a feeling of strong affection for an individual or an object.

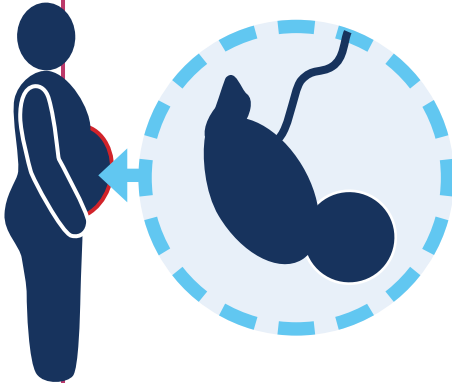
Pornography



Pornography means images of, or writings on erotic behaviour or erotic performances that are meant to cause or intensify sexual excitement.

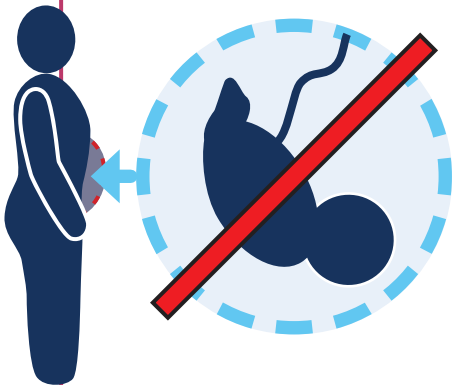
Pregnancy, parenting and contraception

Pregnancy



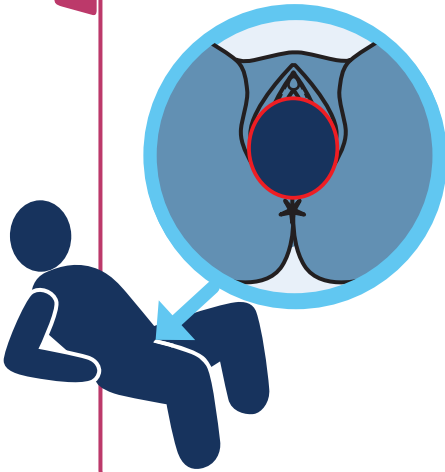
Pregnancy is when a fertilised egg develops into a baby in the uterus.

Miscarriage



Miscarriage means the natural death of a baby during pregnancy before it can live independently.

Childbirth



Childbirth means the process of delivering a baby.

Parent



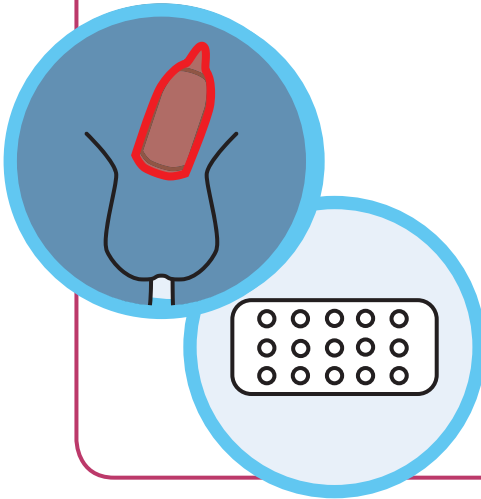
To parent means to take care of children until they are able to take care of themselves.

Contraception

Contraception means to prevent pregnancy. There are different types of contraception that can be obtained from a doctor or sexual health clinic.

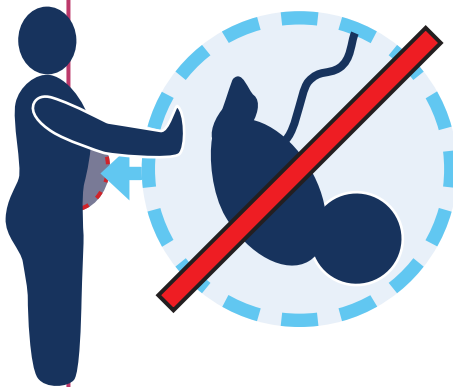


Contraceptives



Among the contraceptives are e.g. the contraceptive pill, the diaphragm, the contraceptive shot, the contraceptive vaginal ring, condoms, female condoms, the emergency pill, the cervical cap and spermicides.

Abortion

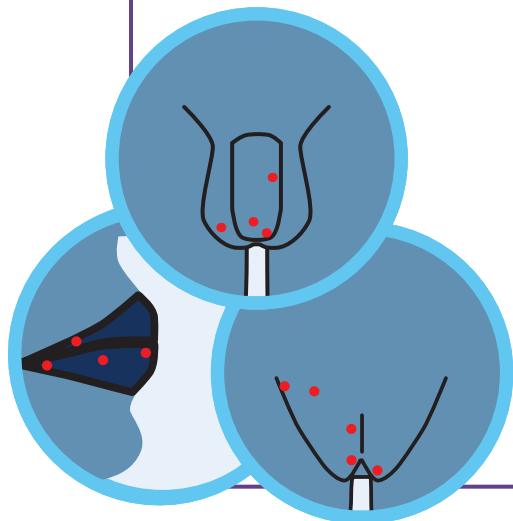


Abortion means deliberately terminating a pregnancy. There are different ways doctors can end an unwanted pregnancy.

