



LGBTQ TERMINOLOGY

The power of language to shape our perceptions of other people is immense. Precise use of terms in regard to gender and sexual orientation can have a significant impact on demystifying many of the misperceptions associated with these concepts. However, the vocabulary of both continues to evolve, and there is not universal agreement about the definitions of many terms. Nonetheless, here are some working definitions and examples of frequently used (and misused) terms which we offer as a starting point for dialogue and understanding.

Affirmed Gender: The gender by which one wishes to be known. This term is often used to replace terms like "new gender" or "chosen gender," which imply that the current gender was not always a person's gender or that the gender was chosen rather than simply in existence.

Agender: A person who does not identify with any gender.

Ally: A term used to describe someone who does not identify as LGBTQ but who is supportive of LGBTQ individuals and the community, either personally or as an advocate. Whereas allies to the LGB community typically identify as "straight", allies to the transgender community also come from the LGBQ community.

Androgyne: An androgynous individual.

Androgynous: A non-binary gender identity typically used to describe a person's appearances or clothing.

Asexual: An individual who does not experience sexual attraction. There is considerable diversity among the asexual community; each asexual person experiences things like relationships, attraction, and arousal somewhat differently. Asexuality is distinct from celibacy or sexual abstinence, which are chosen behaviors, while asexuality is a sexual orientation that

does not necessarily entail either of those behaviors. Some asexual individuals do have sex, for a variety of reasons.

Assigned Gender: The gender that is assigned to an infant at birth based on the child's genitalia and other visible physical sex characteristics.

Bisexual: An individual who is emotionally, romantically, and/or physically attracted to the same gender and different genders. Sometimes stated as "bi." People who are bisexual need not have had equal sexual experience with people of the same or different genders and, in fact, need not have had any sexual experience at all; it is the attraction that helps determine orientation.

Cisgender: A term used to describe an individual whose gender identity aligns with the one typically associated with the sex assigned to them at birth.

Closeted: Describes a person who is not open about their sexual orientation or gender identity, or an ally who is not open about their support for people who are LGBTQ.

Coming Out: For most people who are lesbian, gay, bisexual, and transgender, the process of self-acceptance that continues throughout one's life, and the sharing of the information with others. Sometimes referred to as "disclosing" by the transgender community. Individuals often establish a lesbian, gay, bisexual, or transgender/gender-nonconforming identity within themselves first, and then may choose to reveal it to others. Coming out can also apply to the family and friends of lesbian, gay, bisexual, or transgender youth or adults when they reveal to others their connection to an LGBTQ person or the community. There are many different degrees of being out: Some may be out to friends only, some may be out publicly, and some may be out only to themselves. It's important to remember that coming out is an incredibly personal and transformative experience. Not everyone is in the same place when it comes to being out, and it is critical to respect where each person is in that process of self-identification. It is up to each person, individually, to decide if and when to come out or disclose.

Disclosure: A word that some people use intently, and others avoid with equal intent, preferring to use the term "coming out" to describe the act or process of revealing one's transgender or gender nonconforming identity to another person in a specific instance. Some find the term offensive, implying the need to disclose something shameful, while others prefer disclosure, finding "coming out" offensive.

FTM or Transman: Person who is assigned female at birth but identifies as male and takes steps to correct the error.

Gay: The adjective used to describe people who are emotionally, romantically, or physically attracted to people of the same gender (e.g., gay man, gay people). In contemporary contexts, "lesbian" is often a preferred term for women, though many women use the word "gay" to describe themselves. People who are gay need not have had any sexual experience; it is the attraction that helps determine orientation.

Gender: A set of social, psychological, or emotional traits, often influenced by societal expectations, that classify an individual as male, female, a mixture of both, or neither.

Gender-Affirming Surgery (GAS): Surgical procedures that help people adjust their bodies in a way that more closely matches their innate or internal gender identity. Not every transgender person will desire or have resources for surgery. This should be used in place of the older and often offensive term "sex change." Also sometimes referred to as sexual reassignment surgery (SRS), gender reassignment/realignment surgery (GRS), gender confirming surgery (GCS), or medical transition

Gender Binary: The concept that there are only two genders, male and female, and that everyone must be one or the other. Also implies the assumption that gender is biologically determined.

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 some or all gendered aspects of a transgender person's body, or in response to social misgendering.

