

2SLGBTQIA+ Definitions

2SLGBTQIA+ terminology is continuously evolving. As a result, it is important to note that this list is not an exhaustive list and these definitions are a starting point to understanding 2SLGBTQIA+ identities and issues. Different 2SLGBTQIA+ individuals and communities may have broader or more specific understandings of these terms.

#

2SLGTBQIA+ is an acronym for Two-Spirit, Lesbian, Gay, Bisexual, Transgender, Queer and/or Questioning, Intersex, Asexual, and the plus reflects the countless affirmative ways in which people choose to self-identify.

A

A-spec stands for asexual spectrum, which is an umbrella term that includes both the asexual and aromantic spectrums and the many orientations that these spectrums include.

Ability refers to the quality of having the means or skill to do something. Ability is not permanent, can fluctuate throughout one's life, and is another aspect of diversity in our communities. Disabilities do not necessarily limit people unless society imposes assumptions that do not account for the variation in people's abilities.

Ableism is the pervasive system of discrimination and exclusion that oppresses people who are disabled, including differences in mental, cognitive, emotional, and/or physical abilities, through attitudes, actions, or institutional policies.

Abrosexual is a sexuality that is characterized by attraction that is fluid or changes over time. This may include shifts in who you are attracted to or the intensity with which you feel attraction.

Achillean is a sexuality that refers to a man or man-aligned person of any sexual orientation who is attracted to men or man-aligned genders/gender identities. It is an umbrella term for many identities, including those who are gay, pansexual, bisexual, or queer.

AFAB /AMAB is short for “**assigned female at birth**” and “**assigned male at birth**,” or usually based on the appearance of a person’s genitals when they are born. These terms are preferable to inaccurate statements like saying someone is “biologically female” or “used to be a man.”

Ageism refers to the pervasive system of prejudice and discrimination that marginalizes people based on their age. This can be perpetuated through stereotypes of youthfulness versus life at an older age and through oppressive policies that subordinate and exclude older folks. Ageism can impact different age groups besides older folks, such as younger people who are stereotyped as being unable to make big decisions.

Agender is a gender identity defined by having little or no connection to gender.

AIDS (acquired immunodeficiency syndrome) is the most advanced stage of HIV infection. HIV attacks and destroys the infection-fighting CD4 cells (CD4 T lymphocyte) of the immune system.

Allistic is an adjective used to describe a person who is not autistic and is often used to emphasize the privilege of people who are not on the autism spectrum.

Allosexism is the pervasive system of discrimination and exclusion that oppresses asexual people built out of the assumption that everyone does and should experience sexual attraction.

Allosexual refers to the sexual orientation generally characterized by feeling sexual attraction or a desire for partnered sexuality.

Ally is defined as someone that actively advocates and supports marginalized communities - in this case LGBTQ+ people, while being themselves part of the dominant social category - in this case straight/heterosexual and cisgender.

Androgyne is a gender identity that describes being simultaneously a man and a woman, or in between the two.

Androgynous is a type of gender presentation, gender expression, or gender identity identifying and/or presenting as neither distinguishably masculine nor feminine.

Androsexual is a sexuality that is defined as being attracted to masculinity regardless of your own gender.

Aroace is short for aromantic asexual, and is a term used to describe those who identify as both aromantic and asexual.

Aromantic is characterized by little or no romantic attraction.

ART (antiretroviral therapy) is a combination of drugs that suppress HIV replication, which will increase potency and reduce the likelihood of the virus developing resistance and ensures the prevention of HIV transmission by suppressing HIV replication in persons living with the virus.

Asexual is a sexuality that is characterized by little or no sexual attraction.

Attraction refers to one or more of five (5) types of attraction. People can experience multiple types simultaneously. These are often classified as:

- **sexual attraction**: desire to have sex with someone.
- **sensual attraction**: desire for physical contact.
- **romantic attraction**: desire to have a romantic relationship.
- **platonic attraction**: desire to have a friendly, non-sexual relationship.
- **aesthetic attraction**: desire for pleasure of someone's or something's appearance.

Autigender is a gender identity that is exclusive to autistic people. It describes a gender experience that is characterized by autistic experiences and heavily interconnected with autistic identity. Not all people with autism will relate to the term.

Autism is a neurotype that is one identity within the neurodivergent category.

B

BDSM - bondage, discipline, dominance, submission, sadism, and masochism - is a variety of often (but not always) consensual erotic practices or roleplaying involving bondage, discipline, dominance and submission, sadomasochism, and other related interpersonal dynamics. This is a wide range of practices, so inclusion in the community and subculture is considered to be dependent on self-identification.

Bear refers to gay, bisexual, or any non-straight identified man who has face and/or body hair and a body type considered large, bear-like, or cuddly. Bear is both an umbrella term and a subculture. It is often defined as an attitude or sense of comfort with natural masculinity and natural masculine bodies.

Being Read refers to the process where factors such as somebody's body shape, voice, gender expression, etc. are used to make assumptions about that someone's gender identity, sex assigned at birth or sexual orientation.

Bierasure is the invalidating or erasure of bisexuality.

