



ALL THE (TRICKY) WORDS

A GLOSSARY OF TERMS ON
SEX, GENDER AND VIOLENCE

by *Talia Meer*

ALL THE TRICKY WORDS

A GLOSSARY OF TERMS ON SEX, GENDER & VIOLENCE

Talia Meer

the
**GENDER
&
HEALTH
JUSTICE**
Research Unit



GENDER, HEALTH AND JUSTICE RESEARCH UNIT
Faculty of Health Sciences
University of Cape Town
www.ghjru.uct.ac.za

ISBN 978-0-7992-2511-2



All the (Tricky) Words: A Glossary of Terms on Sex, Gender and Violence by Talia Meer is licensed under a **Creative Commons Attribution-NonCommercial-NoDerivatives 4.0 International License**

To be cited as: Meer, T. (2014). All the (Tricky) Words: A Glossary of Terms on Sex, Gender and Violence. Cape Town: GHJRU, University of Cape Town

TABLE OF CONTENTS

FIND THAT (TRICKY) WORD:

A.	3
B.	4
C.	4
D.	5
E.	6
F.	7
G.	7
H.	9
I.	9
L.	10
M.	10
O.	11
P.	11
Q.	12
R.	12
S.	13
T.	16
U.	17
V.	17
W.	17

A.

ABORTION [also **Termination of pregnancy**]: Ending a pregnancy before the foetus (a human, still developing in the womb before birth) has grown enough to be able to live outside of the **woman's** body. See **Choice on Termination of Pregnancy Act** for details on the circumstances in which a **woman** / girl can have an abortion.

ABSTINENCE: The decision not to be sexually active. There are degrees of abstinence and this may include the decision not to have **sexual intercourse**, or the decision not to engage in other **sexual activity**. This may be because the person does not feel ready to have sex yet, or because of moral, religious or health reasons.

ABUSE: A pattern of behaviours used to **control** another person. Abuse can be physical, emotional, psychological, financial or sexual in nature, or be a combination of all these types of behaviours. Abuse can happen in both adult and teen (dating) relationships. See also **domestic violence**, **child abuse**, **Domestic Violence Act**, and **Children's Act**.

ACCESS: The potential/ability that someone has to make use of something. For example, for a mother having access to health care means not only that there is a hospital or clinic that she could attend, but that she has transport, or money for public transport, that it is safe to go there and that she has child care during the time that she would attend the hospital/clinic, or is able to take her children along.

ADOPTION: When a **woman** becomes pregnant, but does not want to be a mother or is unable to be a mother at that time, she may give up parental rights and the responsibility of child care to someone else who wants to and is able to be a parent. The child then legally is taken into its adoptive parents' family and is raised as their own.

AGENCY (personal): The capacity of individuals to act independently and to make their own free choices. For example, sexual agency refers to a person's ability to choose how they want to express themselves sexually, what they want to do with their bodies and how they want to manage their **sexual health** and **reproductive health**.

AGGRESSIVE: Someone is aggressive when they act in a hostile or angry way, especially when confronted. When dealing with conflict, someone who is aggressive is unlikely to address the problem in a fair and sensitive way, but instead may be more likely to ignore their own role in the problem and become defensive. They may shout, use insults or even become violent. This person may use aggressive behaviour to get their way, even if it hurts others emotionally or physically.

AIDS: See **HIV/AIDS**.

ALCOHOL: An intoxicating liquid usually intended for consumption/ drinking that results from fermenting grains, fruits and vegetables. When people drink alcohol it is absorbed by the bloodstream and it affects the way that their body functions. Drinking alcohol can lead people to behave in ways that they usually would not, make bad decisions, or take serious risks. For this reason **sexual activity** should never occur when someone has been drinking alcohol. It can also make you feel sick, vomit or become dehydrated. In extreme cases the person may have to be seek medical help for alcohol poisoning. Alcohol is also contained in many medicines.

AGENDER: See **genderless**.

ALLY: Someone who is a friend or supporter of a community that is not their own. For example, students who do not identify as homosexual or **LGBT** may support the rights of **gay** or **LGBT** students and may help to make them feel more comfortable at school, and defend them, or support them if they are **bullied**.

ANAL SEX: This refers to the penetration of the penis into the anus. There are many myths about anal sex, including that it is not **sex** or that it is safer than vaginal sex. Anal sex is sex, and like any **sexual activity** should be considered carefully. Before engaging in anal sex, you should have as much information as possible about its **risks** and benefits and both partners must clearly **consent** to doing it. Although pregnancy cannot result from anal sex, it does carry a bigger risk for **HIV/AIDS** and **STIs** as the anus has many more bacteria than the rest of your body, and the lining of the anus is quite delicate and can get tiny tears allowing bacteria and infection to enter. A **condom** should always be worn. Further, because the lining of the anus is delicate, the person being penetrated is much more likely to experience pain, or injury. This could be limited by the use of **lubricant**. Another myth about anal sex is that only **gay** men do it. This is not true. Not all gay men have anal sex and many heterosexuals also practice anal sex. Some young girls may choose to have anal sex to 'preserve' their **virginity** or avoid pregnancy, however, many **women** do not find the experience enjoyable, and the risk of injury or contracting HIV associated with anal sex are much higher.

ANDROGYNOUS: Someone whose appearance or **gender identity** combines stereotypically **male** and **female** attributes and is both **masculine** and **feminine** simultaneously, or neither (neutral).

AROUSAL: A state of being sexually excited.

ARV: Antiretroviral drugs, which are used for the treatment of **HIV/AIDS** or prevention of the transmission of the HIV virus once you have been exposed to it.

ASEXUAL: Someone who is not sexually attracted to other people. Asexual people may still desire the closeness and emotional connection from a romantic relationship, but do not desire or have interest in **sexual activity**.

ASSERTIVE: An assertive person sees their needs and feelings as important and is able to share them in a clear, confident and respectful way. Being assertive is not the same as being **aggressive**, and in conflict situations assertive people do not intentionally hurt others emotionally or physically, but also encourage other people to share their feelings in a respectful way.

B.

BALANCE OF POWER: See **power balance**.

BARRIER METHODS: Methods of protection for sexual activity, where there is a physical barrier preventing fluids moving from one partner to another. Barrier methods can be a form of contraception (can protect against pregnancy) and can protect against **STIs**. Examples include **male** and **female condoms**, **dental dams**, and gloves.

BIAS: A prejudice, feeling or preference for one thing over another, especially one that interferes with impartial (fair) judgment. For example, someone may be biased against having **women** in the work place. That is, they do not think women should go to work, or they think it is better if they stay at home. Due to this bias, this person may not be able to make a fair decision about which person to hire for a job if some of the applicants are women.

BI: See **bisexual**.

BISEXUAL [also **Bi**]: A person who is attracted to two sexes (usually **male** and **female**) or two genders (usually men and **women**), but not necessarily at the same time or equally. For example, someone who is bisexual may be more attracted to women most of the time, but may then be in a relationship with a man and not be attracted to anyone else during that relationship.

BODY IMAGE (SELF IMAGE): How one views and feels about their own body, which is related to **self-esteem** and how attractive one perceives themselves to be. This is influenced very strongly by the **media**, family and school experiences.

BODILY FLUID: Any fluid that comes from a human body. Of particular concern with respect to transmitting **STIs** are blood, and those fluids which are released during **sex** (mucous and semen).

BULLY: Someone who uses their physical strength or **power** (including popularity) to harm or intimidate another person. Bullies often secretly feel insecure and use their strength to feel better about themselves or to make other people think that they are important or powerful. If you see bullying behaviour you should always act against if you feel safe to do so, or call an adult, parent or teacher for help.

BULLYING: Unwanted, **aggressive** behaviour among school aged children that involves a **power imbalance**. Bullying is often directed at children who are smaller in size, or are seen to be different. For example a boy who does not like sport or is more feminine and does not conform to **stereotypes** about how boys should behave may be the **victim** of bullying. If you see bullying behaviour you should always act against if you feel safe to do so, or call an adult, parent or teacher for help.

BUTCH: Refers to **masculine** characteristics and behaviours. It can be used in self-identification. For example, a **woman** who performs her **gender identity** in a masculine way (dresses, gestures, talks in a way that is typically associated with men), may refer to herself as a 'butch woman'. However, like any label, it can also be used as an offensive term, such as when others refer to someone as 'butch' even if they do not identify that way.

BYSTANDER: Someone who witnesses or has knowledge of someone being victimised (abused or violated). For example, if someone is being bullied at school and other students see this happen, those other students are bystanders. Bystanders have a responsibility to speak out against abuses such as **bullying** or **gender-based violence**.

C.

CHILD ABUSE: **Abuse** in relation to a child, means any form of harm or ill-treatment deliberately inflicted on a child, and includes: physical violence or inflicting any other form of deliberate injury to a child; sexually abusing a child or allowing a child to be sexually abused by someone else; bullying by another child; subjecting a child to labour (work) that is not age appropriate, or is too difficult; or subjecting a child to behaviour that may harm the child psychologically or emotionally.

CHILDREN'S ACT (38 of 2005): This Act recognises and protects the rights of children, and sets out principles on the protection of children from **abuse**, neglect, exploitation and **discrimination**. This Act also provides that children aged 12 and older may not be refused **condoms** and **contraceptives**, and that the provision of contraceptives to children must be kept confidential (in other words that the doctor or nurse cannot tell the child's parents, or ask their permission to give the child contraceptives). This Act also addresses the responsibility and rights of parents and children's courts.

