

LGBTQIA+ TERM & DEFINITION QUICK GUIDE

This guide is an introduction to inclusive language that you will find within the LGBTQ+ community. Please note, this guide is not complete and the language is always evolving. The best way to understand language is to ask individuals what a term means to them.

SEXUAL ORIENTATION

HETEROSEXUAL

Sexual attraction to an individual of a different gender identity.

HOMOSEXUAL

Sexual attraction to an individual of the same gender identity.

ASEXUAL

The lack of a sexual attraction or desire for other people - not necessarily the lack of romantic desire.

AROMANTIC

The lack of romantic attraction or desire for other people - not necessarily the lack of sexual desire.

BISEXUAL/PANSEXUAL

The potential for sexual attraction to people of any gender identity or expression.

IDENTIFIERS

SEXUAL ORIENTATION

Someone's emotional, romantic or sexual attraction to other people. Someone's sexual orientation can change overtime or remain the same throughout their lives.

GENDER IDENTITY

A person's internal sense of their gender. Gender can be congruent with sex assigned at birth, incongruent with sex assigned at birth or neither.

GENDER EXPRESSION

Physical expression of one's gender through clothing, hairstyle, voice, makeup, body shape, etc.

GENDER IDENTITY

TRANSGENDER

An umbrella term for people whose gender identity differs from what is associated with the sex they were assigned at birth.

NONBINARY

Those whose gender identity goes beyond the categories of man and woman.

CISGENDER

Used to describe people who are not transgender or nonbinary.

GENDER DYSPHORIA

Dissonance between gender, body, and personal sense of self.

AMAB/AFAB

Acronyms that mean assigned female at birth or assigned male at birth.