

Easy Read

LOVELIFE

# The LoveLife easy read guide to words about sex



in.betrieb Gesellschaft für Teilhabe und Integration



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# About this guide

This guide is a list of hard words that have something to do with sex. We have explained each word in easy read.

We have written this guide to help people understand what lots of different words about sex mean.

In this guide we have included words about:

- body parts
- sex
- sexual preferences
- human rights
- feelings
- consent
- stages of life
- contraception and pregnancy.

The words are in different colours. For example words to do with the body are in blue. And words to do with sex are in purple.

This is to help you find the words easily. Because we have used hard words to help explain what different hard words mean.

The Love Life project worked with partners across Europe to develop a training programme on relationships and sexuality led by trainers with a learning disability.

The Love Life project was funded by the European Union's Erasmus+ programme.

The Love Life project:

- Developed a training programme on relationships and sexuality aimed at supporting staff and family carers across Europe.
- Trained people with a learning disability as co-trainers to deliver this training.
- Held an information event in Wales to share the products that the project will develop.

**For more information about the project go to:**



<https://www.ldw.org.uk/project/love-life/>



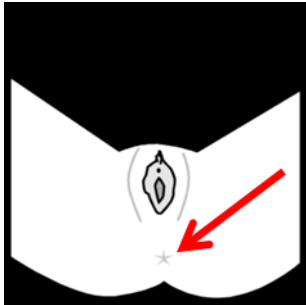
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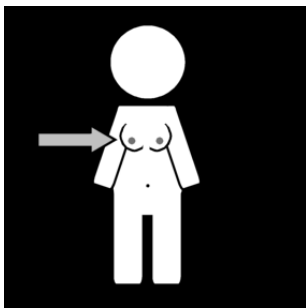
# Body parts

Some parts of the body are to do with **sex**. And some of the things the body does are to do with **sex**.



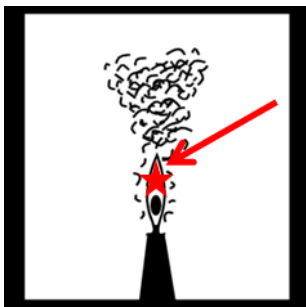
## Anus

The **anus** is the body part where your poo comes out of. Men and women have **anuses**.



## Breasts

**Breasts** are on the chest of women. They make milk after a woman has had a baby.



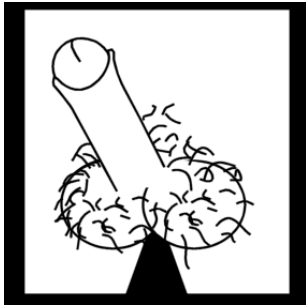
## Clitoris

The **clitoris** is found above the opening to a woman's **vagina**. The **clitoris** can feel good when touched.



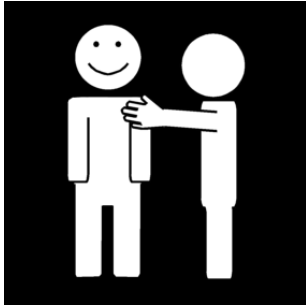
## Ejaculation

**Ejaculation** is when **fluid** with **sperm** in it comes out of a man's **penis**. It is also when **fluid** squirts out a woman's **vagina**.



### **Erection**

An **erection** is when a **penis** gets hard.



### **Erogenous zone**

An **erogenous zone** is any part of the body that feels good when touched.



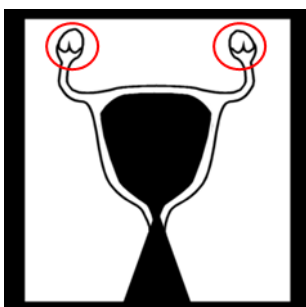
### **Fallopian tube**

The **fallopian tubes** are 2 tubes inside women that link the **ovaries** to the **womb**.



### **Fluid**

**Fluid** is wet stuff your body makes.



### **Ovaries**

**Ovaries** are body parts that are inside women. They are where eggs are made. Every month an egg travels down the **fallopian tubes** from the **ovaries** to the **womb**.