CHOICE ON TERMINATION OF PREGNANCY ACT (92 of 1996): This Act sets out the circumstances in which a woman or girl can legally request an **abortion**. It states that women and girls, of any age, can request a termination of pregnancy during the first 12 weeks of pregnancy, without seeing a doctor or nurse. A woman/girl can also get an abortion up to and including the 20th week if the pregnancy is the result of **incest** or **rape**, if there is a risk of healthcare complications to the baby or mother, or if she feels that her social or economic situation is such that she could not look after the baby. A woman/girl may also be able to get a termination from 21 weeks, but only if there are significant risks for the infant or mother.

CISGENDER: People whose **gender identity** or **gender expression** fits their assigned **sex** at birth. For example, a child who was assigned at birth as **female** (has female anatomy) and who considers themselves to be a girl. By using this term to identify people whose sex and gender identity match, a **transgender** person is not singled out as being different and therefore requiring a label.

CLOSETED: See **in the closet**.

COERCION: To persuade (an unwilling person) to do something by using force or threats. Sometimes coercion can be very obvious, such as **violence**, but often it is much more subtle. For instance, if a boy threatens his girlfriend that if she does not have sex with him, he will break up with her or have **sex** with someone else, she may feel that she has no choice but to have sex with him. This is a form of coercion. Healthy relationships with a **balance of power** rely on communication, respect and negotiation, and never on coercion of any kind.

C.

COERCED SEX: See **rape**.

COITUS INTERRUPTUS (Withdrawal method): The act of removing the penis from the vagina or anus just before ejaculation during **sexual intercourse**. This is widely believed to be a way to prevent pregnancy but is very ineffective and also does not prevent the spread of **sexually transmitted infections (STIs)**.

COMING OUT: To recognise one's **sexual orientation, gender identity, or sex identity**, and to be open about it with oneself and with others. For example, a boy may realise that he is attracted to other boys, and may tell or 'come out' to his close friends, family and eventually others at school. This can be an extremely difficult time, especially for teenagers. There is no right way to come out to others, and some may choose not to if they feel that their safety or wellbeing may be threatened, or if they are just not ready. Others can help by reacting to someone **coming out** to them with support and kindness.

CONCURRENT PARTNER (concurrency): When a man or a **woman** has more than one sexual partner at the same time. In these overlapping sexual partnerships, sex with one partner occurs between two episodes of sex with another partner. Polygamy represents an institutionalised form of concurrency.

CONDOM (male): A thin rubber covering worn on a man's penis during **sexual intercourse** as a **contraceptive** (way to try to prevent pregnancy) or as protection against **sexually transmitted infections (STIs)**. Although no method is completely safe, this is the most effective form of protection from both infections and pregnancy.

CONDOM (female): A thin rubber sheath that is inserted into a **woman's** vagina before **sexual intercourse** as a method of preventing pregnancy or the transmission of sexually transmitted infections.

CONSENT: Permission for something to happen. When referring to sexual consent, it is the clear, unmistakable and voluntary agreement between people to participate in a **sexual activity** (including fondling, masturbating each other or **oral sex**). In terms of South African law, someone cannot consent to sex if they are asleep or under the influence of **alcohol** or drugs. In South Africa children less than 12 years old also cannot consent to sex, and those 12 to 15 years old can only consent to sexual activity with others in this same age group. For example a 13 year old girl cannot consent to having sex with a 30 year old man, but can consent to sex with a 14 year old boy. Any sexual activity with someone who does not consent (says 'no', or does not say 'yes'), or is sleeping, drunk or high, constitutes a sexual offence and is a crime in South Africa. Even if someone does say yes, it is important to make sure that they are consenting freely (that they do not feel pressured or coerced to say 'yes' even though they don't want to). If you are unsure if someone is consenting freely it is a good idea to talk about it with your partner and make sure that you both really want to do it.

CONTRACEPTIVE: Various methods used to try to prevent pregnancy. Some examples include **condoms (male and female), the pill, and IUDs**. Contraception should not be the responsibility of female partners only, and male partners should also help to take precautions against unwanted pregnancy and also against **sexually transmitted infections (STIs)**. Although no method is completely safe, **condoms** are the most effective form of protection from both infections and pregnancy.

CONTRACEPTIVE PILLS ('the Pill'): Tablets for **women** containing hormones which, when taken regularly, can prevent pregnancy. This method does not protect against **STIs** and **HIV/AIDS**.

CONTROL: To exercise dominating or authoritative influence over something or someone.

"CORRECTIVE RAPE": Sometimes when **lesbian** or **gender non-conforming women** are raped, there is reference to 'corrective rape'. 'Corrective rape' suggests that a rapist intended to correct a **woman's sexuality** or **gender identity** by raping her. Rape is a criminal offence and a violation. Calling these crimes 'corrective' suggests that there is a correct sexual orientation or **gender identity**. Furthermore this phrase incorrectly suggests that someone's sexual orientation or gender identity can be changed by **violence**. This is blatantly untrue, which is why the term should be avoided, and why it is shown here in quotation marks. Rape is simply rape.

CYBER-BULLYING: Bullying through electronic technology, such as cell phones, the internet, and **social media** (such as Facebook). This includes texting, e-mailing or posting on the internet, to or about someone, anything that may make them feel bad, humiliated or afraid, or any information that is private. It is always a good idea to ask people before you share their information, stories, pictures or videos on social media. Never share anything that you think will hurt someone's feelings, embarrass them or get them into trouble. It is a crime to share any information, stories, pictures or videos about minors (people under 18 years old) that has any sexual content. If you see someone doing this tell a teacher, parent or other adult you trust.

CYBER-STALKING: See **Stalking**.

D.

DATE RAPE: Date rape is a type of **sexual assault**, where the victim and the **perpetrator** are, or have been, in some form of personal or social relationship, and the perpetrator may be a friend, a date or **intimate partner** of the victim. Many **women** do not report date rape because they are led to believe that it is normal, or that if you go out with a boy or man, it is expected that you have **sex** with them, and that they have a right to demand or force sex. This is completely untrue and date rape is the same as any other rape, and a very serious crime.

DENTAL DAM: Dental dams are square pieces of silicone (similar to the material that condoms are made from) that are used to put over someone's vagina for safer **oral sex** on a **female**. Like a condom the dental dam acts as a barrier to infections and helps prevent the spread of STIs. Dental dams are generally difficult to find. An alternative is to cut open and spread out a condom over the parts of the vagina before oral sex.

DEPRESSION: This is a common condition that can include sad feelings, low **self-esteem**, irregular sleep patterns, and/or loss of interest. It affects someone's ability to function in daily life, and it is more common among oppressed or **marginalised** groups such as **women**, teenagers who are **victims** of **bullying, sexual minorities** and **gender minorities**.

D.

DISABILITY: A physical or mental condition that limits or alters a person's movements, senses, or activities.

DISCRIMINATION: The unjust (unfair) treatment of a person or people based on their belonging to, or the belief that they belong to, a group. Examples include racial discrimination, or discrimination against **women (sexism)**.

DISEMPOWERED: Having less **power** than another person or feeling powerless.

DOMESTIC PARTNERSHIP: When a couple lives together, is married, or is in a civil (legal) relationship. They may be financially connected in a supportive manner with another.

DOMESTIC VIOLENCE ACT (116 of 1998): The Act defines **domestic violence**, and states in what circumstances the victim of domestic abuse can seek a **protection order** against their abuser. According to the Act **domestic violence** includes **physical abuse; emotional, verbal and psychological abuse; economic abuse** and **sexual abuse** as well as intimidation, **harassment, stalking, coercion**, entry into the victim's residence without consent, damage to property and any other controlling behaviour which causes harm to the **victim**. Under the Act, anyone who is or has been in a domestic relationship with their abuser can apply for a protection order, including: people who are or were married (under custom, religious or civil marriage), same-sex partners, people who lived together, parents of a child, family members, people who were engaged, dating or in a sexual relationship (of any duration), or people who shared the same residence (such as housemates). Both adults and children can apply for a protection order. Someone may also apply for a protection order on behalf of another person. A protection order is an order from the court which forbids the abuser to engage in the acts of domestic violence, the details of which will be listed in the order. Breaking the terms of the protection order is a criminal offence, for which the abuser may be fined or imprisoned for up to 5 years. See also **domestic violence**.

DOMESTIC VIOLENCE: A pattern of abusive and threatening behaviours inside of a family, a household or within a romantic, sexual or dating relationship, including marriage. This may include parents abusing children, fathers abusing mothers, mothers-in-law abusing daughters-in-law and so forth. Abusive behaviour may include **physical abuse, emotional abuse, economic abuse** and **sexual abuse** as well as intimidation, **harassment, stalking** and **coercion**. An abuser uses domestic abuse to hold power and control over another person, and it is most often used by men against their intimate partners in which case it may be called **intimate partner violence**. Since domestic violence occurs in private and within personal, familial and intimate relationships, many kinds of abuse are often not recognised as violence. See also **Domestic Violence Act**.

DOMESTIC WORK: Work done within households and which includes the preparation of food, cleaning, caring for children, the sick and the elderly. It is mostly performed by **women** and is therefore poorly valued in social and economic terms. Most women do domestic work within their own households for no financial remuneration (money), even though it is vital to the wellbeing of children and the whole family and allows other members of the family to do other (more valued) work. In South Africa many women are domestic workers and these women are usually paid very poorly.

DRAG (DRAG QUEEN OR KING): The act of dressing in the clothing of the opposite gender as part of a performance. Drag Queens perform in very **feminine** clothes. Drag Kings perform in very **masculine** clothes. Drag may be performed as a political comment on gender or simply for fun (entertainment). Drag performance is not the same as being **trans*** and does not indicate **sexuality** or **gender identity**.

E.

