

GLOSSARY

The body, sexuality and health

Engelska

GLOSSARY

The body, sexuality and health

This glossary contains words related to sexual and reproductive health and rights. The words are about the body, emotions, relationships, sex, identity, health and laws. You are entitled to have information about these issues.

SWEDISH WORD	TRANSLATION	EXPLANATION
Abort	Abortion	When a pregnant person does not want to have a baby, the person can get an abortion at the hospital. After an abortion, you are no longer pregnant.
Adoption	Adoption	When one or more people take over the care of a child. This person or these people become the parent(s) of the child.
Akut p-piller	Emergency birth control pill ("the morning after pill")	A pill that can be taken immediately, i.e. up to three to five days after unprotected vaginal intercourse, to prevent an unwanted pregnancy.
Anal	Anus	Opening of the rectum (butt).
Analsex	Anal sex	Having sex around or inside the anus, for example with the fingers, tongue, a sex toy or penis.
Androlog	Andrologist	A doctor who is a specialist in the penis and testicles. Andrologists are experts in genital function and diseases. An andrologist can also answer questions about sex.
Asexuell	Asexual	An asexual person feels no or only very little sexual desire, or does not want to have sex with other people.
Assisterad befruktning	Assisted reproduction	When medical care provides help to a person or a couple who wants to be pregnant but cannot get pregnant without help. Examples of assisted reproduction are insemination and IVF.
Avbrutet samlag	Pull-out method	When penetration during vaginal intercourse is interrupted before ejaculation from the penis, so that the semen ends up outside the vagina.

SWEDISH WORD	TRANSLATION	EXPLANATION
Bakteriell vaginos	Bacterial vaginosis	Bad-smelling discharge from the vagina. <i>Bacterial vaginosis</i> means there is an imbalance of bacteria in the vagina.
Balanit	Balanitis	An inflammation of the glans penis, causing increased redness, a small red rash, or causing the head and underside of the foreskin to feel irritated and raw.
Barnvårdscentral	Child health care center	A clinic that offers young children health exams, vaccines and guidance. Accepts children from birth until they begin kindergarten. Also called <i>BVC</i> .
Barnmisshandel	Child abuse	When a person under the age of 18 is subjected to violence, violations, or is not taken care of by their parents or another responsible adult. Hitting a child is illegal in Sweden, even for parents, regardless of whether the purpose is to discipline the child.
Barnmorska	Midwife	Works with maternity care, maternal health, and guidance about sexuality, contraception and abortion.
Barnmorske-mottagning	Maternity clinic	A clinic where you go when you are pregnant that offers health care and check-ups throughout pregnancy. Also called <i>MVC</i> , <i>Mödravårdscentral</i> .
Barnporno-grafibrott	Crime of child pornography	A crime in which a person takes, has, distributes, sells or in some other way allows sexual or pornographic pictures of people who have not yet hit puberty or who are under age 18.

SWEDISH WORD	TRANSLATION	EXPLANATION
Barnäktenskap	Child marriage	A marriage in which at least one person is under the age of 18. <i>Child marriage</i> is not allowed in Sweden
BB	Maternity ward	The part of the hospital where you can stay for several days after giving birth.
BDSM	BDSM	A collective term for bondage, discipline, dominance or submission and sadomasochism. Based on consent.
Befruktning	Fertilization	When sperm and egg meet in the fallopian tube. They can then develop into an embryo, which implants in the lining of the uterus.
Binda	Pad or napkin	An item used to capture menstrual blood. A pad is attached inside the underwear.
Bisexuell	Bisexual	A <i>bisexual</i> person is someone who is romantically attracted to and/or wants to have sex with people of any gender.
Bitestikel	Epididymis	Part of the internal genitalia if you have a penis. The <i>epididymis</i> is located in the scrotum.
Blottnig	Flashing	When someone shows their genitals online or in real life to someone in order to offend them or cause discomfort. In legal terms, this is called <i>sexual molestation</i> .
Blygdläppar	Labia	Skin fold located outside the body around the vagina, clitoris and urethra. There are inner and outer <i>labia</i> .

SWEDISH WORD	TRANSLATION	EXPLANATION
Bröst	Breasts	Body part found on the upper body. <i>Breasts</i> consist of fatty tissue and mammary glands.
Bröstvårtor	Nipples	A round area in the center of the breast that sticks out from it. Surrounding the <i>nipple</i> is the areola.
Bög	Gay	A common word for a homosexual man.
Cellprovtagning	Pap test	A test taken to check whether there are any changes to the cells of the cervix that could lead to cervical cancer.
Cysta	Cyst	A fluid-filled sac that can occur in many organs, including the ovaries.
Dejta	Date	Meeting or going out with someone who you are interested in having sex or spending time with.
Diskriminering	Discrimination	Being treated badly or insulted because of your gender, sexual orientation, gender identity, religion, ethnicity, age or disability. See <i>hate crime, homophobia, transphobia, racism, ableism, sexism, gender equality</i> and <i>equality</i> .
Embryo	Embryo	An <i>embryo</i> is formed when an egg and sperm come together. This is called fertilization. Then, inside the uterus, the embryo develops into a fetus, which develops into a baby.
Endometrios	Endometriosis	When tissue from inside of the uterus grows outside of the uterus, often in the fallopian tubes or abdominal wall. <i>Endometriosis</i> can cause severe pain during a period.

SWEDISH WORD	TRANSLATION	EXPLANATION
Engångsligg	One-night stand	Having sex with someone one time.
Ensamstående	Single parent	A parent who is not in a romantic relationship with the other parent of the child.
Erekttil dysfunktion	Erectile dysfunction	Difficulty having or sustaining an erection, even if you feel sexual desire. Also called <i>impotence</i> .
Erotik	Erotica	Pictures, art, literature or movies with sensual and sexual content.
Ex	Ex	A person you used to be together with, but who you are not with anymore.
Fetisch	Fetish	When an object or body part that is not usually thought of as sexual brings a lot of pleasure, sexual attraction and arousal, like feet or leather.
Fitta	Pussy	Female genitals. The word <i>pussy</i> describes the entire organ, both the inner and outer parts.
Flickvän	Girlfriend	A girl who you are in a relationship with.
Flirta	Flirt	Showing interest in someone you like, someone you want to date and have sex with. Also called <i>hitting on someone</i> .
Flytningar	Discharge	The fluid that comes out of the vagina to keep it clean and fresh.

SWEDISH WORD	TRANSLATION	EXPLANATION
Foster	Fetus	A <i>fetus</i> is an embryo that has grown inside the uterus for nine weeks during pregnancy.
Fostervattenprov	Amniocentesis	A test that aims to find out if a fetus has any chromosomal abnormalities.
Framfall	Prolapse	When something curves in towards the vagina or out through the vaginal opening. For example, this could be the vaginal walls, uterus, bladder or rectum moving downward.
Frenulum	Frenulum	Skin between the glans (head) and shaft of the penis. Also called <i>sträng</i> in Swedish, which means “string”.
Frivilligt sex när förövaren är nära 15-årsgränsen	Voluntary sex when the perpetrator is near the 15-year age limit	If it is clear that the act did not involve the assault of a child with regard to the slight difference in age and development between the person who carried out the act and the child, and also the circumstances in general, then the perpetrator will not be found guilty of a crime.
Funkofobi	Ableism	Negative attitudes, views or feelings toward people who have disabilities, such as people who are deaf, blind, or use a wheelchair. This could also target someone with a chronic disease such as HIV.
Förhud	Foreskin, hood	Thin skin covering the glans of the penis (foreskin) or clitoris (hood).
Förhuds-förträngning	Phimosis	When the foreskin is tight-fitting and cannot be pulled back past the glans. The foreskin can sometimes become caught under the glans and cannot be pulled over or back.

