

# SEXUAL AND REPRODUCTIVE HEALTH AND RIGHTS TERMINOLOGY GUIDE

ලිංගික හා ප්‍රජනන සෞඛ්‍යය  
හා අයිතීන් පිළිබඳ  
ශබ්දමාලාව

பாலியல் மற்றும் இனப்பெருக்க சுகாதாரம்  
மற்றும் உரிமைகள் சார்ந்த  
சொற்றொடர்

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**A Project of**  
Youth Technical Advisory Committee of  
The Family Planning Association of Sri Lanka  
and  
Y - PEER Sri Lanka

**In collaboration with**  
United Nations Population Fund



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TERMINOLOGY GUIDE

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පාලියල් මණ්ණුම් ඉනප්පෙරුකුක සුකාතාරම්  
මණ්ණුම් උරිමකග් සාර්ණ්ත  
සොණ්ණොඳර්

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### **Message from UNFPA Representative, Sri Lanka**

As Representative of the United Nations Population Fund (UNFPA) in Sri Lanka, I am extremely proud to support the publication of a comprehensive national trilingual glossary of terms on sexual reproductive health (SRH).

At the UNFPA we work to expand the possibilities for women and young people to lead healthy and productive lives. In order for this to happen they need to have access to accurate information and to make responsible and informed choices about their sexual and reproductive health and rights (SRHR).

This is why this glossary of terms is extremely important, because on one hand health care providers have one nationally accepted reference document on sexual and reproductive health terms and on the other, the public are able to get an accurate and easily understanding of these often very technical terms.

I hope that this trilingual glossary will help to improve the communication gaps which are often associated with the delivery of sexual reproductive health information and services, including assist Sri Lankain ensuring that every pregnancy is wanted, every child birth is safe and every young person's potential is fulfilled.

***Alain Sibenaler***

UNFPA Representative Sri Lanka

**එක්සත් ජාතීන්ගේ ජනගහන අරමුදලේ  
ශ්‍රී ලංකා නියෝජිතයාගේ පණිවුඩය**

එක්සත් ජාතීන්ගේ ජනගහන අරමුදලේ නියෝජිතයෙකු ලෙස ලිංගික සහ ප්‍රජනන සෞඛ්‍ය සම්බන්ධ සර්ව සම්පූර්ණ ජාතික ත්‍රෛභාෂා ශබ්ද මාලාව එළි දැක්වීම උදෙසා සහාය ලබාදීමට හැකිවීම පිළිබඳව අතිශයින් ආඩම්බර වෙමි.

එක්සත් ජාතීන්ගේ ජනගහන අරමුදල තුළින් අපි කාන්තා සහ තරුණ ප්‍රජාවට සෞඛ්‍යසම්පන්න සහ සශ්‍රීක ජීවිතයක්ගතකිරීමට සියළු අවස්ථාවන් ලබාදීම උදෙසා සේවය සපයන්නෙමි. මේ සඳහා පිළිවෙලින් ඔවුන්ගේ ලිංගික සහ ප්‍රජනන සෞඛ්‍ය සහ අයිතීන් පිළිබඳ වගකීම් සහගත සහ දැනුවත් තේරීම් උදෙසා නිවැරදි තොරතුරු ලබාගැනීමට ප්‍රවේශයක් තිබිය යුතුය.

මෙම ශබ්දමාලාව සංයුක්ත කිරීම අතිශයින් වැදගත් වන්නේ එක් අතකින් මෙමගින් සෞඛ්‍ය සේවා සපයන්නන්ට ලිංගික හා ප්‍රජනන සෞඛ්‍ය සම්බන්ධ ජාතික වශයෙන් පිළිගත් ශබ්දමාලාවක් හිමිවීමත් අනෙක් අතට මෙය මහජනයාට ඉතාම නිවැරදිව සහ ඉතා ඉක්මනින් තේරුම්ගත හැකි තාක්ෂණික ව්‍යවහාරයකින් සකසා තිබීමත් නිසාවෙනි.

මෙම ත්‍රෛභාෂා පදමාලාව සංයුක්ත කිරීම ලිංගික හා ප්‍රජනන සෞඛ්‍යය පිළිබඳ තොරතුරු සහ සේවාවන් සැපයීමේදී සන්නිවේදන පරතරය අඩු කිරීම සඳහා ශ්‍රී ලංකාව තුළ සෑම ගැබ් ගැනීමකම අවශ්‍යව, සෑම දරු උපතකම ආරක්ෂිත ව, තරුණ ප්‍රජාවේ සෑම අවශ්‍යතාවකම පරිපූර්ණව තහවුරු කිරීම සඳහා උපකාරීවනු ඇතැයි අපේක්ෂා කරමි.

**ඇලන් සිබෙතලර්**

එක්සත් ජාතීන්ගේ ජනගහන අරමුදලේ ශ්‍රී ලංකා නියෝජිත

**ඉගැන්වීම් නායකයින් සනත්තොකාෙ நிතියත්තින්  
ඉලක්කෙකකාන පිරතිනිතියින් සෝති**

ඉගැන්වීම් නායකයින් සනත්තොකාෙ නිතියත්තින් ඉලක්කෙකකාන පිරතිනිතියාක, නාන් ඔම මුමමොච්චි මුල පාලියල් මර්ණුම ඔනප්පෙරුකක සකාතාරම මර්ණුම ඊරිමෙකග් තොර්පාන සොර්ණොර් නාලුකු ඊතරචු වමර්කියමෙමෙය මුණ්නිරු පෙරුමෙ ඊදෙකිණේ.

ඉගැන්වීම් නායකයින් සනත්තොකාෙ නිතියත්තිල්, නාම පෙණ්කග්, මර්ණුම ඔනෙරුරිග් ඊරොකකියමාන මර්ණුම විනෙත්තිර්ග් මිකක වාමර්කකාන වමර්කගෙ විරිචුරුත්ත පනිකගෙ මෙර්කොග්කිණොම. ඔතු නදෙමුණෙයිල් ඔරුමපෙරු වෙණරුමෙණිල්, ඊවර්කග් තම පාලියල් මර්ණුම ඔනප්පෙරුකක සකාතාරම මර්ණුම ඊරිමෙකග් රුතිත්තු, පොරුමු මිකක මර්ණුම තකවල් ඊරිනිත තෙරිචුකගෙ සෝමු, සරියාන තකවල්කගෙ පෙර්නිරුමුමු ඊවසියම.

ඔතනෙලෙයේ ඔස්සොර්ණොර් කොණරු නාල් මික මුකකියමාම ඊමෙකිණතු. ඉනෙණිල් සකාතාර සෙවෙ වමර්කුණර් තමකු සාණ්ණාතාරමාක, තෙසිය ඊග්විල් ඉර්ණුකකොග්සප්පරු පාලියල් මර්ණුම ඔනප්පෙරුකක සකාතාරම මර්ණුම ඊරිමෙකග් තොර්පාන ඊවණමාකක කාණප්පරුම. ඊත්තොරු පොතු මකකග් ඔත්තොච්චිණාර් සොර්කරුකකාන සරියාකචුම, ඔලුකචුමු මුරිණතු කොග්ගකකුචුතාම ඊමෙමුම.

නාන් ඔස්සොර්ණොර් කොණරු නාල් පාලියල් මර්ණුම ඔනප්පෙරුකක සකාතාරම මර්ණුම ඊරිමෙකග් තොර්පාන තකවල් පෙරුචුචුමුම සෙවෙකග්ඔමුම කාණප්පරුම ඔදෙවෙණියෙ නිරමුමු ඉන නමුකිණේ. ඊත්තොරු ඔතු ඉව්වොරු කර්මුමුමුමුමු තෙවෙයානතාම ඊමෙමුමුමු, ඊනෙත්තු පිරසවමුමුමු පාතුකාමුමුමුමුමු ඊමෙමුමුමු, ඉව්වොරු ඔනෙරුරිනතුමු ඊර්ණුමුමුමු මුරණප්පරුමුමු ඊතචුමු ඉන නමුකිණේ.

**තිරු ඊවෙණ් ස්පෙණලේර්**

ඉගැන්වීම් නායකයින් සනත්තොකාෙ නිතියත්තින් ඉලක්කෙකකාන පිරතිනිති



## **Message from the President of FPA Sri Lanka**

It is with great pride and pleasure I pen this congratulatory note on the launch of the Glossary of Sexual and Reproductive Health and Rights.

I take particular pleasure as the initiative to compile a glossary of SRHR terms was undertaken by none other than FPA Sri Lanka's Youth Technical Advisory Committee comprising youth volunteers of the Association. In doing so, they have fulfilled long felt need in the field of Sexual and Reproductive Health and Rights in the country.

The activity took much longer than we expected but we can take comfort in its completeness, accuracy and finesse, as it had been perused, deliberated and refined by a set of eminent professionals who are working in this field.

I owe a debt of gratitude to all those who contributed to this endeavor by way of time, knowledge and funds over a period of three years. Special thanks goes to UNFPA who gave the last spurt of support in order to launch a comprehensive, tri-lingual SRHR glossary which will undoubtedly become a useful guide for all those who are involved in the delivery of Sexual and Reproductive Health and Rights in Sri Lanka.

***Dr. Pramilla Senanayake***

President

The Family Planning Association of Sri Lanka

**ශ්‍රී ලංකා පවුල් සංවිධාන සංගමයේ  
ගරු සහාපතිතුමියගේ පණිවුඩය**

ලිංගික හා ප්‍රජනන සෞඛ්‍ය සහ අයතීන් පිළිබඳ  
 ක්‍රමානුකූලව ගබ්සාලාවේ එළි දැක්වීම උදෙසා  
 මාගේ කුඩා සටන ඉතා ගෞරවයෙන් සහ  
 සන්තෝෂයෙන් සනිටුහන් කරන්නට කැමැත්තෙමි.

ශ්‍රී ලංකා පවුල් සංවිධාන සංගමයේ තරුණ  
 තාක්ෂණික උපදේශන කමිටුවේ තරුණ ස්වේච්ඡා  
 දායකයින් ඇතුළු පිරිස විසින් ශ්‍රී ලංකාවේ ප්‍රථම  
 වරට ලිංගික සහ ප්‍රජනන සෞඛ්‍ය පිළිබඳව  
 තාක්ෂණික ව්‍යාපාර එකතු කර ගබ්සාලාවක්  
 ගොනු කිරීම සම්බන්ධයෙන් මහත් සතුටට පත්වන  
 බව සඳහන් කරන්නෙමි. ඔවුන් මෙමගින් ශ්‍රී  
 ලංකාවේ ලිංගික සහ ප්‍රජනන සෞඛ්‍ය ක්ෂේත්‍රයේ  
 මෙතෙක් සම්පූර්ණ නොවූ අවශ්‍යතාවක් සම්පූර්ණ  
 කර ඇත.

අප බලාපොරොත්තුවූ කාලසීමාවට වඩා  
 දීර්ඝ කාලයක් මේ සඳහා ගත වූ නමුත් මෙහි  
 අන්තර්ගතයේ සම්පූර්ණ බව, නිවැරදිතාව හා  
 යෝග්‍යබව යන කරුණු නිසා අපට සෑහීමට  
 පත්විය හැකිවන්නේ මෙය ක්ෂේත්‍රයේ කීර්තිමත්  
 වෘත්තිකයන් පිරිසක් විසින් ප්‍රවේශමින් අධ්‍යයනය  
 කර, සාකච්ඡා කර, ශෝධනය කර නිර්මාණය කර  
 ඇති බැවිනි.

මෙම ප්‍රයත්නය උදෙසා වේලාව, දැනුම සහ  
 අරමුදල් යන ආකාරයන්ගෙන් අවුරුදු තුනක  
 කාලයක් පුරාවට සහය දුන් සියළු දෙනාට මාගේ  
 කෘත ගුණ පුද කරමි. ලිංගික හා ප්‍රජනන සෞඛ්‍ය  
 හා අයතීන් ශ්‍රී ලංකාව තුළ ව්‍යාප්ත කිරීම උදෙසා  
 නිසැකවම එලදායී මාර්ගෝපදේශයක් මෙම  
 ක්‍රමානුකූලව ගබ්සාලාව එළි දැක්වීමට අවසන්  
 ශක්තිය එක්කළ එක්සත් ජාතීන්ගේ ජනගහන  
 අරමුදලටද මාගේ විශේෂ ස්තූතිය පුද කරමි.