EMERGENCY CONTRACEPTION (Morning after pill): A pill that reduces the risk of pregnancy if started within 120 hours (5 days) of **unprotected sexual intercourse**. Preferably, it should be taken within 72 hours (3 days), and it is most effective if taken within the first 24 hours after having sex. Nausea and vomiting is a common side effect of this medication.

EMOTIONAL ABUSE [also **Psychological abuse or mental abuse**]: A form of **abuse** that involves insulting, belittling or demeaning a person, with the effect of causing psychological harm, such as anxiety, **depression**, low **self-esteem**, or fear. Like all abusive behaviours, emotional abuse is intended to dominate the **victim**, limit and **control** their freedom and actions. This tends to happen in situations of **power imbalance**, such as abusive relationships (**domestic violence**), bullying, and abuse in the workplace.

EMPOWERMENT: When people take **control** over their lives by making decisions about what to do and how to do it, gaining skills or knowledge or having existing skills and knowledge recognised, increasing self-confidence, and developing independence. In most cases, the empowerment of **women** requires that the **gender division of labour** (the way that responsibilities are shared between men and women) has transformed enough that women are not constrained by **domestic work** (having to stay at home to cook, clean or look after children), and are able to **access** opportunities outside of the home (such as education, employment, skills training).

EQUALITY: A situation where all members of society have the same rights, status and opportunities. In South Africa, equality is protected under our Constitution, which is meant to protect people from being discriminated against on the basis of sex, race, **disability, sexual orientation**, religion, belief or age. For example, **gender equality** requires that **women** and **gender minorities** have equal enjoyment of socially-valued goods, opportunities, resources and rewards as men. However, even though the law says that all **genders** must be treated equally, women and **gender minorities** are still **discriminated** against, be subjected to **violence** and do not have equal **access** to opportunities. For example, even though women have the same rights as men in the law, many women are subject to **gender-based violence** every day.

EQUITY: The quality or process of being fair and impartial. This is attained through policies aimed and implemented with fairness and justice to achieve equity. Equity is not the same as **equality**, even though they are related. For example, a business owner may want **gender equality** (for men and **women** to have the same status, rights and opportunities) and may have **gender equity**, by employing as many women as men at all levels, as the first step. However, gender equality may not be achieved due to other external or internal forces. For example, if the men that are employed at the business are sexist or harass women employees, this would create gender inequality.

F.

FAMILY VIOLENCE: See **domestic violence, Domestic Violence Act, child abuse, Children's Act, sexual abuse, Sexual Offences Act.**

FEMALE: The biological **sex** that has female sex organs.

FEMINISM: A movement for social, cultural, political and economic **equality** of **women** and men. It is a campaign against gender inequalities and it strives for equal rights for women. It is not, as is popularly believed, about taking rights away from men, but about extending rights and freedoms to women so that they may have all the same opportunities as men, and be free from harm.

FEMININE: Having qualities or an appearance traditionally associated with **women**, especially gentleness and prettiness.

FEMME: Refers to **feminine** characteristics and behaviours. It can be used in self-identification. For example, a **woman** who performs her **gender identity** in a feminine way (dresses, gestures, talks in a way that is typically associated with women) may refer to herself as a femme. It is also a slang term for a lesbian who is stereotypically feminine in appearance or manner. Antonym: **butch**.

FINANCIAL ABUSE: A form of **abuse** that which causes financial harm and can include stealing, extortion (obtaining money through force or threats), refusing to contribute to household expenses, and interfering with employment. Like all abusive behaviours it is intended to dominate the **victim**, limit and **control** their freedom and actions. This form of **abuse** is most common in situations of domestic abuse, but bullies often also financially abuse their victims. For example, a bully may intimidate another student into giving him their pocket money.

FLASHING: Exposing your body, or a part of your body, to another person, in a sexual way. This usually refers to the exposure of genitals or breasts.

FORCED SEX: See **rape**.

G.

GAY: A label or identity that a man who is attracted to other men may choose for himself. Such identities should be freely chosen and not forced by others. It is possible for a man/boy to have sexual and romantic feelings for other men/boys but not consider himself gay. It is also possible for someone to consider themselves gay but never act on their feelings for other men. **Gay** can also be used as an umbrella term to refer to all **lesbian, gay, bisexual, trans, intersex and queer [LGBTIQ]** people. The term gay should never be used as an insult or to hurt someone's feelings, or to **bully** them.

GENDER: Gender is an identity that is learned, that changes over time, and that changes from one place, culture or society to another. Hence gender is both a **social construct** (something made up) and

personal identity. In social terms gender refers to the socially created roles, personality traits, attitudes, behaviours and **values** attributed and acceptable for men and **women**, as well as the relative **power** and influence of each. That means that gender is relational (occurs in relation to something else) and refers not simply to women or men but to the relationship between them. For example a women's gender not only means that she is considered and expected to have **feminine** attributes like being soft spoken or gentle, but that these characteristics mean that society also expects her to be less dominant than men. In personal or individual terms gender refers to the specific roles, personality traits, attitudes, behaviours and dress that individuals use to express their personal **gender identity**, and this is influenced both by social ideas of gender, and personal feelings about oneself and how one wants to be, and be seen in the world. For this reason, even though society tells us that there are only two genders, there are in fact many different ways to express one's gender that fall between or outside of man/boy and woman/girl. Also see **gender binary, gender identity, gender non-conforming** and **gender queer**.

GENDER AFFIRMATION: See **transition**.

GENDER-BASED VIOLENCE: All acts perpetrated against **women, girls, men and boys** on the basis of their **gender** or **sexual orientation** which cause or could cause them physical, sexual, psychological, emotional or economic harm, and includes threats to do so. Commonly, the acts or threats include **rape, sexual harassment, domestic violence, child sexual abuse, marital rape, homophobic and transphobic violence**.

GENDER BINARY: A system of categorising all people into two genders: **masculine** (boy/man) or **feminine** (girl/woman). It eliminates the possibility for other **gender expressions**, gives **power** to people who uphold the gender binary and oppresses those whose genders break **gender norms**. This is especially true for **trans*** and **gender non-conforming** people who are singled out, harassed and subjected to **violence** because they do not look or perform like a typical man or woman. However, almost all people have felt the constraints of the gender binary. For example, girls who want to do sports instead of needle work or cooking, or boys who want to learn ballet dancing, may be made fun of or bullied even though they conform to the gender binary in all other ways.

GENDER DIVISION OF LABOUR: The social and institutional rules, norms and practices that determine the types of jobs men and **women** have, and which change over time and across societies. **Gender discrimination** often exists so that women are mainly confined to unpaid **domestic work**, while men dominate in paid employment. Even when women do have paid employment, they are typically confined to lower ranking jobs, or jobs seen as related to their **gender**, such as cleaning in offices, or secretaries.

GENDER DYSPHORIA: When a person feels that their biological **sex** does not match their **gender identity**.

GENDER EQUALITY: The equal respect for and ability of a person to exercise their **human rights** and freedoms in all parts of life, no matter their **sex** or **gender**. Gender equality means an environment where people are free to make choices without the limitations set by **stereotypes, rigid gender roles, or prejudices** and there is no **discrimination** in opportunities, in the allocation of **resources** or benefits, or in **access** to services on the basis of sex or **gender identity**.

G.

GENDER EQUITY: Fairness of treatment for **women** and men, according to their respective needs. This may include treatment that is different but which is considered necessary to share benefits, obligations and opportunities fairly, and to compensate for the historical and social disadvantages of women. An example of a policy aimed to right gender equity may include employment policies that state that a certain number of women must be employed in a business.

GENDER EXPRESSION: The way one presents oneself to the world, as either **masculine** or **feminine**, or both or neither. This can include dress, posture, hairstyle, tone of voice, gestures and other behaviours.

GENDER IDENTITY: A person's own feelings about how they see their body, their behaviour, and their appearance, in relation to society and other people. This includes their psychological identification as a man, **woman**, something in between or neither, which may or may not match the person's **sex** assigned at birth. This can include refusing to label oneself with a **gender**.

GENDER INEQUALITY: Differences in status and **power** in groups or societies, which are due to **gender**.

GENDERISM: Holding people to traditional expectations based on **gender**, or punishing or excluding people who don't conform to traditional gender expectations.

GENDERLESS: Someone who does not identify with any **gender**.

GENDER MINORITIES: People who do not identify as mainstream interpretations of **male** or **female**, whose **gender expression** and/or **gender identity** does not match traditional **societal norms**. For example people who are **intersex** and **transgender**.

GENDER NEUTRAL: Being gender neutral involves using language that does not refer to any particular **gender** or providing spaces inclusive to all genders. For example, using "spouse" and "partner" instead of "husband" or "wife" is gender-neutral language, while gender-neutral bathrooms (bathrooms that anyone can use) are an example of gender-neutral spaces.

GENDER NON-CONFORMING/GENDER-VARIANT: Although the majority of people experience **gender identity** in line with their **sex** (**feminine women** and **masculine men**), for some people their sex and gender do not match. These people are **gender non-conforming** or **gender variant**. They behave or express their gender (dress, hair style, manner of speaking) in ways that do not conform to dominant **gender norms** for their biological **sex**. An example of someone who is gender non-conforming would be a **male** who behaves in ways that are considered feminine in his culture, such as wearing a dress in a western society where dresses are seen as women's clothing.

GENDER NORMS (ALSO GENDER ROLES): Learned behaviours in a given society or community that determine which behaviours, personality traits, dress and responsibilities are perceived as **masculine** and **feminine**. Gender norms are affected by age, class, race, ethnicity, religion and by the geographical, economic and political environment. Gender norms vary from society to society.

