

SOME BASIC LGBTQ+ TERMINOLOGY

Biological Sex/Sex Assigned at Birth (FEMALE-----MALE)

The physical and anatomical sex characteristics you are born with and develop including genitalia, hormones, and chromosomes.

Gender Identity (WOMAN-----MAN)

Your psychological sense of self. Who you internally know yourself to be.

Gender Expression (FEMININE-----MASCULINE)

The ways you communicate gender through your actions, demeanor, and dress, and the way this presentation is perceived by others

Cisgender- Person whose sex assigned at birth is congruent with their gender identity

Transgender-An umbrella term used to describe people whose gender identity or gender expression is not traditionally associated with their biological sex assigned at birth

Sexual Orientation-A term that describes to whom you experience attraction.

Non-Binary-A person whose gender identity is neither man nor woman and usually falls in the center of the gender identity continuum

Gender Non-Conforming-A person whose gender expression falls outside prescribed expectations for masculine and feminine

Queer- An umbrella term used to describe people or behaviors which transgress culturally accepted norms for sex, gender identity, gender expression, and sexual orientation. The word queer has been historically used as a derogatory slur, but is increasingly used by some members of the LGBTQ+ community who wish to reclaim it as a term of empowerment. Many people still find this term offensive and it should only be used by non-LGBTQ+ people with great care in certain environments.