වෛද්‍ය ප්‍රාමිලා සේනානායක  
 ගරු සහාපතිනී  
 ශ්‍රී ලංකා පවුල් සංවිධාන සංගමය

**இலங்கை குடும்ப கட்டுப்பாட்டுச் சங்கத்  
தலைவரின் செய்தி**

மிருந்த பெருமிதத்துடனும் இ சந்தோசத்துடனும்  
 பாலியல் மற்றும் இனப்பெருக்க சுகாதாரம்  
 மற்றும் உரிமைகள் சொற்றொடர் அடங்கிய  
 நூல் வெளியீட்டுக்கான வாழ்த்துரையை  
 எழுதுகிறேன். குறிப்பாக இது இலங்கை  
 குடும்பக் கட்டுப்பாட்டுச் சங்கத்தின், இளைஞர்  
 தொழில்நுட்ப ஆலோசனை செயற்குழுவின்  
 ஒரு முயற்சி என்பதால் நான் மிகுந்த  
 மகிழ்ச்சியடைகிறேன். இம் முயற்சி எம் நாட்டில்  
 பாலியல் மற்றும் இனப்பெருக்க சுகாதாரம்  
 மற்றும் உரிமைகள் தொடர்பான துறையில்  
 நீண்ட காலமாக இருந்த தேவையை பூர்த்தி  
 செய்வதாய் அமைகிறது.

நாங்கள் நினைத்ததை விட இச் செயற்பாடு  
 அதிகமான காலத்தை எடுத்துக்கொண்ட  
 போதிலும், இதன் நிறைவின் துல்லியமான சிறந்த  
 தன்மை இத்துறையில் தேர்ச்சி பெற்ற தொழில்  
 வாண்மையாளர்களால் பரிசீலிக்கப்பட்டு,  
 ஆழ்ந்து ஆராய்ந்து செய்யப்பட்டது என்பதால்  
 நாம் அறுதல் அடைகிறோம்.

இந்த முயற்சிக்கு நேரத்தை ஒதுக்கி, தம்  
 அறிவு சார் மற்றும் நிதி மூலம் மூன்று  
 வருடங்களாய் தம் ஒத்துழைப்பை வழங்கிய  
 அனைவருக்கும் நான் கடமை பட்டிருக்கிறேன்.  
 இந்த பூரணமான மும்மொழி மூல சொற்றொடர்  
 வெளியீட்டுக்கான ஆதரவை வழங்கிய, ஐக்கிய  
 நாடுகளின் சனத்தொகை நிதியத்திற்கு என்  
 விசேட நன்றிகளை தெரிவிக்கிறேன். எவ்வித  
 சந்தேகமுமின்றி இது இலங்கையில் பாலியல்  
 மற்றும் இனப்பெருக்க சுகாதாரம் மற்றும்  
 உரிமைகள் தொடர்பாய் பணி புரிவோருக்கு  
 ஒரு சிறந்த வழிகாட்டியாய் அமையுமென  
 நம்புகிறேன்.

வைத்தியர் பிரமீளா சேனநாயக்க.  
 தலைவர்,  
 இலங்கை குடும்ப கட்டுப்பாட்டுச் சங்கம்.

## **Message from Youth Technical Advisory Committee and Y PEER**

We are delighted to pen this message on the launch of the Sexual and Reproductive Health and Rights terminology guideline. We are sure that the guidelines will fulfill a much awaited gap in communication on sexual and reproductive health and rights. At the same time we are proud to state that this initiative has been youth led and the terminology guideline is a product by youth for youth.

Sri Lanka has a youth population of 4.8 million and many of them do not receive accurate information on their bodies, choices and identities which restrict their access to make informed decisions regarding their health, life and future. We as young people, strongly believe that sexual and reproductive health and rights are at the core of development. We equally believe that sexual and reproductive rights are human rights. We hope that this guideline would help each and every young person in Sri Lanka to have more access in receiving better information on Sexual and Reproductive Health and Rights.

A special thank should go to Paba, Sarah, Uda and all the members in their youth committees for taking forward the idea of publishing the glossary little by little and not letting it go away. All your efforts have been extremely supportive and laid a strong foundation for us to work on. We thank FPA Sri Lanka, UNFPA Sri Lanka and all the members of the Experts panel for their continuous support. One final note for all the young people out there: Don't be afraid, Take a step forward and the world will be a much better place. "Nothing for us; without us"

### ***Dakshitha Wickremarathne***

Y-PEER Sri Lanka Focal Point in charge  
Co-founder of Youth Advocacy Network

### ***Sahiru Madushan Sameera***

Chairperson  
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## **Preface**

This document has been created after realizing the critical role language plays in shaping belief and influencing behaviour of people. The terminology guidelines intended to provide guidance towards using uniform, correct, gender-sensitive, nondiscriminatory and culturally-appropriate language that promotes universal human rights. This Guide is an evolving document and will be updated regularly to include new terms or revise existing ones as and when required.

The concept of designing the terminology guide was initiated by the members of Youth Technical Advisory Committee (YTAC) of Family Planning Association Sri Lanka (FPASL) in 2008. Challenges they faced in securing resources and finding technical expertise temporarily halted the initiative in moving forward. However, in 2013 YTAC was able to build on this foundation laid by the past YTAC members and started working towards making this glossary a reality. They partnered with Y PEER Sri Lanka, a youth advocacy network on sexual and reproductive health and rights (SRHR), and United Nations Population Fund (UNFPA) ensuring technical expertise and resources for the initiative.

First step of producing the glossary was a youth review done by members of YTAC and Y PEER Sri Lanka where they reviewed the available glossaries developed by international organizations. The local terms were identified through the publications of renowned organizations in Sri Lanka working in the fields of SRHR, HIV, LGBT and health in general. The youth reviewed glossary was then reviewed by an expert panel appointed by YTAC and Y PEER Sri Lanka. The panel members represented academia, government sector, UN agencies and civil society groups having years of experience on SRHR work in national, regional and global level. The document you see today, is a product of all these members including the youth advocates who committedly worked towards promoting human rights language in Sri Lanka.

The immediate next steps are to disseminate this guideline and to publish a guideline with detailed Sinhala and Tamil descriptions for SRHR terms. We are up for that challenge, are you?

## **Acknowledgement**

This publication was done by Youth Technical Advisory Committee (YTAC) of Family Planning Association Sri Lanka (FPASL) and Y PEER Sri Lanka, currently functioning as Youth Advocacy Network Sri Lanka. The United Nations Population Fund (UNFPA) and Family Planning Association Sri Lanka provided funding for printing and developing this publication.

We are grateful for the time, ideas and wisdom shared by the youth advocates and expert panel members in reviewing the glossary. Sincere thanks goes to National Council of Family Planning Association Sri Lanka (FPASL), members of the Information, Education and Communication (IEC) Committee of FPASL, Ms. Thushara Agus - Executive Director of FPASL, Mr. Lasantha Gunarathne - Deputy Executive Director of FPASL, all members of the Director Board and all the staff members of FPASL. We are delighted to thank all the past Chairpersons and members of YTACs of FPASL for initiating the idea of producing the terminology guidelines. We would specially like to thank Paba Deshapriya, Sarah Soysa and Uda Deshapriya for their leadership as past Chairpersons of YTAC.

Special thanks goes to: Nishantha Warnasooriya and Arun Jentrick of United Nations Population Fund (UNFPA) for coordination support and Ananda Bodhinayake – Senior Manager (Media and Communications) of FPASL for coordinating press related affairs and printing of the publication. We also thank Chandrasegaram Kawshalya and Ishari Danushka Chandrasiri for helping us with Tamil and Sinhala translations.

This publication is for you.

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# A

## **Abandonment - அனைவர் டுரூம் - கைவிடல்:**

A practice which is of great concern and which can disproportionately affect, amongst others, children out of wedlock and children with disabilities in some societies.

## **Abortion - அபிசாவி - கருக்கலைப்பு**

Termination of a pregnancy by any means before the foetus is sufficiently developed to survive outside the uterus. Abortion entails the premature exit of the products of conception from the uterus (foetus, foetal membranes and placenta) and can occur either spontaneously, when it is called a spontaneous abortion or miscarriage, or it can be brought about by specific intervention, when it is called an induced abortion. The stage at which a foetus is considered viable varies according to different legislations and recommendations.

## **Abortion Rate - அபிசா அனுசாதக - கருக்கலைப்பு வீதம்**

The number of abortions taking place among women of reproductive age (usually 15-49), over a given period, usually a year, expressed per 1,000 women.

## **Abortion Ratio - அபிசா அனுசாதகிகை - கருக்கலைப்பு வீசிதம்**

The number of abortions to the number of live births over a given period, described per 100 live births in a given year.

## **Abstinence - அசுசுதி கிபிம் - விஸகியருத்தல்**

Abstinence is a conscious decision to avoid sexual intercourse.

## **Abuse - அசுசுசுசுசுசுசு - துஷ்பிரயோகம்**

Abuse is the misuse of power through which the perpetrator gains control or advantage of the abused, using and causing physical or psychological harm or inciting fear of that harm. Abuse prevents persons from making free decisions and forces them to behave against their will.

## **Acquired Immuno Deficiency Syndrome (AIDS) – නතුකරගත් ප්‍රතිශක්ති උභය සහලක්ෂණය - பெற்றுக் கொண்ட நோய் எதிர்ப்பு சக்திக் குறைபாடுகளின் நோய்க்குறி (எய்ட்ஸ்)**

The late stage of infection caused by the Human Immunodeficiency Virus (HIV). HIV steadily weakens the body's defence (immune) system until it can no longer fight off life-threatening illnesses. These include infections such as pneumonia and certain cancers.

## **Adolescence - නව යෞවුන් විය - கட்டளமைப்பருவம்**

The period of transition from childhood to adulthood, describing both the development to sexual maturity and to psychological and relative economic independence. The World Health Organization uses the 10-19 year age range to define adolescence, with further divisions for early adolescence: 10-14 years, and late adolescence: 15-19 years.

IPPF adopts the World Health Organisation's definitions for the terms 'young people', 'youth' and 'adolescents'. Youth refers to those aged between 15 and 24 (inclusive). Young people are used as an umbrella term to refer to both groups together – in other words, all people aged 10 to 24 (inclusive).

In relation to data collection for youth programmes, the IPPF youth team encourages and supports MAs to disaggregate data by three age brackets: 10 – 14, 15 – 19 and 20 – 24 to reflect the distinctly different experiences that young people have in accessing services and information on sexual and reproductive health at different ages.

## **Advocacy – අධිවාචනය - பரிந்துரை**

A campaign or strategy to build support for a cause or issue. Advocacy is directed towards creating a favourable environment, by trying to gain people's support and by trying to influence or change legislation.

## **Age of consent - ලිංගික හැසිරීම සඳහා කැමැත්ත දිය හැකි වයස - பாலியல் சேற்பாட்டில் ஈடுபடுவதற்கு சம்மதிக்கும் வயது**

The age at which a person is legally considered competent to give consent to have sex. In Sri Lanka age of consent is 16.

**Amniocentesis – ஈமீனியோசென்டீஸ்** - வரலுய லுலுதென கரன சரீவீஷலுய - ஡னீக்குட நீர் ஂடுத்தல் துடர்புான ஡ரீசுதனை

The procedure of extracting the fluid surrounding the foetus inside the membrane for pre-natal diagnosis.

**Anal sex - ஁டூ கஂகரீதல - குத வுழி ஡ாலீயல் ஁றவு**

Sexual activity involving penetration of the anus.

**Antenatal (Care) - ஁ரீவ குகல கமல - கர்ப்பகால ஡ராமரீப்பு**

The period during pregnancy before birth, and the care required/provided during this stage including: recording medical history; assessment of individual needs; advice and guidance on pregnancy and delivery; screening tests; education on self-care during pregnancy; identification of conditions detrimental to health during pregnancy; first-line management and referral if necessary.

**Anti-bodies - குவிலீத - ஂதரீப்பு சக்தி**

Specialized cells of the immune system which can recognize organisms that invade the body (such as bacteria, viruses, and fungi). The antibodies are then able to set off a complex chain of events designed to kill these invaders.

**Anti-choice – ஂரீதீ வரீவீவீ - துர்வுக்கு ஂதரான**

Opposed to a woman’s right to choose abortion. Sometimes used as a synonym for “anti-abortion” or “Pro-life” implying that the prime motivation is to restrict the woman’s freedom.

**Anti Progestagens - குவிலுசுசுசுசு - ஡ர஁ஸ்தரூரூன் ஂதரீப்பு**

Compounds that block the action of the hormone progesterone. Since progesterone is essential for the maintenance of pregnancy, antiprogestagens were first developed for the medical termination of pregnancy. The first to be widely used was mifepristone, popularly known as RU-486.



