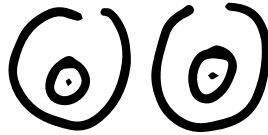


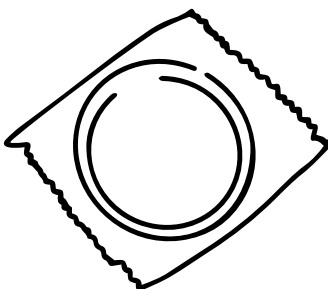
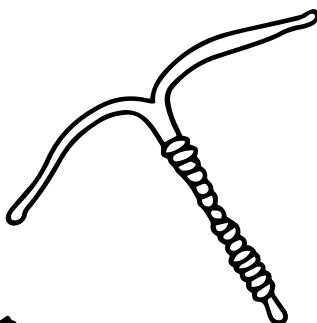
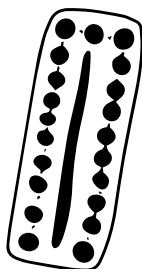
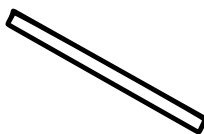
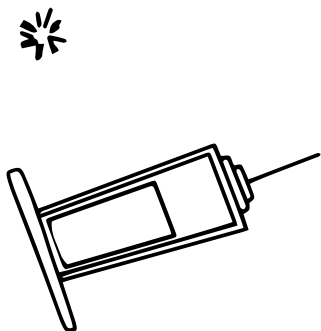


ellaOne film-coated tablet for emergency contraception. Contains ulipristal acetate. Always read the label.



A is for areola

The areola is the circle of darker skin on the breast around the nipple.
This varies in size, shape and colour from person to person.



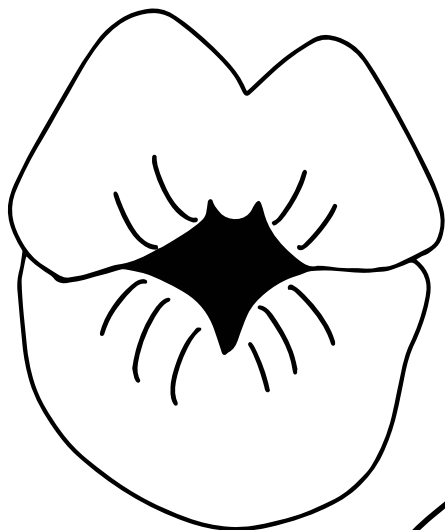
B

is for birth control

Birth control is the name given to all sorts of contraception that allow people to enjoy sex while protecting themselves against an unplanned pregnancy.

ellaOne film-coated tablet for emergency contraception. Contains ulipristal acetate. Always read the label.

