



TERMINOLOGY

- **Agender** – an individual who does not identify with any gender
- **Androgynous** – identifying/presenting as neither clearly masculine nor feminine
- **Ally** – a person who is heterosexual/cisgender, but supports and affirms the LGBTQ+ community
- **Asexual** – a person who does not experience physical attraction to people of any gender
- **Bigender** – people who identify as two genders simultaneously.
- **Bisexual** – a person who is attracted to others of two different genders (i.e. attraction to men and women, women and nonbinary people, men and nonbinary people)
- **Cisgender** – individuals whose gender identity aligns with their sex assigned at birth.
- **Deadname** – a term used by some to describe when a transgender/nonbinary person is referred to by the name they were given at birth
- **Gay** – a man/masculine identifying individual who is attracted to other men; may also be used as an umbrella term within the community
- **Gender Binary** – the idea that there are exclusively two genders which are fixed, biologically based and attached to societal expectations.
- **Gender Dysphoria** – a clinical term used in psychiatry to refer to an incongruence between an individual's sex assigned at birth and their gender identity, with marked dissociation from one's physical body.



- **Gender Expansive** – a more flexible definition of gender identity/expression than is typical in the gender binary system.
- **Gender Expression** – the ways in which people externally express their gender identity to others through behavior, clothing, grooming, and movement
- **Gender Fluid** – a gender identity that can change with time and/or situation, as opposed to a fixed gender
- **Gender Identity** – a person's understanding, definition, or experience of their own gender regardless of their biological sex

Difference between gender identity and gender expression: a person's gender identity and gender expression are related, but different concepts. The two may not align, and one is not indicative of the other

- **Genderqueer** – a term used by some people who may or may not consider themselves trans, but who identify their gender to be outside the gender binary system or culturally prescribed gender roles
- **Gender Spectrum** – instead of binary, a recognition of gender as a complex aspect of self, including sex, gender expression and identity
- **Intersex** – a person who was born with a variation in their sexual or reproductive anatomy such that their body does not fit typical definitions of male or female.
- **Lesbian** – a woman/feminine identifying individual attracted to other women
- **Misgender** – a term used to describe when transgender/nonbinary people are referred to by a pronoun/other gendering language that does not match their gender identity
- **Nonbinary** – an umbrella term used to identify people whose experience of gender falls outside of explicitly male or female



- **Pansexual** – a person who is attracted to people of all other genders
- **Passing** – a term used by some to describe a transgender person who is regularly referred to by their correct pronouns and other identifying words, even by strangers
- **Queer** – an umbrella term used to identify a person who is not cisgender and heterosexual; has also been used in the past as a slur towards the community, but is now being reclaimed
- **Questioning** – a person who is not yet sure of their gender identity/sexual orientation
- **Sex Assigned at Birth** – the sex assigned to a person based on physical characteristics

AFAB/DFAB – Assigned Female at Birth/Designated Female at Birth

AMAB/DMAB – Assigned Male at Birth/Designated Male at Birth

- **Sexual Orientation** – an individual's enduring physical, emotional and romantic attraction to another person.
- **Transition** – refers to the process by which transgender/nonbinary people may make certain changes in order to affirm their gender identity; there are multiple aspects of transition, including:

Social Transition – usually the first step in a person's transition; may include changes such as name used by friends/family, gender presentation (clothing, haircut, etc.), and other, less formal changes

Legal Transition – refers to the process by which transgender/nonbinary people change their legal name and gender marker through state and/or federal institutions

Medical Transition – refers to the process by which transgender/nonbinary



people seek out medical services which alleviate aspects of their dysphoria; may include surgeries: “top” (mastectomy/breast augmentation), “bottom” (phalloplasty, metoidioplasty, vaginoplasty), or facial feminization surgeries (“FFS”); hormone therapy (hormone blockers, testosterone, or estrogen and testosterone blockers); and speech therapy

*** Transgender and nonbinary people may or may not seek out these services as they wish -- there is no “right way” to transition ***

- **Transgender** – people whose gender identity and/or expression is different from the sex they were assigned at birth.