Bigender is a person who identifies as two genders, either at the same time or moving back and forth between them.

Binary refers to a system of only two parts. In critical theory, the term binary is used to describe a system of categorizing people and objects in one of two ways. For example, a person can be either male or female. Each option is perceived as opposite to the other while one category is treated as superior to the other.

Binary gender is a sociological construct or "traditional" view of gender limited to "man" and "woman" defined by a collection of characteristics that are culturally associated with maleness (masculinity) or femaleness (femininity).

Binary sex is a sociological construct or "traditional" view of sex limited to "male" and "female".

Binder is a garment used to flatten the chest.

Binding is the process of reducing the appearance of breasts by wrapping or compressing the chest using various methods. Binding can be very gender-affirming for many people, however it must be done safely.

BIPOC is an acronym that refers to black, indigenous, and other people of color and aims to emphasize the historic oppression of black and indigenous people.

Bisexual is a sexuality that is characterized by attraction to two or more genders, or to people of both the same gender as yourself and to people that have a gender different than your own. It may also include attraction regardless of gender.

Bissu is an Indonesian, more specifically Bugis culture in Sulawesi, gender identity and/or sexuality that embodies all genders. Historically, they were considered sacred. They often perform several rituals during important cultural ceremonies.

BlaQ/BlaQueer refers to folks of Black/African descent and/or from the African diaspora who recognize their queerness/LGBTQIA identity as a salient identity attached to their Blackness and vice versa.

Body Characteristics refer to how our body exists and changes over time. This can include sex characteristics (ovum, testes, chromosomes, hormones, internal/external anatomy), secondary sex characteristics (facial hair, body hair, chest development, fat distribution, Adam's apple, etc.) as well as other characteristics, such as height, hair color, eye color, tattoos, piercings, hormones, and surgeries. Body characteristics do not dictate gender.

Body Image is how a person feels, acts, and thinks about their body. Attitudes about our own body and bodies in general are shaped by our communities, families, cultures, media, and our own perceptions.

Body Policing is any behavior which (indirectly or directly, intentionally or unintentionally) attempts to correct or control a person's actions regarding their own physical body, frequently with regards to gender expression or size.

Bottom surgery is a medical procedure performed on an individual's external genitalia and/or reproductive system to affirm their gender identity.

Burrnesha, or **Balkan Sworn Virgins**, is an Albanian and Balkan gender identity and/or sexuality that originates in the Ottoman era. They are typically born female, and then swear an oath to adopt male societal roles and practice celibacy. They often use masculine names and pronouns.

Butch refers to lesbians who exhibit masculine identities or gender presentations.

C

Chosen Family is the group of (often) lifelong friends that function as a supportive and a loving family. Many 2SLGBTQIA+ youth and adults have difficult relationships with or no relationship at all with the people who raised or birthed them.

Cisgender is a term used to describe a person whose gender identity aligns with those typically associated with the sex assigned to them at birth.

Cishet is used to describe people who are both cisgender and heterosexual.

Cisnormativity is the societal idea that assumes all people are cisgender, and which privileges cisgender identities and underrepresents transgender and non-binary identities.

Cissexism is prejudice and discrimination in favor of cisgender identities, including the belief that it is better to be cisgender than transgender.

Closeted describes an 2SLGBTQIA+ person who has not disclosed their sexual orientation or gender identity.

Colonization is the process and practice of domination, control, and forced subjugation of one people over another.

Constellation is a way to describe the arrangement or structure of a polyamorous relationship.

Coming out is the process in which a person acknowledges, accepts and appreciates their sexual orientation or gender identity and shares that with others.

Crossdressing is dressing as the 'opposite' gender as a form of gender expression. Someone who does this regularly may refer to themselves as a crossdresser, however crossdresser still has negative connotations and should only be used with forethought or permission.

Culture is a learned set of values, beliefs, customs, norms, and perceptions shared by a group of people that provide a general framework for living and patterns for interpreting life.

Cultural Humility is an approach to engagement across differences that acknowledges systems of oppression and embodies the following key practices: (1) a lifelong commitment to self-evaluation and self-critique, (2) a desire to fix power imbalances where none ought to exist, and (3) aspiring to develop partnerships with people and groups who advocate for others on a systemic level.

D

Dead name is the name of a person before the person started using their lived name. Often used to refer to the name that appears on one's birth certificate and/or other legal documents. Also referred to as "legal name." Institutions and social conventions may

emphasize the dead/legal name over a person's lived name; however, insisting on using dead/legal names against the wishes of a person can cause gender dysphoria and trauma. Dead names should not be used unless specified by the individual.

Demiboy is a gender identity that describes feeling a partial connection to boy/manhood or concept of boy/manhood, but not a full connection.

Demigender is a gender identity that describes feeling a partial connection to a specific gender or concept of gender, but not a full connection.

Demigirl is a gender identity that describes feeling a partial connection to girl/womanhood or concept of girl/womanhood, but not a full connection.

Demiromantic is characterized by romantic attraction to someone only after a close emotional bond is formed.