SWEDISH WORD	TRANSLATION	EXPLANATION
Förlossning	Delivery	A <i>delivery</i> is when a baby is born. <i>Delivery</i> can happen vaginally – through the vagina – or via C-section.
Förlossningsavdelning	Delivery ward	The part of the hospital where you deliver a baby.
Förlossningsdepression	Post-partum depression	Depression in connection to having had a baby.
Förlossningsrädsla	Fear of childbirth	Anxiety and fear before giving birth to a baby.
Förlossningsskador	Childbirth injuries	Injuries or tears that can happen in the genital area during childbirth.
Förlossningsvärkar	Labor contractions	Contractions occur as the uterus, which is a muscle, pushes the baby down the birth canal during childbirth
Försats	Pre-ejaculate (“pre-come”)	Fluid that can come out of a penis when a person is aroused, but the fluid is not semen.
Förtal	Defamation	Spreading rumours or information about someone to make others think poorly of that person and their way of living.
Glidmedel	Lubrication	A cream that can be used during sex for better glide, which makes sex more pleasurable. Can be applied to the penis, vagina and anus.

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Gnidsex	Dry humping	Having sex by rubbing or pressing the genitals against someone else's genitals or another body part.
Gonorré	Gonorrhea	<i>Gonorrhoea</i> is a sexually transmitted disease that often produces no symptoms, but which can cause pain or discomfort when urinating, unusual discharge from the vagina, urethra or rectum, or pain in the lower belly or testicles. Untreated, <i>gonorrhoea</i> can make it harder to have a baby. It can be treated with antibiotics. <i>Gonorrhoea</i> is included in the Communicable Diseases Act.
G-punktsområdet	G-spot	A rough area slightly inside the vagina, on the front vaginal wall. This is the area where the clitoris, urethra and front vaginal wall meet.
Gravid	Pregnant	Having a fetus in the uterus, which is in the belly. <i>Pregnancy</i> usually lasts about nine months.
Graviditetstest	Pregnancy test	A test you can take to find out whether or not you are pregnant. You take the test by peeing on a stick.
Grooming	Grooming	When a legal adult contacts and suggests meeting up with a child under the age of 15, often over the internet, in order to commit sexual assault. This is illegal. In legal terms, this is called <i>contact with a child for sexual purposes</i> .
Gruppssex	Group sex	When more than two people have sex with each other at the same time.
Gynekolog	Gynecologist	A doctor who specializes in the vulva and vagina. Gynaecologists are experts in genital function, diseases and pregnancy. A gynaecologist can also answer questions about sex.

SWEDISH WORD	TRANSLATION	EXPLANATION
Gynekologisk undersökning	Gynecological exam	An exam of the vagina carried out at a hospital, medical clinic or youth clinic.
Göra slut	Break up	To end a relationship. When you <i>break up</i> , you are not together anymore.
Ha lust	Desire	Feeling a strong urge to do something. Sometimes, this involves the desire to have sex.
Hallick	Pimp	See <i>pimping</i> .
Hatbrott	Hate crime	Subjecting a person to criminal acts such as threats or assault, where the purpose is to discriminate against a person based on the victim's sexual orientation, gender identity, race, skin colour, beliefs, or ethnic or national origin.
HBTQ-person	LGBTQ person	A collective term for people who are bisexual, homosexual, trans or queer.
Hedersrelaterat förtryck och våld	Honor-related violence and oppression	When a person, usually a young woman, is limited and controlled by other people around her, and when that control is exerted in order to protect or restore the family's reputation or honor. Legally, this could be <i>unlawful threats, abuse, forced marriage, murder</i> etc.
Hen	They	A neutral pronoun. In Swedish, " <i>hen</i> " is also used as a gender-neutral pronoun when gender is irrelevant.
Hepatit	Hepatitis	<i>Hepatitis</i> is an inflammation of the liver. There are different kinds of hepatitis. The most common kinds are hepatitis A, hepatitis B and hepatitis C. <i>Hepatitis</i> is caused by a virus. .
Herpes	Herpes	<i>Herpes</i> can affect the mouth and genitals. <i>Herpes</i> can cause blisters and sores that may itch, sting and be very painful, or that may cause no sensation at all. <i>Herpes</i> is transmitted very easily

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Heterosexuell	Heterosexual	A heterosexual person is someone who is romantically attracted to and/or wants to have sex with people of the opposite sex.
Hiv	HIV	HIV is a virus that can be transmitted between people, for example through intercourse without a condom or by sharing needles. HIV impairs the immune system. Without treatment, HIV can become AIDS, which is deadly. With treatment, people with HIV cannot pass it to anyone else and will not develop AIDS; they will also live as long as anyone else. Everyone in Sweden is entitled to free testing and treatment for HIV.
Homofobi	Homophobia	Negative attitudes, views or feelings towards bisexual and homosexual people or towards bisexuality and homosexuality. This is often expressed through prejudice, disdain, anger, hatred or violence.
Homosexuell	Homosexual	A homosexual man is someone who is romantically attracted to and/or wants to have sex with men. A homosexual woman is someone who is romantically attracted to and/or wants to have sex with women.
HPV (humant papillomvirus)	Human papillomavirus (HPV)	A very common virus, of which there are different types. Some types of the virus cause genital warts (condyloma) or cellular changes. Other types of the virus cause warts on the hands and feet.
HPV-vaccination	HPV vaccination	A vaccine that protects against several types of HPV, which can cause cellular changes to the uterus and lead to uterine cancer.
Hångla	Make out	Kissing, hugging and stroking one another's bodies, which are close together, with or without clothes on.
Ickebinär	Non-binary	A person who does not identify as male or female.

SWEDISH WORD	TRANSLATION	EXPLANATION
Incest	Incest	When someone who is closely related to a child, such as a parent, grandfather or older sibling, subjects the child to sexual assault. Legally, this can be child rape, if the child is under the age of 18, <i>sex with offspring</i> or <i>sex with a sibling</i> .
Infertil	Infertile	When a person cannot become pregnant and/or make someone else pregnant.
Informationsplikt	Obligation to provide information	A rule of conduct that applies to someone who has a sexually transmitted disease, like HIV, chlamydia or gonorrhea, which stipulates that they must tell anyone they are going to have sex with that they have the disease. A doctor orders the obligation to provide information, but can also lift it in some cases.
Inseminering	Insemination	A medical procedure in which sperm is placed in the uterus in order for a person to get pregnant.
Intersexvariation	Intersex variation	A collective term for different physical properties that cause someone's body to not easily be identified as a particular sex, according to society's norms for sex, and that is therefore neither typically "male" nor "female". Variations may apply to the external and/or internal genitals, chromosomes and at the hormonal level.
IVF	IVF	<i>IVF</i> is a treatment in which the egg is collected and fertilized by a sperm outside of the body. A fertilized egg is called an embryo. A few days after fertilization, a doctor inserts the embryo into the uterus. <i>IVF</i> is also called "test tube" fertilization.
Juridiskt kön	Legal sex	The gender connected to you in a register, for example your registration in a municipality, or in your passport.
Jämlikhet	Equality	When people who belong to different groups are treated equally and have the same rights and opportunities to shape their lives and actively participate in society.

SWEDISH WORD	TRANSLATION	EXPLANATION
Jämställdhet	Gender equality	<i>Equality</i> between the sexes is when women and men have the same opportunities to shape their lives and society. In order for women and men to have the same power, they must have the same opportunities, rights and obligations.
Kejsarsnitt	C-section	In a <i>C-section</i> , a doctor cuts an opening through the belly and uterus in order to remove the baby.
Kirurg	Surgeon	A doctor who specializes in performing different operations.
Klamydia	Chlamydia	<i>Chlamydia</i> is a sexually transmitted disease that often produces no symptoms, but which may cause pain or discomfort when urinating, unusual discharge from the vagina, urethra or rectum, or pain in the lower belly. Untreated, <i>chlamydia</i> can make it harder to have a baby. It can be treated with antibiotics and is included in the Communicable Diseases Act.
Klimakterie	Menopause	The period in life when menstruation stops happening. Usually in your 50s.
Klitoris	Clitoris	A body part that is part of the vulva. Located just above the opening of the urethra. The outer part of the <i>clitoris</i> , the <i>clitoral glans</i> , is very sensitive to touch.
Klitoris ollon	Clitoral glans	The glans of the <i>clitoris</i> is the part of the clitoris that can be seen outside the body. It is very sensitive to touch.
Knulla	Screw	Having sex with one or several other people.
Knullkompis	Friends with benefits	Someone you have sex with, but who you do not have a romantic relationship with. Abbreviated as “KK” in Swedish and could also be called a <i>lover</i> .