°OH

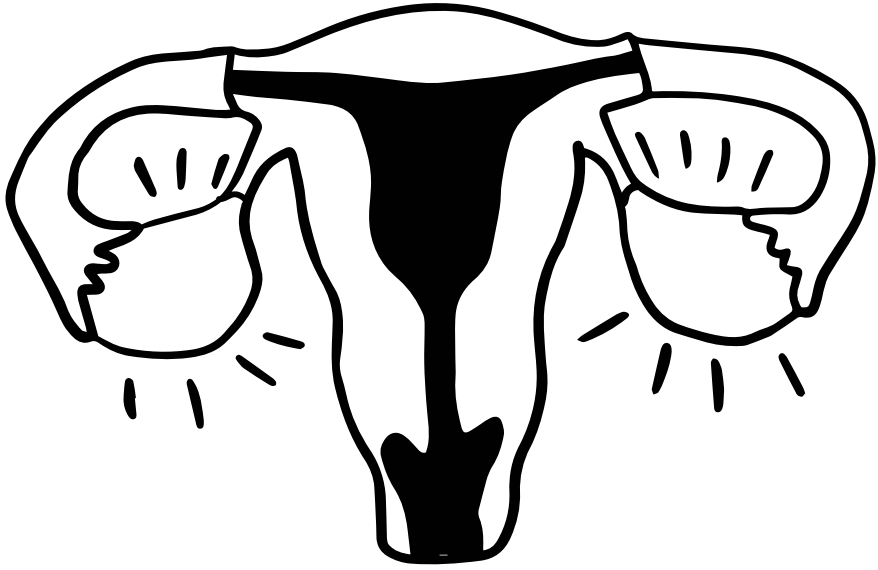


AAH



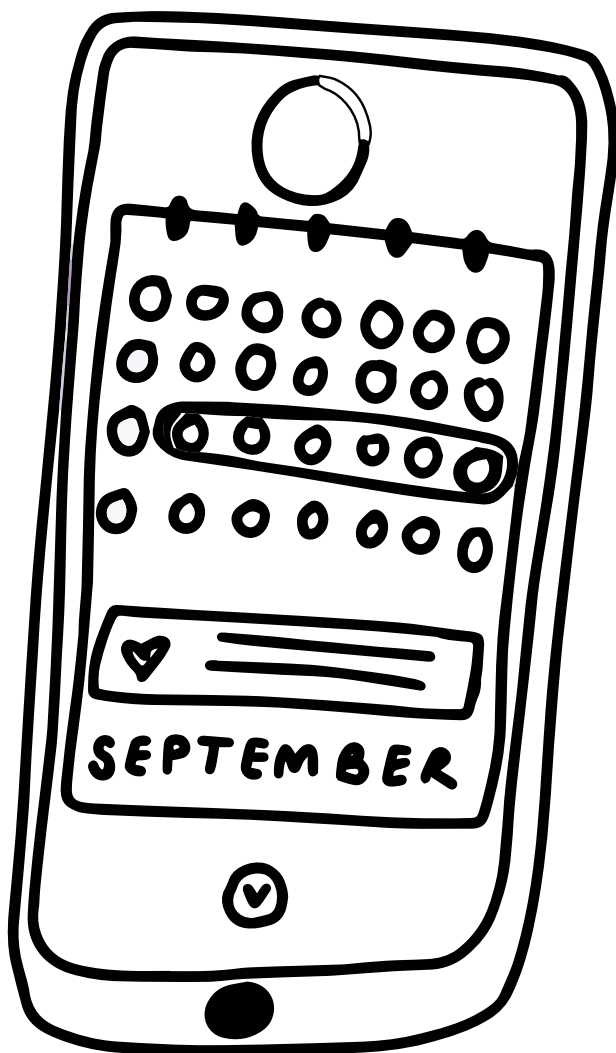
is for climax

Climax is another word for orgasm. This is an intense feeling of sexual pleasure accompanied by muscle contractions in the vagina, or ejaculation of sperm from the penis.



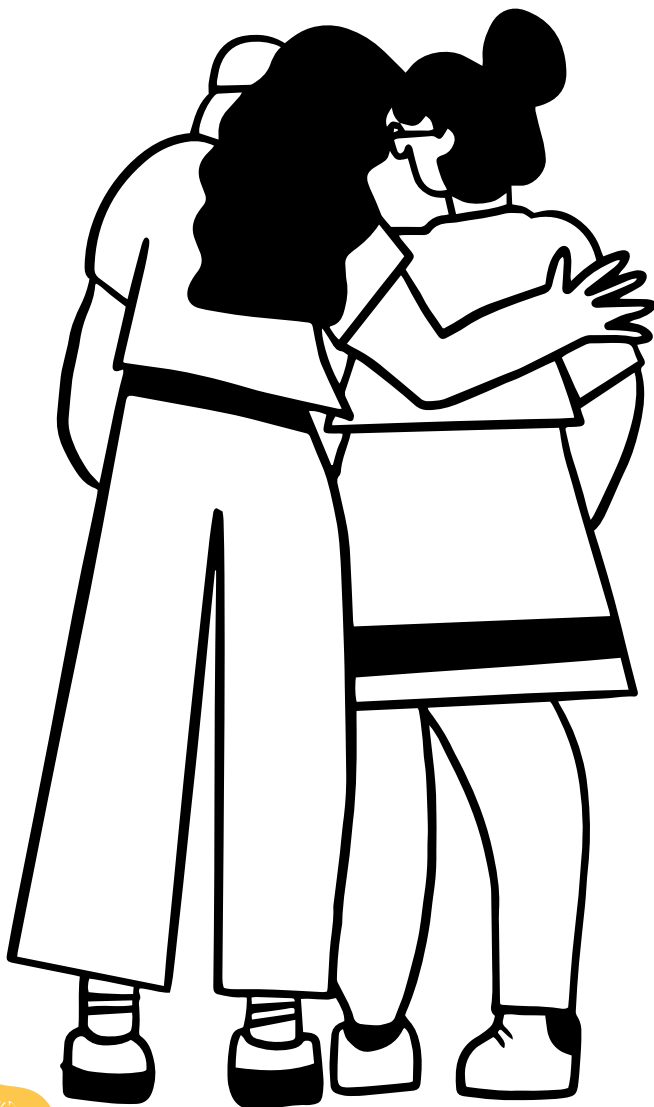
is for egg

The egg cell, or ovum, is the female reproductive cell. Eggs live in the ovaries and one is released every month for women of child bearing age — this is called ovulation. A sperm cell fusing with an egg is called fertilisation.



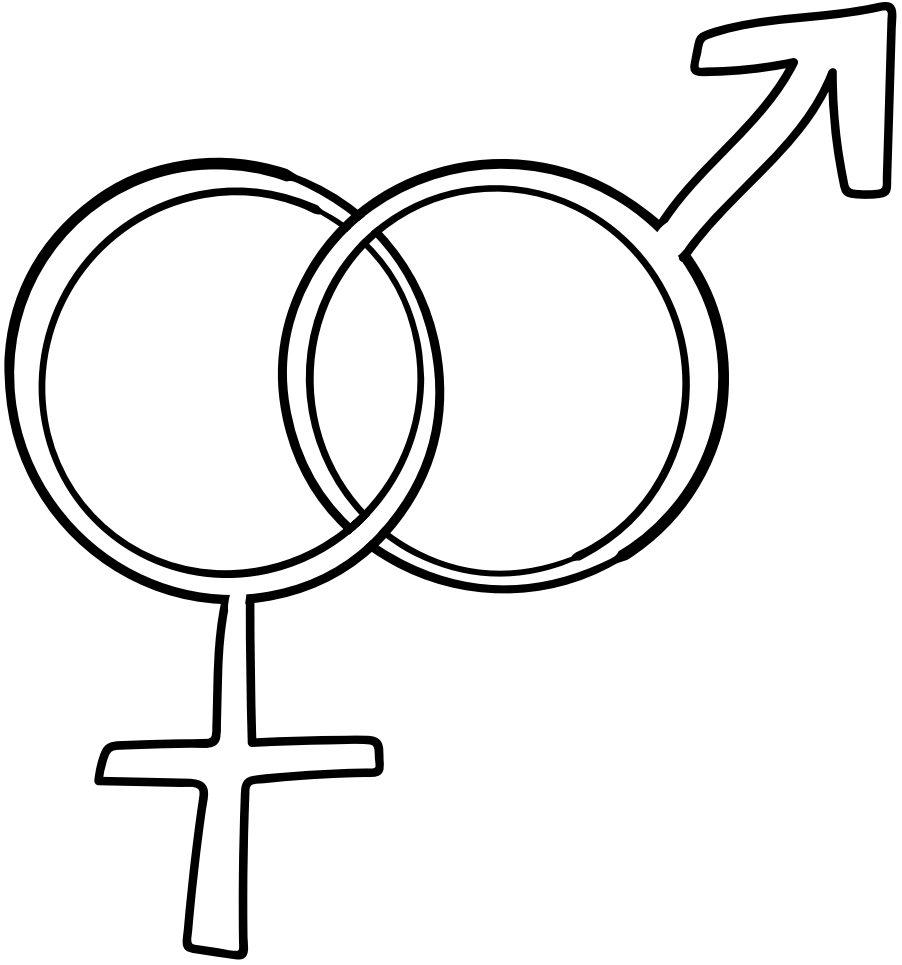
F is for fertility tracking

This is when people track their periods to work out when they ovulate and the days of the month they are most likely to conceive. This method is often unreliable for people trying to prevent pregnancy.