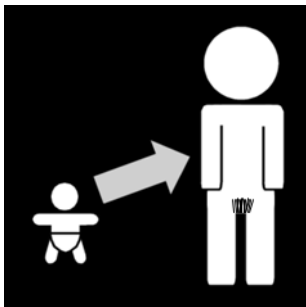


## Penis

The **penis** is the name of a man's **sex** body part. When the **penis** fills up with blood it gets hard. This is called an **erection**. When the **penis** is hard it feels good.

## Prostate

The **prostate** is found inside a man's body near the bladder. It makes **sperm**.



## Puberty

**Puberty** is the time between childhood and adulthood. Your body goes through changes during **puberty**. For example girls and boys will start growing hair on different body parts.



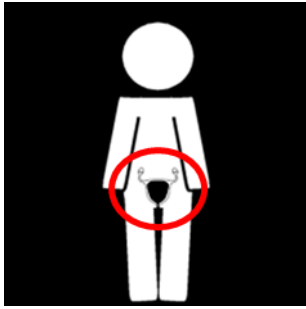
## Sperm

**Sperm** is a white **fluid** that comes out of a man's **penis** during **sex**. This is part of making a baby.



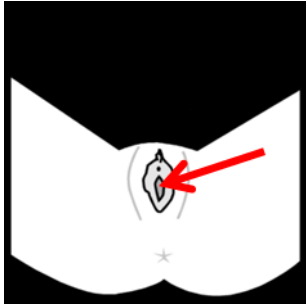
## Testicles

**Testicles** are body parts found between the tops of the legs of a man. They make **sperm**.



### Uterus or Womb

The **womb** is a body part found inside women. It is where a baby grows.

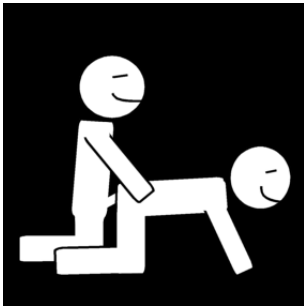


### Vagina

The **vagina** is a body part found between the tops of the legs of a woman. It is where the man puts his **penis** during **sex**. A baby is born through the **vagina**.



# Sex



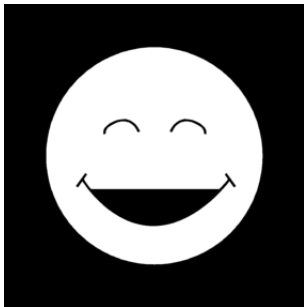
## Anal intercourse

Anal intercourse is when a **penis** is put into another person's **anus**.



## Caress

A **caress** is to touch or **kiss** someone in a gentle and loving way.



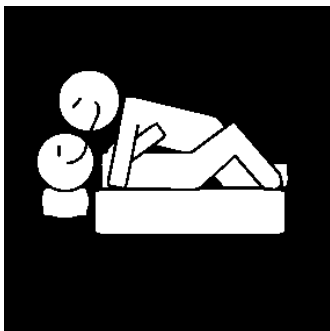
## Climax

Climax means **orgasm**. It is when your **sex** body parts feel really good. **Orgasms** happen during **sex** or **masturbation**. When men **orgasm** they **ejaculate**.



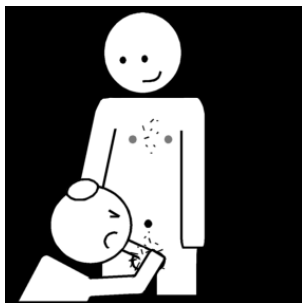
## Cunnilingus

Cunnilingus is when a person uses their lips or tongue to touch a woman's **vagina** or **clitoris**.



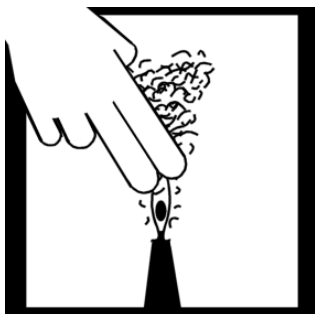
## Excitement

Excitement is how the body can feel during **sex**.



