

# Glossary

Here you can find words that relate to the body, feelings, relationships, sex, identity and health. Different words cause different reactions. Some words are more neutral and can be used when talking to a doctor or teacher, for example. Other words may be considered stronger, and can be used when talking to your friends. It is important to learn many different words for parts of the body and feelings so that you can understand your own body and feelings, and those of other people. It is also important to know different words so you can find the words you feel comfortable using. Keep in mind that you always have the right to choose the word you like the best to describe parts of your body, explain how you are feeling, etc. For some Swedish words, there is no exact equivalent in English. In such cases, the Swedish word has been kept in the explanation.

## FEELINGS AND RELATIONSHIPS

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<b>VARA KÄR,</b>	<b>BE IN LOVE</b>	When you have strong feelings for someone. When you like someone very much and it feels really good to be with that person.
<b>ÄLSKA NÅGON</b>	<b>LOVE SOMEONE</b>	Strong expression for when you care about someone. This can be when you are very much in love with someone (like a girlfriend or boyfriend). But, you can also say that you love your family or your friends, without this meaning you are in love with them. You can also say that you love something, for example a meal or an activity, like football or dancing.
<b>FLIRTA, RAGGA</b>	<b>FLIRT, TRY TO PICK UP SOMEONE</b>	Showing interest in someone you like and might want to go on a date with and/or have sex with. Smiling at the person, talking to them, or asking if they want to do something together are examples of this.
<b>DEJTA</b>	<b>GO ON A DEJT</b>	Meeting with someone you are interested in being a couple with/dating. You often go on dates before you decide to become a couple.
<b>VARA IHOP, VARA TILLSAMMANS</b>	<b>BE A COUPLE, BE DATING</b>	Having a relationship with someone, for example, a girlfriend or boyfriend. You can also call the person you are with your partner.
<b>OTROHET</b>	<b>CHEATING, UNFAITHFULNESS</b>	Doing something sexual (kissing, having sex) with a person who is not the person you are dating, when the person you are dating does not want you to do this.
<b>GÖRA SLUT</b>	<b>BREAK UP</b>	To end a relationship. When you have broken up, you are no longer a couple/dating.
<b>HA LUST</b>	<b>DESIRE/BE IN THE MOOD</b>	Wanting to do something. It sometimes refers to wanting to have sex.
<b>VARA KÅT</b>	<b>BE HORNY</b>	The feeling you get in your body when you want to have sex (by yourself or with someone else). To have sexual desire/lust.

<b>TÄNDA PÅ</b>	<b>GET TURNED ON</b>	To get horny or aroused by something. You can get turned on by a person or by sexual acts. You can also get turned on by certain clothes, things, or something you think about.
<b>NJUTA</b>	<b>ENJOY</b>	When it feels good in the body. When you eat good food, have sex, or see something beautiful out in nature are examples of when you could get this feeling.

## SEXUAL ORIENTATION AND IDENTITY

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<b>ASEXUELL</b>	<b>ASEXUAL</b>	An asexual person does not feel sexual desire or does not want to have sex with others.
<b>HETEROSEXUELL</b>	<b>HETEROSEXUAL</b>	A heterosexual woman falls in love with or wants to have sex with men. A heterosexual man falls in love with or wants to have sex with women.
<b>BISEXUELL</b>	<b>BISEXUALL</b>	A bisexual person falls in love with or wants to have sex with both men and women.
<b>HOMOSEXUELL</b>	<b>HOMOSEXUAL</b>	A homosexual man falls in love with or wants to have sex with men. A homosexual woman falls in love with or wants to have sex with women.
<b>BÖG</b>	<b>GAY</b>	A common word for a guy/man who falls in love with and/or wants to have sex with guys/men.
<b>LESBISK, FLATA</b>	<b>LESBIAN DYKE</b>	A common word for a girl/woman who falls in love with and/or wants to have sex with girls/women.
<b>TRANSPERSON</b>	<b>TRANSGENDER PERSON</b>	A transgender person can be a man born with a vagina. Or a woman born with a penis. A transgender person can also be a person who is neither man nor woman. Or a person who is both man and woman. It can also be a woman who likes to wear men's clothing. Or a man who likes to wear women's clothing.

