

LGBTQ+ TERMINOLOGY

A glossary of common terms for clear and empowered communication

ACE or ASEXUAL	A person who does not experience sexual attraction.
ALLY	Typically a cis-gendered heterosexual person who supports the LGBTQ+ community.
AROMANTIC	People who do not feel romantic attraction to others.
BISEXUAL	People who are attracted sexually to two or more genders. Essentially, the person is attracted to the same gender as themselves and a gender different from their own.
CIS-GENDER or CIS	Someone whose gender matches the sex with which they were assigned at birth.
DEAD NAMING	Calling someone by their birth name after they have changed it. This is mostly associated with people who have transitioned.
GAY	A person who is sexually, emotionally and romantically attracted to a person of the same sex.
GENDER	Largely a cultural construct assumed from your sex.
GENDER AFFIRMING SURGERY	Surgical procedures as part of transitioning. Only one of many steps. A person can also transition without surgery.
GENDER DYSPHORIA	When a person experiences distress because there is a mismatch between their sex assigned at birth and their gender identity. It is also a formal clinical diagnosis.
GENDER EXPANSIVE	An umbrella term used for people who expand society's notion of the binary male/female.
GENDER IDENTITY	A person's inner sense of their gender, which may not match their sex assigned at birth.
HOMOPHOBIA	Prejudice, fear or dislike of gay, lesbian and bisexual people.
INTERSEX	The term used for a person who has the biological attributes of both sexes.
LESBIAN	A woman who is sexually, emotionally and romantically attracted to women.



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LESPHOBIA	Prejudice, fear or dislike of lesbians. Not commonly used, but identifies the intersectionality of lesbians compared to gay men.
LGBTQIA+	Lesbian, Gay, Bisexual, Transgender, Queer/Questioning, Intersex, Asexual/Ally plus any other gender identity, gender expression and/or sexuality that does not form part of the binary gender and heterosexuality.
NON-BINARY	Umbrella term for people who do not identify as 'man' or 'woman'.
PANSEXUAL or PAN	A person whose is attracted to all genders including agender people (no gender). Pan people tend to not take gender into account, but focus more on the other aspects of a person.
QUEER	A term used by people wanting to reject social ideas of sexual orientation and gender. It was used as a slur in the 1980s. Be careful with its use as for many people it is still a slur.
QUESTIONING	Someone who is in the process of questioning their sexual orientation, sexual identity and/or gender identity and has not yet self-defined who they are.
SEX	The biological sex with which you were assigned at birth.
THEY/THEM	Pronouns used by people who do not identify solely with 'he' or 'she'. Some non-binary people will also use 'they/him' or 'they/her'. In English we also use they/them as the singular. E.g. in talking about your manager, "I really like them. They are a good boss". Your English teacher might disagree grammatically, but it is in common usage.
TRANSGENDER	Someone whose gender does not match their gender assigned at birth.
TRANSGENDER MAN	A person who was assigned female at birth, but is living as a man.
TRANSGENDER WOMAN	Someone who was assigned male at birth, but is living as a woman.
TRANSITIONING	The steps a person takes to live as the gender with which they identify. There are multiple steps within this process.

