



## LGBT+ Glossary

**Ally** – A person who supports LGBT+ people. Anyone can be an ally. Typically, heterosexual and cisgender people are thought of as allies, but really anyone can be an ally. I am gay but I am an ally of lesbians, bisexual people, trans people, and everyone else under the rainbow umbrella.

**Androgynous** – A term used to describe an individual whose gender expression and/or identity may be neither distinctly 'male' or 'female', usually based on appearance.

**Asexual** – Someone who does not experience sexual attraction.

**Binding** – When someone flattens their chest to give the appearance of a male torso.

**Biphobia** – The fear or dislike of someone who identifies as bisexual.

**Bisexual/Bi** – Someone who is attracted to more than one gender.

**Cisgender/Cis** – Someone whose gender identity is the same as the sex they were assigned at birth. Non-trans is also used by some people.

**Coming out** – When a person tells someone else about their identity.

**Deadnaming** – This is calling someone by their birth name when they have a new, chosen name. Deadnaming can be extremely traumatic, particularly for trans people.

**Disclosure** – Revealing your sexual orientation or gender identity to someone.

**Drag Queen** – Typically a man who outrageously dresses up in women's clothes and imitates a woman in an exaggerated, performance-based manner. Some drag queens are female and some are trans, genderfluid or non-binary. Being a drag queen is not exclusive to men.

**Drag King** – Typically a woman who outrageously dresses in men's clothes and imitates a man in an exaggerated, performance-based manner. As with Drag Queens, anyone can be a Drag King.

**FTM** – An abbreviation of female to male.

**Gay** – Someone who is attracted to people of the same sex. It typically applied to men but there are lesbian women who identify as gay women.

**Gender** – This is often expressed in terms of masculinity and femininity. Gender is largely culturally determined and is assumed from the sex assigned at birth.

**Gender dysphoria** – This is when a person experiences discomfort or distress because there is a mismatch between their sex assigned at birth and their gender identity. This is also a clinical diagnosis for someone who does not feel comfortable with the gender they were assigned at birth.

**Gender expression** – This is how a person chooses to outwardly express their gender, within the context of societal expectations of gender. A person who does not conform to societal expectations of gender may not, however, identify as trans.

**Genderfluid** – This is when a person does not have a fixed gender. A genderfluid person may feel a mix of both male and female, or feel more male sometimes and more female at other times.

**Gender identity** – This is a person's innate sense of their own gender, whether male, female, neither, both, or any other gender identity.

**Genderqueer** – This is when a person does not subscribe to the conventional gender distinctions but identifies with neither, both or a combination of male and female genders.

**Gender reassignment** – This is a way of describing a person's transition. To undergo gender reassignment usually means to undergo some form of medical intervention. It can also mean changing names, changing pronouns, dressing differently and living in their self-identified gender. Gender reassignment is a protected characteristic in the UK under the Equality Act 2010.

**Gender recognition certificate (GRC)** – This enables trans people to be legally recognized in their affirmed gender and to be issued with a new birth certificate. Not all trans people apply for a GRC and you currently have to be over 18 in the UK to apply. You do not need a GRC to change your gender markers on other documents, such as a passport.

**Gender identity clinic (GIC)** – A service that provides specialist medical care for trans people.

**Gender, sexual and relationship diversity (GSRD)** – This is an alternative to the LGBT+ acronym and its variants. It is viewed as being more inclusive and all encompassing. It is used in some therapeutic circles but is not well known or used in LGBT+ communities.

**Heterosexual (straight)** – Someone who is attracted to people of the opposite sex.

**Homophobia** – The fear or dislike of someone based on prejudice, negative attitudes, beliefs or views about lesbian and gay people.

**Homosexual** – This is considered more of a medical term to describe someone who is attracted to people of the same sex. It is seen as an outdated term.

**Intersex** – This is 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** – A woman who is attracted to other women.

**LGBT+** - An acronym that stands for lesbian, gay, bisexual, and trans. The '+' covers all of the other diverse sexual orientations and gender identities.

**Misgender** – To presume someone's gender identity incorrectly.

**MTF** – An abbreviation of male to female.

**Non-binary** – An umbrella term for a person who does not identify as only male or female, or who identifies as both or neither.

**Oestrogen** – The female sex hormone often prescribed to trans women who wish to undergo medical transition.

**Outed** – When an LGBT+ person's identity is disclosed to someone else without their consent.

**Packing** – When someone wears a bought or homemade device to give the external appearance of male genitalia.

**Pansexual** – This is someone who is attracted to other people in a way that is not based on sex, gender or gender identity.

**Passing** – When a trans person is regarded, at a glance, as being a cisgender man or woman.

**Pronoun** – Words used to refer to a person in conversation. For example, he/him, she/her, they/them.

**Queer** – A derogatory term, but also a word that has been reclaimed and is being used as an empowering term. A queer person is someone who does not identify with traditional categories around sexual orientation and gender identity. It is also used as an umbrella term instead of LGBT+ or one of the other acronyms.

**Questioning** – The process of exploring your sexual orientation and/or gender identity.

**Sex** – This is assigned at birth on the basis of primary sex characteristics (genitalia) and reproductive functions.

**Sexual orientation** – A person's attraction to another person.

**Stealth** – Passing as cisgender without revealing your trans identity.

**Testosterone** – The male sex hormone that is often prescribed to trans men who wish to undergo medical transition.

**Top surgery** – A term used by trans people to refer to surgical procedures to give them a male or female appearing chest.

**Trans** – This is an umbrella term for anyone whose gender identity does not match, align or sit comfortably with their sex assigned at birth. There are a variety of terms under the trans umbrella, including transgender, genderqueer, genderfluid, non-binary, gender variant, crossdresser, genderless, agender, bigender, non-gender, third gender, two spirit, trans man, trans woman, trans masculine, trans feminine, and neutrois.

**Transgender** – A term used to describe someone who is assigned a sex at birth but identifies and lives as another gender.

**Transgender man (trans man)** – Someone is assigned female at birth but identifies and lives as a man.

**Transgender woman (trans woman)** – Someone is assigned male at birth but identifies and lives as a woman.

**Transitioning** – The steps that a trans person may take to live as the gender with which they identify. Each person's transition will involve different things. For some people, it involves medical intervention such as hormone therapy and surgery. However, not all trans people want or are able to access that. Transitioning may also involve telling friends and family, dressing differently, changing name and official documents.

**Transphobia** – The fear or dislike of someone because they are trans.

**Transsexual** – This is a medicalised and outdated term to refer to someone who has transitioned to live in the opposite gender to the sex assigned at birth. It's better to say trans or transgender instead.

**Transvestite (crossdresser)** – A person, typically a man, who derives pleasure from dressing in clothes primarily associated with the opposite sex. This is not the same as being transgender.