

The background features a gradient from red at the top to dark blue at the bottom, overlaid with a starry space pattern. On the left side, there are several technical diagrams, including a large circular scale with numerical markings from 140 to 260, and various circular arrows and dashed lines representing motion or cycles.

THE ABCS OF LGBTQ+ COMMUNITY

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COMMON TERMS FOR THE COMMUNITY AS A WHOLE

- LGBTQ+ (Lesbian, Gay, Bisexual, Queer)
- LGBTQIA+ (Lesbian, Gay, Bisexual, Queer, Intersex, Asexual,) the plus sign is there to recognize the limitless sexual orientations and gender identities
- Alphabet Mafia
- Queer community- This was previously used as a slur towards the LGBTQ+ community. It is now being used by people in the community as a way to reclaim the word. If you are not part of the community I would refrain from using this word and use one of the 3 above mentioned.

GLOSSARY OF TERMS

- Ally- a term used to describe someone who actively supports the LGBTQ+ community. To identify as an ally means that you actively stand up for people within the community.
- AFAB- assigned female at birth
- AMAB- assigned male at birth
- Asexual- (“Ace” for short) refers to a person who has a complete or partial lack of sexual attraction or lack of interest in sexual
- Bisexual- a person who is emotionally, romantically, or sexually attracted to more than one sex, gender or gender identify. Sometimes used interchangeably with pansexual
- Cisgender- a term to describe a person whose gender identify aligns with their sex assigned at birth
- Gay- a person who is emotionally, romantically, or sexually attracted to members of the same gender
- Gender binary- a system in which gender is constructed into two strict categories of male or female. Gender identity is expected to align with sex assigned at birth and gender expressions and roles fit traditional expectations

GLOSSARY OF TERMS 2

- Gender Dysphoria- Clinically significant distress caused when a person's assigned birth gender is not the same as the one with which they identify
- Gender expression- external appearance of one's gender identify, usually expressed through behavior, clothing, body characteristics, or voice, which may or may not conform to socially defined behaviors and characteristics typically associated with being either masculine or feminine
- Gender-fluid- a person who does not identify with a single fixed gender or has a fluid or unfixed gender identify
- Gender identify- what gender the person perceives themselves as and what they call themselves. A person's gender identity can be the same or different from their sex assigned at birth. (this is not a sexual orientation)
- Gender non-conforming- a 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.

GLOSSARY OF TERMS 3

- Genderqueer- a person who does not subscribe to conventional gender distinctions but identifies with neither, both, or a combination of male and female genders.
- Intersex- A person born with a variety of differences in their sex traits and reproductive anatomy.
- Lesbian- a female identifying person who is emotionally, romantically, or sexually attracted to other women
- Non-binary- a person who does not identify as a man or a women. Please ask what pronouns they would prefer to go by.
- Pansexual- someone who has the potential for emotional, romantic, or sexual attraction to people of any gender. Sometimes used interchangeably with bisexual.
- Queer- a term used to identify a person or persons that are part of the LGBTQ+ community.
- Questioning- a term used to describe people who are in the process of exploring their sexual orientation or gender identity

GLOSSARY OF TERMS 4

- Sex assigned at birth- the sex, male, female, or intersex, that a doctor or midwife uses to describe a child at birth based on their external anatomy
- Sexual orientation- a person's identity in relation to the gender or genders they are sexually attracted to; not to be confused with gender identity
- Transgender- an umbrella term for people whose gender identity and/or expression is different from cultural expectations based on the gender they were assigned at birth. Transgender does not imply a specific sexual orientation.
- Transitioning- the process a person undergoes to live more fully as their true gender. This can include social changes such as name and pronouns, medical transitions (hormone therapy or gender affirming surgeries), and legal transition.

DISCLAIMER

- I am part of the LGBTQ+ community but I can not speak for everyone and their preferences. The following are terms that are commonly used in the community. Language is fluid and every changing.
- If in doubt, please respectfully ask the specific individual what terms they identify with. If you make a mistake, apologize and move on.
- Practice introducing yourself with your pronouns to show give other people the space to feel comfortable to express their pronouns.
- Just because a person “looks” feminine or masculine does not mean they identify with a specific gender.
- Practice using they/them pronouns for people until you know their specific pronouns

SOURCES

- <https://www.hrc.org/resources/glossary-of-terms>
- <https://queerintheworld.com/what-is-genderfluid-vs-genderqueer/>
- Myself and my experience in the queer community 😊