

## APPENDIX B – GLOSSARY

*Definitions are sourced and adapted from **The Safe Zone Project**.<sup>120</sup>*

**Ally** - (*noun*) a (typically straight- or cis-identified) person who supports and respects members of the LGBTQ community. While the word does not necessitate action, we consider active allies to be people who take action upon this support and respect, which also demonstrates to others that you are an ally.

**Asexual** - (*adjective*) having a lack of (or low level of) sexual attraction to others and/or a lack of interest or desire for sex or sexual partners.

**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 specifically as "sex assigned [or designated] at birth (SAAB)."

**Bisexual** - (*adjective*) a person emotionally, physically, and/or sexually attracted to male/men and females/women. Other individuals may use this to indicate an attraction to individuals who identify outside of the gender binary as well and may use bisexual as a way to indicate an interest in more than one gender or sex (i.e. men and genderqueer people). This attraction does not have to be equally split or indicate a level of interest that is the same across the genders or sexes an individual may be attracted to.

**Cisgender** - (*adjective, pronounced "siss-jendur"*) a person whose gender identity and biological sex assigned at birth align (e.g., man and male-assigned). A simple way to think about it is if a person is not trans, they are cisgender. The term "cisgendered" is a common mistake.

**Cisnormativity** - (*noun*) the assumption, in individuals or in institutions, that everyone is cisgender, and that cisgender identities are superior to trans identities or people. Leads to invisibility of noncis-gender identities.

**Coming Out** - (*verb*) (1) the process by which one accepts and/or comes to identify one's own sexuality or gender identity (to "come out" to oneself). (2) The process by which one shares their sexuality or gender identity with others (to "come out" to friends, etc.).

**Differences of Sexual Development (DSD)** - (*noun*) someone whose combination of chromosomes, gonads, hormones, internal sex organs, and genitals differs from the two expected patterns of male or female; sometimes referred to as intersex; formerly known as hermaphrodite (or hermaphroditic), but these terms are now considered outdated and derogatory. Some texts still use "Disorders" of Sexual Development for DSD, which patients also find demeaning.

**Feminine Presenting; Masculine Presenting** - (*adjective*) a way to describe someone who expresses gender in a visibly feminine or masculine way (for example in hair style, demeanor, clothing choice, or style) that is characteristic or associated with the gender concepts in a given society.

**FSAAB** - (*adjective*) abbreviation for female sex assigned at birth.

**FtM/F2M; MtF/M2F** - (*adjective*) abbreviation for female-to-male transgender person; abbreviation for male-to-female transgender person.

**Gay** - (*adjective*) (1) a term used to describe individuals who are primarily emotionally, physically, and/or sexually attracted to members of the same sex and/or gender. More commonly used when referring to males/men-identified people who are attracted to males/men-identified people, but can be applied to females/women-identified people as well. (2) An umbrella term used to refer to the queer community as a whole, or as an individual identity label for anyone who does not identify as heterosexual.

**Gender Affirming Surgery** - (*noun*) surgical options that alter a person's biological anatomy. "Sex Reassignment Surgery" was a term used by some medical professionals, but gender affirming surgery is considered to be a more appropriate term. Some people refer to the different surgical procedures as "top" surgery (construction of a male-type chest or breast augmentation for a female-type chest) and "bottom" surgery (various genital reconstruction surgeries that can involve genital removal and/or genital construction) to discuss what type of surgery they are having without having to be more explicit.

**Gender Binary** - (*noun*) the idea that there are only two genders - male/female (or man/woman) and that a person must be strictly gendered as either/or.

**Gender Expression** - (*noun*) "gender presentation" or the external display of one's gender through a combination of dress, demeanor, social behavior, and other factors; generally measured on scales of masculinity and femininity. Note that gender expression may not always match a person's actual gender identity (i.e., you can't always know someone's gender identity by looking). Some people may also express a gender because of safety or work/family/social expectations, but may actually have a different gender identity than that presented.

**Gender Fluid** - (*adjective*) gender fluid is 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 do not align, with what they understand their options for gender to be. Common identity labels include man, woman, genderqueer, trans, and more.