Demisexual is a sexuality that is characterized by sexual attraction to someone only after a close emotional bond is formed.

Diamoric is a sexuality umbrella term that refers to attractions experienced by nonbinary people.

Disability is an ability status, described as having different capabilities than what is culturally expected.

Discrimination refers to inequitable actions carried out by members of a dominant group or its representatives against members of a marginalized or minoritized group.

Drag is a performance type characterized by exaggerated gender expression for entertainment. This is a subculture and art form.

Drag daughter refers to a new drag queen that is being mentored by an established drag queen.

Drag family refers to a group of drag performers with a variety of experience levels that work together via mentorship and skill-sharing to create better performances.

Drag king is a performance artist who performs in traditionally masculine attire.

Drag queen is a performance artist who performs in traditionally feminine attire.

Drag son refers to a new drag king that is being mentored by an established drag king.

Dyke was originally a derogatory term for a lesbian or queer femme that was reclaimed by some to describe themselves in the 1980s and 1990s. Dyke Day or Dyke March continues to be part of annual Pride celebrations.

E

Enby is a slang term used for nonbinary. Enby is the phonetic pronunciation of “NB,” an abbreviation for nonbinary.

Ethnicity is a social construct that divides people into smaller social groups based on characteristics such as shared sense of group membership, values, behavioral patterns, language, political and economic interests, history and ancestral geographical base.

F

Fa'afafine is one precolonial gender identity and/or sexuality from Samoa. It is a fluid gender role that moves between male and female worlds. They are often caretakers and teachers in Samoan culture.

Facial Feminization Surgery (FFS) is a gender-affirming medical procedure performed to reshape the face and alter facial features to create a more feminine appearance.

Feminine is having characteristics or an appearance that are traditionally associated with women.

Femme is used to describe a person whose gender expression is feminine; also a term used to refer to a feminine lesbian.

Femminiello is a traditional Neapolitan cultural gender identity and/or sexuality. They are traditionally believed to bring good luck. They are often linked to Greek mythological tradition, and are considered to be wise due to their connection to both masculine and feminine worlds.

Fluidity is generally with another term attached, like gender-fluid or fluid-sexuality, fluidity describes an identity that is a fluctuating mix of the options available.

Furry refers to a subculture interested in anthropomorphic animals or animal-like characters. This may include a variety of interests and activities - from art to roleplaying to sex acts to community.

G

Gaff is a garment used to flatten the crotch area.

Gay is often known as an umbrella term for the LGB+ community. It is also used more specifically to refer to gay men. This definition is a sexuality used to refer to those who identify as men or masculinely-identified who are attracted to people who identify as men or masculinely-identified. Some nonbinary and transgender people may also use this term.

Gender is a socially constructed classification system that relies on "normative" assumptions of femininity and masculinity to define individuals. Gender expectations are linked to sex assignment at birth; a person's sex assignment is assumed to lead to center social and behavioral traits that we call gender. A person's gender expression and/or identity may not match their sex assignment at birth.

Gender Affirming is a broad term encompassing actions, language, medical care, and more, that affirms someone's gender identity or expression. For example, surgery that alters someone's appearance to align with their gender identity is referred to as gender-affirming surgery.

Gender-affirming care is a range of actions an individual can take to feel at home within their body, which includes changing one's name, wearing different clothes, and a variety of medical interventions.

Gender affirmation surgeries refer to medical procedures by which an individual is surgically altered to create the physical appearance of their authentic gender. Not all trans people seek surgery.

Gender binary is the idea that there are only two possible, opposing genders and that a person must identify as either a man or a woman.

Gendercreative is defined as an umbrella gender identity that refers to rejection of expected gender roles and stereotypes. It was originally coined to refer to young children, but can be used by anyone of any age.

Gender diversity refers to the diversity of gender identities and expressions humans experience.

Gender dysphoria is clinically significant distress caused when a person's assigned birth gender is not the same as the one with which they identify. According to the American Psychiatric Association's Diagnostic and Statistical Manual of Mental Disorders (DSM), the term – which replaces Gender Identity Disorder – “is intended to better characterize the experiences of affected children, adolescents and adults.”

Gender euphoria is the feeling of extreme happiness or comfortability when one's gendered experience(s) aligns with their gender identity, rather than the gender they were assigned at birth.

Gendered language is language or usage of language that assigns the gender binary to people, animals, and/or objects. In English, many common terms are used that assume the gender of another person or group of people without asking them first how they identify. For example, referring to a group of strangers as “ladies,” assumes that everyone in the group identifies as femme. In contrast, gender-inclusive language does not make assumptions about others' identities. “Ladies and gentleman,” for example can be replaced with terms such as “folks” or “everyone.” Other languages, such as Spanish, gender people and objects by adjusting verb and noun endings. There is a movement to make Spanish more gender-inclusive through the use of the endings -e or -x.

Gender expansive conveys a wider, more flexible range of gender identity and/or expression than typically associated with the binary gender system.

Gender expression, sometimes called **gender presentation**, is the external appearance of one's gender identity, usually expressed through behavior, clothing, haircut or voice, and which may or may not conform to socially defined behaviors and characteristics typically associated with being either masculine or feminine.