SWEDISH WORD	TRANSLATION	EXPLANATION
Kondom	Condom	A contraceptive made out of rubber. It is placed on the penis to prevent unwanted pregnancy and the transfer of sexually transmitted diseases.
Kondylom	Condyloma	<i>Condyloma</i> is a sexually transmitted disease that can cause warts on the genitals. The warts can itch, sting and hurt..
Koppleri	Pimping	When someone persuades another person to have sex for money, or takes advantage of such a situation to make money themselves.
Krama	Hug	Wrapping your arms around another person and pressing your bodies together.
Kroppsvätska	Body fluids	Something wet that comes out of the body. Examples of <i>body fluids</i> are blood, semen, lubrication and pre-ejaculate.
KSK (kvinnor som har sex med kvinnor)	WSW (women who have sex with women)	A term for people who identify as women and have sex with other women.
KUB-test	CUB screening	A blood test and ultrasound aiming to examine the fetus inside of a pregnant person's belly.
Kuk	Cock	Male genitals. Often considered a more crude word than penis.
Kurator	Counsellor	Works with supporting people who feel unwell through supportive conversation. <i>Counsellors</i> work at hospitals and schools, for example.

SWEDISH WORD	TRANSLATION	EXPLANATION
Kvinnofrids kränkning	Gross violation of a woman's integrity	When a man subjects a woman he lives with to systematic abusive treatment. For example by hitting, forcing her to have sex, subjecting her to mental abuse or not allowing her to leave home.
Kvinnojour, tjejjour	Women's aid; girls' aid	An organisation that supports and helps women and trans people who have been subjected to violence by someone close to them, for example, by offering housing if the woman is in danger.
Kvinnoklinik	Women's clinic	A clinic that treats diseases that affect people who have a uterus. Pregnant people can go here. These clinics offer ultrasound exams of fetuses and more. They are at most large hospitals.
Kysa	French kiss	To kiss on the mouth while the tongues touch each other.
Kåt	Aroused ("horny")	A sensation in the body of the desire to have sex with oneself or with someone else.
Känna olust	Feel uneasy	When something does not feel good or pleasurable.
Kön	Sex (as in gender)	Sex often means woman or man. In Swedish, kön can also refer to the genitals.
Könsbaserat våld	Gender-based violence	Violence against women and LGBTQ people. Often takes the form of sexual violence and sexual assault. See <i>human sex trafficking, intimate partner violence, gross violation of a woman's integrity and women's aid/girls' aid</i> . Also see <i>sexual assault and harmful practices</i> .

SWEDISH WORD	TRANSLATION	EXPLANATION
Könsbekräftande behandling	Gender-affirming treatment	A physical procedure to confirm one's gender identity as a man, woman or non-binary person. This procedure could include surgery on the genitals or taking hormones to change the body's appearance. Many, but not all, trans people want to undergo some kind of gender-affirming treatment.
Könsdysfori	Gender dysphoria	A diagnosis that involves suffering as a result of the fact that your body is not consistent with your gender identity. A person with <i>gender dysphoria</i> may choose to have sex reassignment therapy.
Könsidentitet	Gender identity	The gender you feel that you are. <i>Gender identity</i> has nothing to do with sexual orientation.
Könsorgan	Genitals	Body parts located below the abdomen, like the penis and vagina.
Könssjukdom	Sexual transmitted disease	An infection that a person can get from having unprotected sex with someone who has a <i>sexually transmitted disease</i> .
Könsstympning	Genital mutilation	Cutting off or damaging the clitoris. Sometimes the inner and/or outer labia are cut off and the vaginal opening is sewn together. This is considered a gross violation of human rights and is illegal in Sweden. It is also illegal to plan, attempt, prepare or take a girl or woman away to another country in order to conduct genital mutilation. <i>Genital mutilation</i> is sometimes called <i>female circumcision (kvinnlig omskärelse)</i> .

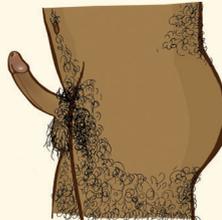
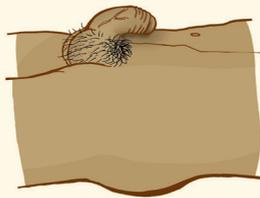
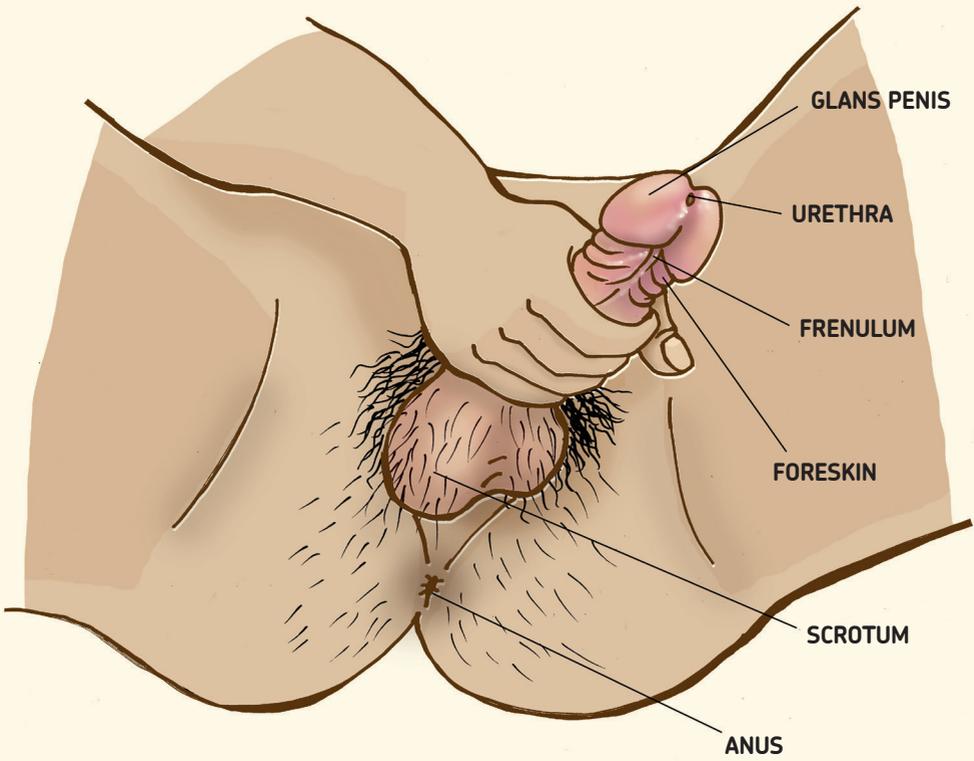
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Könsutredning	Gender evaluation	A series of exams to determine whether a person has the right to free sex reassignment therapy. Anyone who is diagnosed with gender dysphoria has the right to this care. The diagnosis is made by a specialist team at a hospital.
Lesbisk	Lesbian	A common word for a homosexual woman. Also called <i>flata</i> in Swedish, or <i>dyke</i> .
Ligga	Sleep with	Having sex with one or several other people.
Livmoder	Uterus	A part of the vagina located inside the body, in the belly. This is where the fetus is during pregnancy.
Livmoderhals	Neck of the womb	Lower part of the uterus – and also the narrowest part of the uterus. The <i>neck of the womb</i> ends at the cervix.
Livmodertapp	Cervix	Part of the uterus that is the entrance to the uterus from the vagina.
Lubrikation	Lubrication	The fluid in the vulva that arises when a person is turned on.
Lustgas	Laughing gas	A pain reliever that is breathed in while experiencing pain. <i>Laughing gas</i> is primarily used in conjunction with childbirth.
Läkare	Doctor	Works to fight disease or injury and prevent illness.
Mammografi	Mammography	An x-ray exam of the breast used to detect cysts and tumors.

