

LGBTQ+

LGBTQ+ is an ‘umbrella’ term – that means it includes everyone whose identity is not heterosexual and cisgender. It stands for **Lesbian, Gay, Bisexual, Transgender, Queer, +**. The + indicates other people who may fall under the ‘umbrella’ without identifying with those first 5 terms.

Other people who are within the LGBTQ+ umbrella include: people who are **pansexual, asexual, aromantic, graysexual, non-binary**, and more.

Under the Equality Act 2010, LGBTQ+ people are protected from discrimination. It is a criminal offence to discriminate against LGBTQ+ people because of their identities or relationships.

Transgender/Trans

This is a term used for a person whose gender does not match the one they were given at birth. **Transgender** is an adjective - like 'tall' – so it isn't plural ('transgenders' is wrong) and isn't a verb ('transgendered' is wrong). Sometimes it is shortened to **Trans**. The opposite of being transgender is being **cisgender**.

Transgender women (or trans women) are people who were assigned male at birth, but later transition to be **women**.

Transgender men (or trans men) are people who were assigned female at birth, but later transition to be **men**.

Non-binary people sometimes identify as transgender, too.

Trans people do not have to undergo any medical surgery or take hormones to be considered transgender. Under the Equality Act 2010, transgender people are protected from discrimination. It is a criminal offense to discriminate against transgender people because of their identities or relationships.

Lesbian

Lesbian is the term for a woman who has romantic or sexual feelings for other women. They might also be called women who love women (**WLW**). Lesbians could be cisgender, transgender or non-binary.

Lesbian is both a noun and an adjective: someone can be *a lesbian* or a relationship can be described as *a lesbian relationship*.

Lesbian relationships are sometimes called 'Sapphic' after the Ancient Greek lesbian poet Sappho, from the isle of Lesbos (where the word 'lesbian' comes from).

Bisexual/Bi

Bisexual is the term a person who has romantic or sexual feelings for people of the **same and different genders**. Even though 'bi' means 'two', bisexual people can have romantic or sexual feelings for an array of genders, including non-binary people.

Bisexual people can be men, women or non-binary and can be transgender or cisgender.

Bisexual is an adjective and a noun: a couple of bisexual people may be referred to as 'bisexuals', but mostly bisexual is an adjective used to describe someone's attraction. Some people use the term 'bi' as shorthand for bisexual.

Pansexual/Pan

Pansexual is the term a person who has romantic or sexual feelings for **people of all genders**. 'Pan' means all and often pansexual people identify with this term because they want to emphasise that they are attracted to people, not genders.

Pansexuality was originally coined to explicitly include attraction to transgender and non-binary people, but bisexuality can also include attraction to transgender and non-binary people too. Pansexual people can be men, women or non-binary people and can be transgender or cisgender.

Pansexual is an adjective and a noun.

Non-Binary

Non-binary is an **umbrella term** for people who do not identify as either male or female. This term includes many genders from across the spectrum of male and female. Some Non-Binary people also identify as transgender, but some do not.

Non-binary people often change their pronouns to match their gender – for example, instead of using ‘he/him’ they might use ‘they/them’. They might also use neo-pronouns like in the table opposite.

Non-binary people sometimes use the terms NB or enby as shorthand.

Pronoun Reference Sheet

She	Her	Her	Hers	Herself
He	Him	His	His	Himself
They	Them	Their	Theirs	Themselves
Ze	Zir	Zir	Zirs	Zirself
Xe	Xem	Xyr	Xyrself	Xemself
Ze	Hir	Hir	Hirs	Hirself
Per	Per	Per	Pers	Perself



Intersex

Intersex is a general term used for a variety of conditions in which a person is born with a reproductive or sexual anatomy that doesn't seem to fit the typical definitions of female or male. This could mean that they have a different set of chromosomes (XXY, XYY) or their internal and external anatomy are typically associated with different sexes.

Even though this is not a gender identity or a sexuality, intersex people often find community among LGBTQ+ people because they often face similar issues in society.