For example, in Western societies men traditionally only wear pants, whereas in many Southeast Asian and Middle Eastern countries men wear long flowing garments very much like western dresses. Gender norms also change within one society over time as a person gets older. For example, in Western society it is acceptable for young girls to sunbathe or play topless but they are expected to cover their breasts once they reach puberty.

GENDER PAY GAP: The difference between what men earn per hour and what **women** earn, and which reflects **discrimination** and inequalities in the labour market.

GENDER PERFORMANCE: This is related to **gender identity**. Gender identity is about how we feel about our **gender**; gender performance is about how we express our gender identity to the outside world. Gender performance expresses how **masculine**, **feminine**, **androgynous**, none or any combination of these things, we feel. For example, someone may identify herself as a **butch woman** and she may perform this gender identity by wearing more masculine clothing, cutting her hair short, or talking and using her body language (how she sits, walks, stands, or gestures) in a way that is confident and seen as more masculine.

GENDER PRONOUNS: Pronouns are words that take the place of a noun (person, place, thing, animal or idea). Gender pronouns are pronouns associated with a particular **gender**. These include *he, she, him, her, his, and hers*. For example, instead of 'the boy went to the shop', you could write 'he went to the shop'. Gender pronouns are instrumental in 'genderising' what we say and who we are referring to. Some people may prefer gender neutral pronouns such as *them, their* and *they*, in order to be more inclusive, and not exclude **trans*** and **gender non-conforming** people.

GENDER QUEER/GENDERQUEER: A person who does not conform to the **gender binary** but redefines or plays with **gender** (for example by dressing as the opposite gender, by drag performance, or dressing androgynously), or who refuses gender altogether.

GENDER-REASSIGNMENT: See **sex-reassignment**.

GENDER-REASSIGNMENT SURGERY: See **sex-reassignment surgery (SRS)**.

GENDER-REASSIGNMENT THERAPY: See **sex-reassignment therapy**.

GENDER ROLES: See **gender norms**.

GENDER STEREOTYPES: The attitudes, opinions, or roles that form the widespread assumptions of how and what men and **women** are expected to be. For instance, the stereotype for **males** frequently includes being tall, muscular, hairy and unemotional. For women it might include being weak, social, emotional and nurturing. Unlike **gender roles** (which are norms for how men and women should be) gender stereotypes also affect **sexual minorities** and **gender minorities**. For example, it is widely believed that all gay men are **feminine**, flamboyant, and dramatic. Whilst stereotypes may be at

least a little true and may in part apply to some individuals within a group, they never apply to all people, or to any individual completely. Some women, for example, may be emotional but others may not; similarly those who are emotional may not be very social and so on. Stereotypes can be harmful if we force them upon people as labels or to make them feel bad, or if we use them as standards for others and ourselves. See also stereotypes.

GENDER VIOLENCE: See **gender-based violence**.

H.

HARASSMENT: A wide range of improper or offensive actions towards another person, that is usually prolonged (happens over a period of time) or persistent. For example, actions or words that humiliate, embarrass, threaten or intimidate someone. See **sexual harassment** and **street harassment**. Also see **Protection from Harassment Act**.

HATE CRIME: A crime motivated by hate and prejudice and directed at another on the basis of (actual or perceived) race, religion, national origin, ethnicity, **gender**, **disability**, or **sexual orientation**.

HERMAPHRODITE: See **intersex**.

HETERONORMATIVITY: The assumption that **heterosexuality** (being attracted to the opposite **sex** and gender) is normal and applies to everyone, which creates a **bias** in favour of heterosexual relationships. For example, the fact that there are very few same-sex couples on television, in movies and in advertising is an example of heteronormativity in the **media**.

HETEROSEXISM: Assuming **heterosexuality** is the norm and believing heterosexuality to be superior to other **sexual orientations**, therefore marginalising people who do not identify as heterosexual.

HETEROSEXUALITY: Sexual, emotional, and/or romantic attraction to people of a different **sex** or **gender** than one's own.

HIV/AIDS: HIV is a virus that attacks the white blood cells and leaves the body's immune system with diminished defence against common infections. Once the virus has advanced to the point that the body loses its ability to fight illnesses, it's referred to as AIDS. Although there is no cure for HIV/AIDS, there are medications to help manage it, and many people can live full lives with the virus. It can be contracted through **bodily fluids**, via **unprotected sex**, exposure to infected blood and needles.

HOMOPHOBIA: An irrational dislike and fear of **sexual minorities (LGBTQ people)**. It can be institutionalised in anti-gay laws, policies, and the formal opinions of church and state. Homophobia results in people being excluded from social spaces, as well as in verbal **abuse**, physical **violence** and even murder. South Africa's Constitution gives sexual minorities the same rights as everyone else and the full protection of the law. However, violence towards sexual minorities is a serious and widespread problem, that the law will not be able to solve until social homophobia (people's

attitudes) is challenged.

HOMOSEXUALITY: Sexual, emotional, and/or romantic attraction to people of the same sex.

HORMONE THERAPY: See **sex-reassignment therapy**.

HORMONAL CONTRACEPTIVE: Women and female-bodied people may take hormones in the form of tablets (**the pill**) a patch worn on the skin, an implant in the skin, or an injection to try to prevent pregnancy. Whilst these are usually quite effective against unwanted pregnancy when taken correctly, they do not protect against **sexually transmitted infections (STIs)**.

I.

INCEST: Incest is **sexual activity** between family members and close relatives. This includes between people related by blood, such as brothers and sisters with the same parent or parents, but also those who are related by family relationships, such as step relatives, those related by **adoption** or marriage.

INSTITUTIONAL OPPRESSION: See **structural oppression**.

INTERGENERATIONAL RELATIONSHIPS: Relationships between people of different age groups or generations. These relationships are not necessarily sexual (although they can be). Intergenerational relationships tend to have a **power imbalance** where the older person holds more power than the younger person, such as in the relationship between a parent and a child. This power imbalance may not be a problematic if the older person has the best interests of the child in mind. However, in intergenerational sexual and romantic **partnerships**, the needs and desires of one partner often do not match those of the other partner because of their different ages, sexual and emotional needs and expectations. This is especially true if the younger partner is a minor (under 18) and is a girl because **male privilege** combined with the authority (power) of the older person may mean that their needs are prioritised at the younger girl's expense.

INTERNALISED OPPRESSION: When an oppressed person comes to believe, accept, or live out the inaccurate **stereotypes** and misinformation about a group with which they identify. An example of this may be when a girl is **raped** and she believes that it is her fault because of the widespread victim **blaming** that occurs in the **media** and in society that tells her that she was raped because of what she was wearing, where she was, at what time, or who she was with.

INTERSECTIONALITY: Refers to a connection (intersection) of different oppressed identities. The level of intersectionality can impact on **access** to rights and opportunities because of the **discrimination** and disadvantage associated with those identities. For example working class **women** (intersection of class and **gender**) experience much more **violence** than wealthier women, but working class black women (intersection of class, gender and race), in many contexts, are even more vulnerable to violence than other women.

I.

INTERSEX: Someone who is born with biological **sex** organs that are not considered standard for either **males** or **females**. The existence of people who are intersexed challenges the idea that there are only two sexes (**sex binary**). In South Africa, it is approximated that 1 in every 50 people has atypical (not typical or different from the norm) sex organs.

IN THE CLOSET [also **closeted**]: Keeping one's **sexual orientation** and/or **gender identity** or **sex** a secret. People may do this for many different reasons: they may not be sure of their own identity, they may not be ready to share that part of themselves with others, they may fear that their friends or family will feel differently about them or not accept them, or they may fear **discrimination**, societal **transphobia** or **homophobia**, or even **violence**.

INTIMATE PARTNERSHIP: This may refer to a couple, which is married, or unmarried, but is in a romantic and/or sexual relationship. They do not necessarily live together.

INTIMATE PARTNER VIOLENCE: A pattern of abusive and threatening behaviours acted by one partner in an **intimate relationship** on another. This may include physical, emotional, economic and **sexual abuse** as well as intimidation, isolation and **coercion**. See also **domestic violence**, **Domestic Violence Act**, **Sexual Offences Act**.

INTRA-UTERINE DEVICE (IUD): A small **contraceptive** device placed in the uterus (womb) to prevent pregnancy. Some **women** prefer IUDs because they have **control** over contraception, unlike with **male condoms**, but they do not have to remember to take pills every day like with **the pill**. IUDs do not protect against **STIs** and **HIV/AIDS**.

L.

LESBIAN: A label or identity that a **woman** who is attracted to other women may choose for herself. Such identities should be freely chosen and not forced onto someone by others. It is possible for a woman/girl to have sexual and romantic feelings for other women/girls but not consider herself a lesbian. It is also possible for someone to consider herself a lesbian but never act on their feelings for other women.

LGBT/LGBTQ/LGBTQIA: **LGBT** is a popular acronym for **lesbian**, **gay**, **bisexual** and **transgender** people. It may also include the word **queer** and be written as **LGBTQ**. Both are a collective term for **sexual minorities** and **gender non-conforming** people. Sometimes the acronym may be extended to include intersex and **asexual** people, groups that are often left out of the community or ignored, but are also marginal identities within a **heteronormative** society that upholds the **sex binary** and **gender binary**. In this case it is written **LGBTQIA**.

LUBRICANT: A slippery liquid or gel used to make **sexual intercourse** more comfortable and safe. If used with a **barrier method** such as a condom, lubricant can decrease the chances of the barrier breaking and thereby improve its effectiveness. It can be purchased at a pharmacy.

M.

MALE: The biological **sex** that has male sex organs.

MALE SUPREMACY: A system of **oppression** that gives **power** to men and values masculinity, at the expense of **women** and femininity. See also **patriarchy** and **male privilege**.