Genderfluid is a gender identity that refers to an experience of gender that changes over time. This may be over short or long spans, and manifest in language or presentation changes, or not.

Genderflux is a gender identity that refers to the experience of having gender identity that changes in intensity. This may mean that they feel a lot like a certain gender, then less like that gender, then somewhat, not at all, etc. This can be over short or long periods of time, and may or may not result in language and presentation changes.

Genderfuck seeks to subvert traditional gender binary by mixing or bending one's gender expression, identity, or presentation.

Gender identity is one's innermost concept of self as male, female, a blend of both or neither – how individuals perceive themselves and what they call themselves. One's gender identity can be the same or different from their sex assigned at birth.

Gender Neutral refers to anything that is not gendered. For example, gender-neutral language does not use binary male or female words, and gender-neutral restrooms are available to be used by anyone of any gender identity or expression.

Gender non-conforming is a broad term referring to people who do not behave in a way that conforms to the traditional expectations of their gender, or whose gender expression does not fit neatly into a category.

Gender norms are ideas about how women and men should be and act. Internalized early in life, gender norms can establish a life cycle of gender socialization and stereotyping.

Gender Policing is the imposition or enforcement of normative gender expressions/roles on an individual who is perceived as not adequately performing, through appearance or behavior, the gender that they are perceived to be. Gender policing occurs through ridicule, trivialization, laws and policies, exclusion, harassment, or violence. It may also occur through social messages that privilege cisgender expression and heteronormative gender roles.

Genderpunk is a colloquial term for the culture of resistance and resistance itself of gender normativity. It is a resistance against gender norms, cisheteronormativity, and oppression.

Genderqueer is a gender identity. Typically, genderqueer is understood as a catch-all term for noncisgender identity. It is also often used to intentionally complicate gender identities. It is also a reclaimed slur, so not all people are comfortable with the term.

Gender roles are the characteristics and behaviors that are considered acceptable for different genders. Gender roles in society expect an individual to act, speak, dress, groom, and conduct themselves based upon their sex and gender assigned at birth.

Gender transition is the process by which some people strive to more closely align their internal knowledge of gender with its outward appearance. Some people socially transition, whereby they might begin dressing, using names and pronouns and/or be socially recognized as another gender. Others undergo physical transitions in which they modify their bodies through medical interventions.

Gender X refers to Colorado law allowing for intersex individuals to have birth certificates issued as X rather than male or female.

Gray (Gray-A or Gray-Ace/Aro) falls under the asexual umbrella and describes a person who experiences sexual attraction occasionally, rarely, under specific circumstances, moments, or periods.

Grayromantic is an umbrella term describing a person who experiences romantic attraction occasionally, rarely, under specific circumstances, moments, or periods.

Gynesexual is a sexuality that is defined as being attracted to femininity regardless of your own gender.

H

Heteroflexible refers to an individual who identifies as heterosexual, but occasionally experiences same-sex attraction.

Heteronormative is the societal norms that emphasize being straight is "correct," the default, and/or assumed.

Heteroromantic is an individual who experiences romantic attraction towards the traditionally expected sex of the socially constructed sex binary.

Heterosexism is prejudice and discrimination in favor of heterosexuality, including the belief that heterosexuality is the best sexual orientation.

Heterosexual is an individual who is attracted to the traditionally expected sex of the socially constructed sex binary.

Hijra is a South Asian gender identity and/or sexuality that is most often interpreted as a third gender with origins predating Abrahamic religion and precolonial. It is an umbrella term, however, that covers a large range of experiences and geographies. They have

historically been sought after for blessings of fertility and prosperity. Many are closely tied to Hindu and Islamic religious practices, though not all.

HIV (human immunodeficiency virus) is a virus that attacks cells that help the body fight infection, making a person more vulnerable to other infections and diseases. It is spread by contact with certain bodily fluids of a person with HIV, most commonly during unprotected sex (sex without a condom or HIV medicine to prevent or treat HIV), or through sharing injection drug equipment.

Homoflexible is an individual who primarily identifies as homosexual, but sometimes experiences opposite sex attraction.

Homosexual is a relatively outdated term that refers to those that are attracted to the same sex or gender. It is not often used, and is sometimes viewed as a slur due to its historical classification as a disease in the DSM.

Hormone blockers are medications that delay puberty in children who do not identify with their sex assigned at birth and/or for children who experience early puberty; also called **puberty blockers**.

Hormone replacement therapy (HRT) refers to increasing/decreasing the amount of testosterone or estrogen in an individual's body. This can be done for gender affirmation, transition, or treatment for certain medical conditions and disorders.

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Inclusive Language is the use of gender non-specific language (i.e. 'partner' instead of 'husband', or 'they' instead of 'she') to avoid assumptions around gender identity and sexual orientation, and to enhance the accessibility of information and services. Educational, social service, and health professionals are especially encouraged to use inclusive language until advised otherwise by the person they are talking to or about.

