

LGBTQ+ Related Glossary of Terms

*Please note this is not an exhaustive list and terms are ever evolving and are sometimes personally defined/different between individuals

General Terms:

- **LGBTQ**: An acronym for “lesbian, gay, bisexual, transgender and queer.”
- **Sex** is assigned at birth and determined usually by our external, physical bodies.
- **Gender** is an ascribed social status assigned at birth, which is congruent with the sex also assigned at birth; but may or may not be congruent with the anatomical sexual identifiers.
- **Gender Identity** One’s innermost concept of self as male, female, a blend of both or neither – how individuals perceive themselves and what they call themselves. One’s gender identity can be the same or different from their sex assigned at birth.
- This term refers to the gender with which one identifies regardless of one’s assigned sex at birth.
- **Gender Expression** External appearance of one’s gender identity, usually expressed through behavior, clothing, haircut or voice, and which may or may not conform to socially defined behaviors and characteristics typically associated with being either masculine or feminine.
- **All-Gender Pronouns**: Any of the multiple sets of pronouns which create gendered space beyond the he, him, and his/she, her, and hers binary. Sometimes referred to as gender neutral pronouns, but many prefer third gender as they do not consider themselves to have neutral genders.
- **Heterosexism**: Prejudice against individuals and groups who display non-heterosexual behaviors or identities, combined with the majority power to impose such a prejudice.
- **Homophobia-Biphobia-Transphobia**: The irrational fear or hatred of, aversion to, or discrimination against, homosexuals, bisexual, or transgender people and behavior.
- **Internalized Homophobia Biphobia Transphobia**: The experience of shame, aversion, or self-hatred in reaction to one’s own attractions or gender identity
- **Closeted (In the Closet)**: Refers to a homosexual, bisexual, queer, trans* person, or intersex person who does not or can not disclose their identity or identities to others.
- **Outing (To Be Outed)**: The process where someone discloses a person’s sexual orientation, gender identity, or intersex status without the concerned person’s permission. Directly associated with personal safety and consent.
- **Pronouns**: Grammatical element used to reference a person on the basis of gender. Includes: he/him/his; she/her/hers; they/them/their; ze/zer/zir; and others.
- **Ally**: A person who is not LGBTQ but shows support or advocates in a variety of ways.
- **Sex assigned at birth**: The sex (male or female) given to a child at birth, most often based on the child’s external anatomy. This is also referred to as “assigned sex at birth.”
- **QPOC / QTPOC**: initialisms that stand for queer people of color and queer and/or trans people of color

Sexual Orientation Terms:

- **Sexual Orientation** refers to the type of physical, emotional, and/or romantic attraction felt for others, often labeled based on the gender relationship between the individual and the people they are attracted to (often mistakenly referred to as sexual preference).
- **Heterosexual**: A person emotionally, physically, and/or sexually attracted to people of different sex or gender.
- **Lesbian**: Term used to describe female identified people attracted romantically, erotically, and/or emotionally to other female identified people.
- **Bisexual**: A person emotionally, romantically or sexually attracted to more than one sex, gender or gender identity though not necessarily simultaneously, in the same way or to the same degree.

- **Gay**: Term used to refer to homosexual / same gender loving communities as a whole, or as an individual identity label for anyone who does not identify as heterosexual.
- **Queer**: An umbrella term denoting a lack of conformity to the outside dominant societal norm in terms of one's sexuality, gender, or political ideologies in direct relation to sex, sexuality, and gender. A term people often use to express fluid identities and orientations. Often used interchangeably with "LGBTQ."
- **Pansexual**: A sexual orientation signifying a person who has potential emotional, physical, and/or sexual attraction to any sex, gender identity or gender expression
- **Asexual**: experiencing little or no sexual attraction to others and/or a lack of interest in sexual relationships/behavior. Asexuality exists on a continuum from people who experience no sexual attraction or have any desire for sex, to those who experience low levels, or sexual attraction only under specific conditions. Many of these different places on the continuum have their own identity labels (see demisexual). Sometimes abbreviated to "ace."
- **Same Gender Loving (SGL)**: A term to express an alternative sexual orientation without relying on terms and symbols of European descent. The term emerged in the early 1990's with the intention of offering Black women who love women and Black men who love men a voice, a way of identifying and being that resonated with the uniqueness of Black culture in life
- **Questioning**: A term used to describe people who are in the process of exploring their sexual orientation or gender identity.
- **Demisexual**: A term to describe a person who does not experience sexual attraction unless they form a strong emotional connection with someone.

