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Our colleagues'  
simple guide to

# LGBT+ Terms.

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# LGBT+ Terms.

## **Ace/Asexual/Aromantic**

An umbrella term for people who don't experience, or experience a lower amount of sexual or romantic attraction.

## **Allosexual / Alloromantic**

People who experience sexual or romantic attraction to others and are not asexual or aromantic.

## **Ally**

A person who supports members of the LGBT+ community and believes in equality and equity regardless of orientation or gender.

## **Bisexual**

An umbrella term for people who experience attraction towards more than one gender, often including their own – sometimes used interchangeably with *Pansexuality*.

# LGBT+ Terms.

## **Butch**

A term used in LGBT+ culture to describe someone who expresses in a typically masculine way.

## **Cisgender/Cis**

Someone whose gender identity matches their biological sex at birth.

*Cisgender is not an offensive term or insult, it comes from the Latin prefix Cis- which is the opposite of trans - and simply means you are not trans.*

## **Coming Out**

The act of telling others about their orientation or identity. People can come out multiple times throughout their life.

## **Deadnaming**

Calling someone a previous name or birth name after they have changed it - this can be for a number of reasons and often is associated with trans people who have changed their name during transition.

# LGBT+ Terms.

## **Femme**

A term used in LGBT+ culture to describe someone who expresses in a typically feminine way.

## **Gay**

A man whose orientation is towards other men. Some other members of the LGBT+ community may refer to themselves as Gay as an umbrella term also.

## **Gender**

Gender is the social expression of sex and its related characteristics, and has been developed based on our assumptions about sex.

## **Gender Dysphoria**

When someone feels distress or discomfort because their gender identity does not match their assigned sex. This is the medical term for someone not comfortable with their sex.



# LGBT+ Terms.

## **Gender Expression**

How a person expresses themselves with gender characteristics – someone may be feminine but not a woman and vice versa.

## **Gender Reassignment**

A transition between genders that may involve physical changes, names or pronouns – it is a protected characteristic under the Equality Act 2010.

## **Gender Recognition Certificate (GNC)**

This allows trans people to be issued a new birth certificate with their legally affirmed gender – but this isn't required to change gender markers at work or on legal documents.

## **Gillick Competence**

A medical law term to determine whether a person under 16 can consent to medical treatment – although most physical treatments are not given to children or young people.



# LGBT+ Terms.

## **Heterosexual/Straight**

A person who only experiences attraction to the typically opposite gender.

## **Homosexual**

An outdated term that was originally a medical diagnosis for someone with different attractions.

## **Homophobia**

Prejudice or bullying towards LGBT+ people

## **Intersex**

People born with multiple biological sex characteristics.

## **Lesbian**

A woman who is attracted to another woman.

## **Non-Binary**

An umbrella term for people whose gender identity sits outside of the societal norms for man and woman. These people may still appear masculine, feminine or neutral.

# LGBT+ Terms.

## **Outed**

When a persons identity or orientation is disclosed to others without their consent.

## **Pansexual/Pan**

A person whose attraction is not limited by sex or gender.

## **Passing**

A term used to describe if a person is regarded socially as a cisgender person.

## **Pronoun**

Terms to refer to someone in conversation.

## **Queer**

Queer was originally used for LGBT+ people as it means, 'other' or not the norm – for a period of time this was also used a slur but is often used by people in the LGBT+ community as a general term or who do not identify with a specific term.

# LGBT+ Terms.

## **Sex**

Whether a person is assigned male, female or intersex at birth based on physical characteristics.

## **Trans / Transgender**

A person whose gender is now different to the one assigned to them at birth – this can be transitioning from male to female (MTF), female to male (FTM), or to non-binary.

## **Third-Gender**

One of many identities used in ancient stories, Third-Gender is a centuries old identify from Hindu Culture referring to someone neither male or female.

## **Transsexual**

An outdated term originally used as a medical diagnosis for people not identified as the gender assigned at birth.







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With thanks to Bee for compiling this guide on behalf of the Pride Network.