Indigiqueer is a term used to acknowledge that not all 2SLGBTQIA+ Indigenous people feel "Two-Spirit" or the LGBTQ+ acronym describes their identity.

Intergender is a gender identity that is primarily for those who are also intersex. The identity refers to feeling harmony with your sex assigned at birth, but because that is neither male nor female, feeling as though your gender is between man and woman in a

way not adequately described by cisgender or transgender. Many who use this term may also identify as nonbinary.

Internalized oppression is the fear and self-hate of one or more of a person's own identities that occurs for many individuals who have learned negative ideas about their identities throughout their life. One form of internalized oppression is the acceptance of the myths and stereotypes applied to the oppressed group.

Intersectionality is the understanding that every individual occupies many overlapping identity categories (race, gender, class, etc.) and that the combination of these categories shapes the way they experience the world and the privilege/marginalization that they encounter.

Intersex is a term that describes people whose biological sex does not hormonally, physiologically, and/or chromosomally align with what we define as male or female. This does not refer to a gender identity or sexuality. Those born biologically male or female are referred to as perisex.

J

K

Kink most commonly refers to unconventional sexual practices, from which people derive varying forms of pleasure and consensually play out various forms of desires, fantasies, and scenes.

L

Latinx/é is the gender neutral term used instead of Latina or Latino. Both were created by subsets of South American, Central American, Caribbean, and Mexican people. Latinx is more common in English, while Latiné is more common in Spanish.

Leather refers to the leather community and subculture, which denotes practices and styles of dress organized around sexual activities that involve leather garments.

Lesbian is a sexuality used to refer to those who identify as women or femininely-identified who are attracted to people who identify as women or femininely-identified. Some nonbinary and transgender people may also use this term.

LGBTQ is an acronym for lesbian, gay, bisexual, transgender and queer.

Lived name is an individual's **chosen name** and the correct name to use for a person, regardless of whether the name matches the name on a legal document.

M

Māhū is a Native Hawaiian and Tahitian gender identity and/or sexuality that is precolonial. The term refers to those that embody both male and female spirit and traits. They were spiritual and cultural leaders and teachers historically.

Masc is short for someone who presents as masculine, based on societal or cultural ideas of masculinity. People of all genders can be masc.

Masculine refers to having characteristics or an appearance that are traditionally associated with men.

Maverique is a gender identity that is a present feeling of gender, but one that is not definable within cultural context.

Medical transition is the process of transitioning through hormone replacement therapy and/or surgical procedures.

Microaggressions are small actions, words, or behaviors that are subtly and indirectly discriminatory or hurtful towards marginalized communities.

Misgendering is the act of using the incorrect language or pronouns when referring to an individual. Whether intentional or unintentional, misgendering can cause gender dysphoria and be very upsetting and harmful to the person it occurs to.

Mispronoun refers to referring to an individual with the incorrect pronouns.

Mixed pronouns refers to the use of more than one pronoun for the same individual. For example, using she/they instead of she/her or they/them.

MLM is an acronym for **men-loving men**.

MOGAI is an acronym that stands for Marginalized Orientations, Gender Alignments and Intersex.

Monogamous is an individual who desires an intimate relationship with a single individual at a time. The dominant relationship structure in the United States is that of serial monogamy. Those who have relationships outside of this structure may experience discrimination and/or face legal action.

Monosexual refers to people who have romantic, sexual, or affectional desire for one gender only. Identifying as straight or gay are the most well-known forms of monosexuality.

MSM is an abbreviation for men who have sex with men; they may or may not identify as gay.

MTF/FTM (male to female/female to male) are older short-forms indicating transition from one binary gender to another. MTF is someone who was assigned male at birth and is transitioning to female. FTM is someone who was assigned female at birth and is transitioning to male.

Multisexual is an umbrella term to describe attraction to more than one gender. It can include sexual attractions like bisexual, polysexual, omnisexual, and others. The aforementioned terms are used by some interchangeably and for others the subtle differences among them are important.

Muxe is a precolonial gender identity and/or sexuality among the Zapotec people of what is modern Mexico. Muxe were historically respected as bridges between male and female work. Traditionally, they are considered to bring good luck to their communities.

Mx. (pronounced mix) is the gender-neutral version of Mrs., Miss., Ms., or Mr.

N

Neopronouns are gender-neutral pronouns such as ze/zir or ey/em that are used instead of more traditional ones such as they/them.

Neurodiversity refers to the natural and important variations in how human minds think. These differences can include autism, attention deficit hyperactivity disorder, dyspraxia, dyslexia, dyscalculia, Tourette Syndrome, and others. Like other variable human traits like race, gender, sexuality, or culture, there is no right or wrong form of diversity. The social dynamics that exert power over other forms of diversity also impact neurodivergent people. Neurodiversity is not something to be cured or corrected to fit some social norm - rather, we should celebrate different forms of communication and self-expression and promote support systems to allow neurodivergent people to thrive.

Neurodivergent, sometimes abbreviated as ND, means having a brain that functions in ways that diverge significantly from the dominant societal standards of 'normal.' A person whose neurocognitive functioning diverges from dominant societal norms in multiple ways – for instance, a person who is Autistic, has dyslexia, and has epilepsy – can be described as multiply neurodivergent.