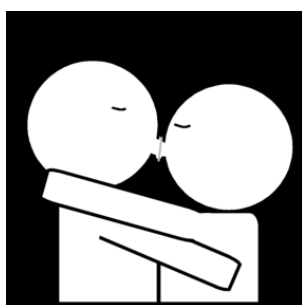
### **Fellatio**

Fellatio is when a person uses their mouth to touch a man's penis.



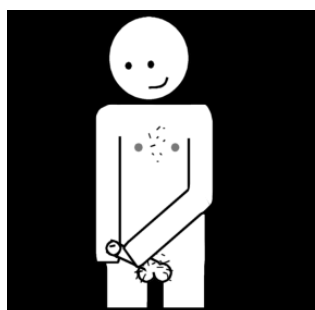
### **Foreplay**

Foreplay is touching each other before sex.



### **Kiss**

Kissing is when people use their lips to touch each other.



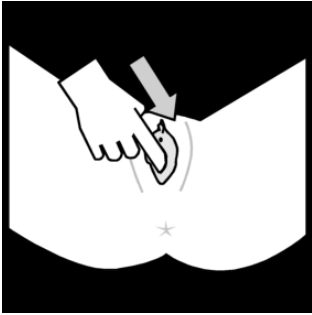
### **Masturbation**

This is when someone touches their own sex parts to feel good.



### **Orgasm**

An orgasm is a strong feeling of pleasure. It can happen when someone masturbates or has sex.



## Penetration

This is where a **penis** or object is put inside someone's body.



## Pornography

**Pornography** is photos or films that show people having **sex** or doing other **sex** acts.

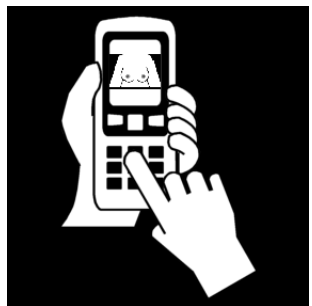


## Sex

This can mean lots of things. It means whether a person is a male or female depending on what **sex** parts they have. **Sex** parts can mean a **penis** or **vagina**.

**Sex** is an activity that can include:

- **Kissing.**
- Touching each other's bodies.
- **Cunnilingus.**
- **Fellatio.**
- **Sexual penetration.**



## Sexting

**Sexting** means to send **sexy** messages or photos by phone.



## Sex toys

A **sex** toy is an object that people use to feel **sexually** good.



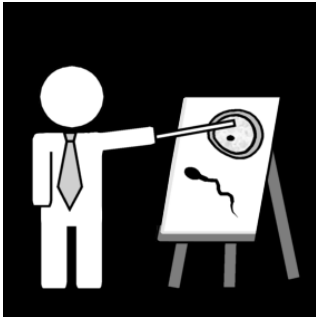
### Sex worker

A **sex** worker is a person who gives you a **sex** service for money. Prostitutes are **sex** workers.



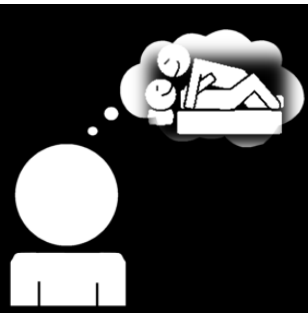
### Sexology

Sexology is the study of **sex**.



### Sexual education

Sexual education is teaching about **sex**.



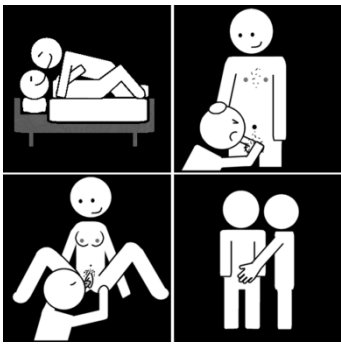
### Sexual fantasy

A **sexual fantasy** is a **sexual** situation that you enjoy thinking about.



### Sexual health

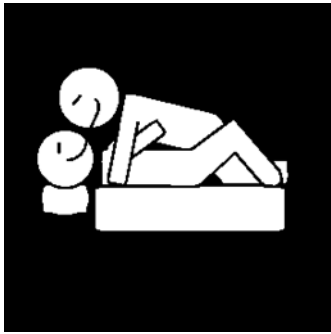
Sexual health is checking your **vagina** or **penis** is healthy.



