



“History may have favored the gender binary, but today’s science doesn’t have to!”

GENDER-NEUTRAL VOCABULARY

S. No.	In Context of	Use	Instead of
1.	Menstruation	Menstruators	Women
2.	Sex Organs	Gonads	Ovaries/testes
3.	Contraception	Contraceptives	Birth Control
4.	Anatomy *	People with penis/ People with testes/ penis owners/ testes owners	Men
5.	Anatomy *	People with a vagina, People with Uterus, people with ovaries, people with breasts	Women
6.	Referring to a third person	They/ them (when their pronouns are not specified)	She/he
7.	Pregnancy	Pregnant people / pregnant individuals	Expectant mothers/ women/ pregnant women
8.	Sexual Intercourse	Penetrative sex	Sex
9.	Couples	Partner	Girlfriend/Boyfriend
10.	Condoms	Internal/ external condoms	Condoms for men/condoms for women or male/female condoms
11.	Explaining Contraception	People with ovaries/people with uterus and people who ejaculate semen	Men/women or male/female
12.	Addressing the audience	Everybody/folks	Ladies and gentlemen/ boys and girls
13.	Surgeries that are undergone by transgender people	Gender reaffirmation surgeries	sex-change surgeries



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Source:

<https://www.shorecentre.ca/wp-content/uploads/Adapting-Sex-Ed-Language-Guelph-Checklist.compressed.pdf>