Intersex people are currently fighting to stop invasive 'corrective' surgery which is often performed when they are too young to consent. For more info, see: <https://interactadvocates.org/faq/>

Aromantic

Aromantic is a term for people who do not experience romantic attraction. Under something called the 'split attraction model', people have both a romantic and a sexual identity and sometimes these do not match. For example, someone might be only romantically attracted to men, but physically attracted to all genders.

Therefore, just as people may be 'asexual', meaning they do not experience sexual urges, they might be 'aromantic', meaning they do not experience romantic feelings.

Some aromantic people use terms such as 'platonic relationship' to describe their relationships. They may also use the term 'squish' to refer to a non-romantic crush.

Asexual / Ace

Asexuality is a term for people who experience a lack of sexual attraction to others, or low or absent interest in or desire for sexual activity.

Asexual people still often have relationships with others but don't necessarily engage in sexual activity with them. Asexual people could experience romantic attraction to people of the same or other genders, so could also identify as bi, lesbian, pan, gay, etc. depending on their romantic attractions.

Asexuality is also an umbrella term for other levels of sexual attraction. For example gray-sexual people have only experienced sexual attraction very rarely, while demi-sexual people experience sexual attraction only after falling in love.



Gay

Gay is an umbrella term for people who are attracted to the same (or similar) genders. Some gay people also experience attraction to non-binary people.

Gay is often also used specifically for gay men, who may also be referred to as **MSM** (men who have sex with men) or **MLM** (men who love men). Gay men can be cisgender or transgender. Some non-binary people and women also identify as gay.

Under the Equality Act 2010, gay people are protected from discrimination. It is a criminal offence to discriminate against gay people because of their identities or relationships.

Cisgender/Cis

Cisgender is a term for people who identify with the gender they were assigned at birth. For example, if you were born a girl and still identify as a girl, you are cisgender. This term is helpful for the trans community to be able to refer to non-trans people as a whole. **Cisgender people can be lesbian, gay, bisexual, pansexual, asexual, aromantic, queer, etc. so may still be part of the LGBTQ+ community.**

Queer

Queer is a reclaimed slur which the LGBTQ+ community sometimes use. In the 80s and 90s it was an offensive term for LGBTQ+ people, but in more recent years LGBTQ+ people use it as an umbrella term. Some people choose to only use the word 'queer' to describe themselves because they don't feel that they fit with any other LGBTQ+ terms. **It is important not to call people queer unless they give you permission, as it can still be seen as a slur.**

Straight/Heterosexual

Straight is a term for people who are only attracted to people of the 'opposite' gender (e.g. men attracted to women, women attracted to men). **Straight people can be cisgender or transgender, so may still be part of the LGBTQ+ community.**

Assigned _____ at Birth

This is a term which transgender and non-binary people use to explain their birth sex. For example, 'assigned female at birth' means that when they were born, their birth certificate said 'female'. This term is preferable to saying that someone is 'born male' or 'born female' because a lot of transgender and non-binary people feel that their gender hasn't changed, they were just assigned the wrong gender when they were born.