## Sexual intercourse

Sexual intercourse is an activity that can include:

- Kissing.
- Touching each other's bodies.
- Cunnilingus.
- Fellatio.
- Sexual penetration.



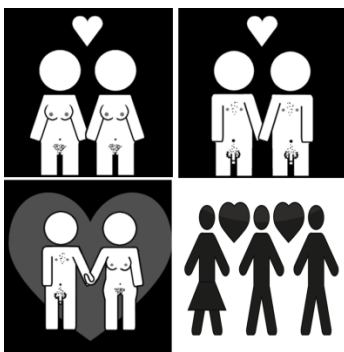
## Sexual pleasure

Sexual pleasure means to enjoy sex.



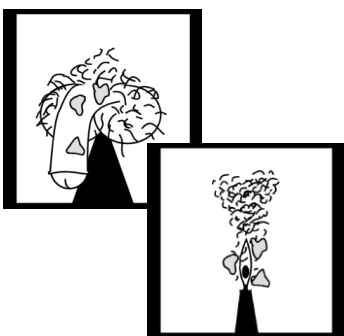
## Sexual positions

A sexual position is the way people place their bodies during sexual intercourse.



## Sexuality

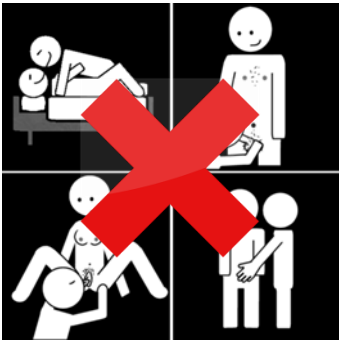
Sexuality describes whether a person wants to have sex with a man, a woman or both.



## Sexually Transmitted Disease or Infection

Sexually transmitted diseases (STD/STI) are diseases that we can catch during sex without a condom.

# Sexual preferences



## Asexual

Asexual is somebody who doesn't show any desire to have sex at all.



## Bisexual

Being bisexual is to like men and women in a sexual way.



## Casual love affair

Sex between people who are not in a relationship with one another



## Coming out

This is deciding to tell people you are gay or bisexual.



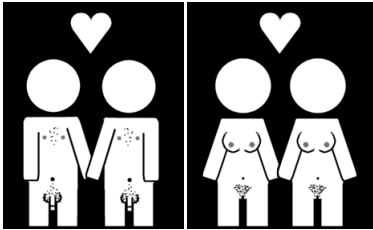
## Difference

People have a lot of different likes and dislikes when it comes to sex. Everyone is different.



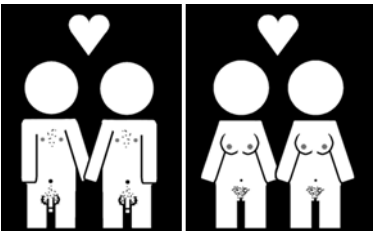
## Fetish

A **fetish** is being very interested in something that makes them think about **sex**.



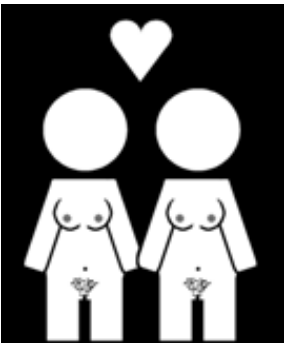
## Gay

A **gay** man is a man who likes **sex** with other men. A **gay** woman is a woman who likes **sex** with other women.



## Homosexual

**Homosexual** is another way of saying **gay** man or woman.



## Lesbian

**Lesbian** is another way of saying **gay** woman.



## Transgender

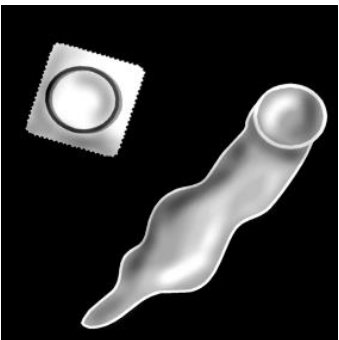
**Transgender** are people who do not feel comfortable with the **sex** they were born. They may feel they need to change their **sex**.

