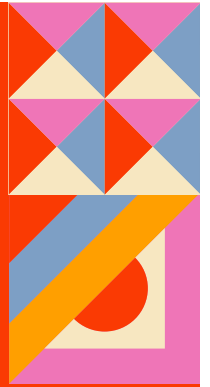


LGBTQIA+ Glossary



Want to learn more the LGBTQIA+ community and some common terms used? Check it out below!

AFAB

acronym for “assigned female at birth.”

AMAB

acronym for “assigned male at birth.”

Allosexual

someone who experiences sexual attraction to others (as opposed to asexuality)

Ally

someone supportive of the LGBTQIA+ community

Androgyny

A mode or style of expression that combines a mix of masculine and feminine characteristics. It also may lack gender-specific characteristics, such as non-gendered (unisex) or gender-neutral clothing

Aromantic (aro)

someone who desires minimal or no romantic attraction to others.

Asexual (ace)

someone who experiences minimal or no sexual attraction to others.

Bisexual

attraction to two or more genders

Butch

a gender expression that typically presents more masculine within LBT communities.

Cisgender

gender identity that typically aligns with the sex assigned at birth.

Coming Out

the revealing of one’s gender/sexual identity; a lifelong process of self-acceptance. People come to understand their own sexual orientation first, and then they may reveal it to others.

Deadnaming

calling someone by their birth name after they have changed their name

an umbrella term used to describe people who may only feel sexually

<i>Demi (sexual & romantic)</i>	<i>or romantically attracted to people with whom they have formed an emotional bond.</i>
<i>Femme</i>	<i>someone who expresses themselves in a typically feminine manner</i>
<i>Gay</i>	<i>a person who is emotionally, romantically or sexually attracted to members of the same gender. Originally used for men attracted to men, it is often used by members of the LGBTQ+ as an umbrella term.</i>
<i>Gender</i>	<i>the cultural, social, and psychological traits associated with an assigned sex.</i>
<i>Gender Identity</i>	<i>one's perception of self in regards to femininity, masculinity, and/or androgyny. Commonly presented on a spectrum.</i>
<i>Gender non-conforming</i>	<i>a broad term that refers to people who do not behave in a way that conforms to the traditional expectations of their gender, or whose gender expression does not fit neatly into a category.</i>
<i>Genderqueer</i>	<i>people who identify as "genderqueer" may see themselves as being both male and female, neither male nor female or as falling completely outside these categories.</i>
<i>Gender binary</i>	<i>a system in which gender is constructed into two strict categories of male or female. Gender identity is expected to align with the sex assigned at birth and gender expressions and roles fit traditional expectations.</i>
<i>Gender dysphoria</i>	<i>discomfort or distress experienced by an individual because there is a mismatch between their sex assigned at birth and how they perceive their gender identity</i>
<i>Gender expression</i>	<i>external appearance of one's gender identity</i>
<i>Genderfluid</i>	<i>a person who does not identify with a single fixed gender</i>
<i>Heterosexual (straight)</i>	<i>a person whose romantic, physical, and/or sexual attraction is solely limited to the opposite sex</i>

<i>Homophobia</i>	<i>the fear and hatred of or discomfort with people who are attracted to members of the same sex</i>
<i>Intersex</i>	<i>an adjective used to describe a person with one or more innate sex characteristics, including genitals, internal reproductive organs, and chromosomes, that fall outside of traditional conceptions of male or female bodies. Many intersex individuals are assigned a binary gender at birth but may not necessarily view themselves as that gender.</i>
<i>Lesbian</i>	<i>refers to a woman who has a romantic and/or sexual orientation towards women. Some non-binary people may also identify with this term. Due to cultural connotations, this term is stigmatized and may not be used by all queer-identifying women/non-binary people who exclusively date other women/non-binary people.</i>
<i>LGBT</i>	<i>the acronym for the community, standing for Lesbian, Gay, Bisexual, Transgender, and Queer/Questioning. Oftentimes, "IA+," standing for Intersex, Asexual, and all the other identities, is added to the acronym as well.</i>
<i>Nonbinary</i>	<i>an umbrella term that encompasses many different ways to understand one's gender outside the gender binary of "man" and "woman."</i>
<i>Outing</i>	<i>the revealing of someone's gender and/or sexuality without the consent of that person.</i>
<i>Pansexual</i>	<i>someone whose sexual attraction to others is not limited by gender or sexuality</i>
<i>Passing</i>	<i>if someone is regarded, at a glance, to be a cisgender man or cisgender woman.</i>
<i>Queer</i>	<i>a term people often use to express a spectrum of identities and orientations that are counter to the mainstream. Queer is often used as a catch-all to include many people, including those who do not identify as exclusively straight and/or folks who have non-binary or gender-expansive identities. This term was previously used as a slur, but has been reclaimed by many parts of the LGBTQ+ movement. It is not a universally accepted term even within the LGBTQ community, so use caution when using it outside of describing the way someone self-identifies or in a direct quote.</i>
<i>Questioning</i>	<i>people who are in the process of discovering their sexuality or gender expression.</i>
<i>Same-gender</i>	<i>a term some prefer to use instead of lesbian, gay or bisexual to express</i>

<i>loving</i>	<i>attraction to and love of people of the same gender.</i>
<i>Sex</i>	<i>the biological characteristics (genitalia, reproductive organs, chromosomes, etc.) that distinguish between male, female, or intersex</i>
<i>Sex assigned at birth</i>	<i>the sex (male, female or intersex) that a doctor or midwife uses to describe a child at birth based on their external anatomy.</i>
<i>Sexuality</i>	<i>an inherent or immutable enduring emotional, romantic or sexual attraction to other people</i>
<i>Transgender</i>	<i>an umbrella term for people whose gender identity and/or expression is different from cultural expectations based on the sex they were assigned at birth. People who are transgender may also use other terms, in addition to transgender, to describe their gender more specifically.</i>
<i>Transitioning</i>	<i>a series of processes that some transgender people may undergo in order to live more fully as their true gender. This typically includes social transition, such as changing name and pronouns, medical transition, which may include hormone therapy or gender affirming surgeries, and legal transition, which may include changing legal name and sex on government identity documents. Transgender people may choose to undergo some, all or none of these processes.</i>
<i>Two-Spirit</i>	<i>an adjective used by some Indigenous and First Nations people as an umbrella term to describe people who are not straight and/or cisgender.</i>