

## Puberty Vocabulary

**Sex Assigned at Birth:** A label male or female assigned by a medical professional based on the genitals you're born with. This goes on your birth certificate.

**Intersex:** A general term used for a person who is born with reproductive organs or sexual anatomy that doesn't seem to match the typical anatomy.

**Gender/Gender Identity:** Is how you feel inside and how you express your gender through clothing, behavior, and personal appearance. It's a feeling that begins very early in life.

**Gender Expression:** Is how someone may express their gender identity.

**Cisgender:** People who do identify with their gender assigned at birth.

**Transgender (or gender fluid, non-binary):** People who do not identify with gender assigned at birth.

**Adolescence:** the stage of growth and change that happens between childhood and adulthood.

**Puberty:** marks the beginning of adolescence and the beginning of the changes that happen between childhood and adulthood.

**Pituitary Gland:** a pea-sized gland that secretes special hormones that signal your reproductive organs to begin to function.

**Reproductive Systems:** In those with a vagina, it includes the ovaries, fallopian tubes, uterus, cervix and vagina. In those with a penis, it includes the prostate, testes, and penis.

**Uterus:** A hollow, pear-shaped organ in the pelvis where a fetus develops and grows.

**Endometrium (membrane lining the uterus):** The layer of tissue that lines the uterus.

**Fallopian Tubes:** A long, slender tube that connects the ovaries to the uterus where eggs pass through.

**Menstruation:** Discharge of blood and tissue from the uterus that happens about once every 28 days.

**PMS (premenstrual syndrome):** symptoms including mood swings, tender breasts, food cravings, fatigue, irritability and depression that tend to recur in a predictable pattern and may vary from just slightly noticeable to intense.

**Ovaries:** Organs in those individuals with vaginas that receive the signal from the pituitary gland to start breast development, reproductive organs to enlarge and the eggs to mature.

**Egg Cells (reproductive cells):** For those with ovaries, they are cells that provide half of the genetic information needed to make another of the species and needs to be fertilized by a male sex cell to produce offspring.

**Vagina:** The muscular canal that goes from the uterus to the outside of the body.

**Vaginal Discharge:** Fluids from the vagina.

**Vulva:** External genital organs for those who have a vagina.

**Hormones:** Chemical messengers that stimulate certain parts of your body to do their job; they trigger puberty.

**Estrogen:** A hormone made by the body that helps develop sex characteristics of those who have vaginas and the growth of long bones.

**Testosterone:** A hormone that stimulates development of the testes and prostate, increased muscle and bone mass, and the growth of body hair. It is also found in ovaries in smaller amounts.

**Testicles:** Organs in those individuals with penises located in the scrotum and they receive the signal from the pituitary gland to start the growth of genitals, hair development, voice to deepen and sperm to be produced.

**Sperm (reproductive cells):** Male reproductive cells produced in the testicles.

**Penis:** Anatomy that is external that carries sperm and urine.

**Erection (blood vessels in penis fill with blood):** An enlarged and rigid state of the penis.

**Nocturnal Emissions (wet dreams):** An involuntary ejaculation of semen during sleep in those people who have penises.

**Larynx (voice box):** The hollow muscular organ forming an air passage to the lungs that holds the vocal cords.

**Endocrine Glands (sweat glands at birth):** Glands that secrete hormones into the blood.

**Apocrine Glands (sweat glands at puberty):** A sweat gland that secretes a fluid into a hair follicle (armpit or groin).

**Body Odor:** the sebaceous and sweat glands located in your skin become more active and may work overtime during puberty. Odor starts when sweat, which is odorless, mixes with bacteria on the skin.

**Deodorant:** Products designed to destroy or mask odor.

**Antiperspirant:** Products designed to help reduce sweat.

**Sebum (oily substance that causes acne):** fatty lubricant matter secreted by sebaceous glands of the skin

**Acne:** Inflamed or infected sebaceous glands in the skin, usually seen as red pimples mainly on the face or back.

**Pink Tax:** A markup on goods and services marketed to people with vaginas and for which people with penises pay less for similar products.

**Hygiene:** The conditions and practices that promote and maintain cleanliness and good health.