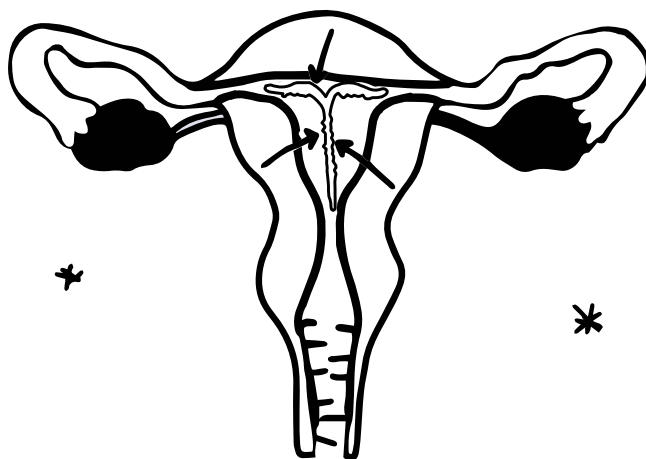
is for gay

Gay, or homosexual, means being sexually attracted to people of the same sex. This is what the 'G' stands for in 'LGBT'.



is for heterosexual

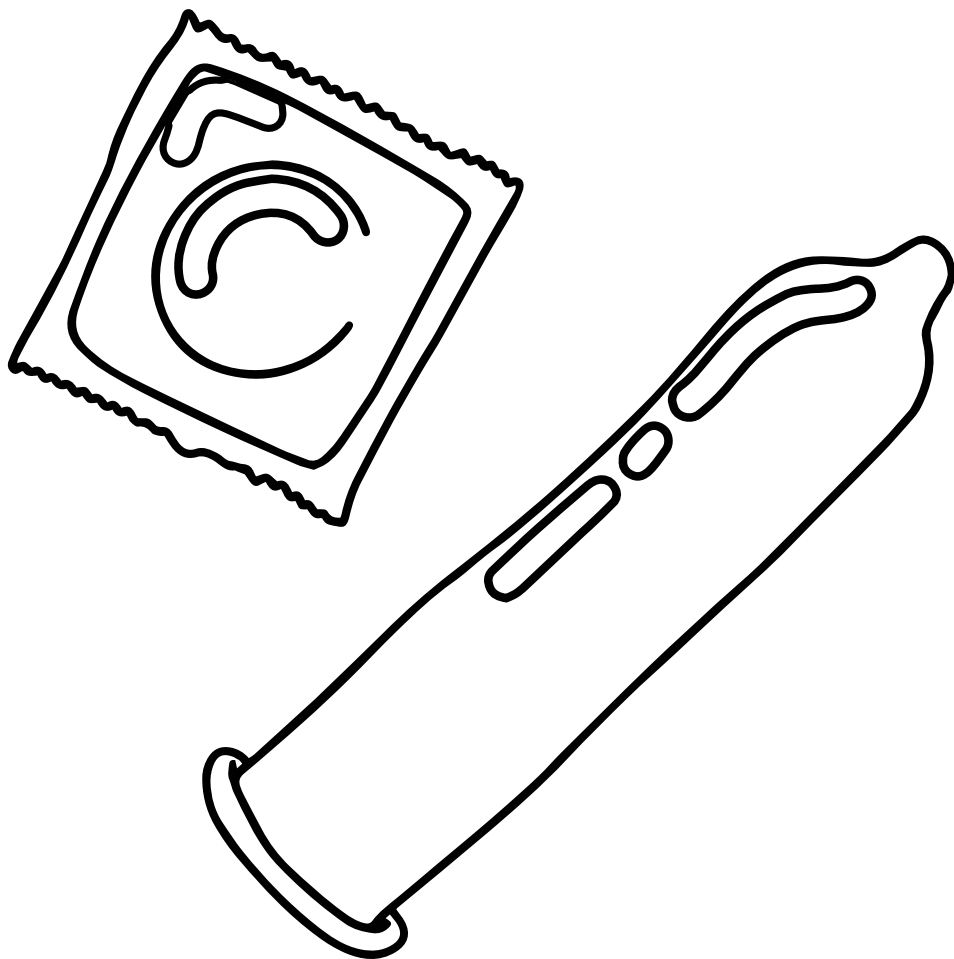
Heterosexual, also known as 'straight', means being attracted to members of the opposite sex.



