



LGBTQ Terminology

Definition

Term

1. Ally
_ (1)A term used to describe individual who are primarily emotionally, physically, and/or sexually attracted to members of the same sex and/or gender. More commonly used when referring to males/ men-identified people who are attracted to males/ men- identified people, but can be applied to females/ woman-identified people 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.
2. Asexual
_ A (typically straight-or cis-identified) person who supports, and respects members of the LGBTQ community.
3. Bisexual
_ Describes a gender expression that differs from a given society's norms for males and females. Other terms include "gender variant" or "gender diverse".
4. Cisgender
_ A sexual orientation that describes a person who is emotionally and sexually attracted to people of their own gender and people of other genders.
5. Coming Out
_ An idea created by society (A.K.A a social construct) that tells us what certain genders are "supposed" to be like, based on a group of emotional, behavioral and cultural characteristics (like how we express our feelings or how we dress).
6. Cultural Competence
_ Describes a person who experiences little or no sexual attraction to others. This is not celibacy. Is often viewed as a spectrum-meaning there are varying levels and identities regarding someone's emotional, spiritual and romantic attraction. The best way to refer to this person in the community is to use the umbrella term "ace" or "aces" in the "ace community", which acknowledges that spectrum.
7. Gay
8. Gender
9. Gender Expression
10. Gender Identity
11. Gender Non-Conforming (GNC)



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_ The internal perception of 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.

_ The ability to know one's culture and to interact effectively with people of different cultures.

_ This term describes the ways (e.g feminine, masculine, androgynous) in which a person communicates their gender to the world through their clothing, speech, behavior, etc. This is fluid and is separate from assigned sex at birth.

_ The process by which one accepts and/ or comes to identify one's own sexual orientation or gender identity. Also the process by which one shares one's sexual orientation or gender identity with others.

_ A person whose gender identity and assigned sex at birth correspond (i.e a person who is not transgender).



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12. Homophobia
- _ (1) An umbrella term covering a range of identities that transgress socially defined gender norms. (2) A person who lives as a member of a gender other than that expected based on sex assigned at birth.
- _ An umbrella term for a range of negative attitudes (e.g fear, anger, intolerance, resentment, erasure, or discomfort) that one may have towards members of the LGBTQ community. The term can also connote a fear, disgust or dislike of being perceived as LGBTQ.
13. Intersex
14. Lesbian
- _ Chronic stress faced by members of stigmatized minority groups. This is caused by external, objective events and conditions, expectations of such events, the internalization of social attitudes, and/or concealment of one's sexual orientation.
15. Minority Stress
- _ An umbrella term used by some to describe people who think of their sexual orientation or gender identity as outside of societal norms. Some people view this term as more fluid and inclusive than traditional categories for sexual orientation and gender identity. Due to its history as a derogatory term, this term is not embraced or used by all members of the LGBT Community.
16. Pansexual
- _ Group of rare conditions where the reproductive organs and genitals do not develop as expected. Some prefer to use the term disorders (or differences) or sex development. This term is also used as an identity term by some community members and advocacy groups.
17. Polyamory/Polyamorous
- _ The type of sexual, romantic, emotional/spiritual attraction one feels for others, often labeled based on the gender relationships between the person and the people they are attracted to.
18. Queer
19. Questioning
20. Sexual Orientation
21. Trans*/ Transgender



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_ A sexual orientation that describes a person who is emotionally and sexually attracted to people of all gender identities.

_ A sexual orientation that describes a woman who is emotionally and sexually attracted to other woman.

_ Describes an individual who is unsure about or is exploring their own sexual orientation and/or gender identity.

_ Refers to the practice of, desire to, or orientation towards having ethically, honest, consensually non-monogamous relationships (i.e relationships that may include multiple partners). This may include open relationships, polyfidelity (which involves more than two people being in romantic and/or sexual relationship which is not open to additional partners), amongst many other set ups. Some have a "primary" relationship or relations(s) and then "secondary" relations(s) which may indicate different allocations of resources, time, or priority.