Neurogender is both a gender identity and an umbrella term to describe when someone's gender is somehow linked to their neurotype, mental illness, or neurological conditions. This is an exclusive term for those with neurodivergency. Not all neurodivergent people feel that their neurotype impacts gender, and therefore will not relate to this term.

Neurotype is a term used by neurodiversity scholars referring to classes of “differently wired brains” (e.g., autistic, dyslexic, etc).

Neurotypical, often abbreviated as NT, means having a style of neurocognitive functioning that falls within the dominant societal standards of 'normal.' Neurotypical can be used as either an adjective ('He's neurotypical') or a noun ('He's a neurotypical').

Neutrois is a gender identity that is characterized by being neither man nor woman, having no gender, or no gender expression. Typically, those who identify with the term describe feeling neutral towards their own gender identity and expression.

Nibling is a gender-inclusive term for a niece or nephew.

Nonbinary is a gender identity that refers to those who do not experience gender within the culturally expected binary system of man and woman. Nonbinary is both a specific identity and a larger umbrella term.

Nongendered refers to something that has not been otherwise gendered such as a washroom or clothing, similar to unisex.

O

Omnigender refers to possessing all genders. The term is used specifically to refute the concept of only two genders.

Omnioromantic is a romantic attraction to all genders in which gender is part of the attraction.

Omnisexual is a sexuality that is characterized by attraction to all genders.

Open Relationship is a relationship in which those involved agree that they may have sexual or romantic relations with others. Open relationships may be understood as consensually non-monogamous, but not all open relationships are polyamorous.

Oppositional Sexism is the belief that masculinity and femininity are rigid, mutually exclusive, categories. Also the idea that men should not display any behaviors or characteristics commonly associated with women, and vice versa.

Oppression exists when one social group, whether knowingly or unconsciously, exploits another social group for its own benefit.

- **Individual:** A person's beliefs or behaviors that consciously or subconsciously work to perpetuate actions and attitudes of oppression.
- **Institutional:** Institutions such as family, government, industry, education, and religion have policies and procedures that can promote systems of oppression.
- **Societal/Cultural:** Community norms that perpetuate implicit and explicit values that bind institutions and individuals; social norms on what is valued, accepted, or desirable give the individual and institutional levels the justification for systemic oppression.

Out is a term used to describe a person who is open about their sexual orientation and/or gender identity. A term used to describe a person who publicly announces their gender identity, sexual orientation, and/or romantic orientation. Can be used to describe people who are private about their identities, such as, "She is not out." Can be used in a negative way to put pressure on people to "come out."

Outing is when an individual discloses the sexuality, orientation, or gender of a different individual without their consent.

P

Packer refers to a prosthetic that gives the appearance of a bulge in one's crotch.

Packing is the process of creating a bulge in one's crotch.

Panromantic is defined as romantic attraction regardless of gender, or to all genders.

Pansexual is a sexuality that is characterized by attraction regardless of gender, or an attraction to all genders.

Passing, in the context of sexuality, is the act of presenting as straight; in the context of gender, is the act of presenting as cisgender. For some people it is almost impossible to pass, especially for many BIPOC and low socioeconomic status people who may not have the resources to modify their appearance. Therefore the choice whether or not to pass can be a privilege and has at times been contentious in the 2SLGBTQIA+ community.

Patriarchy is a social system where the bulk of power, authority, and control in society is held by men. This assigns greater importance to male identities and issues than to people of other gender identities.

PEP (post-exposure prophylaxis) is a short, emergency course of medications to prevent HIV infection after exposure that must be started within 72 hours

Perisex refers to those who are not intersex.

Phobia, In mental and emotional wellness, is a marked and persistent fear that is excessive in proportion to the actual threat or danger the situation presents. Historically, this term has been used inaccurately to refer to systems of oppression (i.e. homophobia, biphobia, transphobia, fatphobia).

Platonic refers to the kind of love that characterizes a friendship; free of sexual desire or romantic overtones.

Pluralian, sometimes known as **multisexual** or **m-spec**, is a sexuality umbrella term for those attracted to multiple genders.

Polyamory, otherwise known as **consensual nonmonogamy**, is the practice of having multiple intimate relationships or desiring to have multiple intimate relationships.

Polycule is an umbrella term describing a group of people who are connected in an intimate relationship with one another.

Polyromantic refers to an individual who is romantically attracted to multiple genders and may not necessarily involve sexual attraction.

Polysexual is a sexuality that is characterized by attraction to multiple genders, but not necessarily all genders.

Positive is the shortened term for HIV positive. For example, stating “I’m positive” is a way to voluntarily disclose one’s HIV status.

Pre-Exposure Prophylaxis (PrEP) is a medication which dramatically reduces the risk of HIV transmission. Used by those who have sexual partners who have HIV or in communities where HIV prevalence is high.

Privilege is a set of unearned benefits given to people who fit into a specific social group.

