



Key Definitions and Terminology

Asexual (or ace)

Someone who does not experience sexual attraction

Binary

Used to describe the genders female/male or woman/man

Biphobia

The fear or dislike of someone who identifies as bi/bisexual

Bi/Bisexual

Emotional and/or sexual orientation towards more than one gender

Cis/ Cisgender

Someone whose gender identity is the same as the sex they were assigned at birth

Gay

Refers to a man or woman who has an emotional, romantic and/or sexual orientation towards someone of the same sex

Gender Dysphoria

Anxiety and/or discomfort regarding one's sex assigned at birth

Gender Expression/Presentation

The physical manifestation of one's gender identity through clothing, hairstyle, voice, body shape, etc. (typically referred to as masculine or feminine)

Gender Fluid

A changing or "fluid" gender identity

Gender Identity

A person's innate sense of their own gender, whether male, female, neither of those, both, or other gender(s). For trans people their gender identity is not the same as, or does not sit comfortably with, the sex they were assigned at birth

Heteronormativity

The belief or assumption that all people are heterosexual, or that heterosexuality is the default or "normal" state of human being

Heterosexual

A person who has an emotional, romantic and/or sexual orientation towards people of the opposite gender

Homophobia

The fear or dislike of someone who identifies as lesbian or gay (Often used as the umbrella term for the fear or dislike of all sexual minorities)



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Intersex

A term used to describe a person who may have the biological attributes of both sexes or whose biological attributes do not fit with societal assumptions about what constitutes male or female. Intersex people may identify as male, female or non-binary.

Lesbian

Female who experiences romantic love or sexual attraction to other females

LGBT+

The acronym for lesbian, gay, bi, trans people and all other minority gender and sexual identities.

Non-binary

An umbrella term for all genders that do not fit with man/woman. Non-binary identities are varied and can include people who identify with some aspects of binary identities, while others reject them entirely.

Pansexual

A person whose emotional, romantic and/or sexual attraction towards others is not limited by biological sex, gender or gender identity

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 at birth

Sexual Orientation

A person's emotional, romantic and/or sexual attraction to another person.

Transgender/Trans

Umbrella An umbrella term to describe people whose gender is not the same as, or does not sit comfortably with, the sex they were assigned at birth. Trans people may describe themselves using one or more of a wide variety of terms, including (but not limited to) transgender, transsexual, gender-queer, gender-fluid, non-binary, gender-variant, crossdresser, genderless, agender, nongender, third gender, two-spirit, bi-gender, trans man, trans woman, trans masculine and trans feminine.

Transphobia

The fear or dislike of someone based on the fact they are trans, including the denial/refusal to accept their gender identity

Transition

A person's process of developing and assuming a gender expression to match their gender identity. Social transition (e.g. changing names, presentation, documentation etc.) and/or medical transition (hormones and/or surgeries)