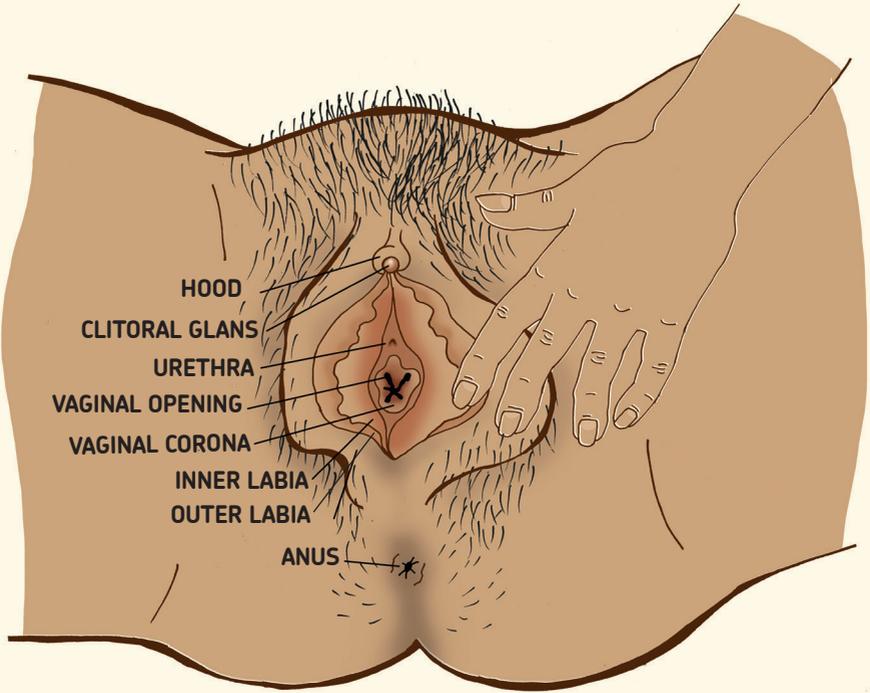
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Mansmottagning	Men's clinic	A clinic where everyone who identifies as male and/or who has a penis can go for care, support and to talk. Men's clinics are primarily focused on sex and relationships.
Mellangård	Perineum	The area between the anus and vulva or scrotum.
Mens	Period	Blood that comes out of the vagina from the uterus. This happens regularly about once a month starting at puberty.
Menskopp	Menstrual cup	A product that can be used during a period. The menstrual cup is inserted into the vagina and collects menstrual blood.
Mensvärk	Menstrual cramps	Pain that happens in connection with a period.
Missfall	Miscarriage	When the body ends a pregnancy before the baby is born.
Monoamorös	Monoamorous	A <i>monoamorous</i> person wants to be in a <i>monogamous</i> relationship, i.e., they want a relationship with one person at a time.
Monogam relation	Monogamous relationship	A relationship in which the people involved have agreed not to have sexual or romantic contact with people outside of the relationship.
MSM (män som har sex med män)	MSM (men who have sex with men)	A term for people who identify as men and have sex with other men.

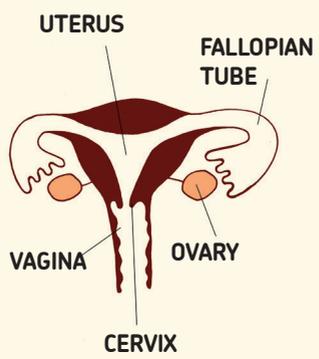
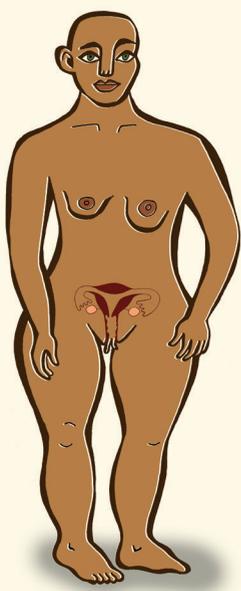
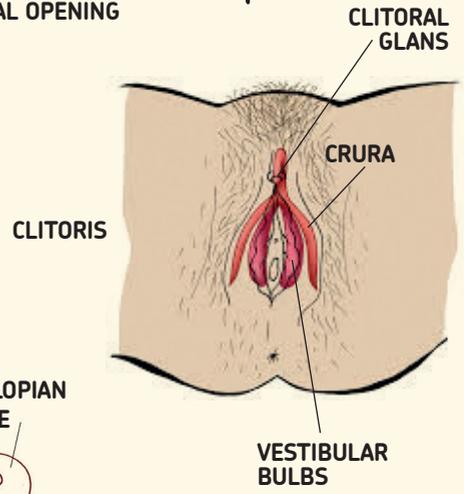
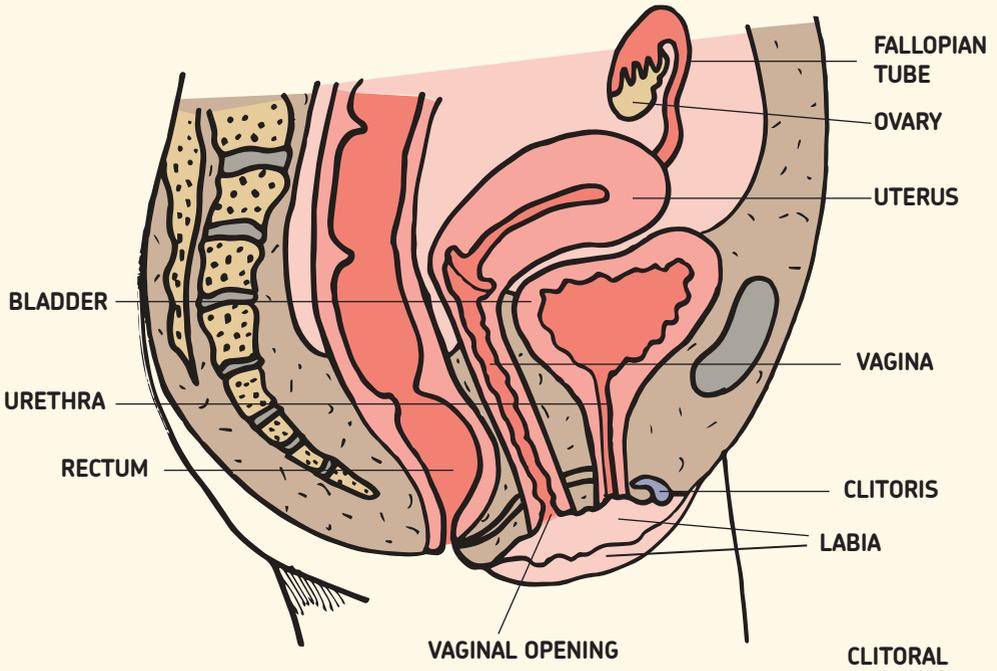
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Mykoplasma genitalium	Mycoplasma genitalium	<i>Mycoplasma</i> is a bacteria that can cause itchiness in the genitals and discharge from the penis or vagina. It can also cause pain in the lower abdomen or in the scrotum.
Myom	Myoma	A benign tumor that can occur in the muscle tissue of the uterus. <i>Myoma</i> is also called <i>muscle knots</i> . <i>Myoma</i> is very common; almost half of all people who have a period have myoma.
Månggifte	Polygamy	When someone is married to more than one person. It is not permitted to marry several people in Sweden. This crime is called <i>bigamy</i> .
Människohandel för sexuella ändamål	Human sex trafficking	Forcing or tricking a person by transporting, receiving or abducting them in order to force that person to perform sexual services.
Nedsatt sexlust	Reduced sexual desire	Not wanting to have sex or not wanting to have sex as often as one used to.
Njuta	Enjoy	When something feels good or pleasurable.
Ollon	Glans	Part of the penis. The glans is at the tip of the shaft of the penis and is the most sensitive part of the penis.
Omskärelse	Circumcision	Cutting all or part of the foreskin off of the penis. Sometimes the word <i>circumcision</i> is also used to refer to female <i>genital mutilation</i> .