is for IUD

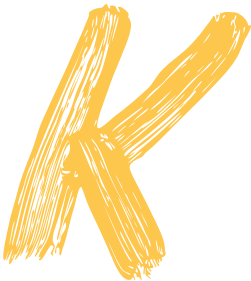
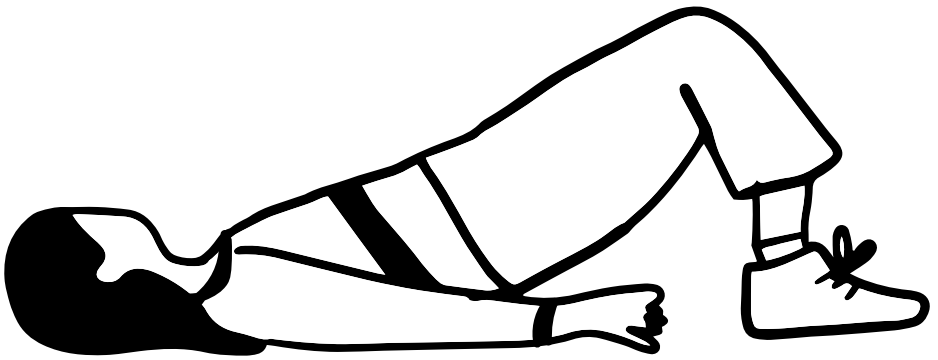
This stands for Intrauterine Device. It's a small T-shaped device made of plastic and copper that is inserted into your uterus. It's a long acting reversible contraceptive (LARC) that releases copper into the womb to prevent pregnancy. It can be over 99% effective and can last for between 5 to 10 years.

ellaOne film-coated tablet for emergency contraception. Contains ulipristal acetate. Always read the label.



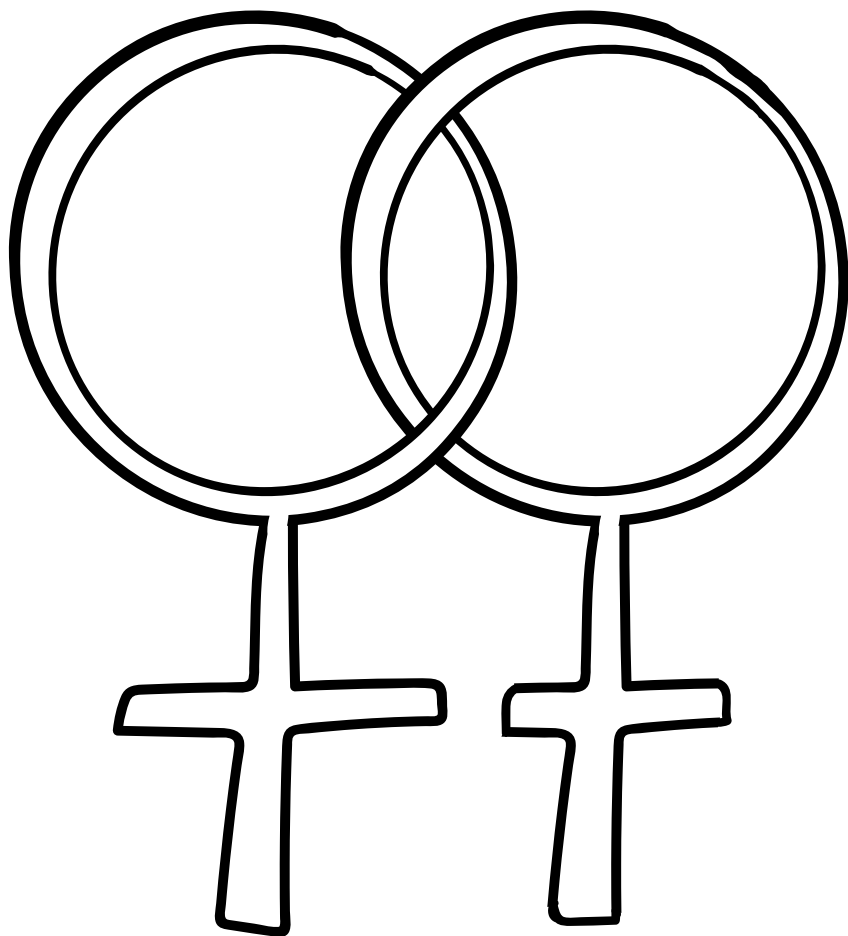
is for johnny

This is a slang term for a condom, a form of barrier contraception. They can also sometimes be called a Rubber Johnny.



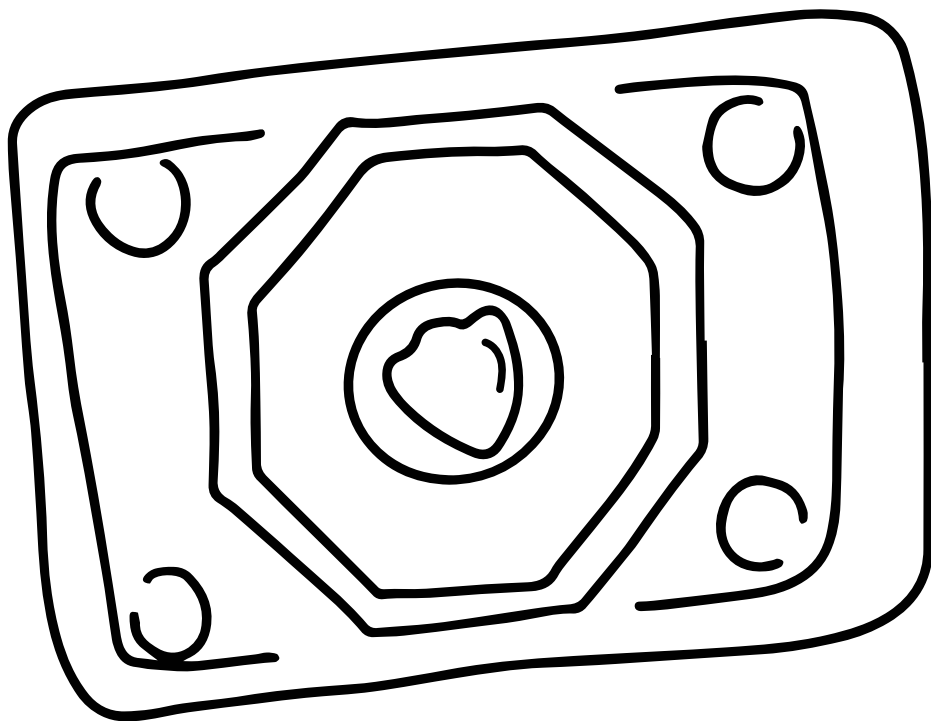
is for kegel

Exercises used to strengthen the muscles in the pelvic floor. Kegels involve tensing your pelvic muscles for a few seconds at a time and repeating this. Doing these exercises can help to prevent incontinence and also improve orgasms.



