

Glossary of LGBTQ terms

ally /“al-lie”/ – noun : a (typically straight and/or cisgender) person who supports and respects members of the LGBTQ community. We consider people to be active allies who take action in support and respect.

asexual – adj. : 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, and many of these different places on the continuum have their own identity labels. Sometimes abbreviated to “ace.”

bisexual – *adj.* : **1** a person who is emotionally, physically, and/or sexually attracted to males/men and females/women. **2** a person who is emotionally, physically, and/or sexually attracted to people of their gender and another gender . This attraction does not have to be equally split or indicate a level of interest that is the same across the genders or sexes an individual may be attracted to.

cisgender /“siss-jendur”/ – *adj.* : a person whose gender identity and biological sex assigned at birth align (e.g., man and assigned male at birth). A simple way to think about it is if a person is not transgender, they are cisgender. The word cisgender can also be shortened to “cis.”

FtM / F2M; MtF / M2F – *abbreviation* : female-to-male transgender or transsexual person; male-to-female transgender or transsexual person.

gay – *adj.* : **1** individuals who are primarily emotionally, physically, and/or sexually attracted to members of the same sex and/or gender. More commonly used when referring to men who are attracted to other men, but can be applied to women as well. **2** An umbrella term used to refer to the queer community as a whole, or as an individual identity label for anyone who does not identify as heterosexual.

gender identity – *noun* : the internal perception of an one’s gender, and how they label themselves, based on how much they align or don’t align with what they understand their options for gender to be. Common identity labels include man, woman, genderqueer, trans, and more. Often confused with biological sex, or sex assigned at birth.

heterosexual – *adj.* : a person primarily emotionally, physically, and/or sexually attracted to members of the opposite sex. Also known as straight.

homosexual – *adj. & noun* : a person primarily emotionally, physically, and/or sexually attracted to members of the same sex/gender. This [medical] term is considered stigmatizing (particularly as a noun) due to its history as a category of mental illness, and is discouraged for common use (use gay or lesbian instead).

lesbian – *noun & adj.* : women who have the capacity to be attracted romantically, erotically, and/or emotionally to some other women.

LGBTQ; GSM; DSG – *abbreviations* : shorthand or umbrella terms for all folks who have a non-normative (or queer) gender or sexuality, there are many different initialisms people prefer. LGBTQ is Lesbian Gay Bisexual Transgender and Queer and/or Questioning (sometimes people at a + at the end in an effort to be more inclusive); GSM is Gender and Sexual Minorities; DSG is Diverse Sexualities and Genders. Other options

include the initialism GLBT or LGBT and the acronym QUILTBAG (Queer [or Questioning] Undecided Intersex Lesbian Trans* Bisexual Asexual [or Allied] and Gay [or Genderqueer]).

queer – *adj.* : used as an umbrella term to describe individuals who don't identify as straight. Also used to describe people who have a non-normative gender identity, or as a political affiliation. Due to its historical use as a derogatory term, it is not embraced or used by all members of the LGBTQ community. The term "queer" can often be use interchangeably with LGBTQ (e.g., "queer folks" instead of "LGBTQ folks").

sex assigned at birth (SAAB) – *abbreviation* : a phrase used to intentionally recognize a person's assigned sex (not gender identity). Sometimes called "designated sex at birth" (DSAB) or "sex coercively assigned at birth" (SCAB), or specifically used as "assigned male at birth" (AMAB) or "assigned female at birth" (AFAB): *Jenny was assigned male at birth, but identifies as a woman.*

sexual orientation – *noun* : the type of sexual, romantic, emotional/spiritual attraction one has the capacity to feel for some others, generally labeled based on the gender relationship between the person and the people they are attracted to. Often confused with sexual preference.

sexual preference – *noun* : the types of sexual intercourse, stimulation, and gratification one likes to receive and participate in. Generally when this term is used, it is being mistakenly interchanged with "sexual orientation," creating an illusion that one has a choice (or "preference") in who they are attracted to.

straight – *adj.* : a person primarily emotionally, physically, and/or sexually attracted to people who are not their same sex/gender. A more colloquial term for the word heterosexual.

transgender – *adj.* : A person who lives as a member of a gender other than that assigned at birth based on anatomical sex.

transsexual – *noun and adj.* a person who identifies psychologically as a gender/sex other than the one to which they were assigned at birth. Transsexuals often wish to transform their bodies hormonally and surgically to match their inner sense of gender/sex.

transman; transwoman – *noun* : An identity label sometimes adopted by female-to-male transgender people or transsexuals to signify that they are men while still affirming their history as assigned female sex at birth. (sometimes referred to as transguy) **2** Identity label sometimes adopted by male-to-female transsexuals or transgender people to signify that they are women while still affirming their history as assigned male sex at birth.

ze / zir / "zee", "zerr" or "zeer" / – alternate pronouns that are gender neutral and preferred by some trans* people. They replace "he" and "she" and "his" and "hers" respectively. Alternatively some people who are not comfortable/do not embrace he/she use the plural pronoun "they/their" as a gender neutral singular pronoun.

Source: <http://thesafezoneproject.com/activity/vocabulary-extravaganza-2-0/>