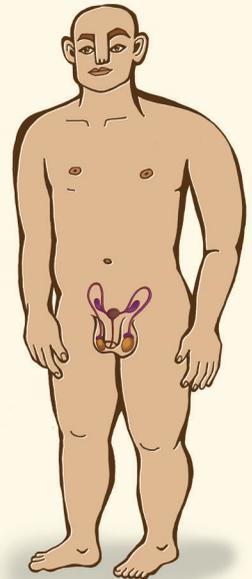
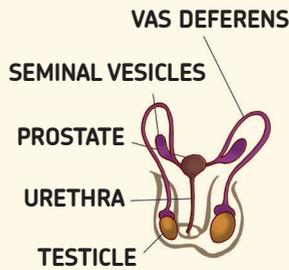
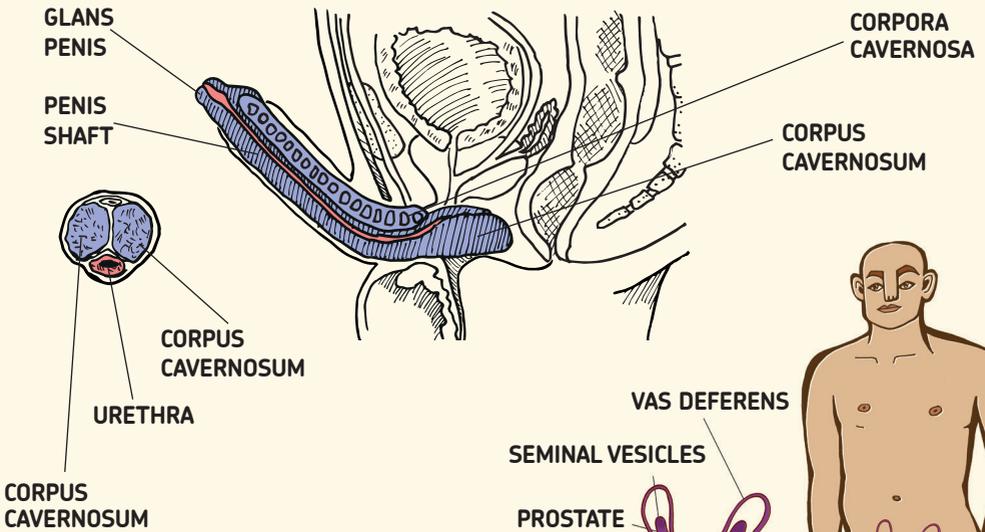
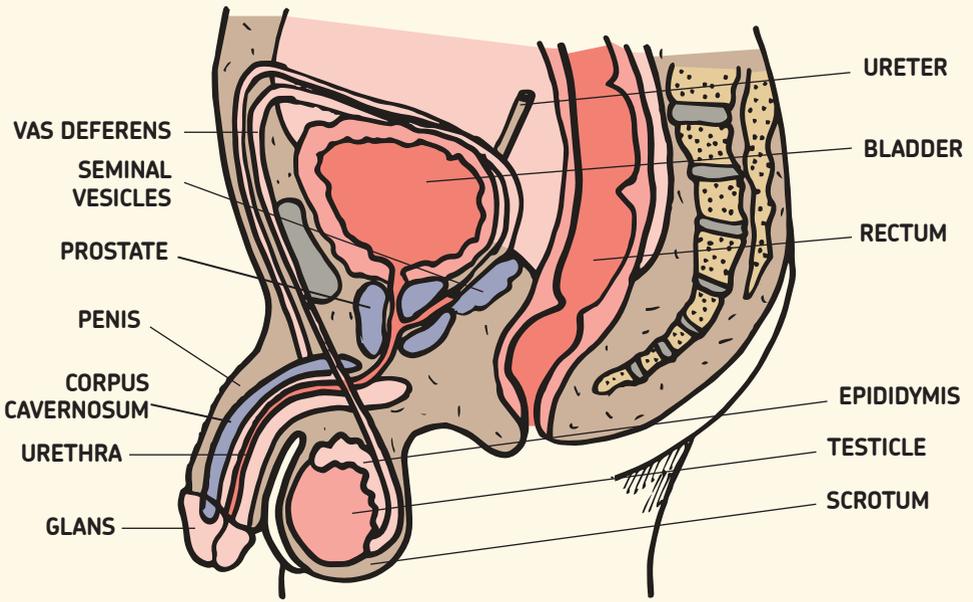
ILLUSTRATIONS

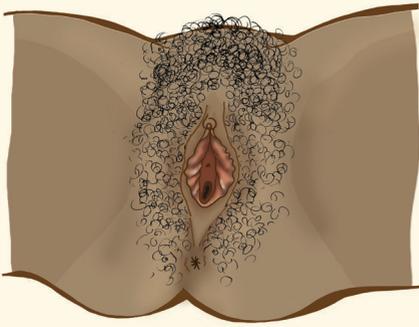
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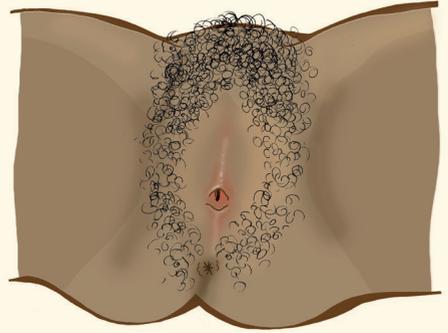




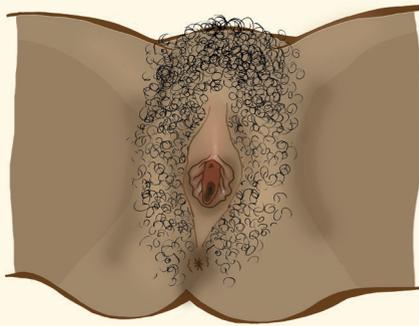




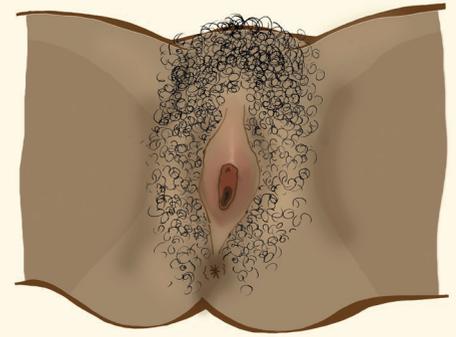
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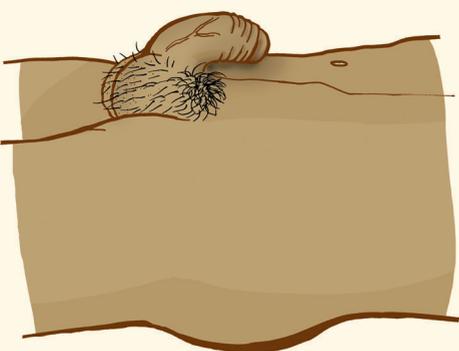
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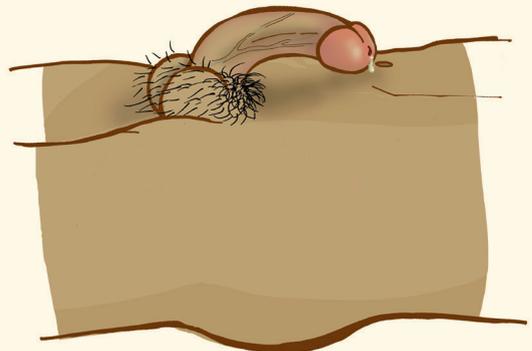
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UNAROUSED



AROUSED

SEX EDUCATION

Knowledge-based, comprehensive sex education promotes equality and gender equality. A good sex education must provide information about how the body functions, pleasure, sexuality norms and mutual desire; facilitate conversations about relationships and emotions, and much more.