L is for **lesbian**

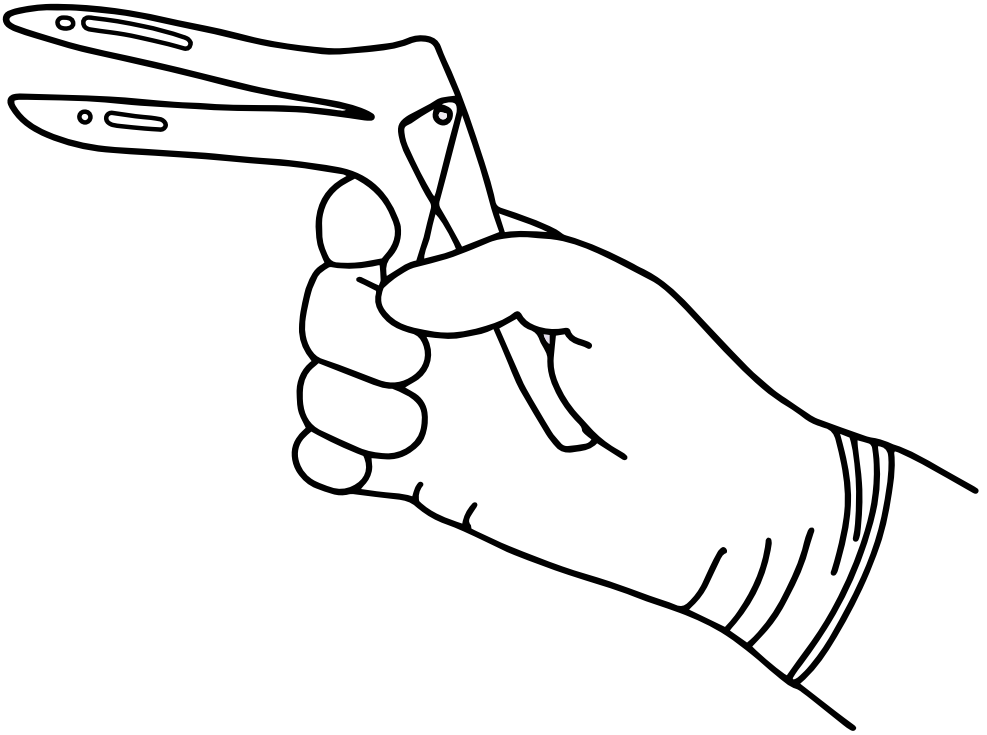
A lesbian is a female identifying person who is sexually and/or romantically attracted to other women.



is for morning after pill

This is a form of emergency hormonal contraception that can prevent pregnancy by delaying ovulation. Calling it “the morning after pill” is misleading as it can be taken any time of day and up to three-five days after unprotected sex or a contraceptive failure.

ellaOne film-coated tablet for emergency contraception. Contains ulipristal acetate. Always read the label.



P is for **pap smear**

A pap smear, also known as a smear test, is when a doctor uses a speculum to check the cervix for any abnormal cells. Abnormal cells that are left untreated could lead to cervical cancer.



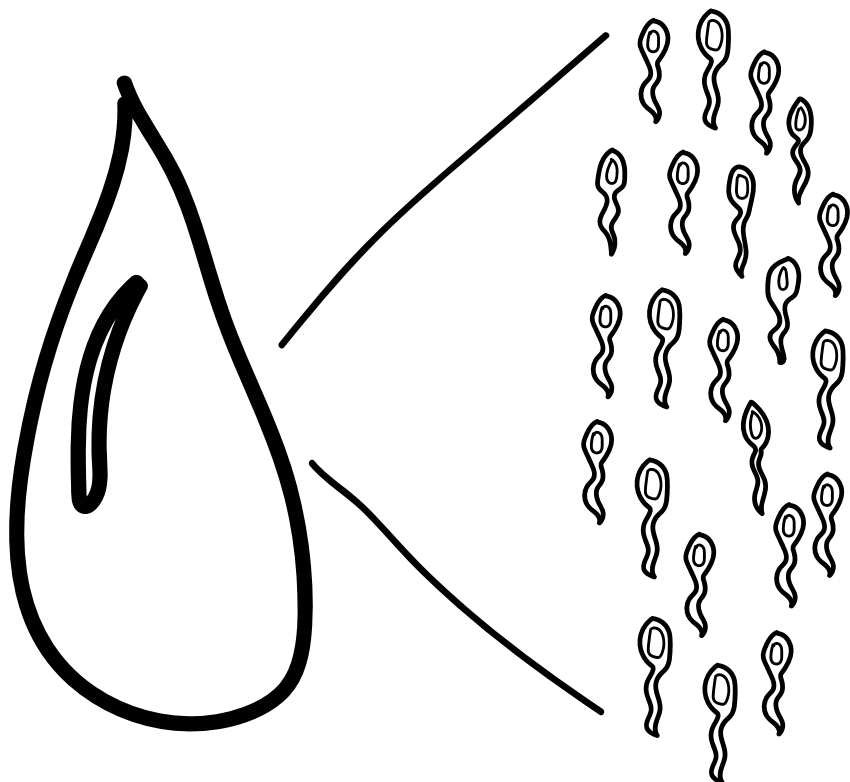
is for queer

Queer used to be used as an insult for people whose sexuality or identity was deemed strange, but the LGBTQ community has reclaimed the title as an umbrella term for sexual or gender minorities which are not cisgender or heteronormative.