Gender Expansive: Also "gender creative," (or medically, "gender variant"). An umbrella term sometimes used to expand the notions of gender expression and identity beyond what is perceived as the expected gender norms for their society or context. Some gender-expansive individuals identify with being either male or female, some identify as neither, while others identify as a mix of both. Gender-expansive people feel that they exist psychologically between genders, as on a spectrum, or beyond the notion of the male and female binary paradigm, and sometimes prefer using gender-neutral pronouns (see "Preferred Pronouns"). They may or may not be comfortable with their bodies as they are, regardless of how they express their gender.

Gender Expression: The manner in which a person communicates about gender to others through external means such as clothing, appearance, or mannerisms. This communication may be conscious or subconscious and may or may not reflect their gender identity or sexual orientation. While most people's understandings of gender expressions relate to masculinity and femininity, there are countless combinations that may incorporate both masculine and feminine expressions-or neither-through androgynous expressions. The important thing to recognize is that an individual's gender expression does not automatically imply one's gender identity.

Gender Identity: One's deeply held core sense of being male, female, some of both, or neither. One's gender identity does not always correspond to the sex assigned at birth based solely on genitalia and other visible physical sex characteristics. Awareness of gender identity is usually experienced as early as 18 months old and reinforced in adolescence and further throughout the lifespan by society.

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

Gender Neutral: Not gendered. Can refer to language (including pronouns), spaces (like bathrooms), or identities (being genderqueer).

Gender Nonconforming: A term (considered by some to be outdated) used to describe those who view their gender identity as one of many possible genders beyond strictly female or male. More current terms include "gender expansive," "differently gendered," "gender creative," "gender variant (a term some believe to suggest abnormality and therefore do not suggest its use)," "genderqueer," "gender fluid," "gender neutral," "bigender," "androgynous," or "gender diverse.", and "gender expansive."

Gender Spectrum: The concept that gender exists beyond a simple "male/female" binary model, but instead exists on an infinite continuum that transcends the two. Some people fall towards more masculine or more feminine aspects, some people move fluidly along the spectrum, and some identify off the spectrum entirely.

Homophobia: An aversion to lesbian or gay people that often manifests itself in the form of prejudice and bias. Similarly, "biphobia" is an aversion to bisexuality and people who are bisexual, and "transphobia" is an aversion to people who are transgender. "Homophobic," "biphobic," and "transphobic" are the related adjectives. Collectively, these attitudes are referred

to as "anti-LGBTQ bias."

Homosexual: An outdated clinical term often considered derogatory and offensive, as opposed to the preferred terms, "gay" and "lesbian."

Intersex/Differences of Sexual Development (DSD): Individuals born with ambiguous genitalia or bodies that appear neither typically male nor female, often arising from chromosomal anomalies or ambiguous genitalia. In the past, medical professionals commonly chose to assign a male or female gender to these individuals and proceeded to perform gender-affirming surgeries beginning in infancy and often continuing into adolescence, before a child was able to give informed consent. Formerly the medical terms "hermaphrodite" and "pseudo-hermaphrodite" were used; these terms are now considered neither acceptable nor scientifically accurate. The Intersex Society of North America opposes this practice of genital mutilation on infants and children.

Lesbian: A woman who is emotionally, romantically, and/or physically attracted to other women. People who are lesbians need not have had any sexual experience; it is the attraction that helps determine orientation.

LGBT: An acronym that collectively refers to individuals who are lesbian, gay, bisexual, or transgender. It should not be altered to GLB or GLBT as this is indicative of an ignorance about the community and its history. Occasionally, the acronym is stated as "LGBTQ," with "Q" representing queer or questioning, or "LGBTQIA," with the "I" representing intersex and the "A" representing asexual and/or allies.

Lifestyle: An offensive term often used to describe people who are LGBTQ. The term is disliked because it implies that being LGBTQ is a choice and can therefore be cured.

MTF or Transwoman: Person who is assigned male at birth but identifies as female and takes steps to correct the error.

Misgender: To refer to someone, especially a transgender person, using a word, especially a pronoun or form of address, which does not correctly reflect the gender with which they identify.

Out/Openly: Describes people who openly self-identify as LGBTQ in their private, public, and/or professional lives

Pansexual: A person whose emotional, romantic, and/or physical attraction is to people of all genders, gender identities and biological sexes. People who are pansexual are attracted to the person, and do not look at the person's gender as being important.