GOOD HEALTH AND MEDICAL CARE

The right of the general public to good health and medical care is fundamental to good, equal, and lifelong sexual and reproductive health. Sexual and reproductive health in Sweden is not distributed equally today. Information about sexuality must be a central part of health and medical care in order to meet the wide variety of existing needs.

MAKE A DIFFERENCE – BECOME A MEMBER

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SWEDISH WORD	TRANSLATION	EXPLANATION
Onanera	Masturbate	To have sex with yourself. During <i>masturbation</i> , it is common to stroke the genitals or anus, or around them, or other parts of the body.
Oralsex	Oral sex	Having sex with the mouth by kissing, licking or sucking on someone's genitals or anus. Also called <i>going down</i> on someone.
Orgasm	Orgasm	A pleasant feeling that can happen during sex with others or with yourself. An orgasm causes the muscles to contract around the genitals
Orgasmstörningar	Orgasmic dysfunction	When orgasm happens too quickly, is abnormally delayed, happens rarely or does not happen at all. When an orgasm is perceived as uncomfortable or too weak, this is also orgasmic dysfunction.
Orosanmälan	Notification of concern	Notifying social services that you are concerned that a child is being treated badly. Teachers, doctors or preschool staff who feel concerned about children under age 18 are obligated to submit a notification of concern. Private individuals are not obligated to submit a report, but they should do so.
Oskuldskontroll	Virginity testing	When someone claims that they can examine to see whether a girl has had sex with other people or not, which is not possible to determine medically. Healthcare staff may not examine or write a certificate regarding this, regardless of whether someone has given consent. If the examination is against the girl's will, it is sexual assault.

SWEDISH WORD	TRANSLATION	EXPLANATION
Otrohet	Infidelity	To do something sexual with someone other than the person you are in a relationship with.
Oönskad graviditet	Unwanted pregnancy	Being pregnant when you do not want to be pregnant.
Partner	Partner	A person with whom you are in a relationship, regardless of their gender.
Partnervåld (mäns våld mot kvinnor i parrelation och våld i nära parrelationer)	Intimate partner violence (violence by a man directed at the woman with whom he is in a relationship, and violence in intimate relationships)	When a person physically or mentally abuses a person with whom they are in a romantic relationship.
Penis	Penis	Male genitals.sexual services.
Perineum	Perineum	The area between the anus and vulva or scrotum.
Personlig integritet	Personal privacy	See <i>spreading sexual pictures of others</i> and <i>defamation</i> .
Pessar	Diaphragm	A small silicone cup that is placed inside the vagina, covering the cervix. A <i>diaphragm</i> is used with a gel. <i>Diaphragms</i> are a contraception method.
Pojkvän	Boyfriend	A boy with whom you are in a relationship.
Polyamorös	Polyamorous	A <i>polyamorous</i> person is able to be romantically/physically attracted to multiple people at once.
Pornografi, porr	Pornography, porn	Pictures and videos with sexual content aiming to arouse or turn on the viewer.

SWEDISH WORD	TRANSLATION	EXPLANATION
P-piller	Birth control pills	Pills that a person with a uterus takes once per day to prevent pregnancy. <i>Birth control pills</i> are a contraception method and come in different varieties.
P-plåster	Birth control patch	A <i>patch</i> placed on the skin of a person with a uterus. The <i>patch</i> is changed after a week. The <i>patch</i> is a contraception method that prevents pregnancy
P-punktsområdet	P-spot	An area that is located slightly inside the anus, near the prostate, that is sensitive to touch
Prematur ejakulation	Premature ejaculation	Ejaculating earlier than you want to, which can be a problem for yourself and for your partner.
Premenstruellt dysforiskt syndrom, (PMDS)	Premenstrual dysphoric disorder (PMDD)	A more severe form of PMS. Symptoms are often mental, such as depression or anxiety. Other symptoms include mood swings and fatigue.
Premenstruellt syndrom, (PMS)	Premenstrual syndrome (PMS)	Physical and mental symptoms that occur for several days before menstruation starts. For example, sore breasts, headache, mood swings, less energy and depression.
PrEP	PrEP	A medicine that can be taken to reduce the risk of HIV.
Preventivmedel	Contraception	<i>Contraception</i> is used to prevent pregnancy in people who want to have vaginal sex involving a penis. Examples of <i>contraception</i> are condoms, birth control pills or an IUD. Condoms are the only contraception method that protect against both pregnancy and sexually transmitted diseases.

SWEDISH WORD	TRANSLATION	EXPLANATION
P-ring	Vaginal ring	The <i>vaginal ring</i> is a contraception method that prevents pregnancy. It is a soft plastic ring that you insert into the vagina yourself.
Prostata	Prostate	A gland that is located inside the body in people with a penis, between the urethra and rectum. It produces some of the fluid that is part of ejaculation.
Prostataundersökning	Prostate exam	An exam of the prostate carried out either by feeling it through the rectum or via a blood sample.
Prostatit	Prostatitis	Inflammation of the prostate gland. The most common form is chronic <i>prostatitis</i> . Also called <i>chronic pelvic pain</i> .
Prostitution	Prostitution	See sex for pay.
P-spruta	Birth control shot	A shot that a person with a uterus gets once every three months. The <i>birth control shot</i> is a contraception method that prevents pregnancy.
P-stav	Birth control implant	A soft plastic stick that is inserted under the skin on the upper arm of a person with a uterus. The <i>birth control implant</i> is a contraception method that prevents pregnancy.
Psykiatriker	Psychiatrist	A doctor who specializes in mental illness and mental states.
Psykolog	Psychologist	Works with mental health. For example, a psychologist can offer help to people who are mentally unwell. Talking with a <i>psychologist</i> is called going to therapy.
Pubertet	Puberty	The period in life when the body changes from being a child to an adult. For most people, <i>puberty</i> occurs between ages 8 and 13.

SWEDISH WORD	TRANSLATION	EXPLANATION
Pubishår	Pubic hair	Hair that grows on and around the genitals. Also called the <i>pubic patch</i> .
Pulla	To finger	A word that means having sex with yourself (masturbate) if you have a vulva and a vagina. This could also refer to someone else stroking the vulva.
Pung	Scrotum	A sac of skin located underneath the penis. The <i>scrotum</i> contains the testicles and epididymis.
Pussa	Kiss	To press the lips to another person's mouth or body.
Queer	Queer	A <i>queer</i> person questions heteronormativity. This could apply to sexual orientation, gender identity or how you want to form relationships with other people. The concept has many meanings.
Rasism	Racism	Negative attitudes, views or feelings toward people with dark skin or people with a different ethnicity, religion or culture than your own.
Rimming	Rimming	Licking in and around the anus.
Runka	Jerk off	Word for masturbation when you have a penis. For example, stroking the head (glans) of the penis, or moving the foreskin back and forth over the head.
Ryggbedövning	Spinal anesthesia	Spinal anesthesia can be used during childbirth or surgery on the lower portion of the body. Also called an <i>epidural</i> .

SWEDISH WORD	TRANSLATION	EXPLANATION
Sambo	Live-in partner	A partner who you live with, but who you are not married to.
Samlag	Sexual intercourse	To have sex. <i>Sexual intercourse</i> means sex where a penis penetrates or is surrounded by a vagina or anus.
Samlagssmärta	Pain during intercourse	Pain that occurs during sexual intercourse. The pain could be in the vulva, vagina, penis, scrotum or testicles, or inside the body.
Samlagsställning	Sexual position	A way of positioning the bodies while having sex.
Sesammottagning	SESAM Clinic	A clinic where people go to get tested and receive treatment for sexually transmitted diseases. These clinics also offer guidance on contraceptives, sex and relationships.
Sex	Sex	Doing something that feels pleasurable. Sex could be with yourself or with other people. Stroking or having intercourse are some examples.
Sexdebut	Sexual debut	<i>Sexual debut</i> often means the first time you have sex with someone else.
Sexism	Sexism	Negative attitudes, opinions or feelings toward women and people perceived as female or feminine. Can be expressed in the form of prejudice, contempt, anger, hate or violence and is based on power structures and norms.