## THE BODY

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<b>KÖN</b>	<b>GENDER, SEX</b>	Gender often means woman or man. A person can also feel like neither a woman nor a man. The Swedish word kön can also refer to the sex organ, which in Swedish is called könsorgan. Sex organ (könsorgan) refers to the body parts penis/dick and vagina/pussy.
<b>UNDERLIV</b>	<b>GENITALS</b>	Sex organ. Both the penis and the vagina are called genitals.
<b>VAGINA, FITTA</b>	<b>VAGINA, PUSSY</b>	Vanliga ord för kvinnors könsorgan. En del tycker att fitta är ett starkt ord.
<b>SNIPPA</b>	<b>VAJAYJAY, KITTY, HOO HOO</b>	The Swedish word snippa is a common word used for a girl's sex organ. English does not have a single word that everyone uses. Vajayjay, kitty and hoo hoo are examples of words used in English to refer to a girl's sex organ. It can be good to use one of these words when talking to children.

<b>KLITORIS</b>	<b>CLITORIS</b>	A part of the vagina/pussy. The clitoris is the most sensitive part of the vagina/pussy. Many women think it feels good to rub on and around the clitoris, or to rub their clitoris against something (like a thigh or a sex toy). When a person gets horny, the clitoris fills with blood and gets an erection.
<b>BLYGDLÄPPAR</b>	<b>LABIA</b>	A part of the vagina/pussy. The labia are folds of skin on the outside of the body that are around the opening of the vagina, the clitoris and the urethra. When a person gets horny, the labia fill with blood and become larger.
<b>SLIDA</b>	<b>VAGINA</b>	The Swedish word slida is part of a woman's genitals (vagina/pussy) that is also called the vagina. Here, the word vagina means the opening in the body where menstrual bleeding and discharge come out. Babies can be born through the vagina. When a person gets horny, the vagina becomes wet (lubrication). Many women think it feels good to insert something in the vagina when having sex, for example, a finger, a penis, or a sex toy.
<b>SLIDKRANS</b>	<b>VAGINAL CORONA</b>	A ring-shaped membrane (thin, wet skin) that is situated just on the inside of the vagina.
<b>LUBRIKATION</b>	<b>LUBRICATION</b>	The wetness in the vagina when you get horny/feel sexually aroused.
<b>LIVMODER</b>	<b>UTERUS</b>	A part of the vagina/pussy. The uterus is situated inside the body, near the stomach area. If a person becomes pregnant, the baby grows inside the uterus. Menstrual bleeding comes from the uterus.
<b>MENS</b>	<b>PERIOD, MENSTRUAL BLEEDING</b>	Blood that comes out of the vagina about once a month. Vanligt ord för flickors könsorgan. Snippa är ett bra ord när man pratar med barn.
<b>FLYTNINGAR</b>	<b>DISCHARGE</b>	Fluid that comes out of the vagina to keep it clean and healthy. Discharge can be white or yellow. Discharge can be runny or have a thicker consistency.
<b>BINDA</b>	<b>SANITARY TOWEL, SANITARY PAD</b>	Protection that can be used when a person has their period. The sanitary towel/pad gets attached to the underwear. The sanitary towel/pad collects the menstrual blood when it comes out of the vagina.
<b>TAMPONG</b>	<b>TAMPON</b>	Protection that can be used when a person has their period. A tampon is inserted into the vagina. The tampon collects the menstrual blood so it does not run out of the vagina.
<b>MENSKOPP</b>	<b>MENSTRUAL CUP</b>	Protection that can be used when a person has their period. A menstrual cup is a rubber cup that can be inserted in the vagina. The menstrual cup collects the menstrual blood so it does not run out of the vagina.
<b>PENIS, KUK</b>	<b>PENIS, DICK</b>	Common words for the male sex organ. Some people think that dick is a strong word.