MANIPULATION: A method of **emotional abuse** where someone **controls** or dominates another person for their own benefit and advantages. It usually implies a more subtle **control** than **aggressive** or threatening behaviour. An example of manipulation may be where a boy tells his girlfriend that if she does not have sex with him it means that she does not love him and he will leave her. Even though the girlfriend is not ready to have **sex**, she may do so anyway, to prove that she does love her boyfriend. He will have manipulated her into having sex. Healthy relationships with a **balance of power** rely on communication, respect and negotiation, and never on manipulation.

MARGINALISED: To be excluded, ignored, or dismissed to the outer edge of a group, society or community.

MARITAL RAPE: When **rape** or **sexual assault** is committed by a spouse or ex-spouse of the **victim**. Many **women** do not report marital rapes because the **perpetrator** or other people make them believe that it is normal, or that if you are married, it is expected that you have **sex** with your husband when he wants, and that he has a right to demand or force sex (or more accurately, that you do not have a right to refuse sex). This is completely untrue and marital rape is the same as any other rape, and a very serious crime.

MASCULINE: Having qualities or appearance traditionally associated with men.

MASTURBATION: Sexual stimulation of your own or another person's genitals for sexual pleasure.

MEDIA: Various methods through which news, entertainment, education, data and advertisements are communicated, which can include TV, newspapers, internet, radio, billboards and magazines, websites, and social networking websites.

MENSTRUATION: A natural process that occurs monthly in most female-bodied people (from puberty to menopause), and is experienced as a flow of blood which passes out through the vagina. Menstruation signifies that a female is not pregnant; the unfertilised egg (ovum) together with the blood-filled lining of the uterus (womb) is released from her body. Menstruation is commonly referred to as a 'period'.

MENTAL ABUSE: See **emotional abuse**.

MENTAL HEALTH: A state of well-being where someone is able to realize his or her potential, cope with stress, work productively, and contribute to the community. A positive, happy outlook on life also contributes to good physical health. If someone is depressed, struggles with anxiety, or has psychiatric condition, this affects their mental

M.

health, and they may need counselling or medication to manage the condition and improve their mental health.

MISOGYNY: The entrenched and widespread hatred and **prejudice** of **women**. This attitude is not always obvious and instead manifests in the everyday hostility toward women: **discrimination** and **gender-based violence**, sexual **objectification** (including the shaming of women's bodies that do not conform to the image of the ideal sexual object) and sexual **oppression** (not allowing women free sexual expression, enjoyment or **control** of the sexual lives). Often this **violence** is made to seem normal through the way that women and women's bodies are portrayed in **popular culture** and the **media**.

O.

OBJECTIFICATION: When a human being (usually a **woman**) is seen or treated like an object or as though they have no feelings, rights or **agency**, usually in a sexualised manner.

OPPRESSION: The use of institutional **power** and **privilege** to benefit one person or group at the expense of another and/or the prolonged cruel or unjust treatment or exercise of authority. Apartheid and **sexism** are both examples of oppression. See also **structural oppression**.

ORAL SEX: Refers to using the mouth to stimulate (touch/rub) another person's genitals. Oral sex, like any **sexual activity**, should be considered carefully, with as much information as possible, and both partners must clearly **consent** to doing it. You can contract **HIV/AIDS** or STIs from oral sex. When giving a **male** oral sex, the partner should wear a condom, and when giving a **female** oral sex a **dental dam**, or **condom** placed over her genitals can act as a barrier for infections.

OUT (of the closet): The varying degrees of being open about one's **sexual orientation**, **sex** and/or **gender identity**. People may be 'out' to some people, but not to others. For example, a boy may be 'out' to his close friends and family but not share this part of his identity with others at school. No one has to be 'out' or completely 'out', and some may choose not to be if they feel that their safety or wellbeing may be threatened, or if they are just not ready. You should never out someone else unless they ask you to do this for them (e.g. a younger sibling may ask their older sibling to tell his/her parents that they are gay). It is their own decision to share that part of their identity with people that they feel comfortable and choose to. Outing someone can also put them in danger because many people are still **homophobic** or **transphobic** and may react with anger or **violence**. Also see **coming out**.

OUTING: Exposing someone's **sex**, **gender identity**, or **sexual orientation** without their permission to do so. You should never out someone. It is their own decision to share that part of their identity with people that they feel comfortable and choose to. Outing someone can also put them in danger because many people are still **homophobic** or **transphobic** and may react with anger or **violence**.

P.

PASS/PASSING: When a **sexual minority** (**lesbian**, **gay**, **bisexual**, **queer**) is able to move through society easily and is assumed to be a **straight** person; or when a **gender minority** is assumed to be cisgender; or when someone is perceived as the **gender** they are presenting themselves as (based on their dress and mannerisms that match **social norms**). For example, a **trans woman** who is seen by others as **female** may be said to be 'passing'.

PASSIVE: A personality trait where someone allows things to happen or who accepts what other people do or decide without trying to change anything. This may be because they do not think their needs and ideas are as important as those of others, because they want to avoid conflict, or because they lack **self-esteem**, feel fearful or intimidated. Passive people may allow others to have their way and not express how they feel, despite being bothered by something. Being passive may seem like a good idea at the time, a way to avoid conflict or to be kind by letting others have their way, but it often leads to one person having more **power** in a relationship, and can result in **abuse** or **domestic violence**. Healthy relationships with a **balance of power** rely on communication, respect and negotiation, and require that everyone involved shares their needs and feelings and are **assertive**.

PARTNERSHIP: A relationship where emphasis is placed on **equality**, and cooperation, and where partners are equal in importance and share responsibilities and decision-making **power**.

PATRIARCHY: A social system that is male-dominated, where men hold the most powerful and influential roles, and where society is organised around men. Within patriarchal systems/societies men have moral authority, more **control** over what happens in society, public attention is given to men, and highly valued personality traits are associated with men. Patriarchy also means that men control property, and fathers hold authority over **women** and children. Women hold less powerful roles, lack **control** and influence, their attributes are devalued, and they occupy the margins of society. Patriarchy exists in every society in the world, and results in **sexism**, **misogyny**, **gender-based violence**.

PEER GROUP: A group of people of the same age who spend time together, may share a job or school or some other community, and who influence each other, and share ideas, **values** and experiences. A peer group also develops its own structure, where some members may be more dominant or influential.

PEER PRESSURE: Is the influence that a **peer group** or individuals in that group exerts that encourages others to change their attitudes, **values**, or behaviours to conform the **norms** established in the group. This includes when classmates or friends try to influence each other's behaviour or decisions, and when individuals are made to feel bad for being different. For example, a young person may be influenced to engage in **sexual activity** before they are ready, or even if they do not want to, because their friends are already sexually active, or think **abstinence** is uncool.

PERPETRATOR: The person who commits a crime, or harmful or **abusive** behaviour. In the case of rape, the rapist is referred to as the perpetrator.

P.

POPULAR CULTURE [also **pop culture**]: Popular Culture is the broad set of ideas, perspectives, attitudes, memes, images, and other phenomena that are the mainstream of a given culture, especially contemporary (current) Western culture. For example, jeans, pop music and Coca-Cola are all part of popular culture around the world. Some parts of popular culture may also be specific to a particular place. For example, in South Africa Kwaito music is part of popular culture. Popular culture can perpetuate (teach and maintain) **gender-based violence** and **misogyny**. Examples of how this may occur would include the way that Hollywood movies mainly value women for their bodies and attractiveness, or the way that **women** are depicted and treated in hip-hop music and videos.

POWER: The ability to **control** someone or something, which involves having influence or authority.

POWER BALANCE [also **balance of power**]: A balance of power in a relationship is when everyone involved has roughly the same power. For example, in a romantic relationship where both partners are able to share their feelings, and respect each other's opinions, wants and needs, and neither partner is **aggressive** or **controlling**.

POWER IMBALANCE: A power imbalance in relationship is when one partner has more power than the other. For example where one partner is able to make sure that their needs are seen as the most important and are met, even at the expense of the other partner. Such relationships can become **abusive**.

PREJUDICE: An adverse opinion that is not based on reason or actual experience, including about people, or groups of people. In the case of people, prejudice often refers to judgments based on their **gender**, social class, age, **disability**, religion, **sexuality**, race/ethnicity, language, nationality or other characteristics.

PRIVILEGE: A benefit, favour, protection or advantage given to a person or group and withheld from another person or group. Often people have privileges, or use their privileges without being aware that they are doing so. For example the fact that most men can walk down the street without experiencing **street harassment** is an example of male privilege, even though most men do not even realise that their experiences are different from **women's**.

PROSTITUTION: See **sex work**.

PROTECTED SEX: There are two types of protection: 1) protection against **STIs**, and 2) protection against pregnancy. Protected sex with respect to pregnancy includes the use of contraception during or prior to **sexual intercourse**. Protected sex with respect to STIs includes the use of **barrier methods**, which protect against both pregnancy and STIs.

PROTECTION FROM HARASSMENT ACT (17 of 2011): This act allows a person who is not in a domestic relationship with their abuser or harasser to seek a **protection order** against them. **Harassment** includes **sexual harassment**. A protection order gives the police the power to arrest a **perpetrator** should they continue to harass the **victim**. Anyone who believes they are being harassed can apply for

a protection order, including children. Someone may also apply for a protection order on behalf of another person.

PROTECTION ORDER: A protection order is an order from the court, defined by the **Domestic Violence Act** and the **Protection from Harassment Act**, which forbids the **perpetrator** to engage in the acts of **domestic violence** or **harassment** respectively, the details of which will be listed in the order. Breaking the terms of the protection order is a criminal offence, for which the abuser may be fined or imprisoned. A protection order gives the police the power to arrest a perpetrator should they continue to abuse (domestic abuse or harassment) the **victim**. Both adults and children can apply for a protection order. Someone may also apply for a protection order on behalf of another person. See also **domestic violence**.