Safer Sex

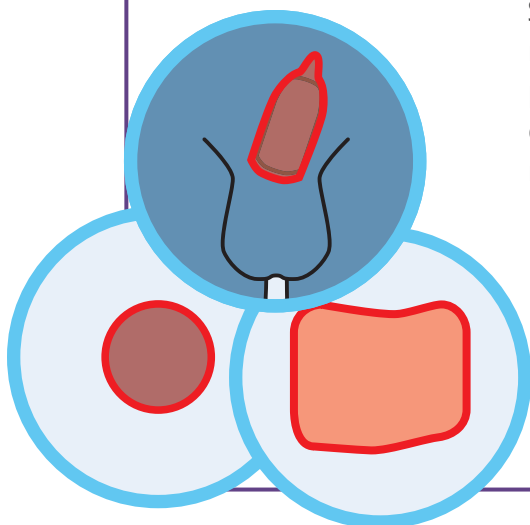
Sexually transmitted infections (STI)

These infections can be passed on by having sex with someone. Some infections cause symptoms, such as an itch, pain, discharge, ulcers, sores or warts on the genitalia, anus, mouth or throat. Others might not cause any symptoms at first.

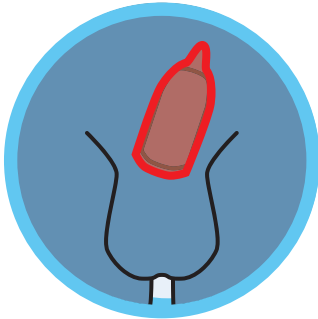


Safer Sex

Safer sex means using methods and engaging in practices to reduce the risk of getting sexually transmitted infections.

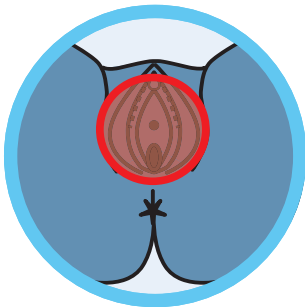


Condom



A condom is a thin barrier made of plastic or latex that is worn on a penis when having sex. If a condom is used properly, it can reduce the risk of passing on or getting some sexually transmitted infections. It can also reduce the risk of an unwanted pregnancy.

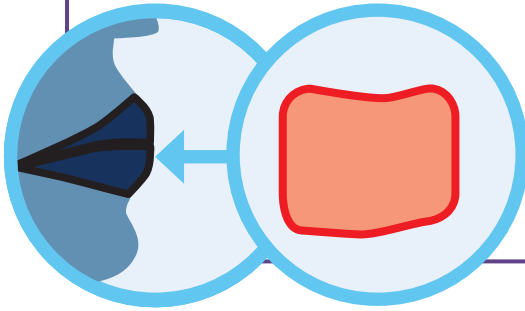
Female condom



A female condom is a pouch with flexible rings at each end. It is inserted into the vagina to reduce the risk of getting pregnant and contracting sexually transmitted infections.

Dental dam

A dental dam is a thin rectangular piece of latex. It can be used to reduce the spread of sexually transmitted infections during oral sex.



Consent and abuse

Consent



Giving consent means agreeing to do something. It is very important that people consent to having sex.

You do not have to give your consent, if you do not want to have sex. You may say "NO".

Sexual abuse



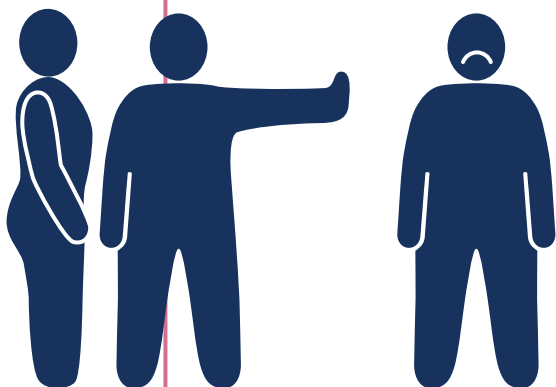
Sexual abuse means touching a person's body or private parts against the person's will. Sexual abuse is against the law.

Rape



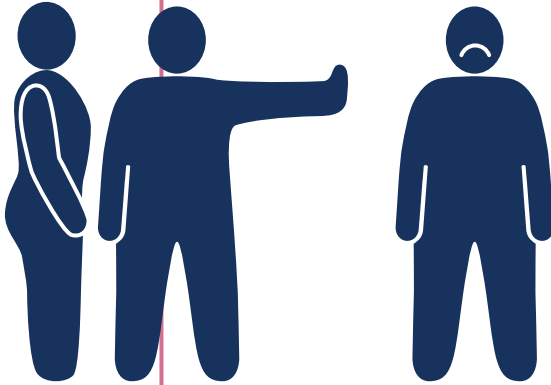
Rape means forcing someone to have sex by entering another person's body against the person's will. Rape is a grave form of sexual abuse. Rape is against the law.

Homophobia



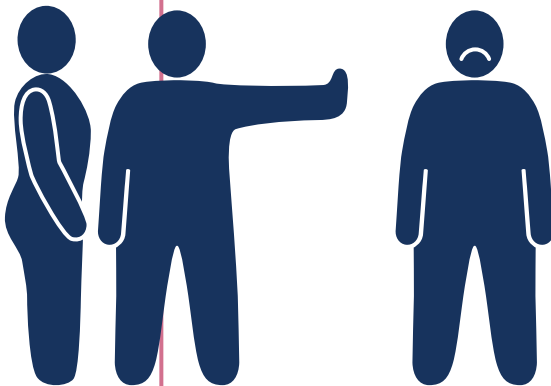
Homophobia means fear of homosexuality. It often results in treating people unfairly because they are gay or lesbian or perceived as such. Unfair treatment might include ridiculing, hate speech, bullying and exclusion.

Transphobia



Transphobia means fear of trans. Transphobia often results in treating people unfairly because they express their genders in unconventional ways. Unfair treatment might include ridiculing, hate speech, bullying and exclusion.

Interphobia



Interphobia means fear of intersex. Interphobia often results in treating people unfairly, because their bodies differ from male and female bodies. Unfair treatment might include ridiculing, hate speech, bullying and exclusion.

Respect

Respect means to recognise and value another being.