# Contraception and pregnancy



## Abortion

An **abortion** means to end a **pregnancy**. There are different ways doctors can end an unwanted **pregnancy**.



## Condom

A **condom** is protection during **sex**. It can protect the **sexual** partners from catching a **sexually transmitted disease (STD)** or from getting **pregnant**.

## Contraception

**Contraception** is used to stop getting **pregnant**. There are different types of **contraception**:

- Contraceptive pill - a tablet that a woman takes every day.
- **Condom** - a thin piece of rubber that goes over a **penis**.
- Diaphragm – a thin piece of rubber that fits into the **vagina**.
- Coil – a thing that is put in the **womb** by a doctor or nurse.







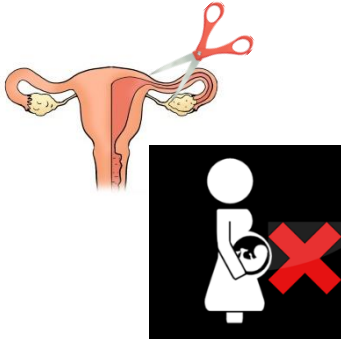
## Family planning centre

The family planning centre is a health centre which gives advice about **sex**.



## Pregnancy

**Pregnancy** can happen after **sex**. It is when an egg grows into a baby in the **womb**. The **pregnancy** will last for 9 months then the baby is born.



## Sterilisation

**Sterilisation** is an operation on a woman to stop her from having children.

## Vasectomy

A **vasectomy** is an operation on a man to stop him from having children.

# Stages of life



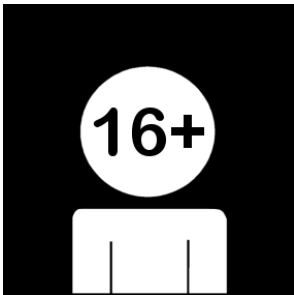
## Adolescence

The time between childhood and adulthood.



## Adult

An **adult** is someone over the age of 18 years old.



## Age of consent

The **age of consent** is the age when a person is legally able to **consent** to **sex**.



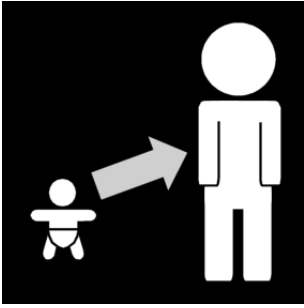
## Body image

**Body image** is the ideas and thoughts people have about their own body.



## Celibacy

**Celibacy** is when a person chooses to not have **sex**.



### **Childhood**

The time from birth to the age of 18.



### **Friendship**

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



### **Marriage**

A legal partnership between two people.



### **Parenthood**

**Parenthood** means to be a parent of a child. And to take care of children until they are able to take care of themselves.

# Consent



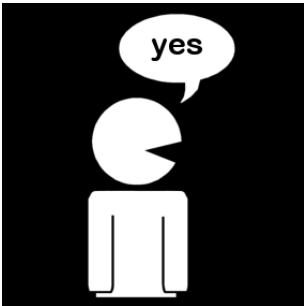
## Abuse

There are different types of **abuse**. **Sexual abuse** means to carry out any **sexual** activity against someone's will. **Sexual abuse** is against the law.