**Antiretroviral Therapy (ART); Antiretrovirals (ARV) - அடிக துடககாரீ**  
**தூதரீதக தூதகரீத (தேரகீ தூதரீதீ துதத) - அன்து ருட்டுரூ ததரல் தீதீதத:**  
**தீ.ஐ.வீ ததரீதத கட்டுத்துதும் தீதீதத**

Antiretroviral therapy is the course of medications or drugs given to fight HIV. Other terms that mean the same thing are HAART (Highly Active Antiretroviral Therapy), 'antiretroviral drugs', 'HIV treatment', 'medications', 'drug regimen' and 'HIV drugs'.

**Anus - ஔ துரீதத - தூ தத**

The opening at the lower end of the digestive tract through which solid waste is eliminated from the body.

**Asexual - துதூதக - தததத துதூததத**

Having no sexual attraction towards any person. An asexual person is simply someone who does not experience sexual attraction.

**Asymptomatic - ருுதூததத ரதத தத - அதுதூதத**

Having no signs and symptoms of illness. People can be HIV positive and be asymptomatic. Usually used in AIDS literature to describe a person who has a positive reaction to one of several tests for HIV antibodies, but who shows no clinical symptoms of the disease.

**Autonomy - தீததததததத - து தீதூதத**

The ability to make decisions about one's own life and affairs e.g. personal freedom to follow one's own will.

## B

### **Baseline Study - அடிநிலை ஆய்வு - அடிப்படை ஆய்வு**

A survey that is conducted at the start of a project to determine the level of key indicators against which future results are compared.

### **Basket of Choices - தேர்ந்தெடுத்த சேவைகள் (கேள்விகள்) - தேர்வுகளின் தொகுப்பு**

In the context of family planning, this term refers to the range of contraceptive choices that are made available to address the unmet needs for contraception and birth spacing.

### **Behaviour Change Communication (BCC) - நடவடிக்கை மாற்றம் தொடர்பான - நடத்தை மாற்ற தொடர்பான - நடத்தை மாற்ற தொடர்பான**

An interactive process aimed at changing social and individual behaviour, which uses targeted and specific messages, different communication approaches, and is linked to services for effective outcomes.

### **Birth control - பிறப்புக் கட்டுப்பாடு - பிறப்புக் கட்டுப்பாடு**

The term used in the early days of modern family planning. It refers to all methods of preventing births, including abstinence and abortion.

### **Birth rate - பிறப்பு விகிதம் - பிறப்பு விகிதம்**

The number of live births per 1,000 population in a given year. Also called crude birth rate.

### **Bisexual - இருபால் பாலியல் நாட்டம் - இருபால் பாலியல் நாட்டம்**

A person who experiences significant physical, emotional and sexual attraction towards people of both sexes.

### **Bladder - மூತ್ರப்பை - மூತ್ರப்பை**

A hollow organ in the lower abdomen that stores urine. The kidneys filter waste from the blood and produce urine, which enters the bladder through two tubes, called ureters. Urine leaves the bladder through another tube, the urethra.

**Bodily Integrity - ອາວີຣິກ ກຸນຄວາມສະຫງວນຮ່າງກາຍ - ຂາດລິຍາລ໌ ອຸຮຸນຮັກສາຮ່າງກາຍ**

The right not to have one's body or person interfered with by the State or any other person.

**Breast – ຮີດສູຣຸ - ມາຣ໌ບກມ໌**

Either of the pair of a milk-secreting organ occurring on the chest in humans and having a discrete areola around the nipple which secretes milk after the birth of a child: the breasts of males normally remain rudimentary.

**Breast sex - ຮີດສູຣຸ ກິດສຸກສິດ - ມາຣ໌ບກ ບາລີຍາລ໌ ຂຸຮຸວ**

Sexual activity involving the insertion of the penis between breasts.

## C

### **Casual Sex - අනුමවත් (අනஜ) ලිංගික හැසිරීම් - தற்செயலான பாலியல் உறவு**

Sexual encounters between people who barely know each other and where pleasure is generated by excitement and novelty, or between people who have sexual encounters but have no intention to develop the relationship into long-term commitment. This is also referred to sometimes as recreational sex.

### **Calendar method - කැලන්ඩර් ක්‍රමය - நாட்காட்டி முறை**

This method uses records of previous menstrual cycles to predict the fertile period. Also known as the rhythm method.

### **Celibacy - ඔන්ම වර්යාව - பிரம்மச்சாரியம்**

Abstaining from all sexual activities and sexual relations for a period, for religious, spiritual and other reasons.

### **Cervix - ගැබ් ගෙල - கருப்பைக் கழுத்து**

The cervix is the lower, narrow part of the uterus. The cervix forms a canal that opens into the vagina, which leads to the outside of the body.

### **Child - ළමයා - பிள்ளை**

The United Nations Convention on the Rights of the Child (UNCRC) defines a child as any person under the age of 18.

### **Child Abuse - ළමා අපයෝජනය - சிறுவர் துஷ்பிரயோகம்**

Consists of anything which individuals, care givers, care takers, duty bearers, institutions or processes do, or fail to do, which directly or indirectly harms children or damages their prospect of safe and healthy development into adulthood. Child Abuse has serious physical and psychosocial consequences.

There are four categories of child abuse: emotional abuse, neglect, physical abuse and sexual abuse.

**Child Abuse: Emotional - වික්තවේගාත්මක අපයෝජනය - உணர்வு ரீதியான சிறுவர் துஷ்பிரயோகம்**

The persistent emotional ill treatment of a child which can cause severe impacts on the child’s emotional development. This could include making a child feel worthless or unloved, inadequate or not valued. There may also be acts towards the child that cause or have a high probability of causing harm to the child’s health or physical, mental, spiritual, moral or social development. Acts include restriction of movement, patterns of belittling, denigrating, threatening, scaring, discriminating, ridiculing or other non-physical forms of hostile or rejecting treatment.

**Child Abuse: Neglect - ළමා අපයෝජනය: නොසලකා හැරීම - புறக்கணிப்பு ரீதியான சிறுவர் துஷ்பிரயோகம்**

Involves the deliberate, persistent failure to meet a child’s basic physical and/or psychological needs of health, education, emotional development, nutrition, shelter, and safe living conditions. This is in the context of resources reasonably available to the family or caretakers and causes or has a high probability of causing harm to the child’s health or physical, mental, spiritual, moral or social development likely to result in the serious impairment of the child’s health and development. Neglect can also be caused through the omission or the failure to act or protect.

**Child Abuse: Physical - ළමා අපයෝජනය : ශාරීරික - உடல் ரீதியான சிறுவர் துஷ்பிரயோகம்**

When a person purposefully injures or threatens to cause physical harm to a child. This may be a single or repeated incident. This includes corporal punishment. This may include, but is not limited to hitting, shaking, throwing, poisoning, burning, scalding, drowning, or suffocating.

**Child Abuse: Sexual - ළමා අපයෝජනය : ලිංගික - பாலியல் ரீதியான சிறுவர் துஷ்பிரயோகம்**

Involves forcing or enticing a child to take part in physically sexual activities, including prostitution, whether or not they are aware of or consent to what is happening. This definition also holds whether or not there has been physical contact and whether or not the child is said to have initiated or consented to, the behaviour. This may include but is not limited to: indecent touching, penetration and sexual torture, using sexually explicit

language towards a child and showing children pornographic material, the inducement or coercion of a child to engage in any sexual activity, and the use of a child in prostitution or other sexual practices.

### **Child Brides - ஆம் மகாலிசை - சீறு வயது மணப்பெண்**

Girls who are married while younger than the minimum legal age, which most countries have declared as 18 years. Although the definition of child marriage includes boys, most children married under the age of 18 years are girls. Child brides are more likely than unmarried girls to die younger, suffer from health problems, live in poverty and remain illiterate.

### **Child Exploitation - ஆம் க்ரகைம் - சீறுவர் கரண்டல்**

Child exploitation is the use of children for someone else's advantage, gratification or profit often resulting in unjust, cruel and harmful treatment of the child. It covers situations of manipulation, misuse, abuse, victimization, oppression or ill-treatment.

### **Child Exploitation: Economic - ஆம் க்ரகைம் : ஁ரீக - ஁ருளாதார ரீதியான சீறுவர் கரண்டல்**

The use of the child in work or other activities for the economic benefit of others, most notably, child labour.

### **Child Exploitation: Sexual - ஆம் க்ரகைம் : லிங்கிக - ஁ாலியல் ரீதியான சீறுவர் கரண்டல்**

The abuse of a position of vulnerability, differential power, or trust for sexual purposes. This includes profiting monetarily, socially or politically from the exploitation for another person's or for personal sexual gratification.

### **Child Protection - ஆம் ஁ரகைகை - சீறுவர் ஁ாதுகாப்பு**

The actions that individuals, organizations, countries and communities take to protect children from intentional and unintentional harm.

### **Child Trafficking - ஆம் க்ரீகை - சீறுவர் கடத்தல்**

Moving a child within a country, or across borders, whether by force or not, for someone else's advantage, gratification or profit. This can be a form of both economic and sexual exploitation.

### **Circumcision - உரிம சேடனய (ஐன்னை கிரீம) - ஆன்சூரியில் முன் தோல் அகற்றல்**

Surgery that removes the foreskin covering the glans of the penis. Circumcision may be performed for religious and cultural reasons or health reasons.

### **Clitoridectomy - ஐமதி சேடனய - யென்சூறி மூலத்தை சீதைத்தல்**

Partial or total removal of the clitoris and/or the prepuce for non medical reasons.

See “Female genital mutilation”

### **Clitoris - ஐமதிய - யென்சூறி மூலம்**

The clitoris is a small projection of erectile tissue in the vulva. It contains thousands of nerve endings that make it an extremely sensitive organ. Touch stimulation of the nerve endings in the clitoris produces sensations of sexual pleasure.

### **Coercion - ஡ல கிரீம - கட்டாயப்படுத்தல்**

Forcing, or attempting to force, another person to engage in behaviours against her/his will by using threats, verbal insistence, manipulation, deception, cultural expectations or economic power.

### **Community Based Services - சூசூலு கீலா - சமூக அடிப்படையிலான சேவைகள்**

In the context of sexual and reproductive health, provision of information and services to women, men and young people where they live, using specially trained members of the community (community-based volunteers), who provide selected contraceptive methods, sexual and reproductive health information and refer clients to clinics when appropriate.

### **Co-morbidity - கஐ-ரேலதூர் ஡ல - ஡ரு நோயுடன் இன்னுமொரு நோய் காணப்படல்**

The presence of one or more disorders (or diseases) in addition to a primary disease or disorder, or the effect of such additional disorders or diseases. The second disease may worsen or be worsened by the initial disease. For example, tuberculosis (TB) may occur as a co-morbid condition in an individual infected with HIV, and the HIV infection may worsen the TB.

## **Comprehensive Sexuality Education - சர்ஜரீனா இனிக அடிசாகன - முழுமையான பாலியல் கல்வி**

Education about all matters relating to sexuality and its expression. Comprehensive sexuality education covers the same topics as sex education but also includes issues such as relationships, attitudes towards sexuality, sexual roles, gender relations and the social pressures to be sexually active. It provides information about sexual and reproductive health services. It may also include training in communication and decision-making skills.

## **Consent - கருவுகன - சம்மதம்**

A decision made by a person on the basis of adequate information and his/her ability to accept or reject some proposed course of action that has been made to him or her.

## **Conception - சூகிசுண்டிய (சுசுவுகன) - கரு உட்பாதித்தல்**

The fertilization of an ovum by a sperm in the fallopian tube followed by implantation in the uterus.

## **Condom - கருவிலிய (கருசூல) - ஆறுறு / பென்னுறு**

Condom is a sheath made of thin latex that covers the erect penis to prevent semen, vaginal fluid and blood from being passed between sexual partners. It protects against unwanted pregnancy. It is the best method of protection from sexually transmitted infections.

## **Contraceptives - சூகிசுண்டியிலுருவிக - கருத்தடை**

Contraceptives are temporary, long-term or permanent methods used to prevent pregnancy.

## **Contraceptive Prevalence Rate (CPR) - கருவிலிய கரு வகசுகி அறுசாகன - கருத்தடை பரவல் விகிதம்**

Percentage of women of reproductive age (15-49 years) who are or whose partner is using a contraceptive method (modern or modern and traditional); often reported for married women or women in union only.



### **Corporal Punishment – கார்பரல் தண்டனை - உடல் சார் தண்டனை**

Any punishment in which physical force is used and intended to cause some degree of pain or discomfort, however light.

In children, this usually involves hitting ('smacking', 'slapping', 'spanking'), with the hand or with an implement-a whip, stick, belt, shoe, wooden spoon, etc. It can also involve, kicking, shaking or throwing children, scratching, pinching, biting, pulling hair or boxing ears, caning, forcing children to stay in uncomfortable positions, burning, scalding or forced ingestion.

