

## GENDER AND SEXUALITY TERMINOLOGY

**Umbrella term:** is a term used to cover a broad category as opposed to a specific item.

**For example,** one could say, “I bought a new car,” where “car” would be an umbrella term for a type or brand.

**Sex assigned at birth:** is an assignment given at birth based on a doctor or other adult’s interpretation of a baby’s genitalia.

**Identity:** is a person’s sense of who they are and what it means to be who they are.

**Gender identity:** is a person’s internal sense of whether they are male, female, neither, or some combination of both.

**Cisgender:** is a term used to describe person whose gender identity matches the sex they were assigned at birth.

**Transgender:** is a person who identifies as a gender different than the sex they were assigned at birth.

**Intersex:** is when a baby is born with a combination or variation of sex characteristics (i.e., genitals, sex hormones, chromosomes) that a doctor is unable to assign “male” or “female.”

**Gender Non-conforming:** is a term used to describe someone whose gender or gender expression does not fit into the categories of “male” or “female.” This can also be an umbrella term for many identities including, but not limited to:

**Agender:** is a term used to describe someone who does not identify with any gender.

**Bigender:** is a term used to describe someone has more than one gender.

**Gender fluid:** is a term used to describe someone whose gender moves along the spectrum, or someone who identifies with different genders at different times.

**Intergender:** is a term used to describe someone whose identity falls between “male” and “female” on the gender binary.

**Pangender:** is a term used to describe someone who identifies as all, or many, gender identities and expressions.

**Sexual orientation/sexuality:** is a person’s attraction to other people.

**Lesbian:** is a term used to describe a woman-identifying person who is attracted to other women-identifying people.

**Gay:** is a term used to describe someone who is attracted to those of their same gender. This is also used as an umbrella term for several different identities in the LGBTQ+ community.

**Bisexual:** is a term used to describe someone who is attracted two or more genders.

**Queer:** is a term that can refer to a variety of sexual identities and gender identities that are anything other than straight or cisgender.

**Asexual:** is a term used to describe someone who does not experience sexual attraction. This term is also often used as an umbrella term for anyone on the Asexuality (Ace) Spectrum, including, but not limited to, aromantic, agender, asexual.

**Pansexual:** Someone who is attracted to people of any or all genders. Some people use the word pansexual as an umbrella term to describe individuals that are attracted to more than one gender.

# PEER HEALTH EXCHANGE

**Allyship:** is active, consistent, and arduous practice of unlearning and re-evaluating, which a person of privilege seeks to operate in solidarity with a marginalized group of people.

**Allyship/ally is NOT an identity that a person can hold.**

## OTHER IMPORTANT NOTES:

- A person can identify with the terms that they feel most comfortable using; they are self-determined and cannot be chosen or labelled by other people.
- The terms “homosexual” and “queer”, while valid identities, have been previously used as slurs for LGBTQ+ identifying folks. They should not be used by people who do not identify that way.
- “Transgender” is a way to identify oneself, not a name to call someone. Using this identity as a noun is considered a slur.