



Trans* Terminology

Ally: A cisgender person who supports and celebrates trans* identities, challenges transphobic remarks and actions of others, and willingly explores these biases within themselves.

Bisexual – A person who is attracted to both men and women

Cisgender – when one's sex, gender expression, and gender identities are all in alignment

FTM or transman – when one is born female and transitions to become a man

Gender Confirming Surgery (GCS)/ Sex Reassignment Surgery (SRS)/ Gender Affirming Surgery: Inclusive of a broad range of surgical procedures transgender people may undergo to create physical characteristics that are in line with one's gender identity; referred to pejoratively as a "sex-change."

Gender Dysphoria: The word dysphoria means "a state of feeling unhappy, or experiencing emotional or mental discomfort." Gender dysphoria occurs when there is a 'disconnect' on some level with all or some gendered aspects of a transgender person's body, or in response to social misgendering.

Gender expression – social role and presentation; whether one looks and behaves according to cultural norms for women or men

Gender identity – the gender one feels oneself to be; and gender identity is not visible to others. Both cisgender and transgender people have a gender identity

Gender-inclusive Pronouns/ Gender Neutral: Pronouns used to avoid gender binary-based words (e.g. she/her, he/him) or making assumptions about people's gender; for example, ze/hir or they/them.

Heterosexual – when someone is attracted to a person of the opposite sex

Homosexual – when someone is attracted to a person of the same sex; a term not used anymore

Intersex – a person who is born with some male, and some female sex organs

MTF or transwoman – when one is born a male and transitions to become a woman

“Passing”: Integrating successfully in social settings as one’s experienced gender without question or incident by others. Is seen by some as a negative term as it implies that one is “pretending” to be something they are not, or are, to some extent, “fooling people.”

Nonetheless, those who are not questioned about their gender identity generally have an advantage over those who are. Intervention at the onset of puberty can have a tremendously positive effect on a transgender person’s ability to integrate and their quality of life.

Physical transition – when one has gender reassignment surgery

Sex – biological sex determined by which reproductive organs one has

Sex Marker: Legal designation of sex (usually male or female) on official documents, such as government issued identification and birth certificates. Sometimes, called “gender marker”.

Sexual orientation – refers to the sex of the person to whom one is romantically/sexually attracted, relative to one’s own sex.

SOC- Standards of Care health manual for all Trans* people (can be downloaded from WPATH.ORG)

Social transition – when one dresses and identifies as the sex with which they identify

“Stealth”: A slang term within transgender culture for someone who has made a conscious decision to not reveal or share their transgender history with others.

Transgender – any individual whose gender identity is not the one usually associated with their biological sex

Transsexual – a transgender person who has had reassignment surgery

Transition – when one dresses and identifies as the sex with which they identify

WPATH.org – World Professional Association of Transgender Health

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