PSYCHOLOGICAL ABUSE: See emotional abuse, Domestic Violence Act.

Q.

QUEER: Originally an offensive term used to degrade **sexual** and **gender minorities**, this term has intentionally been re-appropriated (taken back) and now refers to a political, sexual and/or **gender identity** that is intentionally and visibly different from the norm. 'Queer' is often used as a broad term for all people who are not strictly **heterosexual** or **cisgendered**, including **sexual minorities** and **gender non-conforming people**.

QUESTIONING: Process of exploration of an individual's gender, sexual identity and/or sexual orientation, often because they are experiencing feelings and emotions that suggest that they do not fit into the **gender binary** or **heteronormative** framework of society. People apply the label of 'questioning' to themselves if they are unsure, still exploring or uncomfortable applying another social label (and the assumptions that they carry with them) to themselves.

R.

RAPE [also **forced** or **coerced sex**]: When someone penetrates another person's vagina or anus with their penis, a part of the body (such as their finger), any object (such as a stick), or part of an animal; when someone penetrates someone's mouth with their penis or an animal's penis; or forces another person to do any of these things; without the **consent** of the person being penetrated, especially by the threat or use of **violence** against them. Rape is not a result of sexual desire, but a deliberate act of **gender-based violence** and an expression of **power, control** and domination over another person. It occurs at every socioeconomic level of society and in a variety of settings. Rape is never the fault of the **victim** no matter what they were wearing, where they were when it happened, or whether they were drinking or taking drugs. Rape can happen in relationships (**date rape** or **marital rape**) and the victims often know their rapists. Victims often face many obstacles in reporting rape, and in obtaining needed protection and assistance. Also see **Sexual Offences Act**.

RAPE CULTURE: A culture (including images, language, **media**, and **stereotypes**) that makes **rape** seem ok, acceptable or cool. This can include jokes, TV shows, music, advertising, and laws that make **violence** against **women** seem normal and acceptable and cause rape to be considered part of the 'way things are'. For example, if your sports team beat another team, someone might say "We raped that other team". This is part of rape culture because it makes rape seem acceptable, fun or like a good thing. It makes the really traumatic and violent experience of being raped seem like something silly, or 'no big deal' and is hurtful and offensive to rape survivors whose experiences are nothing at all like losing at sport. Rape culture makes rape part of the normal everyday experience.

REPRODUCTIVE HEALTH: A state of complete physical, mental and social well-being in all matters relating to the reproductive system (**sex** organs) and to its functioning. This implies that people are able to have a responsible, satisfying and safe sex life and that they may have children, and the freedom to decide if, when and how to do so.

REPRODUCTIVE RIGHTS: The basic right of all people to decide freely if they will have children, when they will have children and how many children they will have, as well as to have **access** to the information that helps them to make these decisions and to have access to **sexual and reproductive health** care. For example, access to family planning clinics and contraception is an important reproductive right. Reproductive rights also include the right to make decisions concerning reproduction free of **discrimination**, **coercion** and **violence**.

REPRODUCTIVE WORK: See **domestic work**.

RISK: A factor, situation or course of action involving exposure to danger or hazard. **Unprotected sex**, for example, puts people at risk of contracting **HIV/AIDS** or becoming pregnant.

S.

SAFETY PLAN: A safety plan is a personalised, practical plan that can help **victims** of **domestic violence** know the best way to react when in danger, including in cases of **intimate partner violence** and **child abuse**. The plan may consider options for leaving an abusive partner or options for a victim in the event of another incident of abuse.

SELF-ESTEEM: The way someone feels about themselves, their own worth and value. People with high self-esteem tend to be confident and **assertive**. People with low self-esteem tend to lack confidence and find it difficult to express themselves.

SELF-IDENTIFY: The process of choosing names, labels and terms, as well as groups and communities for yourself. For example, choosing to identify your **gender** as a man, a **woman**, **gender queer**, **trans***, some combination of these, or none of these. Another example may be to self-identify your religious community by calling yourself a Muslim, Christian, Hindu, Jew, Buddhist, atheist, agnostic, something else, or some combination of these identities.

SEX (sexual activity): This term refers to sexual activity. It is often intended to mean **sexual intercourse**, the penetration of the penis into the vagina or anus (**anal sex**). However, sex also refers to other sexual acts done with another person such as **oral sex** and mutual **masturbation**.

SEX (biological sex): The biological characteristics that define humans as **female**, **male** or **intersex**. Sex is based on biology (external genitalia, chromosomes, hormones and the internal reproductive system) and is usually assigned at birth. For example, children born with male sex organs (penis and testes) are classified as male. Once this classification happens, sex is usually used as a label for raising the child as either one **gender** or another. For example, male children will be raised as boys and expected to conform to **stereotypes** about masculinity. However not all people fall easily – or at all – into the 'male' and 'female' categories, such as **intersex** and **transsexual** people. Biological sex terms include male, female, transsexual and intersex.

SEX (birth): The sex assigned to infants at birth. Most countries only allow '**male**' or '**female**' to be recorded on a baby's birth certificate. However, in Germany **intersex** babies can have the category for sex left blank on their birth certificate. This is the result of advocacy that aimed to avoid parents being made to choose a sex for their intersex baby – and the baby having to undergo **sex-reassignment surgery** – that may not be the **gender identity** and sex that they later choose for themselves.

SEX (legal): The sex noted in all state records of a person, including in a person's legal identity documents (such as national identity documents, passports and drivers' licenses). For most people, this is the same as their **birth sex** but **transgender** people may choose to formally change their **legal sex** to match their **gender identity** or the sex that they have **transitioned** to. Most countries only allow a person to be classified as **male** or **female**, and this unfortunately does not take into account the fact that some people are **intersex**, or do not identify as either 'male' or 'female'. However, some countries, such as Australia, now allow people who do not fit into or do not identify with the **sex binary** to choose to mark their sex as an X.

SEX BINARY: A system of categorising all people into two **sexes**: **male** or **female**. It makes people who do not fit this binary invisible, oppressed or **stigmatised**, and gives power to people who uphold the sex binary. This is especially true for **intersex** and **transsexual** people whose experiences are not acknowledged or reflected in society, and who when discovered can be subject to **harassment** and violence.

SEX CHANGE: See **sex-reassignment surgery**.

SEXISM: Actions or attitudes that **discriminate** against people based only on their **gender** or **sex**. Sexism is linked to **power** and **patriarchy** and the prejudicial opinion that **women** and girls are less intelligent, less capable or of less value than men and boys. Sexism is also related to **stereotypes**, because sexist actions and attitudes are largely based on false beliefs about gender and sex and on seeing these false beliefs as relevant when they are not. For example, the sexist belief that women are bad drivers is not related to any facts, and whether someone has **female** anatomy or is **feminine** has nothing to do with how well they can operate a motor vehicle.

S.

SEX-REASSIGNMENT, [also **gender-reassignment**]: This refers to the process of changing a person's sex through **sex-reassignment surgery** or **sex-reassignment therapy**, or both.

SEX-REASSIGNMENT SURGERY (SRS) [also **gender-reassignment surgery**]: Medical surgery undertaken to change a person's biological sex characteristics, such as changing one's external genitalia/sex organs. This is usually done after careful consideration when a person's birth assigned sex does not match their **gender identity** and they want to change their body to match their gender. Also see **transsexual**.

SEX-REASSIGNMENT THERAPY, [also **gender-reassignment therapy**; also **hormone therapy**]: A medical intervention whereby hormones are taken to change a person's biological sex characteristics and appearance. For example, a **trans man** may take the hormone testosterone (which is usually found in greater quantities in males) in order to develop a more **masculine** body, increase muscle mass, grow more body hair and deepen their voice.

SEXUALITY: A person's sexual feelings, desires, sexual expression, actions and preferences. It is an important part of being human, and relates to **sex**, **gender identities** and **roles**, **sexual orientation**, pleasure, intimacy and reproduction. Sexuality is as much learned as it is natural, and is influenced by the interaction of biological, psychological, social, economic, political, cultural, ethical, legal, historical, religious and spiritual factors.

SEXUAL ABUSE: Any form of sexual contact or exposure to sexual images, activities, noises or other stimulation, without **consent** or when a victim cannot give consent. **Abuse** can occur in a relationship; including within families or within **intimate partnerships**, but the **perpetrator** may also be a stranger or acquaintance. Also see **Sexual Offences Act**.

SEXUAL ACTIVITY: See **sex (sexual activity)**.

SEXUAL ASSAULT: Any sexual contact, such as groping or fondling, that occurs without **consent**, that is not rape, especially if it occurs through physical force or **violence**, or the threat of force or violence. It is not a result of sexual desire, but a deliberate act of **gender-based violence** and an expression of **power**, **control** and domination over another person. It occurs at every socioeconomic level of society and in a variety of settings. It is never the fault of the **victim**, no matter what they were wearing, where they were when it happened, or whether they were drinking or taking drugs. Sexual offences can happen in relationships, and victims often know **perpetrator/s**. Also see **Sexual Offences Act**.

SEXUAL DEBUT: This term refers to a person's first sexual experience. The word 'debut' refers to a beginning, a first appearance or first time doing an activity. 'Sexual debut' is often used to refer to first **sexual intercourse**, but can also refer to any **sexual activity**, including **oral sex**. Both girls and boys need to be empowered to make healthy sexual choices and both should delay sexual debut until they are emotionally and physically ready, and until they are informed about contraception, the **risk** of pregnancy, **HIV/AIDS** and STIs and have taken all possible precautions.