Gender Identity Terms:

- **Transgender**: 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. Being transgender does not imply any specific sexual orientation. Therefore, transgender people may identify as straight, gay, lesbian, bisexual, etc.
- **Cisgender**: A person whose gender identity is congruent to the sex they were assigned at birth
- **Gender Fluid**: A person who does not identify with a single fixed gender; of or relating to a person having or expressing a fluid or unfixed gender identity.
- **Genderqueer**: Genderqueer people typically reject notions of static categories of gender and embrace a fluidity of gender identity and often, though not always, sexual orientation. 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.
- **Gender Non-Conforming**: A term used to refer to individuals or communities who may not identify as transgender, but who do not conform to traditional gender norms. May be used in tandem with other identities
- **Non-Binary**: An adjective describing a person who does not identify exclusively as a man or a woman. Non-binary people may identify as being both a man and a woman, somewhere in between, or as falling completely outside these categories. While many also identify as transgender, not all non-binary people do.
- **Two-Spirit**: Native American term to describe person who embodies attributes of both masculine and feminine genders, have distinct gender and social roles in their tribes, and are often involved with rituals. Their dress is usually mixture of male and female articles and they are seen as a separate or third gender.

- **Hijra:** This term is primarily used in South Asia, especially India. It describes a person who adopts a gender role that is neither male nor female.
- **Androgenous:** A person who may appear as and exhibit traits traditionally associated as both male and female, or as neither male nor female, or as in between male and female.
- **Agender (Also Non-gender):** not identifying with any gender, the feeling of having no gender.
- **Third Gender:** Term used to denote people who are not considered men or women for the purpose of social categorization or documentation; generally used for transgender and/or intersex people.
- **All-Gender:** Descriptive phrase denoting inclusiveness of all gender expressions and identities.
- **Bigender:** To identify as both genders and/or to have a tendency to move between masculine and feminine gender-typed behavior depending on context;
- **Polygender:** Identifying as more than one gender or a combination of genders.
- **Pangender:** A person whose gender identity is comprised of many gender identities and/or expressions
- **Intergender:** A person whose gender identity is between genders or a combination of genders.
- **Transfeminine:** A spectrum of identities where female identity or femininity is prominent;
- **Transmasculine:** A spectrum of identities where male identity or masculinity is prominent
- **Transandrogenous:** A gender expression that does not have a prominent masculine or feminine component
- **Intersex** children are born with chromosomal and/or reproductive differences. They may have an extra or missing chromosome, have some elements of both male and female reproductive systems, or have genitals that do not appear clearly male or clearly female at birth.

LGBTQ+ Terms in the Medical Community

- **Gender Affirming Surgery:** Surgical procedures that alter or change physical sex characteristics in order to better express a person's inner gender identity. May include removal of the breasts, augmentation of the chest, or alteration or reconstruction of genitals. Also called Gender Confirming Surgery or Sex Reassignment Surgery (SRS). Preferred term to "sex change surgery."
- **Bottom Surgery:** Term used to describe medical genital surgery for the purpose of better aligning a person's physical body to their gender identity and expression. Types include Hysterectomy, Labiaplasty, Metoidioplasty, Oophorectomy, Penectomy, Phalloplasty, Scrotoplasty and Vaginectomy
- **Top Surgery:** Term used to describe medical surgery on the chest for the purpose of better aligning a person's physical body to their gender identity and expression. May be referring to a bilateral mastectomy (removal of breasts) or breast augmentation.
- **Disorders of Sex Development (DSDs):** A medical classification for intersex people within both the medical community and some intersex communities.
- **Gender Dysphoria** is the term for the clinical symptoms of excessive discomfort, confusion, pain, and anguish from feeling an incongruity with the gender assigned to one at birth
- **Hormone Therapy:** Administration of hormones to affect the development of one's secondary sex characteristics. Sometimes referred to as "HRT."
- **Transition:** The coming out process of a trans* person; may be continual or deemed to be a set period of time or series of events; 2) To physically change one's appearance, body, self-describing language, and/or behaviors in accordance with their gender identity. May be broken down in parts; social transition (language, clothing, behavior, legal documents) and physical transition (medical care such as hormones, and/or surgery).
- **Gatekeepers (Gatekeeper System):** Refers to health providers (doctors, counselors, psychiatrists, psychologists, social workers, and related providers) who can effectively block or limit trans* people's ability to obtain transition resources such as hormones, surgery or related services needed for physical gender affirming transition.