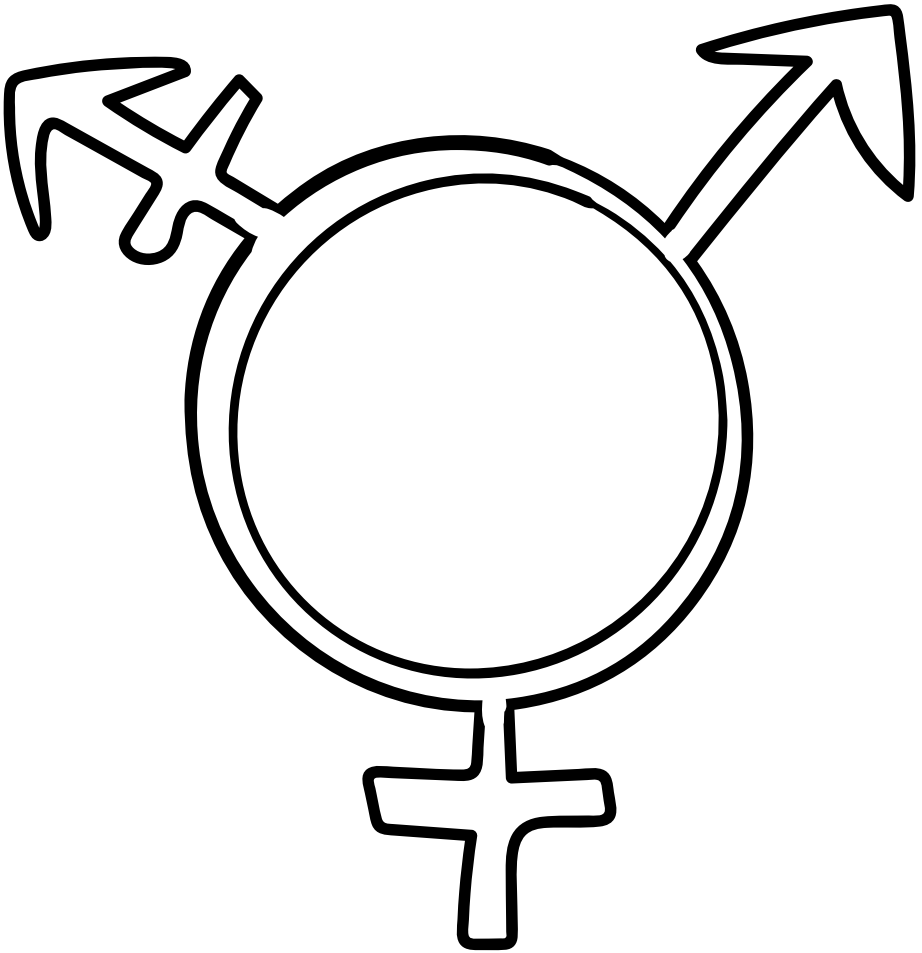
is for rubber

This is another slang term for a condom.



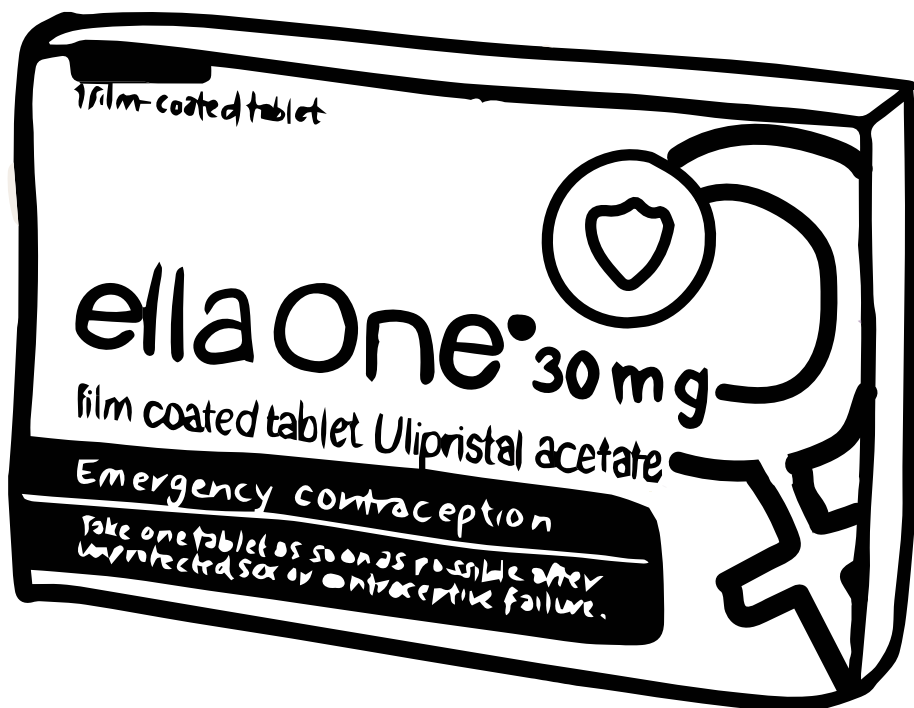
S is for semen

Semen is a white fluid which contains sperm cells and is excreted when a man ejaculates. If unprotected sex occurred, sperm cells which get inside the vagina and swim up to the fallopian tubes have the potential to fertilise an egg, resulting in a pregnancy.