SWEDISH WORD	TRANSLATION	EXPLANATION
Sexköp	Buying sex	Giving a person something in exchange for doing something sexual with or to them. It is illegal to buy sex, but it is not illegal to sell sex.
Sexleksaker	Sex toy	An item you can have sex with together with others or with yourself, such as a dildo, cock ring or vibrator.
Sex mot ersättning	Sex for pay	See <i>buying sex</i> and <i>pimping</i> .
Sexolog	Sexologist	Offers talk therapy about sex and relationship problems for people and their partners.
Sexställning	Sex position	A way of positioning the bodies while having sex.
Sexuell läggning	Sexual orientation	A word describing which gender you are romantically attracted to and/or want to have sex with. <i>Sexual orientation</i> could be, for example, heterosexuality, bisexuality or homosexuality. These three are included in the Swedish Discrimination Act
Sexuell praktik	Sexual practice	Different ways of having sex, such as dry humping, dry sex, masturbation or vaginal intercourse.
Sexuella fantasier	Sexual fantasies	Thoughts and dreams with sexual content.

SWEDISH WORD	TRANSLATION	EXPLANATION
Sexuella trakasserier	Sexual harassment	When someone tries to infringe upon another person sexually, for example at the workplace or at school. Employers and schools are responsible for preventing this from happening. Unions can provide support to people who have been subjected to sexual harassment at their workplace. Also see <i>sexual assault</i> .
Sexuella övergrepp	Sexual assault	Carrying out a sexual act to someone against their will, for example photographing or touching a person's body against their will. This is sexual assault regardless of whether or not violence was involved, or if the perpetrator and the victim know each other or are married. See <i>rape</i> , <i>sexual assault</i> and <i>sexual molestation</i> .
Sexuella övergrepp mot barn	Child sexual abuse	In Sweden, a person under the age of 15 is not considered able to give valid consent to sex. Therefore, the underlying principle is that all sexual acts by a legal adult to/with a person under age 15 are considered sexual abuse. The purpose is to protect children from adult sexuality. This means that children under age 15 can explore their sexuality with other children and are not committing a crime if they have consensual sex together. See <i>child rape</i> , <i>sexual exploitation of children</i> , <i>sexual assault of a child</i> , <i>voluntary sex when the perpetrator is near the 15-year age limit</i> , <i>crime of child pornography</i> , <i>child abuse</i> , <i>incest</i> , <i>grooming</i> and <i>virginity testing</i> .
Sexuellt ofredande	Sexual molestation	Doing sexual things to a person against their will, for example groping or showing one's naked genitals in real life or online ("flashing"). See <i>sexual assault</i> .

SWEDISH WORD	TRANSLATION	EXPLANATION
Sexuellt utnyttjande av barn	Sexual exploitation of children	When a person has sex with or performs a sexual act with or to a person under age 15, but the act is less severe than rape. For example, if a person has sex with a person who is just under 15 years old, and the sex is voluntary.
Sexuellt övergrepp	Sexual assault	When someone carries out a sexual act to an unwilling participant and legally, the sexual act is considered less violating than rape. See <i>rape</i>
Singel	Single	Not in a romantic relationship.
Sjuksköterska	Nurse	Works with practical, clinically oriented health and medical care. There are different types of nursing professions, which are associated with the specialty in which the nurse is trained.
Skadliga sedvänjor	Harmful practices	Practices such as medical procedures or, in Sweden, illegal marriages, often targeting girls and women. These often involve violations of human rights and violence. See <i>honour-related violence and oppression, genital mutilation, forced marriage, child marriage and polygamy</i> .
Skilja sig	To divorce	To break up a marriage. When you have <i>divorced</i> , you are no longer married. Either party can file for divorce and you do not need to be in agreement about getting a divorce.
Skilsmässa	A divorce	To no longer be married to a person, you undergo a divorce. Everyone has the right to seek a divorce and it is sufficient for one person in the marriage to want to get a divorce.

SWEDISH WORD	TRANSLATION	EXPLANATION
Slemhinna	Mucosa	Thin, moist skin located in body openings – for example in the vagina, urethra, anus, mouth and under the foreskin.
Slida	Vaginal opening	Opening in the vagina from which menstrual fluid and other fluids come out. During vaginal birth, the baby comes out through the <i>vaginal opening</i> .
Slidkrans	Hymen / vaginal corona	A folded, thin, moist mucous membrane located slightly inside the vaginal opening.
Smeka	Caress	Touching your own or someone else's body with your hands.
Smeksex	Dry sex	Having sex by touching one another's genitals or bodies with the hands.
Smittskydd	Communicable disease control	The state is responsible for making sure certain diseases, such as HIV, chlamydia, gonorrhea and syphilis, do not spread. This means that certain measures must be taken if someone who is infected is admitted for care. See <i>Communicable Diseases Act, obligation to provide information and contact tracing</i> .
Smittskyddslagen	Communicable Diseases Act	A law that aims to prevent certain diseases, such as chlamydia, gonorrhea, HIV and syphilis from spreading. The <i>Communicable Diseases Act</i> stipulates that everyone is entitled to free testing for sexually transmitted diseases, and that anyone who gets an infection is to receive free treatment. It also stipulates the state's responsibility with regard to preventing the spread of diseases.
Smittspårning	Contact tracing	A person who has tested positive for certain infections, for example chlamydia or HIV, must tell healthcare staff who they have had sex with so that people who may have the infection have the opportunity to get tested.

SWEDISH WORD	TRANSLATION	EXPLANATION
Smärtlindring	Pain relief	Medicine that reduces the sensation of pain.
Snippa	Peepee	Word for a girl's genitals.
Snopp	Weewee	Word for a boy's genitals.
Sperma	Sperm	The fluid that comes from a penis during ejaculation and which contains sperm.
Spiral	Intrauterine device (IUD)	It is inserted into the vagina and placed inside the uterus. There are two kinds of IUD: <i>hormonal</i> and <i>copper</i> . An IUD is a contraception method that prevents pregnancy
Sprida sexuella bilder på andra	Spreading sexual pictures of others	<i>Spreading sexual pictures</i> of someone against their will is a crime. It does not matter if the pictures were sent voluntarily or if the pictures were taken in secret. Legally, this could be called <i>illegal privacy infringement</i> or <i>defamation</i> . Covertly taking pictures of someone else's body, for example in a dressing room, fitting room, bathroom or at home, is called photography in violation of privacy in legal terms.
Steril	Sterile	When a person cannot become pregnant and/or get someone else pregnant.
Sterilisering	Sterilization	An operation that results in someone no longer being able to become pregnant or get someone else pregnant.
Sträng	"String" (frenulum)	Skin between the glans (head) and shaft of the penis. Also called the <i>frenulum</i> .

SWEDISH WORD	TRANSLATION	EXPLANATION
Stånd	Erect	When a penis or clitoris fills with blood, becomes firm, grows and moves. Also called an <i>erection (erektion)</i> .
Svampinfektion i underlivet	Yeast infection of the genitals	An infection that occurs when yeast begins to grow inside or outside of the vagina. Symptoms can include itching inside and outside of the vagina, or redness and swollen mucous membranes, as well as a whitish discharge.
Svällkropp	Corpora cavernosum	A type of tissue in the genitals. <i>Corpora cavernosa</i> are found in the penis and clitoris.
Syfilis	Syphilis	<i>Syphilis</i> is a sexually transmitted disease that often produces no symptoms, but which can cause small sores in places where the disease has been transmitted. Untreated, <i>syphilis</i> can cause severe secondary illness many years later that impacts the heart and nervous system. It can be treated with antibiotics. <i>Syphilis</i> is included in the Communicable Diseases Act.
Sädesblåsa	Seminal vesicles	Part of the internal genitalia if you have a penis. The seminal vesicles are located behind the bladder, inside the body.
Sädesledare	Vas deferens	Part of the internal genitalia in people with a penis. Sperm are transported through the <i>vas deferens</i> to the urethra during ejaculation.
Säkra perioder	Safe periods	<i>The safe period</i> refers to having sex during the period in time when the risk of conceiving is low.
Säkrare sex	Safer sex	Sex with a condom or sex in a way that poses little or no risk of passing sexually transmitted diseases.

