

Terminology

Below is a brief guide to some of the terminology used in this practice guide and by the LGBTIQ+ community. It is important to note that many of these terms are fluid and ever-evolving, and may mean different things to different people.

LGBTIQ+: an acronym that stands for Lesbian, Gay, Bisexual, Transgender, Intersex, Queer, Asexual plus a spectrum of identities and experiences. This acronym can be shortened or lengthened depending on the communities you're working with.

INTERSEX: people who are born with physical or biological sex characteristics (such as sexual anatomy, reproductive organs, hormonal patterns and/or chromosomal patterns) that are more diverse than stereotypical definitions for male or female bodies.

ENDOSEX: people who do not have an intersex variation.

SEXUALITY: describes our romantic and/or sexual attraction.

HETEROSEXUAL/STRAIGHT: people who are exclusively attracted to the opposite gender.

ASEXUAL: people who experience low levels or no sexual attraction. Sometimes shortened to 'ace'.

AROMANTIC: people who experience low levels or no romantic attraction. Sometimes shortened to 'aro'.

LESBIAN: typically used to describe women attracted to other women, however people of different genders may also use this term to describe an attraction to women or feminine people.

GAY: the attraction to people of the same gender, historically used to describe men attracted to other men, however people of any gender may use this term.

BISEXUAL: the attraction to two or more gender identities. Sometimes shortened to 'bi' or 'bi+'.

PANSEXUAL: the attraction to people regardless of gender identity. Sometimes shortened to 'pan'.

GENDER IDENTITY: refers to a person's internalised sense of self which may be feminine, masculine, neither, both, or moving around freely.

TRANSGENDER & GENDER DIVERSE (TGD): a broad term referring to any individuals who do not exclusively identify with their gender assigned at birth. Sometimes shortened to 'trans'.

TGD people who are **assigned male at birth** might identify with the terms trans woman, woman, trans feminine, trans femme, non-binary etc.

TGD people who are **assigned female at birth** might identify with the terms trans man, man, trans masculine, trans masc, non-binary etc.

CISGENDER: any individual who does exclusively identify with their gender assigned at birth. Sometimes shortened to 'cis'.

NON-BINARY: a broad term for gender identities that are not exclusively male or female, includes gender identities such as gender queer, agender, bi gender, & gender fluid.

GENDER EXPRESSION: behaviours, mannerisms and presentations that are associated with gender in a particular cultural context.

GENDER AFFIRMATION: describes the process of affirming one's gender identity to match one's internal sense of self. There are many different ways trans and gender diverse people may affirm their gender identity and each are as equally valid as the other. Some people may also refer to these processes as 'transitioning'.

QUEER: a broad term that can refer to any or multiple LGBTIQ+ identities and experiences. It can also be a political term about the resistance to heteronormativity and celebration of LGBTIQ+ culture. As queer is a reclaimed slur, some members of the LGBTIQ+ community don't use this word and may find it offensive whilst others may celebrate its use.

QTIPOC: QTIPOC stands for Queer, Transgender, Intersex, People of Colour. Being LGBTIQ+ is not just a 'Western' thing or a modern thing. LGBTIQ+ identities have existed across the world and across time