SEXUAL HARASSMENT: Any unwanted sexual attention, gestures, actions or words (spoken or written) of a sexual nature that upset, degrade or harm the person that it is directed at. It is used to **oppress** people and make them feel vulnerable, unsafe, or **objectified**. For example, verbal remarks about someone's body, sexual or sexist jokes, and sexual behaviour in the workplace (and other inappropriate places) are all forms of sexual harassment.

SEXUAL HEALTH: Physical, emotional, mental and social well-being related to **sexuality** that includes positive feelings about sexuality, respect for your body and that of your partner/s, feeling comfortable about having pleasurable sexual experiences and understanding and practicing safe sex, free of **coercion**, **discrimination** and **violence**. For sexual health, the **sexual and reproductive rights** of all persons must be respected, protected and fulfilled.

SEXUAL IDENTITY: A person's own feelings about their **sexuality**, and how they see themselves as a sexual being, which includes how that sexuality is expressed to others. This includes the **sexual orientation** that people label themselves as, if they choose to use a label.

SEXUAL INTERCOURSE: The penetration of the penis into the vagina or anus (**anal sex**).

SEXUAL MINORITIES: This term refers to **lesbian**, **gay**, **bisexual**, and **queer** people – people whose sexual orientations or sexual activities are not mainstream (**heterosexual**). This term may also refer to people who do not identify with the norms of being **male** or **female**, such as **intersex** and **transgender** people, although they are usually grouped under **gender minorities**.

SEXUAL OFFENCES ACT [The Criminal Law (Sexual Offences and Related Matters) Amendment Act] (32 of 2007): This Act redefined **rape** (an act of sexual penetration without consent) and sexual assault (unlawful sexual violation of another person without consent) in gender-neutral terms, and defined a range of other offences including **incest**, **bestiality**, **flashing** and forcing another person to do any of these acts. The Act also defined several sexual offences against children and people with disabilities. The Act also defines conditions where consent cannot be given, including if someone is unconscious, asleep, is impaired by drugs or alcohol, is a child or a person with a mental disability. The Act sets out that children can only consent to **sex** from the age of 16. In 2013 the Constitutional Court decided that sexual activity between children aged 12-15 is not criminal. Although changes in the law have not yet been finalised, children who are between the ages of 12 and 15 years and who experiment consensually are no longer breaking the law.

SEXUAL ORIENTATION: A person's physical, romantic, emotional, and/or spiritual attraction to another person, which they may label as **lesbian**, **gay**, **heterosexual**, **bisexual**, or **asexual**. A person's sexual orientation can change, and the labels that people use do not define their sexual lives or limit their sexual expression. Instead, you can think of it as 'rounding off' to the nearest label, or choosing the label that fits best, even if it is not precise, or you choose a new label later. Just because a person considers themselves homosexual, queer, gay or lesbian, it does not mean that they may never feel attracted to the opposite sex or have sexual or romantic relationships with people of the opposite sex. Similarly, many people who label themselves as heterosexual experience same-sex attraction, and engage in same-sex sexual and romantic relationships.

S.

SEXUAL RIGHTS: These are the rights of all people to **sexual health**, **access** to sexual and **reproductive health** care services, information and education about **sexuality**, and to choose how, when and with whom to be sexually active. That means to have consensual sex and consensual marriage, to decide if and when to have children, to decide one's **sexual orientation** and sexual preferences, and to have an enjoyable, safe and pleasurable sexual life, free of **coercion**, **discrimination** and **violence**.

SEXUAL VIOLENCE: Committing or attempting to commit any sexual act or forcing someone else to commit a sexual act by using **violence** or **coercion**, unwanted sexual comments or advances, or acts against a person's **sexuality**. Sexual violence can happen in any setting, irrespective of the relationship between victim and perpetrator. The term sexual violence includes acts of **rape**, **sexual assault**, **sexual abuse**, **sexual harassment**, and the denial of the right to use contraception. Sexual violence is a form of **gender based violence**.

SEXUALLY TRANSMITTED INFECTION (STI): A term used for any infection that a person can get through sexual contact with another person who has it. Condoms can protect you from most STIs, but some – like herpes – can still be contracted when having sex with a condom.

SEX WORK: Providing sexual services to another person in return for payment. It is illegal and highly **stigmatised** in South Africa. However, it is decriminalised in some countries. As it is a way for **women**, **sexual minorities** and **gender minorities** and other **marginalised** groups to support themselves and their families, activists are currently fighting to gain legal rights and benefits for sex workers.

SLUT-SHAMING: Making any person feel bad, guilty or inferior about their appearance or attractiveness, sexual behaviour or desires, or what people think their sexual behaviours or desires are. This is almost always directed at **women** and girls. People may slut-shame a girl if she dresses in a way that people think is too sexy, requests **access** to contraception or takes contraception, has sex, enjoys sex, talks about sex, has an **intimate partner** or has several intimate partners one after the other or at the same time. Men and boys are allowed or encouraged to do many of these things, but women and girls are expected to conform to restrictive **gender norms** and **roles**, and not exercise their sexual **agency**. Women may also be slut-shamed after they have been raped or sexually abused, and this is a form of **victim-blaming**. Slut-shaming is an example of **patriarchy**, **misogyny** and **sexism**, and also a form of **bullying**. You should never engage in slut-shaming, and you should tell people to stop when you hear them doing it, or if you see it in **social media**.

SOCIALISATION: The process through which children and adults learn from others and from their environment. This process begins when a child is born and continues throughout life. For example, after a baby's **birth sex** is determined, **female** children are socialised to be **women**, although they may not **self-identify** as women.

SOCIAL CONSTRUCT: An idea or concept that people or society have made up (constructed), and that they then use to organise their thoughts and actions. Even though they are made up or constructed, social constructs hold important meanings that are widely understood and accepted in society, and people begin to see them as real, and cannot imagine life without them, and often want to hang on to them even if they are harmful. For example, **gender** is a social construct.

What we associate with being a girl or a boy is made up. For example, previously, the way being a girl was constructed was that all girls wore skirts and dresses, and wearing a skirt or a dress was an important way by which people understood or accepted a person as a girl. Now many girls wear pants, and if a girl is wearing pants, most people do not even think about it, and they definitely do not think that she is not a girl. However, a few people have trouble accepting this, and still believe that part of the way that a girl's gender is constructed involves wearing only skirts and dresses, and in some places girls may be criticised, attacked or even experience **violence** for wearing pants. Further, we can see that this is just a construct, because wearing a skirt means different things in different places and cultures – for example, in some parts of India, men wear clothes that look like dresses, and **women** wear pants under their dresses, and this is part of their definition of what it means to be a man or a woman. Even though social constructs like gender are made up, the effects that they have on people's lives and their daily experiences are very real.

SOCIAL JUSTICE: The idea that everyone should have **equal rights** and opportunities, particularly people who have been disadvantaged in the past, such as **women** and **sexual minorities**, **gender minorities** and racial minorities. Social justice also often involves active advocacy (campaigning) to make such **equality** a reality.

SOCIAL MEDIA: Websites, internet and mobile applications used for social networking. Social media can be used for many purposes, and although it was originally designed to help people remain in contact with acquaintances, friends and family, it is also used for advertising, broadcasting news, advocacy, and campaigning (for example, by politicians before an election), organising people (for example, organising a march or parade). Unfortunately, it has also been used to **bully** people and spread rumours about people.

SOCIAL NORMS: The rules that a particular group of people has about correct and acceptable behaviours, **values**, attitudes, and beliefs. These change from place to place and over time. For example, that men make decisions for the family is a social norm that is changing, and more and more people are trying to create equal **partnerships** between men and **women**, and some families are headed by a woman or more than one woman.

STALKING: Stalking is unwanted or obsessive attention by an individual or group toward another person, including following someone or monitoring them. This includes using of internet or other electronic technology to facilitate stalking, known as cyber-stalking.

STEREOTYPE: A widespread, generalised, exaggerated or oversimplified belief about an entire group of people (including ethnic, national, cultural, racial, religious, **gender** and **sexual minorities**) without acknowledging individual characteristics and differences. This creates false ideas that every member of a certain group will conform to certain characteristics. Stereotypes can be harmful, especially if we force them onto people, use them to label people or make people feel bad, or if we use them as standards for ourselves and others. For example, the idea that only boys can play soccer is a stereotype based on other stereotypes about only boys being strong, athletic or good at sports. This can be harmful to girls if it excludes them opportunities (e.g. to participate in soccer teams, or to have **access** to sporting scholarships), and can also be bad for boys who are not good at soccer, or do not want to play soccer, and are seen as less **masculine**, and are bullied, or made to feel bad as a result.

S.

STIGMA: The shame that is attached to behaviours, attitudes, ways of life and/or conditions that are seen as socially unacceptable or inappropriate. Stigma usually involves separating people who are different and blaming them for those differences. For example, initially people who were living with HIV were highly stigmatised as they were seen as being promiscuous, taking drugs, being **gay**, being irresponsible or being responsible for their illness in some other way. As a result many people were isolated from their communities neglected or abandoned by their friends and family. However through education, we have lessened stigma around HIV, and created more awareness and understanding of people living with the illness, although stigma does still persist.

STRAIGHT: The **sexual orientation** of a person who is attracted to people of a different **sex** or gender to their own. See **heterosexual**.

STREET HARASSMENT: Any unwelcome words, gestures, sounds or actions from strangers that occur in public spaces, that aim to disrupt a person's physical and emotional space, and which are usually motivated by **gender** (street harassment is mostly directed at **women**, by men). This can make women feel directed, embarrassed, threatened and unsafe, and can cause them not to go out, not to go out alone, to change the way that they dress and to avoid places where they have been harassed or think they will be harassed. Also see **Protection from Harassment Act**.