SWEDISH WORD	TRANSLATION	EXPLANATION
Tafsning	Groping	When someone touches someone else's body against that person's will, for example their butt, breasts, thighs or genitals. <i>Groping</i> is illegal and in legal terminology it is called <i>sexual molestation</i> . See <i>sexual assault and sexual harassment</i> ..
Tampong	Tampon	A product that can be used during a period. The tampon is inserted into the vagina, where it absorbs menstrual blood.
Testa sig	Get tested	Taking a sample from the mouth, vagina or anus to see if you have a sexually transmitted disease. Urine samples and blood samples are also used.
Testikel	Testicle	Part of the internal genitalia if you have a penis. The <i>testicles</i> are located in the scrotum. They produce sperm and certain hormones.
Testikelvridning	Testicular torsion	When a testicle has rotated inside the scrotum.
Tidig utlösning	Premature ejaculation	Ejaculating after a very short period of time when having sex. Also called <i>rapid ejaculation (snabb utlösning)</i> .
Tjatsex	Sex as a result of nagging	Continuing to ask, suggest and pressure a person to have sex even though that person does not want to. <i>Sex as a result of nagging</i> is sex that is not characterized by mutual desire.
Transfobi	Transphobia	Negative attitudes, views or feelings toward trans people or toward transsexuality in general. This is often expressed through prejudice, disdain, anger, hatred or violence.

SWEDISH WORD	TRANSLATION	EXPLANATION
Transkvinna	Trans woman	A person who was born with a penis and was assigned the legal sex of "male" at birth, but who feels inside that she is a woman.
Transman	Trans man	A person who was born with a vagina and was assigned the legal sex of "female" at birth, but who feels inside that he is a man.
Transperson	Trans person	Being trans involves breaking with societal norms about gender, gender expression and gender identity. What all trans people have in common is that their gender identity and/or gender expression is not consistent with the legal sex they were assigned at birth. Trans people, like everyone else, may have different sexual orientations. Also see <i>trans woman</i> , <i>trans man</i> and <i>non-binary</i>
Trekant	Threesome	When three people have sex with each other at the same time.
Tvångsäktenskap	Forced marriage	When someone uses violence, threats of criminal acts or takes advantage of a person's state of dependence to force that person to get married. This is illegal in Sweden.
Tystnadsplikt	Duty of confidentiality	Having a duty to not share certain information. This applies to people in certain professions, such as doctors, psychologists, teachers, priests, lawyers or police officers.
Tända på	Turned on	To feel horny or aroused by someone or something.
Ultraljud	Ultrasound	An exam that is used to see a moving image of a fetus.
Underliv	Genitals	Sex organs, both the penis and vagina, can be called genitals.

SWEDISH WORD	TRANSLATION	EXPLANATION
Undersköterska	Assistant nurse	Works with practical care in nursing, care for the elderly or home-help services.
Ungdomsmottagning	Youth clinic	A clinic where people between the ages of 13 and 23 (sometimes 25) can go to get tested, contraceptives, and information about sex and relationships or therapy.
Upphetsad	Aroused	A sensation in the body of the desire to have sex with oneself or with someone else.
Urininkontinens	Urinary incontinence	Not being able to control when you urinate. Also called <i>involuntary urinary leakage</i> (<i>ofrivilligt urinläckage</i>).
Urinrör	Urethra	A narrow tube in the genitals that allows us to urinate. Urine is transported through the urethra from the bladder.
Urinvägsinfektion	Urinary tract infection	An infection in parts of the urinary tract caused by bacteria. Common symptoms are pain when urinating and feeling that you have to urinate frequently.
Urolog	Urologist	A doctor who specializes in the urinary tract and focuses on surgical and medical treatment of diseases of the urinary tract in both the vagina and the penis.
Utlösning	Ejaculation	When sperm or a liquid comes out of the penis, often in connection with orgasm. Another word is <i>come</i> . It is also called <i>ejaculation</i> when fluid comes from the urethra in the vagina.
Utomkvedshavandeskap	Ectopic pregnancy	A complication during pregnancy where the fertilized egg attaches outside of the uterus in the fallopian tube.

SWEDISH WORD	TRANSLATION	EXPLANATION
Vaccination	Vaccination	Getting a <i>vaccine</i> that provides protection against a certain disease. The <i>vaccine</i> initiates the body's immune defense against the bacteria or virus that causes the disease.
Vagina	Vagina	Female genitals. <i>Vagina</i> refers to the parts of the genitals that are inside of the body, but the word is often used to describe both the inner and outer genitals.
Vaginal kondom	Female condom	A rubber contraceptive that can be placed inside the vagina or anus during sex that involves inserting the penis into the vagina or anus. Also called <i>internal condom</i> or <i>femidom</i> .
Vaginalsex	Vaginal sex	Sex that involves penetrating the vagina with the fingers, a sex toy or a penis. Also called <i>slidsex</i> (" <i>vaginal sex</i> ").
Vaginism	Vaginism	When the vagina spasms when trying to put something inside of it. This can happen when inserting a tampon, during gynecological exams, when trying to have sex or during masturbation. Also called <i>vaginismus</i> .
Vara gift	To be married	Having entered a marriage with another person who is over age 18.
Vara ihop	Be together	To be in a romantic relationship with another person.
Vara kär	To be romantically attracted	To have strong feelings and like someone very much.
Vara tillsammans	Be in a couple	To be in a romantic relationship with another person.

SWEDISH WORD	TRANSLATION	EXPLANATION
Vattnet går	Water breaking	When the amniotic sac breaks and the amniotic fluid leaks out in a pregnant person.
Venusberg	Mons pubis	The rounded area above the labia.
Vestibulit	Vestibulitis	Pain in and around the vulvar area. The pain is usually the most severe around the vaginal opening. Also called <i>vulvodynia</i> .
Vulva	Vulva	The outer part of the vagina. The part that is visible outside the body.
Våldtäkt	Rape	Rape is when someone forces intercourse or a comparable act on a person who is not a willing participant. It is a crime. No one may have sex with someone who is asleep and no one may take advantage of the fact that someone is heavily under the influence of alcohol or drugs. It is also rape if participation is the result of violence or threats. See <i>sexual assault</i>
Våldtäkt mot barn	Child rape	When a person has sex with a child under age 15 through vaginal, oral, or anal penetration, or with an object. It does not matter if the child initiated this or agreed to have sex. This can also take place over the internet. See <i>child sexual abuse</i> .
Vårdcentral	Healthcare center	A clinic where you can go if you feel sick, where you can meet mainly with nurses and doctors, but also a therapist or psychologist.

SWEDISH WORD	TRANSLATION	EXPLANATION
Vårtgård	Areola	A round area surrounding the nipple. The <i>areola</i> is darker and rougher than the rest of the skin on the breast.
Äggledare	Fallopian tube	Thin tube-shaped organ that connects the ovaries to the uterus.
Ägglossning	Ovulation	<i>Ovulation</i> describes the course of events in which the egg is released from the ovary and travels through the fallopian tube to the uterus.
Äggstock	Ovary	Part of the internal genitalia in a person with a uterus. There are two ovaries. <i>Ovaries</i> produce and release eggs.
Älska någon	Love someone	A strong expression for liking someone.
Ändring av juridiskt kön	Legal sex change	A person who is over 18 with the diagnosis of transsexualism may apply with the legal council of the Swedish National Board of Health and Welfare for a legal sex change. Also read gender-affirming treatment, gender evaluation, gender dysphoria and trans person.
Ömsesidighet	Mutual desire	That all people having sex with each other want to have sex and are having sex with each other in a way that feels good for those involved.
Öppen relation	Open relationship	A relationship in which the people involved have agreed to also have sexual or romantic contact with people outside of the relationship.

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