FTM – “female to male”; a person who was assigned female at birth who identifies as male

MTF – “male to female”; a person who was assigned male at birth who identifies as female

- **Transsexual** – an outdated term which had, in the past, been used to distinguish between trans people who had undergone a form of medical transition and those who had not; no longer used widely in the community



L	G	B	T	T	Q	Q	I	A	A	P
Lesbian A woman who is primarily attracted to women.	Gay A man who is primarily attracted to men; sometimes a broad term for individuals primarily attracted to the same sex.	Bisexual An individual attracted to people of their own and opposite gender.	Trans-gender A person whose gender identity differs from their assigned sex at birth.	Transexual An out-dated term that originated in the medical and psychological communities for people who have permanently changed their gender identity through surgery and hormones.	Queer An umbrella term to be more inclusive of the many identities and variations that make up the LGBTQ+ community.	Questioning The process of exploring and discovering one's own sexual orientation, gender identity and/or gender expression.	Intersex An individual whose sexual anatomy or chromosomes do not fit with the traditional markers of "female" and "male."	Ally Typically a non-queer person who supports and advocates for the queer community; an individual within the LGBTQ+ community can be an ally for another member that identifies differently than them.	Asexual An individual who generally does not feel sexual desire or attraction to any group of people. It is not the same as celibacy and has many sub-groups.	Pansexual A person who experiences sexual, romantic, physical and/or spiritual attraction to members of all gender identities/expressions, not just people who fit into the standard gender binary.

** This list is not a complete list of all terms related to sexuality and gender.



A Quick and Easy Guide to Pronouns

Pronouns are the words we use in which to refer to someone in the third person. It is important that we are mindful of the pronouns we use and how we use them in our day-to-day. Here are some commonly used pronouns and how to use them:

Subject	Object	Possessive	Reflexive
He	Him	His	Himself

"He loves his dog and his dog loves him. He walks his dog himself."

She	Her	Her(s)	Herself
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"She loves her dog and her dog loves her. She walks her dog herself."

They	Them	Their(s)	Themselves
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"They love their dog and their dog loves them. They walk their dog themselves."

Ey ("ay")	Em ("em")	Eir ("air")	Eirself
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"Ey loves eir dog and eir dog loves em. Ey walks eir dog eirself."

Xe ("zee")	Xir ("zir") or Hir ("here")	Xir(s) or Hir(s)	Xirself or Hirself
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"Xe loves xir dog and xir dog loves xir. Xe walks xir dog xirself."

[Name]	[Name]	[Name]'s	[Name]self
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"Kai loves Kai's dog and Kai's dog loves Kai. Kai walks Kai's dog Kaiself."



Neopronouns: *a term sometimes used to describe pronouns like “ey” and “xe,” which have been introduced into the language as nonbinary identities become more affirmed and safe to express as each individual chooses*

Why do pronouns matter?

In using the correct pronouns in referring to a person, you are affirming their identity in a way in which not everyone may (especially in the case of gender identity not matching gender expression). People may use a variety of different pronouns, and we cannot guess a person’s pronouns simply by looking at them, making it important that we *ask*.

Why should I use mine?

When cis or passing trans people introduce themselves with their pronouns, they make the environment safer for those who may be outing themselves in using their pronouns. Using your pronouns also allows for the opportunity of someone who may not have shared their otherwise to know that you are an ally to them, or it may open a conversation with someone who is unfamiliar with why they should use their pronouns, too. Basically, *it makes the world a safer place for trans and nonbinary people*.

When should I use mine?

Every opportunity you get! The more frequently you use them, the easier it gets to say them in introductions at meetings, hangouts, and dates. You can also increase the visibility of your pronouns by adding them in your email signature, on identification like business cards or word ID’s, or by wearing buttons or pins sporting your pronouns

What if I mess up?

Everyone messes up-- don’t be afraid of making the mistake, or let your fear stop you from even trying. Something as small as your intention can make a huge difference in a person’s life. If you mess up, *apologize, correct the mistake, and move on*. It’s not a big deal!