

GLOSSARY

ALLY

A person who fights for and supports others in their fight for equality, despite not necessarily being affected themselves e.g. a straight and/or cisgender person who believes in and fights for equality for LGBT people.

ASEXUAL

A person of any gender or sexual orientation who does not experience sexual attraction.

AROMANTIC

A person of any gender or sexual orientation who does not experience romantic attraction.

BIPHOBIA

Discrimination against and/or fear or dislike of bisexual people (including those perceived to be bisexual) or bisexuality. Includes the perpetuation of negative myths and stereotypes through jokes and/or through personal thoughts about bisexual people.

BISEXUAL

Refers to a person of any gender who experiences romantic and/or sexual attraction to people of more than one gender.

CIS / CISGENDER

A person whose gender aligns with the sex they were assigned at birth. e.g. a person who was assigned female at birth and who identifies as a woman.

CROSS-DRESSER

A person who dresses in clothes normally associated with another gender. People cross-dress either privately or publically. Many cross-dressers do not identify as trans, and many find the term transvestite (sometimes used as an alternative) offensive.

GAY

Refers to a man who experiences romantic and/or sexual attraction to other men. Often 'gay' is used by women who are attracted to women too.

GENDER

Often expressed in terms of masculinity and femininity, gender is largely culturally determined, based on the sex assigned at birth.

GENDER BINARY

The idea that there are only two genders - male and female. This is inaccurate and excludes other gender identities.

GENDER EXPRESSION

Refers to how a person outwardly presents their gender. For example, through what they wear, how they speak or how they act.

GENDER IDENTITY

A person's deeply held, internal sense of their own gender i.e. how they feel inside about their gender and who they are. They may identify as a man, a woman, both, neither or in another way. For trans people, their sense of who they are does not match the sex that they were assigned at birth.

GENDER FLUID

A person whose gender is not static and changes throughout their life. This could be on a daily / weekly / monthly basis and will be different for everyone.

GENDER QUEER

A person whose gender identity is neither male or female, is between or beyond genders, or is a combination of genders.

HETEROSEXUAL / STRAIGHT

A person who is attracted to people of a different gender to their own e.g. a man who is attracted to women.

HETEROSEXISM / HETERONORMATIVITY

The assumption that everyone is heterosexual, and that heterosexuality is superior. An emphasis on heterosexual being 'the norm' and a valued position in society. The media often reinforces heteronormativity through images used or the way characters are portrayed.

HOMOPHOBIA

Discrimination against and/or fear or dislike of lesbian and gay people (including those perceived to be gay or lesbian) and homosexuality. This includes the perpetuation of negative myths and stereotypes through jokes and/or through personal thoughts about lesbian and gay people.

INTERSEX

A person is assigned intersex, often at birth, when their sex characteristics don't align with medical definitions of *male* or *female*. The external and internal body as well as chromosomes and hormones can all be factors when assigning someone as intersex.

LESBIAN

A woman who experiences romantic and/or sexual attraction to other women.

LGBT/ LGBTQ/LGBTQIA

An acronym for lesbian, gay, bisexual, transgender and questioning or queer. There is also sometimes an A for asexual and/or an I for intersex.

NON-BINARY

An umbrella term for people whose gender identity does not fit into the gender binary of male or female. A non-binary person might consider themselves to be neither male nor female, both, or sometimes male and sometimes female.

OUT / COMING OUT

LGBT people living openly and telling people about their sexual orientation and/or gender identity. This is a process; it is not something that just happens on one occasion. Some people will be out in some places and to some people but not others.

PANSEXUAL

A person of any gender who experiences romantic and/or sexual attraction to people regardless of their gender identity.

PRONOUNS

Words used to refer to someone when not using their name e.g. he, she, his, hers, they it. They usually suggest a person's gender. Pronouns are important to everyone for this reason. Some people prefer pronouns that don't indicate their gender (also known as gender neutral pronouns) e.g. they, them, theirs / xe, xem, xyrs, ze, zir

QUEER

In the past a derogatory term for LGBT people, now reclaimed particularly by LGBT people who don't identify with traditional categories or who challenge stereotypes around gender identity and sexual orientation e.g. through lifestyle, politics or appearance. However, some people still use this word as an insult or to offend.

QUESTIONING

A word used to describe people who are unsure or exploring their sexual orientation or gender identity.

SEX ASSIGNED AT BIRTH

People are assigned a sex at birth, based on sex characteristics (genitalia). A person may be assigned *male*, *female* or *intersex*. This does not necessarily reflect how a person will identify or feel about themselves.

SEXUAL ORIENTATION

A word to describe who a person is romantically and/or sexually attracted to, commonly based on gender. Sometimes the word *sexuality* is used instead.

TRANS

An umbrella term to describe people gender is not the same as, or does not sit comfortably with, the sex they were assigned at birth. Trans people may describe themselves using one or more of a wide variety of terms – including (but not limited to) transgender, transsexual, gender-queer, gender-fluid, non-binary, gender variant, cross-dresser, genderless, agender, transman, transwoman, trans masculine, trans feminine and neutrois.

TRANSITION

The process or steps a trans person may take to live in the gender with which they identify. Each person's transition will involve different things. For some this involves medical intervention, such as hormone therapy and surgeries, but not all trans people want or are able to have this. Transitioning might involve things such as telling friends and family, dressing differently or changing official documents.

TRANSPHOBIA

Discrimination against and/or fear or dislike of trans people (including those perceived to be trans). This includes the perpetuation of negative myths and stereotypes through jokes and/or through personal thoughts.

TRANSSEXUAL

An older term still preferred by some people who have transitioned to live as a different gender than the sex society assigned them at birth. Many trans people do not identify with this word and prefer the word transgender.