**Gender Non-Conforming (GNC)** - (*adjective*) someone whose gender presentation, whether by nature or by choice, does not align in a predictable fashion with gender-based expectations.

**Genderqueer** - (*adjective*) a gender identity label often used by people who do not identify with the binary of man/woman; or as an umbrella term for many gender nonconforming or nonbinary identities (e.g., agender, bigender, genderfluid).

**Heteronormativity** - (*noun*) the assumption, individually or institutionally, that everyone is heterosexual, and that heterosexuality is the norm or is superior to all other sexualities; can lead to the invisibility or stigmatizing of other sexualities. Often included in this concept is a level of gender normativity and gender roles, the assumption that individuals should identify as men and women, and be masculine men and feminine women, or that men and women are the expected complementary pair.

**Heterosexual** - (*adjective*) a person primarily emotionally, physically, and/or sexually attracted to members of the opposite sex. Also known as straight.

**Homophobia/Biphobia/Transphobia** - (*nouns*) umbrella terms for a range of negative attitudes (e.g., fear, anger, intolerance, resentment, erasure, or discomfort) and policies that an individual or institution may have against members of LGBTQ community. The term can also connote a fear, disgust, or dislike of being perceived as LGBTQ.

**Homosexual** - (*adjective*) a [medical] term used to describe a person primarily emotionally, physically, and/or sexually attracted to members of the same sex/gender. This term is considered stigmatizing due to its history as a category of mental illness, and is discouraged for common use (use gay or lesbian instead).

**Lesbian** - (*noun*) a term used to describe women attracted romantically, erotically, and/or emotionally to other women.

**MSAAB** - (*adjective*) abbreviation for male sex assigned at birth.

**MSM/WSW** - (*noun*) initialisms for “men who have sex with men” and “women who have sex with women,” to distinguish sexual behaviors from sexual identities (e.g., because a man is straight, it doesn’t mean he’s not having sex with men).

**Nonbinary** - (*adjective*) umbrella term for genders that are not exclusively male/female (such as agender, bigender, genderfluid, genderqueer), and for individuals who may identify as nonbinary.

**Outing** - (*verb*) involuntary or unwanted disclosure of another person’s sexual orientation, gender identity, or intersex status.

**Questioning** - (*verb, adjective*) exploring one’s own sexual orientation or gender identity or an individual who is exploring their own sexual orientation and gender identity.

**Queer** - (*adjective*) used as an umbrella term to describe individuals who don’t identify as straight; also used to describe people who have nonnormative gender identities. Queer is not used or embraced by all LGBTQ community members due to its historical derogatory use, but through linguistic reclamation it is indeed self-used by many LGBTQ community members.

**Sex Assigned at Birth (SAAB)** - (*noun*) a phrase used to distinguish between the sex that was assigned to an individual (typically male or female) and gender identity, which may not be the same.

**Same Gender Loving/SGL** - (*adjective*) a term traditionally used by members of the African-American/Black community to express an alternative sexual orientation without the perceived social or political implication of the term gay or lesbian.

**Sexual Orientation** - (*noun*) the type of sexual, romantic, emotional/spiritual attraction one feels for others, often labeled based on the gender relationship between the person and the people they are attracted to (often mistakenly referred to as sexual "preference").

**Third Gender** - (*noun*) a person who does not identify with either man or woman, but identifies with another gender. This gender category is used by societies, both contemporary and historic, that recognize three or more genders; is also a conceptual term meaning different things to different people who use it as a way to move beyond the gender binary.

**Trans/Transgender** - (*adjective*) (1) an umbrella term covering a range of identities that transgress socially defined gender norms or (2) a person who lives as a member of a gender other than that expected based on sex assigned at birth.

**Transition(ing)** - (*noun, verb*) primarily used to refer to the process a trans person undergoes when changing their bodily appearance either to be more congruent with the gender/sex they feel themselves to be and/or to be in harmony with their preferred gender expression.

**Two-Spirit** - (*noun*) is an umbrella term traditionally used by Native American people to recognize individuals who possess qualities or fulfill roles of both genders.