### **Couple Years of protection (CYP) – சூலா அரக்கி வகர் - தம்பதிகளுக்கான ஆண்டு பாதுகாப்பு**

A measure representing the total number of years of contraceptive protection provided by a method, for one couple, for one year.

### **Criminalization – அரரடிகரணை - குற்றவியலாக்கம்**

The process by which behaviours and individuals are transformed into crime and criminals. In the context of HIV, this refers to the application of the criminal law to prosecute the transmission of or exposure to the human immunodeficiency virus (HIV) to another person. It risks further marginalizing people already vulnerable to HIV infection, including women, men who have sex with men, sex workers and people who use drugs. By fuelling stigma, criminalization undermines efforts to prevent, treat and care for HIV.

### **Cross Dressing - விரட்டி லுங்கி அடணி அடணி - எதர் பாலினர்ன் உடை அணிதல்**

This is the wearing of clothing commonly associated with a gender within a particular society that is seen as different from the one usually presented by the dresser. This is not indicative of sexual orientation or identity.

### **Cyber Sex - கிபர் லுங்கி கைரி - லுணயத்திலுடான பாலுறவு**

Any sexual activity, display, or exchanging sexual messages or information over the internet.

## Cyber Violence - සයිබර් ප්‍රචණ්ඩත්වය - இணையத்தூடான வன்முறை

Cyber violence is online behaviour that constitutes or leads to assault against the well-being (physical, psychological, emotional) of an individual or group. Cyber bullying, threats to privacy, intimidation and harassment are forms of cyber violence.

## D

### **Dental dam – මුඛ ආවරණය - වායුගෝල**

A thin rubber sheath that can be used to prevent the spread of sexually transmitted infections while performing oral sex (cunnilingus and anilingus)

### **Disability - අබාධිතභාවය - අභ්‍යන්තර**

Physical or mental conditions that limit a person's movements, senses, or activities. Persons with disabilities include those who have long-term physical, mental, intellectual or sensory impairments which in interaction with various barriers may hinder their full and effective participation in society on an equal basis with others.

### **Disadvantaged Groups - වරප්‍රසාද නොලබන කණ්ඩායම් - පහත් පෙற்றුරුකොள்ளා උපුරුණු**

Groups within societies that have fewer opportunities to have access to resources such as education, health, credit and power.

Some examples of disadvantaged groups are ethnic groups, lesbian, gay, bisexual and transgender (LGBT) people, older adults, children and disabled persons. Women and girls in these groups tend to have even fewer opportunities than their male counterparts; in other words, they are doubly disadvantaged/doubly marginalised.

### **Discrimination - වෙනස්කොට සැලකීම - පාරාධර්ම**

Discrimination is a manifestation of stigma. Discrimination is any form of arbitrary distinction, exclusion or restriction, whether by action or omission, based on a stigmatised attribute.

### **Domestic violence - ගෘහස්ථ ප්‍රචණ්ඩත්වය - ඉදිරිපස වැරදි**

Aggressive or threatening behaviour, violence or abuse (psychological, physical, sexual, financial or emotional) between adults who are or have been intimate partners or family members.

Sri Lankan Prevention of Domestic Violence Act No 34 of 2005 covers criminal offences, extortion, intimidation and emotional abuse by a spouse, ex-spouse, cohabiting partner or a family member.

### **Double Stigma - ද්විත්ව කොන්කිරීම - இருமடங்கு களங்கம்**

The stigma surrounding HIV frequently overlaps with the stigma faced by key populations, especially by sex workers, men who have sex with men, and injecting drug users. The absence of policies that protect their rights makes access to services an even greater challenge.

Women are often considered to face double stigma associated with HIV and their inferior status in society.

### **Dual Protection - ද්විත්ව ආරක්ෂාව - இரட்டை பாதுகாப்பு**

Dual protection is protection against both unintended pregnancy and sexually transmitted infections, including HIV. For sexually active individuals, a condom is the only device that is effective for dual protection. Dual protection can also be achieved by using condoms with another method of contraception, referred to as dual method or double protection.

### **Duty of Care - අවධානයේ යුතුකම - கவனக் கடப்பாடு**

All organisations working with children, either directly or indirectly have a moral and sometimes legal responsibility to protect children within their care from both intentional and unintentional harm.



### **Empowerment - බලශක්තීම - வலுவூட்டல்**

The ability or the process of developing the ability, to achieve one's full potential in society and shape one's life according to one's own aspirations. The process of empowerment involves changing existing power relations and the forces that marginalize women and other disadvantaged sections of society.

### **Embryo - කළලය - கரு**

The fertilized egg up to eight weeks after implantation.

### **Enabling Environment - හැකි කරවන (පහසු කරවන) පරිසරය - யோருத்தமான சூழல்**

An enabling environment is a set of interrelated conditions—such as legal, bureaucratic, fiscal, informational, political, and cultural—that impact on the capacity of development actors to engage in development processes in a sustained and effective manner.

In the context of HIV an enabling legal environment is one in which laws and policies against discrimination on the basis of HIV status, risk behaviour, occupation, and gender are in place and are monitored and enforced. An enabling social environment is one in which social norms support healthy behaviour choices

### **Endometrium - ගර්භ ජෛත්‍රය - கருப்பை உற் சுவர்**

The membrane comprising the inner layer of the uterine wall.

### **Equality - සමානාත්මතාව - சமநிலை**

The exact same measure, quantity, amount or number as another and the affecting of all objects in the same way. It is not a synonym for equity.

### **Equity - සාධාරණත්වය - சமத்துவம்**

Fair and impartial treatment of all classes of people without regard to gender, class, race, ethnic background, religion, disability, age or sexual preference. Equity, like the word 'fair', is subjective and does not necessarily mean equal.

## **Evolving Capacity - වර්ධන හැකියාවන් - மேம்படு திறன்**

A concept which recognises that young people, as individuals, gradually develop the ability to take full responsibility for their actions and decisions. This happens at a different pace for different young people. In practice, this means looking at the capacity of the individual young person rather than their age when trying to strike the balance between protection and autonomy. Therefore, it is necessary to approach young people's sexual rights in a progressive way, respecting their diversities and ensuring they are both empowered to exercise rights on their own behalf, while also being protected and guided with their best interests in mind.

## F

### **Fallopian Tube - சுலோசீய ஐலூ - பலோப்பியன் சூழாய்**

One of the two Fallopian tubes that transport the egg from the ovary to the uterus.

### **Family Planning - சவூல் ஈலூஈ - குடும்ப தீட்டமீடல்**

The voluntary effort of couples or individuals to plan for and attain their desired number of children and to regulate the spacing and timing of their births. Family planning is achieved through contraception and through the treatment of involuntary infertility.

### **Female - ஈதீ - ஃண்**

Having the X,X genetic structure.

Hyperlink transsexual

### **Female Genital Mutilation (FGM) - ஈதீ ஡ாஈர ஓஓஈ ஈலூல விவீஈஈஈஈ - ஃண் பீற்ப்பூற்ப்பூ சீஈஈஈஈ**

All procedures involving partial or total removal of the external female genitalia or other injury to the female genital organs for non-medical reasons. UN interagency 2007 classification: Type I: Partial or total removal of the clitoris and/or the prepuce (clitoridectomy). Type II: Partial or total removal of the clitoris and the labia minora, with or without excision of the labia majora (excision). Type III: Narrowing of the vaginal orifice by creating a covering seal through the cutting and apposition of the labia minora and/or labia majora, with or without excision of the clitoris (infibulation). Type IV: Unclassified: All other harmful procedures to the female genitalia for nonmedical purposes, e.g. pricking, piercing, incision, cauterization and scraping.

### **Fertility - ஈலூஈஈஈ (ஈரஈஈஈ) - ஈஈஈஈஈ**

The actual reproductive performance of an individual, group or society.



### **Fertility Rate – கால்டுசுதா அலுசுதத – கருவள விகிதம்**

Measures which relate the number of births in a given period to the number of women of reproductive age (unlike the crude birth rate, which relates births to the whole population).

The general fertility rate relates births in a particular period, usually a year, to women aged 15-49 or 15-44 years at that time.

### **Foetus - இசுதத – முளையம்**

A fertilized egg implanted in the womb that has grown beyond eight weeks.

### **Foreskin – சேர்குத – நுனித்தோல்**

The fold of skin which covers the head (the glans) of the penis. Also called the prepuce.



**Gay - සමලිංගික පුරුෂයා / සමලිංගික - ஆன் ஓரினச்சேர்க்கையாளர் / ஓரினச்சேர்க்கையாளர்**

May mean homosexual or a homosexual person (a person who experiences significant physical, emotional and sexual attraction towards people of the same sex), especially a man.

**Gender - ස්ත්‍රී පුරුෂ සමාජභාවය - பால்நிலை**

Gender refers to the socially constructed roles, identities, attitudes, personality traits and behaviours that societies expect of males and females. It is a dynamic concept that changes over time and can be very different in different places and communities across the world. Gender is not same as sex, which refers to biological differences.

**Gender Based Violence - ස්ත්‍රී පුරුෂ සමාජභාවය මත පදනම් වූ ප්‍රචණ්ඩත්වය - பால்நிலை சார் வன்முறை**

Any act that results in, or is likely to result in, physical, sexual, psychological or economic harm or suffering based on the gender of a person.

It usually refers to women and girls, but includes violence against lesbians, gay men and transgender and queer people. It includes threats, coercion, and deprivation of liberty, deprivation of the right to work or earn income, sexual or mental rape, stalking or other forms of harassment, whether occurring in public or private life.

**Gender Bias - ස්ත්‍රී පුරුෂ සමාජභාවය මත පදනම් වූ පක්ෂග්‍රාහිත්වය - பால்நிலை பாடுபாடுகள்**

Prejudiced actions or thoughts based on the gender-based perception that women are not equal to men.

**Gender Blindness - ස්ත්‍රී පුරුෂ සමාජභාවය නොතකීම - பால்நிலையை கருத்தில் கொள்ளாம**

Not discriminating on the basis of gender or not making a distinction between the sexes.

### **Gender Equality - ස්ත්‍රී පුරුෂ සමාජභාවී සමානාත්මතාව - පාලනීය සාධක**

Means women and men have equal opportunities, freedoms and conditions. It does not imply that women and men are the same but that they have equal value and should be accorded equal treatment. Gender equality is a human right.

### **Gender Equity - ස්ත්‍රී පුරුෂ සමාජභාවී සාධාරණත්වය - පාලනීය සාධක**

Refers to the processes taken to achieve gender equality including fairness and justice in all gender-related issues. Equity involves fairness in participation, representation, decision-making and equal access to resources. It recognizes that women and men have different needs and therefore power structures and social divisions of labour should be identified and addressed to rectify existing imbalances.

### **Gender Gap - ස්ත්‍රී පුරුෂ සමාජභාවී පරතරය - පාලනීය මට්ටම**

The apparent disparity between women and men in values, attitudes and issues, such as voting patterns, employment opportunities, access to power and to decision making positions.

### **Gender Identity - ස්ත්‍රී පුරුෂ සමාජභාවී අනන්‍යතාවය - පාලනීය මට්ටම**

Individuals' self-awareness or fundamental sense of themselves as being masculine or feminine, and male or female; how one thinks of one's own gender.

### **Gender neutral - අපක්ෂපාතී ස්ත්‍රී පුරුෂ සමාජ භාවය - පාලනීය මට්ටම**

Avoiding distinguishing roles according to people's sex or gender in policies, language and other social institutions in order to avoid discrimination arising from the impression that there are social roles for which one gender is more suited than the other.

### **Gender Norms - ස්ත්‍රී පුරුෂ සමාජභාවානුගත සම්මත - පාලනීය මට්ටම**

A set of "rules" or ideas about how each gender should behave. They are not based in biology, but instead determined by a culture or society.



## H

### **Hegemonic Masculinities - சூரக சூதிர்ரிசிய - ஆணாதிக்க மேலாண்மை**

The normative ideal of masculinity to which men are supposed to aim or, in other words, the dominant ways of being a man in society. `Hegemonic Masculinity` is not necessarily the most prevalent masculinity, but rather the most socially endorsed.

### **Heteronormativity - விசம இனிக கமீமதய (விசீலாகய) - எதீர்பால் பாலுறுவு தன்மை**

Refers to the idea that human beings fall into two distinct and complementary categories: male and female; that sexual and marital relations are normal only between people of different sexes; and that each sex has certain natural roles in life. It is a discriminatory approach used to describe situations wherein variations from heterosexual orientation are marginalized, ignored or persecuted by social practices, beliefs or policies.

### **Heterosexism - விசம இனிகலாடய - எதீர்பால் பாலியலுக்கான பக்கச்சார்பு**

The assumption that every person should be heterosexual, thus marginalising those who do not identify themselves as heterosexual. It also implies that heterosexuality is superior to homosexuality and other sexual identities and orientations.