Pronouns are words used to refer to an individual other than their name. This includes she/her/hers, he/him/his, they/them/theirs, it/its/its, etc.

Q

Quariwarmi refers to a shamanic gender identity and/or sexuality that is precolonial Inca Peruvian. The term is translated as men-women, and they often held mixed-gender roles.

Queer can refer to sexuality or gender identity, or both, depending on the intention of the person using the label. Typically queer is understood as a catch-all term for noncisgender and nonheterosexual identity. It is also often used to intentionally complicate identities. It is also a reclaimed slur, so not all people are comfortable with the term.

Queerplatonic refers to a committed intimate relationship that is deeper than friendship, but is not sexual or romantic.

Questioning is an identity that refers to either gender identity or sexuality, or both. It is simply the process of having questions or uncertainty around how you identify. This may be a temporary label for those using it, or a more long-term label.

QTPOC/QTBIPOC is an acronym that stands for queer and/or trans People of Color; queer and/or trans Black/Indigenous/People of Color.

R

Race is a social construct that divides people into distinct groups based on characteristics such as physical appearance, ancestral heritage, cultural affiliation, cultural history, ethnic classification, based on the social, economic, and political context of a society at a given period of time.

Racism refers to the systematic subordination of people from marginalized racial groups based on their physical appearance, ethnic or ancestral history, or cultural affiliation. Racism is considered a deeply pervasive, systemic issue perpetuated by members of the privileged racial group holding dominant social power over others. Discrimination, prejudice, or xenophobia may be more accurate terms for describing individual acts of oppression. While these individual acts likely stem from systemic racism, at the individual level the power dynamics that enable racism are not at play in the same way.

Reclaimed Language is language that has traditionally been used to hurt and degrade a community but which community members have reclaimed and used as their own. Reclaimed language can be extremely important as a way of taking the negative power out of a word, claiming space, and empowering oneself. However, reclaimed language is also tricky and, depending on the context and the speaker, can be hurtful and dangerous. Some examples are 'dyke,' 'fag,' 'homo,' 'queen,' and 'queer.' Although these terms can be used in a positive way by those reclaiming them, it is still offensive to hear them used by others whose intent is to hurt. Although many LGBTQ2S people have reclaimed these terms, there are still others who consider any usage of these terms as offensive, particularly when used by people who do not personally identify with those terms.

Romantic orientation is a term used to describe who an individual is romantically attracted to.

Rubber refers to the rubber community and subculture, which denotes practices and styles of dress organized around sexual activities that involve rubber or latex garments.

S

Same-gender loving is a term some prefer to use instead of lesbian, gay or bisexual to express attraction to and love of people of the same gender.

Sapphic is a sexuality that refers to a woman or woman-aligned person of any sexual orientation who is attracted to women or woman-aligned genders/gender identities. It is an umbrella term for many identities, including those who are lesbian, pansexual, bisexual, or queer.

Sekh is a 2000-1800 BCE originated Egyptian gender identity and/or sexuality. It was a respected and sacred identity, connected to ritual and spirituality.

Sex is 1) The biological designation of a person based on their chromosomes, genitals, gonads, hormones, and secondary sex characteristics. 2) A social construct assigned to an individual at birth based on the shape of their genitals alone. 3) A verb for participating in any sexual activity.

Sex assigned at birth is the sex (male or female) given to a child at birth, most often based on the child's external anatomy. This is also referred to as **assigned sex at birth**.

Sex binary is the institutional norm that there are only two biological sexes, male and female, and that everyone must be one or the other. This is scientifically false for all species of living creature - including humans.

Sexism is the cultural, institutional, and individual set of beliefs and practices that privilege men, subordinate women, and devalue ways of being that are associated with women - like forms of femininity or feminine expression.

Sexual orientation, or **sexuality**, is an inherent or immutable enduring emotional, romantic or sexual attraction to other people.

Sizeism is the pervasive system of discrimination and exclusion that oppresses people who have bodies that society has labeled as "overweight," as well as people of short stature. Historically, fat people's bodies have been labeled as unhealthy, undesirable, and lazy; this fails to challenge narratives around health and healthy living.

Social Dysphoria is a type of dysphoria specific to social situations and assumptions made about gender, social roles, pronouns use, body language, etc.

Social identity groups are based on the physical, social, and mental characteristics of individuals. They are sometimes obvious and clear, sometimes not obvious and unclear, often self-claimed and frequently ascribed by others.

Socialization is the process by which societal norms influence a number of aspects that frame how members of a community live, including how they might think, behave, and hold certain values. Socialization can reinforce assumptions or expectations that give power to systems of oppression.

Social Justice is a goal and a process in which the distribution of resources is equitable and all members are physically and psychologically safe and secure. Begins with an acknowledgement that oppression and inequity exist and must be actively dismantled on all levels

Social transition is the process of transitioning through an individual changing their name, pronouns, the way they dress, etc.

Socioeconomic Class is a social group membership based on a combination of factors including income, education level, occupation, and social status in the community, such as contacts within the community, group associations, and the community's perception of the family or individual.

