LBGTQ+ Glossary of Terms

1. **Ally-** A person who is not LGBTQ+ but shows support for LGBTQ+ people and promotes equality in a variety of ways.

2. **Androgynous-** Identifying and/or presenting as neither distinguishably masculine nor feminine.

3. **Asexual-** The lack of a sexual attraction or desire for other people.

4. **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.

6. **Cisgender-** A term used to describe a person whose gender identity aligns with those typically associated with the sex assigned to them at birth. Also known as Gender Binary.

7. **Closeted-** Describes an LGBTQ+ person who has not disclosed their sexual orientation or gender identity.

8. **Coming out-** The process in which a person first acknowledges, accepts and appreciates his or her sexual orientation or gender identity and begins to share that with others.

9. **Gay-** A person who is emotionally, romantically or sexually attracted to members of the same gender. Often used to describe men.

10. **Gender-expansive-** Conveys a wider, more flexible range of gender identity and/or expression than typically associated with the binary gender system.

11. **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.

12. **Gender-fluid-** (AKA gender non-binary) 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.

13. **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.

14. **Gender non-conforming-** A broad term referring to people who do not behave in a way that conforms to the traditional expectations of their gender, or whose gender expression does not fit neatly into a category. This term is not often used anymore due to the negative connotation of non-conforming.

15. **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.

16. **Gender transition-** The process by which some people strive to more closely align their internal knowledge of gender with its outward appearance. Some

people socially transition, whereby they might begin dressing, using names and pronouns and/or be socially recognized as another gender. Others undergo physical transitions in which they modify their bodies through medical interventions. There is no set timeline or list of activities or events.

17. **Intersex-** People who are born with any of several variations in sex characteristics including chromosomes, gonads, sex hormones, or genitals that, according to the UN Office of the High Commissioner for Human Rights, "do not fit the typical **definitions** for male or female bodies".

18. **Lesbian-** A woman who is emotionally, romantically or sexually attracted to other women.

19. **LGBTQ2S-** An acronym for "lesbian, gay, bisexual, transgender, queer and Two Spirit." There is sometime a + added to this acronym to indicate that someone may fall elsewhere on the continuum.

20. **Living openly or To be out-** A state in which LGBTQ+ people are comfortably out about their sexual orientation or gender identity – where and when it feels appropriate to them.

21. **Outing Someone-** Exposing someone's lesbian, gay, bisexual, transgender or other identity to others without their permission. Outing someone can have serious repercussions on employment, economic stability, personal safety or religious or family situations.

22. **Pansexual-** Not limited in sexual choice with regard to biological sex, gender or gender identity.

23. **Polyamorous-** The practice of, or desire for, intimate relationships with more than one partner, with the knowledge of all partners involved. Also described as "consensual, ethical, and responsible non-monogamy."

24. **Queer-** A term people often use to express fluid identities and orientations. Often used interchangeably with "LGBTQ2S+."

25. **Questioning-** A term used to describe people who are in the process of exploring their sexual orientation or gender identity.

26. **Sexual orientation-** An inherent or immutable enduring emotional, romantic or sexual attraction to other people.

27. **SOGIE-** Acronym for Sexual Orientation, Gender Identity, Gender Expression.

28. **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.

29. **Two-Spirit-** (also **two spirit** or, occasionally, two spirited) is a modern, pan-Indian, umbrella term used by some indigenous North Americans to describe certain people in their communities who fulfill a traditional third-gender (or other gender-variant) role in their cultures.