### **Heterosexual - விசம இனிக - எதீர்பால் நாட்டம்**

A heterosexual is a person who experiences significant physical, emotional and sexual attraction towards people of the opposite sex.

### **High Risk Pregnancy - டூஃபி ஂவடதுதமீ ககிக ஂரீககிவீவிய - அதீக ஆபத்தான கர்ப்ப நிலை**

A pregnancy in which some condition puts the mother, the developing foetus, or both at higher-than-normal risk for complications during or after the pregnancy and birth e.g. in cases where the pregnant woman is below 18 years of age or more than 34 years; or who has already had three or more live births; or when birth would occur within 24 months of a previous live birth.

### **HIV - එච්.අයි.වී. - எஃ ஐ வி**

Human immunodeficiency virus, the virus that can cause AIDS.

### **HIV Incidence - එච්.අයි.වී. නව ආසාදන ප්‍රමාණය - எஃ ஐ வி நீகழும் புதிய தொற்றுக்களின் எண்ணிக்கை**

The proportion of people who have become newly infected with HIV during a specific period of time.

### **HIV Positive - එච්.අයි.වී. ශරීරගතවූ - எஃ ஐ வி யுடன் வாழ்தல்**

Showing indications of infection with HIV (e.g., presence of antibodies against HIV) on a test of blood or tissue. Synonymous with seropositive. Test may occasionally show false positive results.

### **HIV Prevalence - එච්.අයි.වී. අමුතරුනතා - எஃ ஐ வி பரம்பல்**

The proportion of individuals in a population who have HIV at a specific point in time.

### **Homophobia - සමලිංගික භීතිය - ஒரீனச்சேர்க்கை அச்சம்**

Fear, rejection, or aversion, often in the form of stigmatising attitudes or discriminatory behaviour, towards homosexuals and/or homosexuality.

### **Homosexual - සමලිංගික - ஒரீனச்சேர்க்கை**

A person who experiences physical, emotional and sexual attraction towards people of the same sex.

### **Hormonal Contraception - හෝමෝනමය ප්‍රතිසංධිවිරෝධක - ஹோர்மோனடங்கிய கருத்தடை முறை**

Systemic methods of contraception based on either a progestagen combined with an oestrogen or a progestagen alone. The methods of delivery include pills (oral contraceptives), injectables and implants. All are reversible.

### **Human rights - මානව අයිතිවාසිකම් - மனித உரிமைகள்**

Fundamental protections and entitlements that apply to all human beings.

### **Humanitarian Crisis - ോജുജലാക്രമം േർജുലയ - മനതാധീമാന നേരുകാല**

An event or series of events that represents a critical threat to the health, safety, security or well-being of a community or other large group of people, usually over a wide area.

Armed conflicts, epidemics, famine, natural disasters and other major emergencies may all involve or lead to a humanitarian crisis.

### **Humanitarian Setting - ോജുജലാക്രമം േജുജലയ - മനതാധീമാന കല്ലമെമ്പു**

Any situation where normal coping mechanisms are not functioning to cope with the outside stressor.



### **Immune system - சூகிஷக்ஷீகரண சக்திமிகிய - நோய் எதிர்ப்பு நோகூத்**

The body's complicated natural defence against disruption caused by invading foreign agents (e.g. microbes, viruses).

### **Immunodeficiency - சூகிஷக்ஷீ குறைவை - நோய் எதிர்ப்பு சக்தி குறைபாடு**

A breakdown or inability of certain parts of the immune system to function, thus making a person susceptible to certain diseases that they would not ordinarily develop.

### **Impotent - குருகிக வெலகினைவை - ஆணுறுப்பு விறைப்படைபாமை**

Inability to achieve or sustain an erection long enough to engage in sexual intercourse.

### **Incest – வகாகிவாரக - இரத்த உறவுகளுடனான பாலியல் உறவு**

Sexual contact between biologically closely related individuals that violates socio-cultural or religious norms or laws. The types of kinship within which sex is forbidden vary widely among cultures.

### **Incidence - சுகிரீமே சூமணுக - பரவும் அளவு**

The number of new cases occurring in a given population over a certain period of time.

### **Infant Mortality Rate (IMR) - ஆடூர மூரண அஃசூகிகக - சீக மரண வீதம்**

The number of deaths of infants under the age of one per 1,000 live births in a given year. The infant mortality rate is considered a good indicator of the health status of a population.

### **Infertility - கிகரூகிவ - மலட்டுத்தன்மை**

Infertility is often defined and usually understood as the inability of couples of reproductive age, who are having sexual intercourse without contraception, to ever establish pregnancy.



**Information, Education and Communication (IEC) - கைரகூர, அடிசாகசை  
கக கன்கிவீதகை - தகவல், கல்வி மற்றும் துடர்பாடல்**

Combines strategies, approaches and methods that enable individuals, families, groups, organisations and communities to play active roles in achieving, protecting and sustaining their own health, wellbeing and development as well as of others.

**Informed Choice - துதுவல் துரீத - தகவலறிந்த துரவு**

Voluntary decision by a client to use, or not to use, a contraceptive method (or accept a sexual and reproductive health service) after receiving adequate information regarding options, risks, advantages and disadvantages of all available methods/services.

**Informed Consent - துதுவல் கைதகை - தகவலறிந்த சம்மதம்**

Consent by an individual to a medical or surgical intervention/ treatment or participation in a research study after having understood the facts and risks involved in such an activity.

**Injecting Drug Use - தகை கிரீத தகை தக்துவக காவிகை - ஊர் ழுலமாள  
யுதை மருந்து யாவகை**

Using drugs by injecting in to different parts of the body.

**Internal Stigma - அகைதகை கை கிரீத - கய களங்கம்**

Internal (self) stigma involves a process whereby someone internalizes any judgements or gossip or prejudice they experience, and devalue themselves. This can lead to low self-esteem, depression, isolation and/or self-exclusion from social events or accessing services.

**Internally Displaced Persons - அகை து துதகை - தளநாட்டில்  
தும்யயர்ந்துர்**

Persons or groups of persons who have been forced or obliged to flee or to leave their homes or places of habitual residence, in particular as a result of or in order to avoid the effects of armed conflict, situations of generalized violence, violations of human rights or natural or human-made disasters, and who have not crossed an internationally recognized State border.



### **Intra-uterine Device - டிவீஸ் ஓரீகாணிய சகாஓ - கருப்பை உட்சாதனம்**

A long-acting, reversible method of contraception, (a small flexible device of metal/plastic/hormonal materials) inserted into the uterus.

### **Intravenous Drug Use – ஓரா குலுபி லீகை கிரீம மகிஷ் மகீடூலிச காலீகச - ஊசீ ஸுலமான ஓகாை மருந்து ஓாவனை**

Using drugs by injecting in to a vein.

## J

### Juvenile Offences – இல சரூபி - சீறார் குற்றவாளிகள்

Participation in illegal behaviors by minors. Most legal systems prescribe specific procedures for dealing with juvenile offences, such as juvenile detention centres and courts.

## K

### Key Population – சூலிபி சூசூலி - அவநான மக்கள் சூசூ

The term 'key populations' or 'key populations at higher risk of HIV exposure' refers to those most likely to be exposed to HIV or to transmit it – their engagement is critical to a successful HIV response

Key populations (in Sri Lanka) include people living with HIV, men who have sex with men, transgender persons, people who inject drugs, sex workers and their clients and beach boys.

### Kiss – சிச ஂகிஂ - முத்தம்

Touch or caress with the lips as an expression of affection, greeting, respect, or amorousness.



### **Labia Minora – කුඩා යෝනි නොල් - சிறிய யோனி உதடுகள்**

Two thin folds of skin between the labia majora, extending from the clitoris backward on both sides of the vaginal orifice, ending between it and the labia majora.

### **Labia Majora - මහා යෝනි නොල් - பெரிய யோனி உதடுகள்**

Two long lips of skin, one on each side of the vaginal orifice outside the labia minora. Simply they are the large outer folds of the vulva.

### **Lesbian – සමලිංගික කාන්තාව - பெண் ஓர்னச்சேர்க்கையாளர்**

A woman experiences significant physical, emotional and sexual attraction towards another woman.

### **Life Skills – ජීවන නිපුණතා - வாழ்க்கைத் திறன்**

Life skills are cognitive, personal and interpersonal abilities that help people make informed decisions, solve problems, think critically and creatively, communicate effectively, build healthy relationships, empathise with others, and cope with and manage their lives in a healthy and productive manner.

### **LGBTIQ – සමසෙනෙසි, ද්විලිංගික, අන්තර්ලිංගික හා සංක්‍රාන්තික සමාජතාවී ප්‍රජාව - பெண் ஓர்னச்சேர்க்கையாளர். ஆண் ஓர்னச்சேர்க்கையாளர் . இருபால் பாலியலில் நாட்டம் கொண்டோர். பால்நிலையில் மாற்றம் கொண்டோர். ஆண் மற்றும் பெண் உறும்பினைக்கொண்டோர்**

Lesbian, Gay, Bisexual, Transgender, Intersex and Queer. An umbrella acronym intended to emphasize a diversity of sexuality and gender identity based cultures.

Sexual Identities:

### **Lesbian - සමලිංගික ස්ත්‍රී - பெண் ஓர்னச்சேர்க்கையாளர்**

A woman experiences significant physical, emotional and sexual attraction towards another woman (a homosexual woman).

### **Gay - கௌலி஑ிக துர஑ - ஂண் ஔரினசுரீர்க்கையாளர்**

a person who experiences significant physical, emotional and sexual attraction towards people of the same sex, especially a man

*NOTE:* Some people use the term gay to refer to gay men and lesbians, ‘the gay community’ for instance, but lesbians and bisexuals often do not feel included by it.

### **Bisexual - தீலி஑ிக - ஔபால் பாலியல் ந஑ட்டம்**

A person who experiences significant physical, emotional and sexual attraction towards people of both sexes.

### **Transgender people - க஑ு஑திக க஑ாச஑஑ீ - பால் நிலையில் மாற்றம் க஑ண்ட஑ர்**

They are those whose psychological self (“gender identity”) differs from the social expectations for the physical sex they were born with. Transgender people may be male to female or female to male.

It is preferable to describe them as ‘he’ or ‘she’ according to their gender identity, i.e. the gender that they are presenting, not their sex at birth.

*NOTE:* Transgender does not refer to sexual orientation: transgender people may have any sexual orientation.

### **Intersex - துதீலி஑ிக - ஂண் மற்றும் பெண் ஂறுய்யுக்களை க஑ண்ட஑ர்**

Intersex is a term used for a variety of conditions in which a person is born with a sexual and reproductive anatomy that does not seem to fit the typical definitions of male or female (most often having discrepancies between internal and external sexual and reproductive organs).

### **Queer -**

Queer is an umbrella term that included gay men, lesbians, bisexuals, and transgender people. The word ‘queer’ began as a

derogatory term in the English-speaking West to refer to people who openly crossed socially sanctioned norms of gender and sexuality. In the twentieth century, academics, activists and others reclaimed the word to refer to any identity or politics that questioned or challenged socially sanctioned norms of gender and sexuality



### Male – ஆர்ச - ஆண்

Having XY genetic structure.

### Manual Vacuum Aspiration – ரீகை உகை - யோகள் மூலம் கருவை உறிஞ்சி எடுக்கும் முறை

A method of removing products of conception by suction using a hand-held syringe.

### Mandatory Testing – ஐகிலரீய வேடிச சரீகைகூய - கட்டாய வைத்திய யர்சோதனை

Testing or screening required by the state or law agencies for the diagnosis of specified conditions. There are a number of laws around the world which are designed to compel people to take HIV tests, ranging from laws which are meant to prevent the spread of the virus to newborns to discriminatory laws which are designed to exclude people with HIV from particular countries. The practice of mandatory HIV testing is extremely controversial.

### Marginalised – கைஜ்வு - பறந்தள்ளப்பட்ட

Marginalised refers to being separated from the rest of society on the basis of religion, sexual orientation, marital status, caste, class, ability, ethnicity, lack of resources, gender, age or other determinants.

### Masturbation – கீவிய விஜ்ஜை - சுய இன்பம்

Masturbation is the self-stimulation of the genitals to achieve sexual arousal and pleasure, usually to the point of orgasm (sexual climax). It is commonly done by touching, stroking, or massaging the penis or clitoris until an orgasm is achieved.

### Marital Rape – வேலகை கீத்ரி உகைகூய - திருமனததீற்குள்ளான யாலியல் வன்புளர்வு

Forced sexual intercourse within marriage.