"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

Preferred Pronoun(s): A preferred pronoun is the pronoun or set of pronouns that an individual would like others to use when talking to or about that individual. In English, the singular pronouns that we use most frequently are gendered, which can create an issue for transgender and gender-nonconforming people, who may prefer that you use gender neutral or gender-inclusive pronouns when talking to or about them. In English, the most commonly used singular gender-neutral pronouns are "ze" (sometimes spelled "zie") and "hir." Some also use "they" and "their" as gender-neutral singular pronouns.

Queer: A term used by some people to describe themselves and/or their community. Re-appropriated from its earlier negative use, the term is valued by some for its defiance, by some because it can be inclusive of the entire community, and by others who find it to be an appropriate term to describe their more fluid identities. Traditionally a negative or pejorative term for people who are gay, "queer" is still sometimes disliked within the LGBT community. Due to its varying meanings, this word should only be used when self-identifying or quoting someone who self-identifies as queer (i.e. "My cousin identifies as genderqueer.")

Questioning: A term used to describe those who are in a process of discovery and exploration about their sexual orientation, gender identity, gender expression, or a combination thereof.

Same-Gender Loving: A term sometimes used by members of the African American/ Black community to express an alternative sexual orientation (gay/bisexual) without relying on terms and symbols of European descent.

Sex: Refers to anatomical, physiological, genetic, or physical attributes that define if a person is male, female, or intersex. These include genitalia, gonads, hormone levels, hormone receptors, chromosomes, genes, and secondary sex characteristics. Sex is often confused or interchanged with gender, which is thought of as more social and less biological, though there is some considerable overlap.

Sexual Orientation: Emotional, romantic, or sexual feelings toward other people. People who are straight experience these feelings primarily for people of a different gender than their own. People who are gay or lesbian experience these feelings primarily for people of the same gender; people who are bisexual experience these feelings for people of different genders, though not always at the same time, and people who are asexual experience no sexual attraction at all. Other terms include pansexual and polysexual. Sexual orientation is part of the human condition, while sexual behavior involves the choices one makes in acting on one's sexual orientation. One's sexual activity does not define who one is with regard to one's sexual orientation; it is the attraction that helps determine orientation.

SOC- Standards of Care: Health manual as set forth in the World Professional Association for Transgender Health (WPATH) for Transgender people. Can be downloaded at WPATH.org.

Social Transition: When one dresses and identifies as the sex with which they identify

Stealth: A term used to describe transgender or gender-expansive individuals who do not disclose their transgender or gender-expansive status in their public or private lives (or certain aspects of their public lives). The term is increasingly considered offensive by some as it implies an element of deception. The phrase "maintaining privacy" is often used instead.

Transgender: Sometime shortened to "trans." A term describing a person's gender identity that does not necessarily match their assigned gender at birth. Other terms commonly used are "female to male" (FTM), "male to female" (MTF), and "genderqueer." Transgender people may or may not decide to alter their bodies hormonally and/or surgically to match their gender identity. This word is also used as a broad umbrella term to describe those who transcend conventional expectations of gender identity or expression. Like any umbrella term, many different groups of people with different histories and experiences are often included within the greater transgender community-such groups include, but are certainly not limited to, people who identify as transsexual, genderqueer, gender variant, gender diverse, and androgynous.

Transition: A term sometimes used to describe the process-social, legal, and/or medical-one goes through to discover and/or affirm one's gender identity. This may, but does not always, include taking hormones; having surgeries; and changing names, pronouns, identification documents, and more. Many individuals choose not to or are unable to transition for a wide range of reasons both within and beyond their control.

Transsexual: A less frequently used-and sometimes misunderstood-term (considered by some to be outdated or possibly offensive, and others to be uniquely applicable to them) which refers to people who are transgender who use (or consider using) medical interventions such as hormone therapy or gender-affirming surgeries (GAS), also called gender reassignment surgery (GRS) (or a combination of the two) or pursue medical interventions as part of the process of expressing their gender. Some people who identify as transsexual do not identify as transgender and vice versa.

WPATH.org: World Professional Association of Transgender Health is a 501(c)(3) non-profit, interdisciplinary professional and educational organization devoted to transgender health. Their professional, supporting, and student members engage in clinical and academic research to develop evidence-based medicine and strive to promote a high quality of care for transsexual, transgender, and gender-nonconforming individuals internationally.

www.pflagjerseyshore.org
P. O. Box 677, Howell, NJ 07731
(908) 814-2155
info@pflagjerseyshore.org