

# LGBTQ+ Terminology

A glossary of common terms for clear and empowered communication

|                                 |  |
|---------------------------------|--|
| <b>ACE or ASEXUAL</b>           | A person who does not experience sexual attraction to any gender.  |
| <b>ALLY</b>                     | Typically a cis-gendered heterosexual person who supports the LGBTQ+ community. Also includes allies to other categories within the LGBTQ+ community. e.g. A lesbian who is an ally to transgender people.   |
| <b>AROMANTIC</b>                | People who feel little or no romantic attraction to others.  |
| <b>BISEXUAL</b>                 | 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.   |
| <b>CIS-GENDER or CIS</b>        | When a person's gender matches the sex they were assigned at birth.  |
| <b>CIS HET</b>                  | A term used to describe people are cis-gender and heterosexual.  |
| <b>DEAD NAMING</b>              | Calling someone by their birth name after they have changed it. This is mostly associated with transgender and non-binary genders.   |
| <b>GAY</b>                      | A person who is sexually, emotionally and romantically attracted to a person of the same sex.  |
| <b>GENDER</b>                   | Largely a cultural and social construct assumed from your sex.   |
| <b>GENDER AFFIRMING SURGERY</b> | The surgical procedures carried out as part of a person transitioning. It is only one of many steps. Not everyone who transitions has surgery.   |
| <b>GENDER DYSPHORIA</b>         | When a person experiences psychological and emotional distress because there is a mismatch between the sex they were assigned at birth and their gender identity. The term is also a formal clinical diagnosis determined by medical professionals before a person receives gender affirming care. |
| <b>GENDER EXPANSIVE</b>         | An umbrella term used for people who expand society's notion of the binary male/female.  |
| <b>GENDER IDENTITY</b>          | A person's inner sense of their gender, which may not match the sex that they were assigned at birth.  |
| <b>HETERONORMATIVE</b>          | The assumption that everyone is cis-gender and heterosexual.   |
| <b>HOMOPHOBIA</b>               | Prejudice, fear or dislike of gay, lesbian and bisexual people.  |



# LGBTQ+ Terminology

|                          |   |
|--------------------------|---|
| <b>INTERSEX</b>          | The term for people who have the biological attributes of both sexes  |
| <b>LESBIAN</b>           | A woman who is sexually, emotionally and romantically attracted to women (and may include women who are not cis-gender).  |
| <b>LESPHOBIA</b>         | Prejudice, fear or dislike of lesbians. Not commonly used, but identifies the intersectionality of lesbians compared to gay men.  |
| <b>LGBTQIA+</b>          | Lesbian, Gay, Bisexual, Transgender, Queer/Questioning, Intersex, Asexual plus any other gender identity, gender expression and/or sexuality that is not cis-gender and heterosexuality.  |
| <b>NON-BINARY</b>        | Umbrella term for people who do not identify as 'man' or 'woman'.   |
| <b>PANSEXUAL or PAN</b>  | A person who 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.  |
| <b>QUEER</b>             | A term used by people who 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.  |
| <b>QUESTIONING</b>       | Someone who is in the process of questioning their sexual orientation, sexual identity and/or gender identity. They are yet to self-identify.   |
| <b>SEX</b>               | The biological sex assigned at birth, commonly based on genitalia.  |
| <b>THEY/ THEM</b>        | 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 the English language, we also use they/them as the singular. E.g. in talking about your manager, "I really like them. They are a good boss." |
| <b>TRANSGENDER</b>       | Someone whose gender does not match their gender assigned at birth. Usually, the person feels the need to make bodily changes to better align their incongruence.   |
| <b>TRANSGENDER MAN</b>   | A person who was assigned female at birth, and is living as a man.  |
| <b>TRANSGENDER WOMAN</b> | Someone who was assigned male at birth, and is living as a woman.   |
| <b>TRANSITIONING</b>     | The steps a person takes to live as the gender with which they identify. There are multiple possible steps in this process including a change of name, different haircuts, hormone therapies, and sometimes surgery.  |