### **Maternal Mortality – மனை மரணம் - பீராவ கால மரணம்**

The death of a woman during pregnancy, childbirth, or within 42 days of delivery or termination, regardless of the site of or duration of pregnancy, from any cause related to or aggravated by the pregnancy or its management.

### **Maternal Mortality Ratio (MMR) – மனை மரணம் அளவை - பீராவ கால மரண வீகீதம்**

The number of women who die during pregnancy, childbirth, or within 42 days of delivery or termination, per 100,000 live births.

### **Medical Abortion - மருமட மகீ கீழகரண மகீகாவ - மருத்துவ கருக்கலைப்பு**

Termination of pregnancy using pharmacological drugs. This is also called ‘non-surgical abortion’.

### **Men who have sex with Men (MSM) – பூரவகீ கமம குமகிவ மகீரேண பூரவகீ - ஆண்களுடன் பாலியல் உறவு காளும் ஆண்**

Men who engage in same-sex behaviour, but who may not necessarily identify themselves as gay.

*NOTE:* This term includes men who may not self-identify as homosexual and who may be bisexual or heterosexual and have sex with other men at times.

### **Menarche – பழகு மகீகீம - முதல் மாதவீடாப் வரும் காலம்**

The time of a girl’s first menstruation.

### **Menopause - அரீவைகரணம் - மாதவீடாப் நிற்கும் காலம்**

The time at “midlife” when menstruation stops; a woman’s last period; usually occurs between the ages of 45 and 55. “Surgical” menopause, however, results from removal of the ovaries, and may occur earlier.

### **Menstruation – மகீகீம - மாதவீடாப்**

The flow of blood, fluid, and tissue out of the uterus and through the vagina that usually lasts from 3 to 7 days.

### **Menstrual Cycle – ஐசை் வனூய - ஡ாதவீடா஡் சக்கர஡்**

The time from the first day of one period to the first day of the next period. In women of reproductive age, about 15–44, it is the period in which the lining of the uterus is shed whenever implantation does not happen, followed by the re-growth of the lining of the uterus in preparation for implantation.

### **Menstrual Regulation – ஐசை் வனூய வீடீ஡ல் கீரீ஡ - ஡ாதவீடா஡் சக்கர ஓழு஡்ரு**

The term refers to evacuation of the uterus of a woman who has missed her menstrual period by 14 days or fewer, who previously had regular periods and who has been at risk of conception. In some countries menstrual regulation is legal, even though therapeutic abortion is not. This is different from regulating the period by taking medication.

### **Millennium Development Goals (MDG) – ஂ஡஡ு ஂ஡வீரீடீ஡ ஂ஡ீ஡஡ா஡ீ஡ - ஡ுததா஡ீர஡ா஡் ஂ஡஡ீ஡ன் ஂ஡ீ஡ீ஡ுததீ ஐல஡்கு஡ள்**

A set of eight goals, which were set to be met by 2015, that government have identified in order to respond to the world's major development challenges. It is used as an indicator of human development. The MDG's were agreed upon by 189 governments at the United Nations Millennium Summit, held in September 2000.

### **Modern Contraceptive Methods – ஂ஡ீ஡ ஡ு஡ீஂ஡ீ஡ீ஡ீ஡ீ஡ீ஡ ஡ு஡ - ஡வீ஡ ஡ு஡ுததட ஡ு஡ை஡ள்**

Includes all hormonal methods (the pill, injectables, and implants), intra-uterine devices, condoms and modern vaginal methods (e.g. diaphragm/ spermicides) and permanent methods of male and female sterilisation.

### **Monogamy – ஡ீ஡ ஂ஡஡ா஡ ஂ஡ீ஡஡ - ஓ஡ுவ஡ு஡்ரு ஓ஡ுததீ**

Monogamy is when you are married to, or in a sexual relationship with, one person during an extended period.

### **Morbidity Rate – ரோகஜர அனுசாதிகை - நோயுற்ற வீதம்**

The incidence and /or prevalence of certain diseases or disabilities. It is usually expressed as a rate: the number of cases of disease per 1,000 persons at risk.

### **Mortality Rate – மரண அனுசாதிகை - இறப்பு வீதம்**

The ratio of deaths in an area to the population of that area; expressed per 1000 per year.

### **Mother to Child Transmission – மவளே துர்வாடு கமீசுரீசனகை - தாயின் மூலம் குழந்தைக்கு நோற்றுதல்**

Transmission of an infection, (for example HIV), from women to her foetus during pregnancy, delivery or to their infant during breast-feeding.

Note: In public health interventions the term parent to child transmission is used instead.

### **Mutual Masturbation - அனெனனகை கீவகை விசீதகை - பரஸ்பர கய இன்பம்**

Mutual masturbation is when two or more persons stimulate genitals of the other to achieve sexual arousal and pleasure, usually to the point of orgasm (sexual climax).

## N

### **Navel – நாசிய - நோய்யுள்**

The mark on the surface of the abdomen that indicates where the umbilical cord was attached to the fetus during gestation.

### **Neo-natal Mortality – நிவி சுகவி சுகிவி மரண - பிறந்த சூந்தை இறப்பு**

Death of a baby during the first 28 completed days of life.

### **Nipple – நியசூர் சூவிவி - முலைக்காம்பு**

The pigmented projection in men and women on the anterior surface of the breast, surrounded by the areola.

### **Non – discrimination – வெணக்கோவி னைசூசூகிவி - பாகுபாடு காட்டாமை**

This is the human rights principle that people may not be treated differently based on arbitrary and impermissible criteria; discrimination based on grounds of race, sex, disability, gender, sexual orientation, geographic location or any other status violates human rights.

### **Non – judgemental – விதிசூவிவி னைகரண - முள் தீர்மானம் அல்லாத**

Not making or expressing an opinion about a person or an object based on pre conceived notions or not making a value judgement and being impartial.

### **Non-state Actors – ரூசூ னைவிண காரீசூகாவிவி - அரச சார்பற்ற பங்குதாரர்கள்**

Actors except the State.

Examples of non-state actors are Non-governmental Organisations (NGOs), armed groups, international media, criminal groups and religious groups.

## P

### **Palliative Care – கன்காரக கேலா - பராமரிப்பு நிவாரணம்**

An approach that improves the quality of life of patients and their families facing the problem associated with life-threatening illness, through the prevention and relief of suffering by means of early identification and impeccable assessment and treatment of pain and other problems, physical, psychosocial and spiritual.

### **Pan sexuality - கர்லி குடிக - பலவிதமான பாலியல் உறவு**

Attracted to all persons regardless of their sex and gender.

### **Parental Consent – டேலாசிய கலெசன் - பெற்றோரின் சம்மதம்**

Given that children have evolving capacity to decide for themselves, the requirement for a parent to provide consent on behalf of their minor children.

### **Patriarchy – துரகாடிகதகதக - ஆண் வழி தலைவனாக இருக்கும் சமுதாயம்**

In its narrow meaning, patriarchy refers to the system in which the male head of the household had absolute legal and economic power over his dependent female and male family members.

Patriarchy in its wider definition means the manifestation and institutionalization of male dominance over women and children in the family and the extension of male dominance over women in society in general. It implies that men hold power in all the important institutions of society and that women are deprived of access to such power.

### **Penis – கிசீலக - ஆண்குறி**

A man's reproductive and sex organ that is formed of columns of spongy tissue. The spongy tissue fills with blood during sexual excitement, a process known as erection. Urine and seminal fluid pass through the penis.

### **Physical neglect - ශාරීரික නොසලකා හැරීම - உடல் ரீதியான புறக்கணிப்பு:**

Failure to protect a child from harm, including through lack of supervision, or failure to provide the child with basic necessities including adequate food, shelter, clothing and basic medical care.

### **Placenta – වැදෑම - நஞ்சுக்கொடி**

A temporary organ that joins the mother and fetus, transferring oxygen and nutrients from the mother to the fetus and permitting the release of carbon dioxide and waste products from the fetus. The placenta is roughly disk-shaped, and at full term it measures about 7 inches in diameter and slightly less than 2 inches thick. The upper surface of the placenta is smooth, and the under surface is rough. The placenta is rich in blood vessels. The placenta is expelled with the fetal membranes during the birth process.

### **PLHIV – People living with HIV - එච්.අයි.වී. සමග ජීවත්වන පුද්ගලයින් - எஃ ஐ வீ யுடன் வாழும் மக்கள்**

This simply means persons who are living with HIV. This term is preferred over stigmatising terms such as AIDS victim or AIDS patient to refer to a person infected with HIV. This term implies that persons who are living with HIV can live well and productively for many years.

### **Polygamy - බහු භාර්යා සේවනය - பலதார மணம்**

The practice where a male is having more than one female spouse/partner at the same time.

However this term can also be used gender neutrally.

### **Polyandry - බහු පුරුෂ සේවනය - பல கணவர்களுடையமை**

The practice where a female is having more than one male spouse/partner at the same time.

### **Postnatal care– පශ්චාත් ප්‍රසව සත්කාරය - பிர்சவத்திற்கு பின்னரான பராமரிப்பு**

A 6 week period following childbirth, and the care required/provided during this stage (including a visit from a health worker with the right knowledge and skills).

**Post-exposure Prophylaxis (PEP) - சமீபாக் கிராவரணு ருயு கிவரணு, பிந்தைய நுய் கட்டுப்பாடு Pre-exposure Prophylaxis (PrEP) - துரூவ கிராவரணு ருயு கிவரணு - முந்தைய நுய் கட்டுப்பாடு**

Post exposure prophylaxis (PEP) and Pre exposure prophylaxis (PrEP) are special courses of antiretroviral treatment that aim to prevent people from becoming infected with HIV. Post-exposure prophylaxis (PEP) is a short-course of antiretroviral treatment given immediately after exposure to HIV. This course significantly reduces the likelihood of HIV infection. IPPF supports PEP being available for survivors of sexual assault and those accidentally exposed to HIV infection e.g. through needle-stick injuries, as part of a comprehensive package of HIV prevention services.

Pre-exposure prophylaxis (PrEP) of HIV refers to an HIV-prevention strategy in which HIV negative people take a drug on a regular basis to reduce their risk of acquiring HIV. PrEP for HIV is based on the concept that drugs can be used by healthy people to prevent acquisition of certain infections.

**Power- ிலு - அநிகாரம்**

Power is understood as the capacity to make decisions and act on them. When power is used to make decisions regarding one’s own life, it becomes an affirmation of self-acceptance and self-respect that, in turn, fosters respect and acceptance of others as equals.

When used to dominate, power imposes obligations on, restricts, prohibits and makes decisions about the lives of others.

To prevent and respond to sexual and gender-based violence effectively, the power relations between men and women, women and women, men and men, adults and children, and among children must be analyzed and understood.

**Premature ejaculation - கணகி கருவுலக - விரவில வந்து வெளியுறல்**

Ejaculation occurring before a man wants it to occur — often before his partner reaches orgasm.

**Prenatal Sex Selection–** கலெலுடீ ஸீஶீ சூரஶ னாவட சஶுதீவ கரஶ சூரீவ சூசவ னுரீர ஁கீத - பீறப்யுஶு முன்தான பால் துரீவு

The decision to abort a foetus having discovered its sex in early pregnancy. This practice usually occurs in societies with strong son preference where female foetuses are aborted if a son or more sons are desired.

**Prepuce- சூசூபீட - ஶுரஶத - ஁ண குறீயீன் முந்துால்**

See Foreskin.

**Pre-test - சூரீவ ஶரீஶஶ஁ட - முன் பரீசுதனை**

Before it is used for a larger number of people, initiatives such as communication and research tools, among others, are often tested so that their effectiveness can be assessed before these tools go to scale. Pre-testing helps in getting valuable feedback from the community or the relevant audience which helps in improving the tool for greater efficacy and impact.

**Private and Public Spheres - ஶுலீஶுலக ஁ ஶுடூ ஶுதீஶு - தனீயார் ஡ற்று஡் பூதுவான பீரீவுஶ**

The traditional areas into which a society is divided, into those regarded as being for women and those for men. Women’s activities have been associated with the private and domestic spheres of life, usually regarded as non-economic; and men to the public ones – usually regarded as economic and political.

**Pro – choice – னுரீதீ ஶஶஶஶ - துரீவுஶு ஶார்பான**

Describes a political and ethical view that women have the choice to decide on the outcome of a pregnancy. Commonly used in the debate on abortion to allow a woman to choose an appropriate outcome for her pregnancy. This guarantees the woman’s reproductive rights.

**Progesterone - சூுசுஶுஶுரீஶீ - பீரூஶுஶுஶுரூஶ**

Progesterone is the hormone which is released in the period of time after ovulation and before menstruation, and also during the early stages of pregnancy.