## Confidence

**Confidence** is about knowing you can do something or knowing you have skills. It can also mean trusting people.



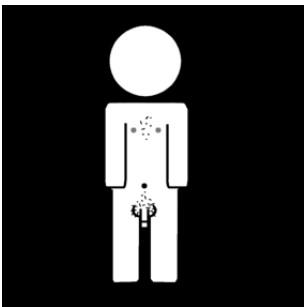
## Consent

**Consent** is when you agree to do something. It is very important that people **consent** to having **sex**.



## Incest

**Incest** is **sex** between people from the same family. **Incest** is against the law.



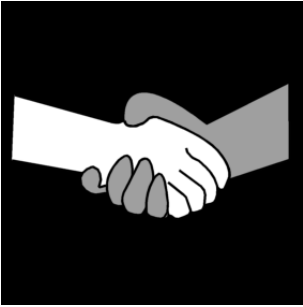
## Indecent exposure

**Indecent exposure** is where someone decides to show their **sexual** body parts in public. It is against the law.



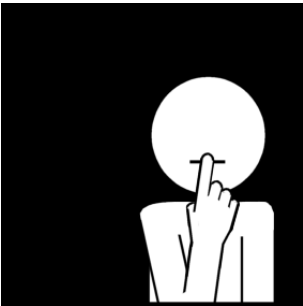
### **Intimacy**

**Intimacy** is where 2 people wish to spend time alone together.



### **Respect**

**Respect** means to value another person.



### **Taboo**

**Taboo** means an act that is not allowed.

# Feelings



## Affection

Feeling of friendship and liking a person.



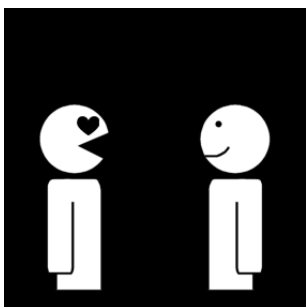
## Anger

Anger is a strong feeling of being very unhappy with someone or something.



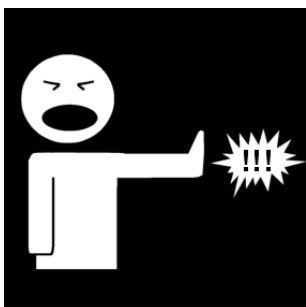
## Contempt

A strong feeling of disliking and having no respect for someone or something.



## Devotion

Devotion means loyalty and love or care for someone or something.



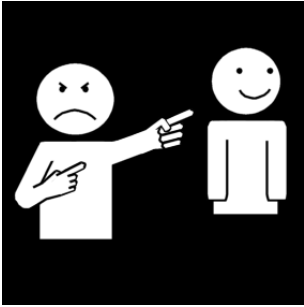
## Disgust

A strong feeling of dislike towards someone or something such as a behaviour.



## Emotions

**Emotion** is a strong feeling such as love or anger.



## Envy

**Envy** is to wish to have something that another person has.



## Erotic

**Erotic** is something that feels **sexual**.



## Fear

A feeling that you have when you are frightened or worried



## Happiness

The feeling of being happy or joyful.



### Hate

An extreme feeling of strong dislike



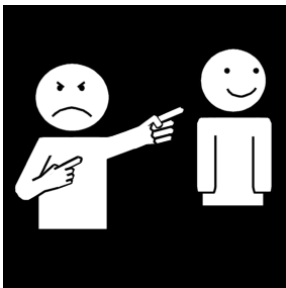
### In love with

To like another adult very much in a deep way.



### In a relationship

To be **in a relationship** is to have a boyfriend or girlfriend. Or to have a special person in your life.



### Jealousy

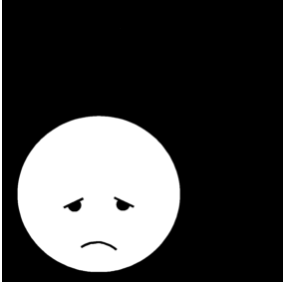
**Jealousy** is a feeling against a person who is doing well at something.



### Love

Having strong and deep feelings for someone.





### Sadness

The feeling of being sad or unhappy



### Seduction

Seduction means to tempt someone to have sex.



### Self-respect

A feeling that shows that you value yourself.



### Well-being

Feeling healthy and happy.

# Human Rights



## Autonomy

**Autonomy** means to be able to make choices and decisions for yourself.



## Ethic

**Ethic** means what is right or wrong.



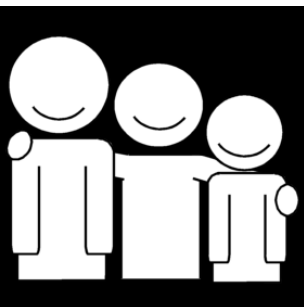
## Law

The **law** is a rule usually made by a government.



## Morality

**Morality** is about deciding what is good or not



## Human rights

This is about offering every human the same rights, freedom and values.