STRUCTURAL OPPRESSION [also **institutional oppression**]: When the arrangement of a society is used to benefit one group at the expense of another group through the use of language, **media**, education, politics, religion, economics, and/or other methods. For example, **patriarchy** in South Africa consistently denies **women** status, **power**, leadership roles, freedom of movement and safety. See also **oppression**.

SUGAR DADDY: This is a slang term that refers to an older man who is relatively financially better-off, who gives young women and girls money or gifts in exchange for their company and/or sex. In South Africa, where many young people struggle to support themselves and their families, sugar daddies may provide young women with anything from expensive gifts to basics like textbooks and food. Unfortunately, these older men are much more likely to have HIV than boys in the girl's age group and are also more likely to coerce girls into having unprotected sex. Also see transactional sex.

SURVIVOR: Someone who has survived sexual assault or abuse. This term is often used instead of victim in order to focus on the person's ability to recover from the violence, and to continue to live their lives.

T.

TERMINATION OF PREGNANCY: See **abortion**, **Termination of Pregnancy Act**.

TRANS: Short for **transgender**.

TRANS*: An umbrella term that refers to all the **gender and sexual identities** that do not match traditional ideas of what men and women are. The word **trans** (without the asterisk) is often used to refer to **trans men** and **trans women** specifically, while the use of the word with the asterisk broadens the term to include all non-**cisgender** gender identities, including **transgender**, **transsexual**, **transvestite**, **gender queer**, **genderless**, as well as **trans man** and **trans woman**.

TRANSACTIONAL SEX: Engaging in **sex** (any sexual activities) for financial or other material rewards. Many young girls engage in transactional sex because they lack resources, and the money/material goods they receive in exchange for transactional sex may assist them in meeting their daily needs, or in getting things that they want. Transactional sex is extremely risky, and can make girls and women vulnerable to **abuse**, **violence**, and put them at **risk** of pregnancy, STIs and **HIV/AIDS**. Also see **sugar daddy**.

TRANS MAN/TRANSMAN: Someone who was identified as **female** at birth but who identifies and portrays his **gender** as a man. Trans men may also be referred to as **FTM**, which stands for female-to-male. Many trans men are satisfied with their female **sex**, but perform their gender as men. However, some, but not all, trans men make physical changes through the use of hormones (**sex-reassignment therapy**) or **sex-reassignment surgery**.

TRANS WOMAN/TRANSWOMAN: Someone who was identified as **male** at birth but who identifies and performs her **gender** as a **woman**. Trans women may also be referred to as **MTF**, which stands for male-to-female. Many trans women are satisfied with their male **sex**, but perform their gender as **women**. However, some, but not all, trans women make physical changes through the use of hormones (**sex-reassignment therapy**) or **sex-reassignment surgery**.

TRANSGENDER: This term can refer to **trans men** and **trans women** specifically. It can also be an umbrella term for all people whose **gender identity** or **gender expression** differs from the social expectations for the sex they were born with. Such non-**cisgender** gender identities may include **transgender**, **transsexual**, **transvestite**, **gender queer**, **genderless**, as well as **trans man** and **trans woman**.

TRANSITION [also **gender affirmation**]: Both terms refer to the processes that people go through as they change their **gender expression** and/or physical appearance to match their **gender identity**. It can occur over time, and may involve coming out, changing one's **legal sex**, and/or **sex reassignment therapy** or **sex reassignment surgery**.

TRANSPHOBIA: Dislike, fear or hatred of people who do not conform to traditional or stereotypical **gender roles**, which can be expressed through **discrimination**, **bullying**, **harassment** and/or **violence**. If you see transphobic behaviour, you should always act against it if you feel safe doing so, or call for help.

TRANSSEXUAL/TRANSSEXUALITY: Someone who experiences a mismatch between the biological **sex** they were born with and the biological sex they identify as. Transsexuals are sometimes defined as individuals who seek to undergo (or have undergone) the **transition** from their **birth sex** to that of the opposite sex, usually by means of **gender-reassignment therapy** or **gender-reassignment surgery**. See **trans***.

T.

TRANVESTITE/CROSS DRESSER: Individuals who regularly or occasionally wear the clothing socially assigned to a **gender** other than their own. This is not the same as being **trans***, and those who cross dress may not feel **gender dysphoria**, be unhappy about their **sex** or **gender**, and usually do not wish to medically change their bodies. Cross dressing also does not indicate **sexuality**. Cross dressers often simply enjoy the experience, freedom and creative expression of wearing the clothes of a different gender. This may be for a **drag** performance, but individuals may cross dress for fun with their friends, or in private, in their own homes.

TRIPLE ROLE/MULTIPLE BURDEN: The fact that **women** tend to work longer and more fragmented days than men because they are usually involved in three different **gender roles**: **reproductive work**, work that earns money or produces good (such as farming) for the family's survival, and community work that links the family to the wider social structure and systems of support.

U.

UNPROTECTED SEX: Unprotected sex is any **sexual activity** where no method of protection is used. The term is often used to refer to **sexual intercourse**, **oral sex** on men and **anal sex**, where a **condom** is not used, but it also applies to unprotected oral sex on **women**, and any other sexual activity where there may be contact with **bodily fluids**.

V.

VALUES: Those principles that individuals use to guide their behaviour and decisions. Some values are seen as universal or objective such as to avoid physical harm, and conversely to avoid harming other people. Other values are relative or subjective (they change from person to person or over time) and are associated with religious or belief systems, such as whether **sexual activity** before marriage is acceptable or not.

VICTIM: A person who has been harmed or killed, or has suffered as a result of the actions of another person or as the result of an accident, such as someone who has experienced **sexual assault** or **sexual abuse**.

VICTIM-BLAMING: Any attitude or statement that puts blame on the victim of a **rape** or **sexual assault**, usually by making assumptions such as "she was asking for it" or "she should not have been wearing a short skirt". These attitudes are very problematic because they discourage victims from reporting abuse and sexual assault, and perpetuate **rape culture**. Victim-blaming is an example of **patriarchy**, **misogyny** and **sexism**. You should never engage in victim blaming, and you should tell people to stop when you hear them doing it, or if you see it in **social media**. Victims should be supported and treated with kindness and understanding.

VIOLENCE: Extreme aggression that can include physical acts like hitting, punching, kicking, biting or hair pulling, as well as sexual acts such as touching a **woman's** breasts when she tells you not to, or forcing **sexual activity**. In its most severe forms, violence may include **rape**, murder, or serious injuries. Violence

against young people and **women** is a serious problem as they are often unable to defend themselves against more powerful or stronger attackers. **Social norms** teach young people and women to accept violence against themselves as normal, and teach men and boys that violence is an acceptable way to express yourself, gain **power** and **control** (usually over women and young people), and that it is unlikely to be punished. When young people witness violence it makes them believe that this is normal. Instead, we should all act to end violence. If you see someone acting violently, if you feel safe to do so and it will not endanger you, you should ask them to stop, or call for help from an adult, a teacher or the police.

VIOLENCE AGAINST WOMEN: Any act of **gender-based violence** that results in, or is likely to result in, physical, sexual or psychological harm or suffering to **women**. It includes threats, **coercion** and denying someone her rights. Some examples are **domestic violence**, **sexual abuse** of female children, **sexual abuse** of adult women, **rape**, **marital rape**, **sexual harassment** and intimidation and **harassment** at work and schools. Also see **Domestic Violence Act**, **Sexual Offences Act**.

VIRGIN/VIRGINITY: A virgin is someone who has not engaged in **sexual activity**, although the term is more commonly used to mean someone who has not had penetrative **sexual intercourse**. Virginity is the state of being a virgin. Virginity is often held as a standard for the worth or purity of girls and **women**, and many societies value women who remain virgins until marriage but do not place the same emphasis on **abstinence** for men and boys. It is important for young people to delay **sexual debut** until they are completely ready. However, this creates a double standard for girls and boys, where girls are expected to wait but boys are not, girls who have chosen to engage in sexual activity are **slut-shamed**, and boys are congratulated and rewarded. Instead, both girls and boys need to be empowered to make healthy sexual choices and both should delay sexual debut until they are emotionally and physically ready and until they are informed about contraception, the **risk** of pregnancy, **HIV/AIDS** and **STIs** and have taken all possible precautions. Further, it is important to recognise that many young women and girls' first sexual experience is non-consensual, and they thus do not lose their virginity willingly, but are raped or sexually abused, and thus have no **control** over their sexual debut.

VIRGINITY TEST: A traditional practice where young girls have their genitals examined to check whether they are still **virgins** or not. The practice is a violation of the **sexual and reproductive rights** of girls and enforces harmful ideas that girls should **abstain** from **sexual activity** whilst boys have no responsibilities, or are encouraged to engage in sexual activity. It is a form of **slut-shaming**, where girls are made to feel bad for having engaged in sexual activity, and it can also be a form of **victim-blaming**, as some girls may have lost their virginity through rape. The practice has become more popular since the **HIV/AIDS** epidemic became widespread, but it cannot really help to stop the spread of HIV, because boys are not also tested, and because it does not deal with the reasons that girls choose to have sex, or with the pervasive problem of sexual violence.

W.

WOMEN: All **female-identified** persons, including girls, women with disabilities, women in same-sex relationships, **butch** women and other **gender queer** female-bodied persons, and **transgender** persons who identify as women. Female-bodied persons who identify as men (**trans men**) may also be included in the term women, because this inclusion allows them **access** to women's social, sexual and **reproductive rights**. These rights may include access to contraception, preventive health care such as pap smears, **termination of pregnancy** and other basic services and care that relate to female bodies.