### **Programme Integration - වැඩසටහන් ඒකාබද්ධ කිරීම - திட்ட ஒருங்கிணைப்பு**

Refers to joining together different kinds of services or operational programmes in order to maximise outcomes, e.g. by organising referrals from one service to another or offering one-stop comprehensive and integrated services.

For example, in the context of HIV, integrated programmes may include sexual and reproductive health, primary care, maternal and child health, as well as integration of HIV testing and counselling with the diagnosis, prophylaxis, and treatment of tuberculosis.

### **Prophylaxis – රෝග නිවාරණය - நோய் தடுப்பு**

Any medical or public health procedure purpose of which is to prevent, rather than treat or cure a disease.

### **Psychological or emotional neglect - මානසික වින්වේශාත්මක - உள ரீதியான அல்லது உணர்வு ரீதியான புறக்கணிப்பு**

Lack of any emotional support and love, chronic inattention to the child, caregivers being ‘psychologically unavailable’ by overlooking young children’s cues and signals, and exposure to intimate partner violence, drugs or alcohol abuse.

### **Puberty - මල්වර කමය - பூயமடைதல்**

The period during which a child goes through a mental, physical and psychological transition towards adulthood. This period is characterised by the development of ability to reproduce.

Physical signs that a girl is entering puberty include growth spurts, breast development, underarm and pubic hair growth, facial acne, body odor, and menstruation. Physical signs that a boy is entering puberty include a deepening of the voice, muscle growth, pubic hair growth, acne, underarm growth, growth spurts, adult body odor, growth of testicles and penis, wet dreams or the ability to ejaculate.

## R

### **Rectum - ஓடி மூலம் - சூத வழி**

Last part of the large intestine, ending at the anus.

### **Refugee - கரணத்தை - அகதி**

A person who flees his or her own country to escape natural disaster, war or persecution owing to a well-founded fear of being persecuted for reasons of race, religion, nationality, membership of a particular social group or political opinion.

### **Relationship Status - கிடைக்காத நிலை - உறவுமுறை நிலைமை**

A person's state of being single, married, partnered, separated, divorced, or widowed.

### **Reproductive Health - சூதனை கிடைக்க - இனப்பெருக்க காரணம்**

ICPD defines reproductive health as: 'a state of complete physical, mental, and social wellbeing and not merely the absence of disease or infirmity, in all matters relating to the reproductive system and to its functions and processes'.

### **Reproductive Rights - சூதனை அகினை - இனப்பெருக்க உரிமைகள்**

The basic right of all couples and individuals to decide freely and responsibly the number, spacing and timing of their children and to have the information and means to do so; right to attain the highest standard of sexual and reproductive health, to make decisions concerning reproduction free of discrimination, coercion and violence. Reproductive rights are not synonymous with sexual rights.

### **Reproductive Tract Infection (RTI) - சூதனை மூலம் கிடைக்க - இனப்பெருக்க வழி நோய் நோற்று**

A general term for infections affecting the reproductive organs. RTIs include three types of infections: sexually transmitted infections (STIs); infections which are caused by overgrowth of organisms naturally present in the genital tract, such as bacterial vaginosis and vulvovaginal candidiasis; and infections that are a consequence of medical treatment.

## **Rights - based Approach - අයිතීන් පදනම් කරගත් ප්‍රවේශය - උරුමයන් අර්ථදායක කොටස අනුරූපය**

A rights-based approach to development is a framework that integrates the norms, principles, standards and goals of the international human rights system into the plans and processes of development.

Within this approach 5 core principles that should be used to inform an approach to Sexual and Reproductive Health and Rights are choice, dignity, equality, diversity and respect.

## S

### **Safe Motherhood - ஈரணிக லாணாலை - ஡ாதுகாப்பான தா஡்மை**

Pregnancy and childbirth with low risk of death or ill health. In order to make motherhood safer, women need regular antenatal advice and care, as well as post natal care, a good diet during pregnancy, to be attended by trained personnel at delivery, and to have access to treatment for obstetric emergencies. Reducing high rates of maternal mortality and morbidity also depends on reducing the likelihood of women experiencing an unwanted high risk pregnancy, which necessitates the availability of family planning and safe abortion services.

### **Safer Sex - ஈரணிக லுஒக னகீரீ஡ - ஡ாதுகாப்பான ஡ாலுறவு**

Any sexual practice that aims to reduce the risk of unwanted pregnancy and of passing HIV (and other sexually transmitted infections) from one person to another. For example, vaginal intercourse with a condom. During unsafe sex, fluids that can transmit HIV and other STIs (semen, vaginal fluid or blood) may be introduced into the body of the sex partner.

### **Sanitary napkins/pads - கலீசாரணக துலா - கழிவகற்றும் துவா஡்**

An absorbent “napkin” made of cotton or similar fibers that are worn against the vulva to absorb menstrual flow.

### **Sanitation – கலீசாரணால - கழிவகற்றல் ககாதாரம்**

Use of measures designed to promote health and prevent disease; development and establishment of conditions in the environment favourable to health.

### **Semen - ஔது வரலு - கக்கீலப்பாயம்**

Fluid containing sperm that is ejaculated during sexual excitement. Semen is composed of fluid from the seminal vesicles, fluid from the prostate, and sperm from the testes.

### Sex - இணைப்பை (கீழ் பூர்வ தாவை) - பால்

The biological characteristic that defines humans as female or male or other. Sex is not the same as gender.

### Sex Education - இணை அபிவிருத்தி - பாலியல் கல்வி

Basic education about reproductive processes, puberty, sexual behaviour, etc. Sex education may include other information, for example about contraception, protection from sexually transmitted infections and parenthood.

### Sex Ratio - இணை அளவை - பால் விகிதம்

The ratio of males to females in the population, usually expressed as the number of males per 100 females. This can be calculated for all age groups but the one most usually quoted is the sex ratio at birth.

### Sex Selection - கீழ் பூர்வ தாவை மத சதுதீழி தைரூதகித - பால் தேர்வு

Using prenatal diagnosis to detect sex, a person could choose not to have a child based on the sex of the foetus.

### Sex Work - இணை வாதீத - பாலியல் துறில்

Provision of sexual services for money or goods by adults. Where children are involved the term 'commercial sexual exploitation of children' can be used.

### Sexuality - இணைத்வை - பாலியல் நூட்டம்

Sexuality is a central aspect of being human throughout life and encompasses sex, gender identities and roles, sexual orientation, eroticism, pleasure, intimacy and reproduction. Sexuality is experienced and expressed in thoughts, fantasies, desires, beliefs, attitudes, values, behaviours, practices, roles and relationships. While sexuality can include all of these dimensions, not all of them are always experienced or expressed. Sexuality is influenced by the interaction of biological, psychological, social, economic, political, cultural, ethical, legal, historical, religious and spiritual factors.

### Sexual Abuse - இணை அசுதேசவை - பாலியல் துஷ்பீரயாகம்

Sexual activity that is harmful, exploitative, or not consensual.

### **Sexual Attraction - இனிக அகர்ணை - பாலியல் கவர்ச்சி**

Attraction based on sexual desire.

### **Sexual Behaviour - இனிக வர்வைல் - பாலியல் நடத்தை**

Actions that express a person's sexuality, in various types of sexual activity including the decision not to engage in sexual activity.

### **Sexual Citizenship - இனிக சூர்வகைவை - பாலியல் குடிமுறை**

A concept that looks at the private and public spheres of sexuality and highlights the social, cultural and political factors that influence sexual expression. Good sexual citizenship fosters societies where people can freely express and experience their sexuality, while taking responsibility for their own sexual well-being and the sexual wellbeing of others. Participation and accountability are essential elements of sexual citizenship.

### **Sexual Exploitation - இனிக சூர்வை - பாலியல் சுரண்டல்**

Sexual exploitation means taking advantage of sexuality of a person to make a personal gain or profit. It is the abuse of a position of vulnerability, differential power, or trust for sexual purposes. Forced prostitution is an example of sexual exploitation.

### **Sexual Expression - இனிக சூவை - பாலியல் உணர்ச்சி வெளிப்பாடு**

A term that is used to describe not only sexual activities we engage in, but ways we communicate and present ourselves to the world as a sexual being.

### **Sexual Health - இனிக சைவகை - பாலியல் சுகாதாரம்**

Sexual health is a state of physical, emotional, mental and social well-being in relation to sexuality; it is not merely the absence of disease, dysfunction or infirmity. Sexual health requires a positive and respectful approach to sexuality and sexual relationships, as well as the possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination and violence.

### **Sexual History - இன்க ஓகிணககக - ஡ாலிபல் வரலாறு**

Refers to sexual behaviour that has taken place in the past.

### **Sexual Identity- இன்க அணககககக - ஡ாலிபல் அடையாளம்**

How one thinks of oneself in terms of attraction to the same sex or members of the other sex based on one's own experiences, thoughts and reactions, rather than defining oneself based on the gender or sex of one's sexual partners.

NOTE: Sexual behaviour is different from sexual identity-referring to the sexual activity 95 people engage in, which is not always indicative of a particular identity.

### **Sexual Orientation - இன்க துணகககக - ஡ாலிபல் நூட்டம்**

Direction of sexual attraction – whether a person is attracted to a person of the same sex, the opposite sex or both sexes. Heterosexuality, homosexuality and bisexuality are widely accepted sexual orientations. Sexual orientation evolves through a multistage developmental process, and may change over time.

### **Sexual Perversion - இன்க விசர்வீகககக - சமூக முரண் ஡ாலிபல் நோக்குநீகக**

Aberrant sexual practice in which sexual excitement or orgasm is associated with acts or imagery that are considered unusual within the culture.

### **Sexual Rights - இன்க அகீகீகீ - ஡ாலிபல் உரிமைகள்**

Sexual rights embrace human rights that are already recognized in national laws, international human rights documents and other consensus statements. They include the right of all persons, to be free of coercion, discrimination and violence, to:

- achieve the highest attainable standard of sexual health, including access to sexual and reproductive health care services;
- seek, receive and impart information related to sexuality;
- sexuality education;
- respect for bodily integrity;
- choose their partner;
- decide to be sexually active or not;

- consensual sexual relations;
- consensual marriage;
- decide whether or not, and when, to have children;
- pursue a satisfying, safe and pleasurable sexual life

**Sexual Violence - ලිංගික ප්‍රචණ්ඩත්වය - පාලියාල් වෘත්තාන**

Any sexual act that is perpetrated against someone’s will. Sexual violence encompasses a range of offenses, including non-consensual sexual intercourse (i.e., rape), an attempted non-consensual act of sex, abusive sexual contact (i.e., unwanted touching), and non-contact sexual abuse (e.g., threatened sexual violence, exhibitionism, verbal sexual harassment).

All types involve victims who do not consent, or who are unable to consent or refuse to allow the act.

Sexual violence is a serious public health and human rights problem with both short- and long-term consequences on one’s physical, mental, social, sexual and reproductive health.

**Sexual and Gender-based Violence - ස්ත්‍රී පුරුෂ භාවය හා ස්ත්‍රී පුරුෂ සමාජභාවය මත පදනම් වූ තිංසනය - පාලියාල් මර්ණාල පාල්තලාල අඳුරුපඳුරුපඳුරු වෘත්තාන**

Any act that results in, or is likely to result in, physical, sexual, or psychological harm or suffering that involves sexuality or is based on gender. This includes not only rape and attempted rape, but also sexual abuse, sexual exploitation, forced early marriage, domestic violence, verbal abuse, marital rape, trafficking and female genital mutilation.

**Sexual well-being - ලිංගික යහපැවැත්ම - පාලියාල් තුල්වෘත්තාන**

Being sexually healthy along with positive aspects of life related to sexuality such as freedom, choice, communication, healthy relationships, emotions, pleasure, self esteem and consideration for others.

**Sexually Transmitted Infection (STI) - ලිංගිකව සම්ප්‍රේෂණය වන ආසාදන - පාලියාල් ත්‍රොණුරුරුරු**

STIs are infections that spread primarily through person-to-person sexual contact. There are many different sexually transmissible bacteria, viruses



and parasites. Several, in particular HIV and syphilis, can also be transmitted from mother to child during pregnancy and childbirth, and through blood products and tissue transfer.

### **Social Exclusion - සමාජයෙන් බැහැර කිරීම - சமூக விலக்கல்**

This is the denial of equal opportunities imposed by certain groups of society upon others which leads to inability of an individual to participate in the basic political, economic and social functioning of the society.

### **Son Preference - පුත්‍රවර්ණය - மகனுக்கான விருப்பம்**

A desire to have male rather than female children. This is usually due to the perception that sons contribute more to families, through work, continuing the family line and carrying out family rites and rituals and providing security to their parents in old age.

### **Sperms - ඉතාණු - விந்து**

The reproductive cells in men, produced in the testes.

