

LGBTQ+ Terminology

AFAB/AMAB: acronyms meaning assigned female/male at birth

Agender: a term which can be literally translated as 'without gender'. It can be seen either as a non-binary gender identity or as a statement of not having a gender identity

Ally: someone who advocates and supports a community other than their own

Aromantic: a person with a lack or low level of romantic attraction for others

Asexual: a person with a lack or low level of sexual attraction for others

Bisexual: a person who has the potential to be physically, romantically, emotionally and/or spiritually attracted to members of two or more genders

Cisgender: a term for people who identify with the sex they were assigned at birth

Cissexism: systemic prejudice in favor of cisgender people

Demigender: an umbrella term for someone who identifies partially with one gender, may be seen as demiboy or demigirl

Demisexual: a person who does not experience sexual attraction unless they form a strong emotional connection first

Gay: a person who is physically, romantically, emotionally and/or spiritually attracted to people of the same gender

Gender Affirming/Confirming Surgery: refers to surgical alteration and is only one part of some trans people's transition

Gender Dysphoria: an intense and persistent discomfort that some trans people face with the primary and secondary sex characteristics of their assigned birth sex

Gender Expansive/ Creative: refers to a wider, more flexible range of gender identities or expressions than those typically associated with the binary gender system, often used with young people

Gender Expression/Presentation: the physical manifestation of one's gender identity through clothing, hairstyle, voice, body shape, etc. that are socially defined as masculine, feminine and/or neutral

Gender Fluid: a changing or "fluid" gender identity

Gender Identity: a person's internal, deeply-felt sense of being either male, female, something other, or in between

Heteronormative: the assumption that heterosexuality is the norm

Intersex: an umbrella term used to describe a variety of combinations of chromosomes, hormones, internal sex organs and genitals that differ from the expected patterns of male or female

Lesbian: a person who is female-identified and is attracted to some other females

Non-Binary: an umbrella term that reflects gender identities that don't fit within the accepted binary of male and female, in which individuals can feel they are both genders, neither or some mixture thereof

Pansexual: a person who has the potential to be physically, romantically, emotionally and/or spiritually attracted to members of all gender identities/expressions

Queer: a reclaimed term for people of marginalized gender identities and sexual orientations who are not cisgender and/or heterosexual

Sex Assigned at Birth: the assignment and classification of people as male, female, intersex or another sex assigned at birth often based on physical anatomy

Sexual Orientation: a person's enduring physical, romantic, emotional and/or spiritual attraction to others

Transgender: an encompassing term of many gender identities who do not identify or exclusively identify with their sex assigned at birth

Transition: a person's process of developing and assuming a gender expression to match their gender identity, which could involve social, medical and legal interventions

Transphobia: systemic violence against trans people, associated with attitudes such as fear, discomfort, distrust or disdain

Two Spirit: an umbrella term indexing various indigenous gender identities in North America