**LGBT+ Terminology**

**Please keep in mind that these are generalised definitions, certain people may have slightly different definitions depending on what they feel is right for them. Please just be kind.**

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| **Agender** | Describes a person who identifies as having no gender. |
| **Ally** | A person who supports and stands up for the rights of LGBT+ people. |
| **Androgynous** | A person who has both masculine and feminine characteristics, which sometimes means you can't easily distinguish that person's gender. It can also refer to someone who appears female, but who adopts a style that is generally considered masculine. |
| **Aromantic** | Describes a person who experiences little to no romantic attraction to others. |
| **Asexual** | Describes a person who experiences little to no sexual attraction to others. |
| **Bigender** | Describes someone whose gender identity is either a combination of two genders, or is in flux between the two. |
| **Binding**  | The process of wrapping the chest in order for it to appear flat. Usually with a specially designed undergarment (a binder) as this is the safest method. **DO NOT BIND FOR MORE THAN 8 HOURS OR OVERNIGHT.** |
| **Biphobia**  | The fear of, discrimination against or hatred of bisexual people or those perceived as such. |
| **Bisexual** | A sexual orientation that describes a person who is attracted to two or more genders. |
| **Cisgender** | A person whose gender identity aligns with the gender they were assigned at birth. |
| **Coming out** | When a person accepts/ labels their identity for the first time (they are coming out to themselves) or when they share it with others (they are coming out to others). |
| **Deadnaming** | Saying the name that a transgender person was given at birth but no longer uses.  |
| **Demiboy** | Describes a person who identifies with both **Male** and **Nonbinary**. They do not necessarily identify with both equally but always identify with both and only Male and nonbinary. |
| **Demigirl** | Describes a person who identifies with both **Female** and **Nonbinary**. They do not necessarily identify with both equally but always identify with both and only Male and nonbinary. |
| **Demisexual** | Describes a person who only feels sexually attracted to someone when they have an emotional bond with the person. |
| **Drag** | The performance of one or more genders theatrically. (Drag queens/kings) |
| **Gay** | Describes a person attracted to people of their own gender. |
| **Gender Dysphoria** | Distress experience by some individuals whose gender identity does not corresponding with their assigned sex at birth. |
| **Gender Euphoria** | A euphoric or happy feeling felt by someone when referred to as their "true" gender.  |
| **Gender Expression** | The way a person acts, dresses, speaks and behaves (i.e, feminine, masculine, androgynous). **Gender expression does not necessarily correspond with gender identity.** |
| **Gender Fluid** | Describes a person whose gender identity is not fixed, can flux from one to another, can be a mixture of multiple etc.. |
| **Gender Identity** | A person’s internal sense of being a man/male, woman/female, both, neither or another gender. |
| **Gender Non-conforming** | Describes a gender expression that differs from a given society’s norms for men and women. |
| **Genderqueer** | Describes a person whose gender identity falls outside the traditional gender binary. |
| **Heteronormativity** | The assumption that everyone is heterosexual, and that heterosexuality is superior to all others. |
| **Homophobia** | The fear of, discrimination against, or hatred of lesbian or gay people and those perceived as such |
| **Intersex** | Intersex refers to a difference in chromosomal, genital or hormonal development/presentation, that exists at birth but may not manifest until a later time, such as during adolescence.  |
| **Lesbian** | A non-man attracted to non-men. |
| **Misgendering** | Referring to someone in a way that does not correctly reflect their gender identity, typically by using incorrect pronouns. |
| **Non-Binary**  | A broadly-encompassing [gender identity](https://www.queerundefined.com/search/gender%20identity), which means that one isn’t exclusively male or female. Examples of nonbinary genders include [agender](https://www.queerundefined.com/search/agender), [demigirl](https://www.queerundefined.com/search/demigirl), and simply nonbinary. |
| **Outing** | Involuntary or unwanted disclosure of another person’s sexual identity or gender identity. |
| **Pangender** | Describes a person whose gender identity comprises many genders. |
| **Pansexual** | Describes someone who experiences attraction to another person regardless of their gender. |
| **Passing**  | Passing is the word for [trans](https://www.queerundefined.com/search/trans) people to describe when they are seen as the gender they identify as.  |
| **Polymorous** | Describes a person who has or is open to having more than one romantic or sexual relationship at a time, with the knowledge and consent of all their partners.  |
| **Pronouns** | A word used instead of a noun often to refer to a person without using their name. Pronouns can signal a person's gender. Some of the most commonly used pronouns are she/her, he/him and they/them. |
| **QPOC** | An acronym that stands for Queer Person of Colour or Queer People of Colour. |
| **Queer** | 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 the term queer as more fluid and inclusive than traditional categories for sexual orientation and gender identity. Due to its history as a derogatory term, the term queer is not embraced or used by all members of the LGBT community. |
| **Questioning**  | Describes a person who is unsure about or is exploring their sexual orientation and/or their gender identity. |
| **Sexual Orientation** | How a person describes their emotional and sexual attraction to others. |
| **Transition** | For transgender people, this refers to the process of coming to recognize, accept, and express one’s gender identity. Most often, this refers to the period when a person makes social, legal, and/or medical changes, such as changing their clothing, name, sex designation, and using medical interventions. **No two transitions are the same.** |
| **Transfeminine** | To describe a trans person assigned male at birth on the feminine end of the gender spectrum but does not always identify as entirely female. |
| **Transgender (Trans)**  | Describes a person whose gender identity and assigned sex at birth do not correspond. Also used as an umbrella term to include gender identities outside of male and female.  |
| **Trans man (FtM)** | A transgender person who was assigned female at birth who identifies as a man.  |
| **Transmasculine**  | To describe a trans person who was assigned female at birth but identifies with the masculine end of the spectrum. Does not always entirely identify as a man.  |
| **Transphobia** | The fear of, descrimination against, or hatred of transgender or gender non-conforming people or those who are percieved as such. |
| **Trans Woman (MtF)** | A trans person assigned male at birth who identifies as a woman |
| **Tucking** | The process of hiding the crotch safely done with specifically designed undergarments. **Take breaks when tucking.** |