<b>SNOPP</b>	<b>WILLY</b>	A common word used for a boy's sex organ. Willy can be a good word to use when talking to children.
<b>PUNG</b>	<b>SCROTUM</b>	The scrotum is a bag of skin that hangs below the penis/dick. The scrotum holds the testicles, which is where sperm is made.
<b>FÖRSATS</b>	<b>PRECUM</b>	The wet stuff that sometimes comes out of a penis/dick when a person is horny.
<b>SPERMA</b>	<b>SEMEN</b>	The wet stuff that comes out of a penis/dick when it ejaculates. The semen is full of the sperm needed to make a baby.
<b>ANAL</b>	<b>ANUS</b>	Opening in the butt. The area around and inside the anus is sensitive, and many think it feels good to rub and/or insert something (fingers, a sex toy, or a dick) into the anus. Poop comes out of the anus.
<b>FÖRHUD</b>	<b>FORESKIN</b>	Thin skin that sits over the glans of a penis/dick or a clitoris. A person who has been circumcised has no, or just a little, foreskin left.
<b>OMSKÄRELSE</b>	<b>CIRCUMCISION</b>	To cut away parts of a penis/dick or a vagina/pussy. There are different types of circumcision. Circumcision of a vagina/pussy is illegal in Sweden. It is also illegal to take a person to another country to circumcise that person's vagina/pussy.
<b>SLEMHINNA</b>	<b>MUCOUS MEMBRANE</b>	Thin and wet skin found on parts of the body where there is a hole, an opening. Mucous membranes are found, for example, in the vagina, urethra, under the foreskin, in the anus and in the mouth.
<b>KROPPSVÄTSKA</b>	<b>BODILY FLUID</b>	Wet stuff that comes out of the body. Examples of bodily fluids are blood, ejaculate, lubrication and precum.
<b>STÅND, EREKTION</b>	<b>HARD-ON ERECTION</b>	The penis/dick gets an erection when it is filled with blood and becomes hard, larger and stands upright. The clitoris gets an erection when it is filled with blood and becomes hard and larger. The clitoris and penis/dick will often get an erection when the person is horny. An erection can also be called a hard-on.
<b>ORGASM</b>	<b>ORGASM</b>	A feeling in the body that can come when a person is having sex (alone or with one or more people). Many think that an orgasm is when sex feels the greatest. An orgasm can be felt in the genitals or in the entire body.
<b>UTLÖSNING</b>	<b>EJACULATION</b>	When semen (fluid) comes out of the penis/dick, usually when having an orgasm. Some common names for the fluid that comes out of the penis during ejaculation are cum, spunk and seed. Ejaculation is also when fluid comes out of the urethra in the vagina/pussy during orgasm.
<b>ATT KOMMA</b>	<b>TO COME/CUM</b>	A common term for having an orgasm and/or ejaculating.

## SEX

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<b>SEX</b>	<b>SEX</b>	Sex can be many things. Doing something that feels good and that you enjoy. You can have sex with yourself or with other people. Sex can be touching your own or another person's sex organ or anus with your hands, kissing or licking the sex organ or anus, or inserting something (fingers, penis or sex toy) into a vagina or anus. Sex can also be kissing and touching other parts of the body that feel good to touch.
<b>PUSSA</b>	<b>KISS</b>	Pressing your lips against another person's mouth or body.
<b>KYSSA</b>	<b>FRENCH KISSING KISSING WITH TONGUES</b>	Kissing on the mouth while letting the tongues touch each other.
<b>HÅNGLA</b>	<b>MAKE OUT</b>	When people have their bodies close together and they kiss, hug and caress each other (with or without clothes).
<b>LIGGA, KNULLA</b>	<b>SLEEP WITH, FUCK WITH</b>	To have sex with someone. Some people think that fuck is a strong word.
<b>ONANERA</b>	<b>MASTURBATE</b>	When a person has sex with themselves.
<b>KLITTRA, PULLA</b>		When a person with a vagina/pussy has sex with themselves. The Swedish word klittra/pulla can refer to touching on and around the clitoris, touching on and around the labia, or inserting something (like fingers or a sex toy) into the vagina.
<b>RUNKA</b>	<b>JERK OFF, BEAT OFF, PLAY WITH ONESELF, WHACK OFF, WANK OFF</b>	Common ways of talking about masturbation/having sex with yourself. Jerking off, beating off, whacking off and wanking off are usually used for people with a penis/dick, but some people with a vagina/pussy call their masturbation jerking off, beating off, whacking off or wanking off. The term playing with oneself can be used by anyone. Using your hand to caress the glans of the penis or the clitoris is an example of jerking off.
<b>SMEKA</b>	<b>CARESS, TOUCH</b>	Touching your own body with your hands, or touching someone else's body with your hands.
<b>SMEKSEX</b>	<b>HEAVY PETTING</b>	Having sex by touching each other's sex organs or bodies with your hands.
<b>GNIDSEX</b>	<b>SEXUAL GRINDING</b>	Having sex by rubbing or pressing your sex organ against someone else's sex organ, or another body part.
<b>MUNSEX, ORALSEX</b>	<b>ORAL SEX</b>	Having sex using the mouth by kissing, licking or sucking on someone's sex organ.
<b>SUGA AV</b>	<b>BLOW JOB</b>	Having sex using the mouth and tongue on and around a penis/dick.
<b>SLICKA</b>	<b>CUNNILINGUS, GO DOWN ON</b>	Having sex using the mouth and tongue on and around a vagina/pussy. This is referred to as anilingus if done in and around the anus (butt).