is for transgender

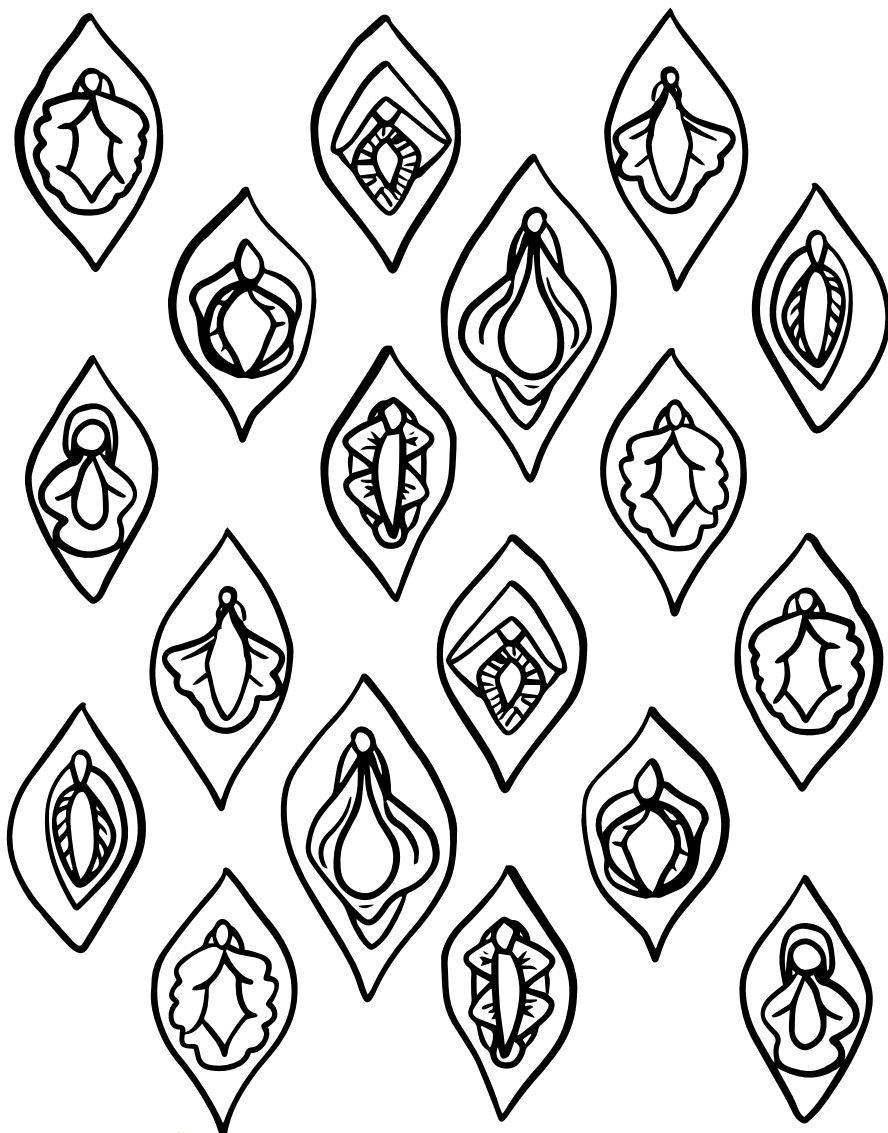
Transgender people identify with a gender identity other than their biological sex. Trans-people may identify as the opposite gender, they may identify as agender or as somewhere in between. They may or may not wish to transition their body using hormones or surgery.



is for ulipristal acetate

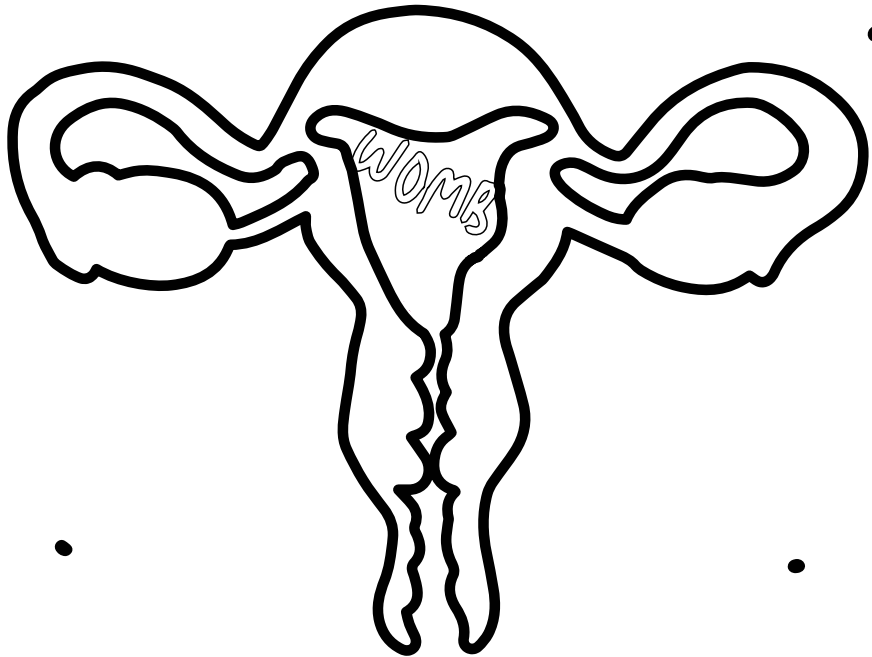
Ulipristal acetate was developed by the makers of ellaOne, the most effective morning-after pill* [to verify visit ellaone.co.uk/verify]. It is the active ingredient in ellaOne and temporarily stops progesterone from working properly to delay or prevent ovulation so no pregnancy can take place.

ellaOne film-coated tablet for emergency contraception. Contains ulipristal acetate. Always read the label.