SOGI (Sexual Orientation and Gender Identity) is an inclusive term that applies to everyone, whether they identify as lesbian, gay, bisexual, transgender, queer, two-spirit, heterosexual or cisgender. Being SOGI-inclusive means speaking about SOGI in a way that makes everyone feel like they belong, not limiting a person's potential based on their biological sex and how they understand or express their gender, and welcoming everyone without discrimination, regardless of their sexual orientation or gender identity.

Spectrum refers to a range or sliding scale. Aspects of one's identity like sexual orientation, gender identity, and gender expression exist on a spectrum, or outside of it. For example, with sexual orientation, the attraction to men, women, or someone of another gender all exist on separate spectrums. Someone might feel a little attracted to men, very much attracted to women, and moderate attraction to people outside this binary.

Squish is a platonic crush; the term is most often used by the asexual community.

Stand to pee (STP) is a packing device that allows an individual to urinate while standing.

Stealth is a description for people who, after beginning their transition and living as their preferred genders, do not readily tell others about their pasts, specifically their birth-assigned genders. Others may choose to be more or less open about their trans statuses.

Stereotype is a generalization applied to every person in a cultural group; a fixed conception of a group without allowing for individuality. When we believe our stereotypes, we tend to ignore characteristics that don't conform to our stereotype, rationalize what we see to fit our stereotype, see those who do not conform as "exceptions," and find ways to create the expected characteristics.

Straight, or **heterosexual**, is a sexual identity that describes a man who is only attracted to women, or a woman who is only attracted to men. Because heterosexuality is the default or norm, it is usually assumed that a person is heterosexual until they identify otherwise.

Stud is a culture-specific identity that is often defined as a black masculine lesbian. As such, it is meant to be an identity label that is exclusively used by black people.

Systemfluid is an exclusive gender identity for systems in which the identity changes depending on who's fronting. This gender is intended for multiple and median systems alike. This may be a neurogender depending on the system. Plurality is required to identify as systemfluid.

T

TERF (Trans-Exclusionary Radical Feminist) refers to people that exclude transgender identity from feminist discourse. They disregard the contradictory nature of excluding marginalized women from feminism.

They is a pronoun used for multiple people or for a singular gender-non specified person.

Third gender is a debated term that holds various histories across cultures. Encompasses a broad group of people who may or may not be associated with the term.

Throuple refers to a romantic relationship involving three people.

Top surgery is a medical procedure performed on an individual to add or remove their chest/ breasts.

Transfeminine is a term used to describe someone who was assigned male at birth and predominantly expresses themselves in a way that they describe as feminine.

Transgender is an umbrella category that refers to those whose gender identity and biological sex at birth do not align in the way that is culturally expected (i.e. male men, female women). This includes those born female who identify as men - transgender men, those born male who identify as women - transgender women, and also often those who identify as nonbinary and other marginalized genders.

Transitioning refers to the process of aligning one's gender expression and body alignment with their gender identity.

Transmasculine is a term used to describe someone who was assigned female at birth and predominantly expresses themselves in a way that they describe as masculine.

Transmisogyny is the dual experience of sexism and transphobia - perpetrated toward transgender people who have a history of femininity or are currently feminine.

Transmisogynoir is the intersection of anti-Black racism and transmisogyny - perpetrated primarily toward transgender women of color.

Tucking is the process of hiding a bulge in one's crotch.

Turtle Island is the traditional indigenous name of the continent. In oral histories Indigenous people refer to 'North America' as Turtle Island.

Twink refers to gay, bisexual, or any non straight identified man who has a young, more feminine, or smaller look. This may include traits like hairlessness, slimness, flamboyancy, and a youthful attitude. Twink is both an umbrella term and a subculture. It has also been used as a pejorative historically.

Two Spirit refers to a number of precolonial indigenous understandings of gender and/or sexuality. These identities were often spiritually and culturally connected to tribal identities.

U

Uitergender is a gender for trans intersex people. It describes intersex people who identify as a gender other than their assigned gender at birth, but do not feel the term transgender describes them, due to being intersex.

Undocumented refers to people who are born outside of the country to which they immigrated, who do not have documentation that grants legal rights related to residency and/or citizenship.

Undocuqueer is an identity used by some individuals who are queer and undocumented to show the intersectionality and inner workings of their identities.

Unisex is something designed to be used by anybody regardless of biological or assigned sex.

Ursula refers to the distinct label used by some lesbians who also participate in Bear culture.

V

Voguing is a type of improvisational dance inspired by the poses in Vogue magazine.

W

Waria is an Indonesian identity that is diverse and broad. It can be a gender identity and/or sexuality, and historically held respected traditional roles.

WLW is an acronym for women-loving woman or women-loving women.

X

Xenogender is an umbrella gender identity where gender goes beyond human understanding of gender. This may include relating to gender systems among animals, plants, or other non-human objects and concepts.

Y

Yinyang Ren (traditional Chinese 陰陽人, simplified Chinese 阴阳人, Pinyin yīnyáng rén) is a gender identity and role in Chinese culture, referring to those who have both masculine and feminine qualities.

Z