<b>ANALSEX</b>	<b>ANAL SEX</b>	Having sex around or inside the anus (in the butt), for example, with fingers, a tongue, a penis, or a sex toy.
<b>VAGINALSEX, SLIDSEX</b>	<b>VAGINAL SEX</b>	Having sex in the vagina, for example, with fingers, a penis/dick, or a sex toy.
<b>SEXLEKSAK</b>	<b>SEX TOY</b>	An item you can have sex with (alone or with others), for example, a dildo or a vibrator.
<b>SEXUELLA FANTASIER</b>	<b>SEXUAL FANTASIES</b>	Thinking or dreaming about sex. This can be about things you want to do, or about things that make you feel good. You can also fantasise about people – real or imaginary. Many people have sexual fantasies while masturbating.
<b>SAMTYCKE, ÖMSESIDIGHET</b>	<b>CONSENT, MUTUAL AGREEMENT</b>	That everyone having sex with each other actually wants to. That everyone having sex with each other wants the same things and are having sex with each other in a way that feels good – both in the body and the mind.

## SEXUALLY TRANSMITTED DISEASES AND PREGNANCY

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<b>KÖNSSJUKDOM</b>	<b>SEXUALLY TRANSMITTED DISEASE</b>	A disease you can get by having unprotected sex with another person who has a sexually transmitted disease. Chlamydia is an example of this type of disease.
<b>HIV</b>	<b>HIV</b>	A disease you can get by having unprotected sex with another person who has HIV. There are good medications available for HIV that keep you from feeling sick from the disease. If you do not take medicine for HIV, it could develop into AIDS after a few years. AIDS is a disease that eventually leads to death. HIV is a virus.
<b>KLAMYDIA</b>	<b>CHLAMYDIA</b>	A disease you can get by having unprotected sex with another person who has chlamydia. Often, you will not feel any signs of chlamydia in your body. If you have chlamydia and take the medicine, the disease will go away. Chlamydia is a bacterium.
<b>SÄKRARE SEX</b>	<b>SAFER SEX</b>	When you have sex and there is little or no risk of getting or giving a sexually transmitted disease.
<b>KONDOM</b>	<b>CONDOM</b>	Rubber that you can put on the penis/dick so you do not get or give sexually transmitted diseases when having sex with someone else. You can also use a condom to avoid getting or making someone pregnant.
<b>GLIDMEDEL</b>	<b>LUBRICANT, LUBE</b>	Gel used in the vagina, on the penis/dick or in the anus when having sex to make it feel nicer. It is important to use lube when having anal sex. Otherwise, there is a risk of the condom breaking. You can buy lube at a pharmacy or the like.

<b>TESTA SIG</b>	<b>GET TESTED</b>	If you have had sex without condoms, it is a good idea to get tested. You can then find out whether or not you have a sexually transmitted disease so you can begin taking medicine if necessary. You can get tested at e.g. a youth guidance centre or a medical centre. You can also get tested for problems other than sexually transmitted diseases.
<b>GRAVID</b>	<b>PREGNANT</b>	Having a baby growing in the uterus, which is located in the stomach area. Being pregnant is also referred to as expecting a child.
<b>PREVENTIVMEDEL</b>	<b>CONTRACEPTIVES</b>	If you want to have sex with a penis/dick inside a vagina/pussy without making a baby, you can use contraceptives. Examples include condoms, birth control pills or an IUD.
<b>ABORT</b>	<b>ABORTION</b>	If you are pregnant but do not want to have the baby, you can have an abortion at the hospital. You will then no longer be pregnant.

## CARE AND SUPPORT

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<b>UNGDOMS- MOTTAGNING</b>	<b>YOUTH GUIDANCE CENTER</b>	A place where young people (ages 13–23/25) can go to get tested, get contraceptives, and ask questions about the body, sex and love. You can also go to a youth guidance centre to talk to someone if you are feeling sad or anxious.
<b>VÅRDCENTRAL</b>	<b>MEDICAL CENTRE</b>	A place where you can go to get care if you are feeling sick. You can also go to a medical centre to get tested, get contraceptives, or to talk to someone if you are feeling sad or anxious.
<b>SEXUELLT ÖVERGREPP, VÅLDTÄKT</b>	<b>SEXUAL ASSAULT, RAPE</b>	To perform a sexual act on someone who does not want this, or who cannot show what they want because they are sleeping, are drunk, or for some other reason. It is illegal to do this. The victim of sexual assault has the right to get support and help, and can make a police report against the person who assaulted them.
<b>DISKRIMINERING</b>	<b>DISCRIMINATION</b>	Being treated poorly or violated because of gender, sexual orientation, gender identity, religion, origin, age or disability. You have the right to not be discriminated against. An example of discrimination is if a school bans hijabs. Another example is if an employer chooses to not call a person for a job interview because that person does not have a typical Swedish name. Discrimination can also be a restaurant not allowing a homosexual couple to eat there.