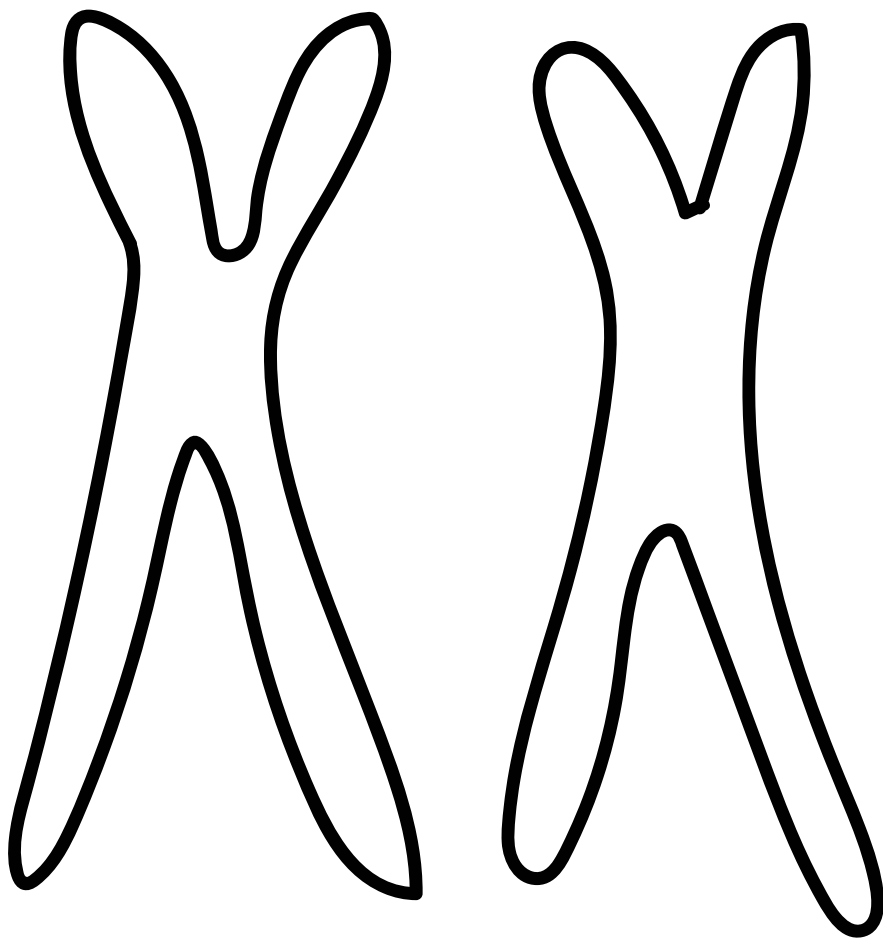
is for vulva

The vulva is the exterior part of the female genitalia — so the outer bit of the clitoris, the labia minora and majora, urethra and the hole leading to the vagina.



is for womb

The womb (also called the uterus) is a hollow, pear shaped organ found in a woman's lower abdomen in which a foetus can develop into a baby. If no pregnancy occurs, the lining which has grown around the uterus to protect a potential pregnancy is shed during your period.



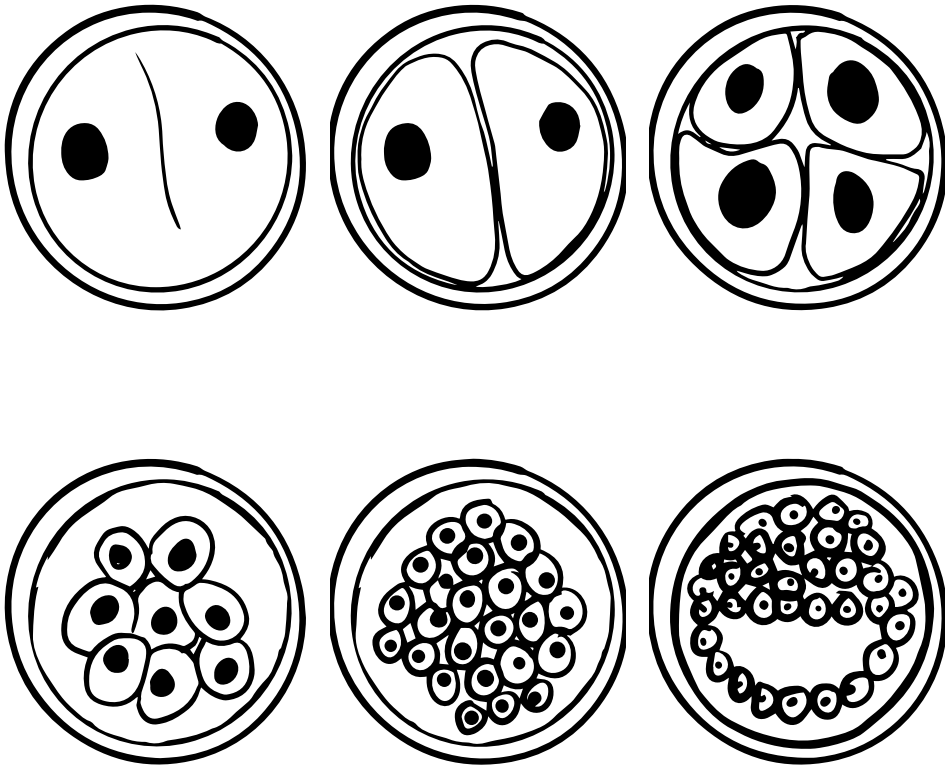
is for **XX chromosome**

A person's sex is determined by their sex determining chromosomes.
Females typically have XX chromosomes.



is for yeast infection

Yeast infections, like thrush, can affect men and women. They are very common in women. The main symptoms are itching, discharge and stinging while peeing. Yeast infections can be treated with antifungal medications available from your pharmacist or GP.



is for **zygote**

The union of a sperm and an egg. Otherwise known as a fertilised ovum, the zygote starts as one cell before dividing rapidly and turning into an embryo.