### **Spermicide - ඉතා නාශක - விந்து கொல்லி**

Chemicals used to immobilize or destroy sperm.

### **Stereotype - ඒකාකෘතිය - ஒரே எண்ணம்**

A simplified and generalized perception of a concept without regard for actual differences and diversities that exist.

### **Sterilization – වන්ධනාකරණය - கருத்தடை சத்திர சிகிச்சை**

Surgical methods of birth control that is intended to be permanent — blocking of the fallopian tubes for women or vasectomy for men. The sterilization procedure blocks either the sperm ducts (the vasa deferentia) or the oviducts (fallopian or uterine tubes) to prevent the sperm and ovum from uniting.

See Vasectomy

## Stigma – கைக்கீர் - களங்கம்

Stigma can be described as a dynamic process of devaluation that significantly discredits an individual in the eyes of others. Within particular cultures or settings, certain attributes are seized upon and defined by others as discreditable or unworthy. When stigma is acted upon, the result is discrimination that may take the form of actions or omissions.

See 'Discrimination'.

## Structural Interventions - உதவகைகை கெடுகைகை - கட்டமைப்பு ரீதியான தலைகை

Interventions that seek to alter the physical and social environment in which individual behaviour takes place. Their aim can also be to remove barriers to protective action or to create constraints to risk-taking.

## Sustainable Development Goals - கிரகார கைவீகை அகைகை - நீன்று நீகைகை அயீவீகைகை இலகைகை

Sustainable development goals are a set of goals, targets and indicators that UN member states will be expected to use to frame their agendas and political policies over 15 years starting from 2015. They follow and expand on the Millennium Development Goals.

The 17 Goals include:

- 1) End poverty in all its forms everywhere
- 2) End hunger, achieve food security and improved nutrition, and promote sustainable agriculture
- 3) Ensure healthy lives and promote wellbeing for all at all ages
- 4) Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all
- 5) Achieve gender equality and empower all women and girls
- 6) Ensure availability and sustainable management of water and sanitation for all

- 7) Ensure access to affordable, reliable, sustainable and modern energy for all
- 8) Promote sustained, inclusive and sustainable economic growth, full and productive employment, and decent work for all
- 9) Build resilient infrastructure, promote inclusive and sustainable industrialisation, and foster innovation
- 10) Reduce inequality within and among countries
- 11) Make cities and human settlements inclusive, safe, resilient and sustainable
- 12) Ensure sustainable consumption and production patterns
- 13) Take urgent action to combat climate change and its impacts
- 14) Conserve and sustainably use the oceans, seas and marine resources for sustainable development
- 15) Protect, restore and promote sustainable use of terrestrial ecosystems, sustainably manage forests, combat desertification and halt and reverse land degradation, and halt biodiversity loss
- 16) Promote peaceful and inclusive societies for sustainable development, provide access to justice for all and build effective, accountable and inclusive institutions at all levels
- 17) Strengthen the means of implementation and revitalise the global partnership for sustainable development

Within the goals are 169 targets.

## T

### Teenage - යෞවන විය - இளம் வயது

Age from 13 to 19 years.

### Teenage pregnancy - අඩුවයස් ගැබ් ගැනීම (නවයෞවන ගැබ්ගැනීම) - இளம் வயது கருத்தரிப்பு

Pregnancy that occurs in mothers who are below 20 years of age.

### Testicles – වෘෂණ - விதைப்பை

Two oval shaped organs inside the scrotum that produce hormones, including testosterone. Each testis also encloses several hundred small lobes, which contain the tiny, threadlike seminiferous tubules that produce sperm. Also called 'testes' the testicles are sensitive to the touch.

### Testosterone – ටෙස්ටෝජෝන් - டெஸ்டோஸ்டிரோன்

An androgen (a male sex hormone) that is produced in the testes of men and in smaller amounts in the ovaries of women.

### Thighs - කලවා - தோடை

Upper part of the leg.Part between the hip and knee.

### Thigh sex (Intracural sex) - කලවා සංසර්ගය - தோடைகளுக்கிடையிலான பாலுறவு

Sexual activity involving the insertion of penis in between the thighs.

### Total Fertility Rate (TFR) - දුර්ණ (මුළු) සාවලයක අනුපාතය - மொத்த கருத்தரிப்பு வீதம்

The total fertility rate of a population is the average number of children that would be born to a woman over her lifetime if (1) she were to experience the exact current age-specific fertility rates (ASFRs) through her lifetime, and (2) she were to survive from birth through the end of her reproductive life.

### Trafficking - கடுப்பினை - கடத்தல்

The act of recruiting, transporting, transferring, harbouring, or receiving people through the threat or use of force, deception, coercion, abuse of power or of a position of vulnerability for the purpose of exploiting them.

This exploitation is usually for prostitution, sexual exploitation, forced labour or the removal of organs, and can be facilitated by giving payments or benefits to a person in control of the victim. In addition, the trafficking of women and girls includes being for the purpose of domestic work, arranged marriages or 'selling' them as brides, within countries or to other countries.

### Transgender - கலாசீகரிக்கப்பட்ட பாலினம் - பாலினமற்றவர் கலாசீகரிக்கப்பட்டவர்

A transgender person has a gender identity that is different from his or her sex at birth. Transgender people may be male to female (female appearance) or female to male (male appearance). It is preferable to describe them as 'he' or 'she' according to their gender identity, i.e. the gender that they are presenting, not their sex at birth.

### Transphobia - கலாசீகரிக்கப்பட்ட பாலினம் - பாலினமற்றவர் கலாசீகரிக்கப்பட்டவருக்கு எதிரான பீதி

Fear and hatred of people who are transgender, transsexual, or transvestite.

### Transsexual - கலாசீகரிக்கப்பட்ட பாலினம் - மாறிய பாலினம்

A transsexual person who undergoes medical treatment (hormonal or surgical) to change the sex they were born with to the sex they identify with.

### Transvestite - பாலினமற்றவர் - பாலினமற்றவர் அணிந்து இன்பம் காண்பவர்

A person, typically a man, who enjoys wearing women's clothing for pleasure, or for sexual, emotional or spiritual gratification. Transvestites are often heterosexual identified men who enjoy dressing in women's clothing in private or openly.

*NOTE:* Transvestite does not refer to sexual orientation; A transvestite person may be of any orientation.

## U

### **Underserved Groups - ຂາຍ ເສັ້ນໂລກີ ຈຳນວນໜ້ອຍ - ກຸ່ມທີ່ບໍ່ໄດ້ຮັບການບໍລິການທີ່ເໝາະສົມ**

Groups not normally or not well served by established service delivery programmes. In family planning, some examples of under-served groups are adolescents, men, the urban slums and those who live in remote areas, refugees and displaced persons.

### **Unmet Need for Family Planning - ຈຳນວນສິດສິນຄ້າທີ່ບໍ່ໄດ້ຮັບການບໍລິການທີ່ເໝາະສົມ - ຈຳນວນສິດສິນຄ້າທີ່ບໍ່ໄດ້ຮັບການບໍລິການທີ່ເໝາະສົມ**

Estimates of women who would like to prevent or delay pregnancy but are not using contraception, either because they lack knowledge about family planning or access to services, or because they face cultural, religious and family obstacles.

### **Unsafe Abortion - ການສິດສິນຄ້າທີ່ບໍ່ໄດ້ຮັບການບໍລິການທີ່ເໝາະສົມ - ການສິດສິນຄ້າທີ່ບໍ່ໄດ້ຮັບການບໍລິການທີ່ເໝາະສົມ**

An induced abortion conducted either by persons lacking the necessary skills or in an environment lacking the minimal medical and hygienic standards, or both. Even in countries where abortion is legal, women may not be able to obtain abortions easily for reasons of bureaucracy, availability or accessibility. In these circumstances women with unwanted pregnancies frequently resort to unsafe abortion.

## V

### **Vacuum Aspiration - ரீக்ஷை உருக்கை - உறுஞ்சி எடுக்கும் கருக்கலைப்பு**

A method of pregnancy termination in which the contents of the uterus are removed by suction, using either a hand-held syringe or electric pump.

### **Vasectomy - வாகெக்டமி லகைகரீமகை - வர்ந்து நாள அறுவை (வாகெக்டமி)**

Voluntary surgical sterilisation of males as a method of contraception.

### **VCT for HIV test (Voluntary Counselling and Testing) - கீவீலிசு**

**உகதீகைகை கை லி.ஊ.ஊ.ஊ. ஊகைகை - தன்னார்வ உளவளத்துகை மற்றும் பர்சோதகை**

VCT is the process by which an individual undergoes counselling enabling him or her to make an informed choice about being tested for HIV. This decision must be entirely the choice of the individual and he or she must be assured that the process will be confidential.

IPPF supports HIV testing that is based on the principles of the '3Cs' (1) consent – people should be tested only with their informed, voluntary and specific consent, (2) counselling – counselling should be provided before and after HIV testing, and (3) confidentiality – HIV test should only occur when confidentiality of results can be guaranteed. IPPF opposes mandatory HIV testing, in any circumstances, and is of the view that all testing should be voluntary.

### **Vertical Transmission - கிரகீ கதீகீகைகை - நேரடி பரவல்**

Transmission of a pathogen such as HIV from mother to foetus or baby during pregnancy child birth or breast feeding.

### **Viability of a foetus - கீவகைகை - முகையத்தின் நிலைப்புத் திறன்**

The capacity of a foetus to sustaining an independent life outside of the uterus. Given the quality of neonatal care available in each situation, it usually varies from 23 -28 weeks from conception.

### **Violence - சூலகீவகீவகை - வன்முறை**

A means of control and oppression that can include emotional, social or economic force, coercion or pressure, as well as physical harm. It can be overt, in the form of a physical assault or threatening someone with a weapon; it can also be covert, in the form of intimidation, threats, persecution, deception or other forms of psychological or social pressure .

Also see “Sexual violence”.

### **Viral Load - வேரக சூலாணய - வைரஸ் அளவு**

The quantity of the virus in the bloodstream. The viral load of HIV is measured by sensitive tests that are unavailable in many parts of the world. The ability to measure viral load is a key component in effective combination therapy.

### **Virginity – கைகாலய - கள்ளித்தன்மை**

The state of never having had sex. There is no definitive method of proving virginity of either men or women.

### **Vulnerable; Vulnerability - அலடூனதி கலகை - இலகுவில் பாதீப்படையக் கூடிய**

An individual or group lacking the abilities, means or resources to cope in a negative situation, leaving them exposed to, and/or defenceless against, violence, threats and/or suffering. The individual or group may be susceptible to risks and exploitation, and a loss of prospects and rights, including sexual and reproductive health and rights.

Populations likely to have poor sexual and reproductive health. Women and girls, young people, people living in poverty, migrant labourers, people in conflict and post-conflict situations, refugees and internally displaced people all experience situations in which they have less opportunity than others for good sexual and reproductive health care.





### **Wet Dream - கீவகீன மூலீவனய - நீதீரையீல் சுக்கலைய்யாயம் வெளீயேறல்**

Involuntary orgasm resulting in ejaculation of semen during sleep.(Also called nocturnal emission).

### **Window Period - கவுலீ கமய - எஃ ஐ வீ வெளீய்யடா காலம்**

The period between acquisition of HIV infection and the detection of antibodies from the HIV test. It takes 2 weeks to 3 months to detect antibodies from the HIV test. This period is called the window period. During this an individual tests negative for the virus by routine HIV antibody tests but is nevertheless capable of transmitting it to others.

### **Withdrawal - ஔநாஔு கீவீலீவ கெர ஔகீஔய ஔகீயேஔீ ஔவகீகீரீல - வீந்நு வெளீயேறும் முன் யோனீ வழீயீல் ஔருந்நு ஔஔன் ஔறும்பை வெளீயே எஔுந்நல்**

One of the oldest known methods of contraception in which the man withdraws his penis from the vagina before ejaculation. Also known as coitus interruptus. Not an effective method of preventing pregnancy.



### **Young People - තරුණ ප්‍රජාව - இளைஞர் சமுதாயம்**

Those who are aged between 10-24 years.

### **Youth - තරුණයය - இளைஞர்**

The World Health Organization refers to those in the 15-24 age range as youth, however in Sri Lanka youth has been defined as 15 – 29 years of age.

### **Youth Friendly - තරුණයයට සමීප - இளைஞர் நட்பு**

Based on a comprehensive understanding of what young people in any given society or community want and need. It is also based on an understanding of, and respect for, the realities of young people's diversity and sexual rights.

### **Youth Run - තරුණ නායකත්වයෙන් - இளைஞர் தலைமை**

This implies that young people make all or many of the crucial decisions within the organization, from policy programming to financial management, and hiring and firing of staff.

