

Pansexual

adj.: a person who experiences sexual, romantic, physical, and/or spiritual attraction for members of all gender identities/expressions. Often shortened to “pan.”

Queer

adj.: an umbrella term to describe individuals who don't identify as straight and/or cisgender. Due to its historical use as a derogatory term, it is not embraced or used by all LGBTQ people. The term “queer” can often be used interchangeably with LGBTQ

Transgender

Adj.: an umbrella term for anyone whose gender identity differs from their sex assigned at birth.

Two-Spirit

noun: is an umbrella term traditionally within Indigenous communities to recognize individuals who possess qualities or fulfill roles of both feminine and masculine genders.

Root words and prefixes within the language of gender and sexuality:

a-: “a lack of,” “little of,” or “not”

bi-: “two,” or “more than one”

cis-: “on the same side as”

demi-: “half,” “some,” or “less than”

Inter-: “in between or among”

Non-: “not,” “no”

pan-: “all,” “any,” or “everyone”

poly-: “many,” “more than one”

trans-: “across from,” or “beyond”

Gender vs. Sexuality

In simple terms, **gender** describes who you are and **sexuality** describes your relationship (or non-relationship) to others. These two concepts are different and do not have to be connected.

Transgender people may be straight, gay, bi or pan. Just like how a straight or gay person may be cisgender. Ex. a person who transitions from female to male and is attracted solely to women would be typically identified as a straight man.

Gender

noun: the social, cultural and psychological traits and actions that correspond with being masculine, feminine, both or neither.

Sexual Orientation

noun: the type of sexual, romantic, emotional/spiritual attraction one has the capacity to feel for some others, generally labelled based on the gender relationship between the person and the people they are attracted to.

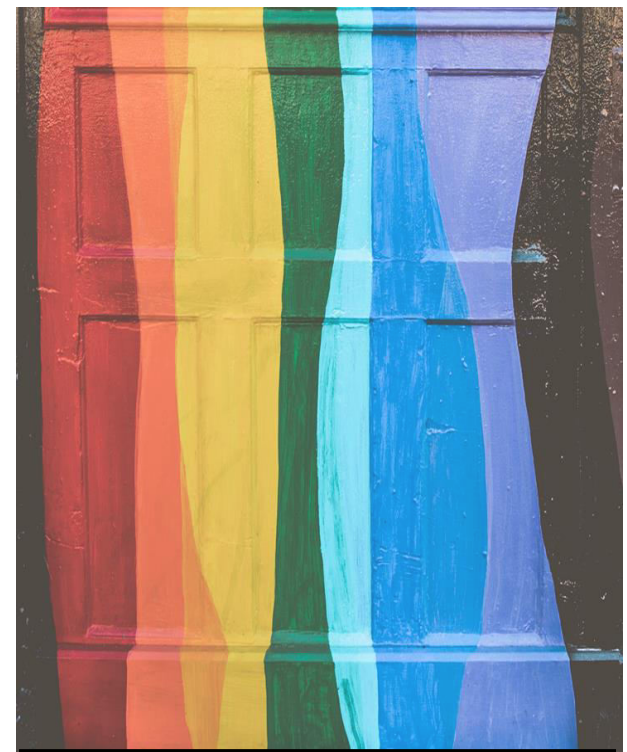


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LGBTQ+ Terminology



Agender

adj.: a person with no (or very little) connection to the traditional system of gender, no personal alignment with the concepts of either man or woman, and/or someone who sees themselves as existing without gender.

Ally

noun: a (typically straight and/or cisgender) person who supports and respects members of the LGBTQ2S+ community. We consider people to be active allies who take meaningful actions to show this support and respect.

Asexual

adj.: experiencing little or no sexual attraction to others and/ or a lack of interest in sexual relationships/behaviour. Asexuality exists on a continuum from people who experience no sexual attraction or have any desire for sex, to those who experience low levels, or sexual attraction only under specific conditions. Sometimes abbreviated to “ace.”

Bigender

adj.: a person who fluctuates between traditionally “woman” and “man” gender-based behaviour and identities, identifying with two genders (either man, woman, or third, different gender).

Biological Sex

noun: a medical term used to refer to the chromosomal, hormonal and anatomical characteristics that are used to classify an individual as female or male or intersex. Often referred to as simply “sex,” “physical sex,” “anatomical sex,” or “sex assigned at birth.”

Gender Binary

noun: the idea that there are only two genders (male and female) and that every person is one of those two.

Bisexual

noun & adj.: a person who experiences attraction to some people of their gender and another gender. Bisexual attraction does not have to be equally split between genders. It can be shortened to “bi” (pronounced “bye”).

Cisgender

adj.: a gender description for when someone’s sex assigned at birth and gender identity correspond in the expected way (e.g., someone who was assigned male at birth, and identifies as a man). A simple way to think about it is if a person is not transgender, they are cisgender. Often shortened to “cis”.

Cisnormativity

noun: the assumption, in individuals and in institutions, that everyone is cisgender, and that cisgender identities are superior to transgender identities and people.

Gay

adj.: experiencing attraction solely (or primarily) to some members of the same gender. It can be used to refer to men who are attracted to other men and women who are attracted to women.

Gender Expression

noun: the external display of one’s gender, through a combination of clothing, grooming, demeanour, social behaviour, and other factors, generally made sense of on scales of masculinity and femininity. Also referred to as “gender presentation.”

Gender Non-conforming

adj.: a gender identity label that indicates a person who identifies outside of the gender binary.

Gender Fluid

adj.: a gender identity best described as a dynamic mix of male and female. A person who is gender fluid may always feel like a mix of the two traditional genders but may feel more man some days, and more woman other days.

Gender Identity

noun: the internal perception of one’s gender, and how they label themselves, based on how much they align or don’t align with what they understand their options for gender to be. Often conflated with biological sex, or sex assigned at birth.

Genderqueer

adj.: a gender identity label often used by people who do not identify with the binary of man/woman.

Heteronormativity

noun: the assumption, in individuals and/or in institutions, that everyone is heterosexual and that heterosexuality is superior to all other sexualities.

Intersex

adj.: term for a combination of chromosomes, gonads, hormones, internal sex organs, and genitals that differs from the two expected patterns of male or female.

Lesbian

noun & adj.: women who are primarily attracted romantically, erotically, and/or emotionally to other women.

Non-binary

adj.: a gender identity label used by some people who do not identify with the binary of man/woman. Often abbreviated as “enby” (based on the pronunciation of N-B).