QTIPOC

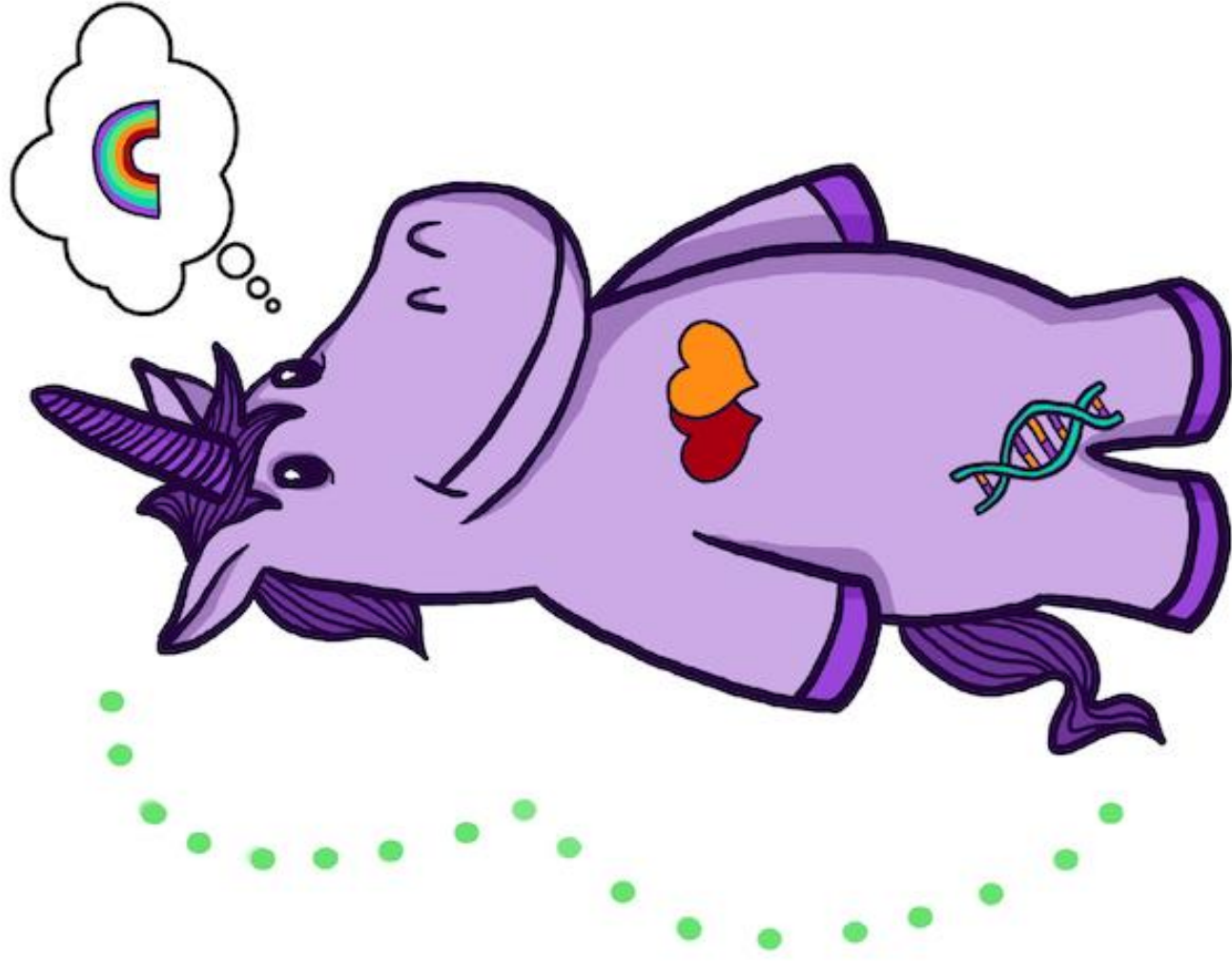
This is an umbrella term for LGBTQ+ people who are also BAME. It stands for "Queer, Trans, Intersex People of Colour" and originated in the United States. People who are QTIPOC often use this term to discuss their experiences with race and racism in the LGBTQ+ community.

Pronouns

We all have pronouns, which are the words people use to refer to us e.g. "he/him" or "she/her". Some people use "they/them" pronouns, also known as gender neutral pronouns. **You are probably already used to using these for people you don't know**, e.g. "Oh no! Somebody left their phone behind! I hope it gets back to them, or they'll miss it!". They/them pronouns are used in exactly the same way.

The Gender Unicorn

Graphic by:
TSER
Trans Student Educational Resources



Gender Identity

-  Female/Woman/Girl
-  Male/Man/Boy
-  Other Gender(s)

Gender Expression

-  Feminine
-  Masculine
-  Other

Sex Assigned at Birth

-  Female
-  Male
-  Other/Intersex

Physically Attracted to

-  Women
-  Men
-  Other Gender(s)

Emotionally Attracted to

-  Women
-  Men
-  Other Gender(s)

To learn more, go to:
www.transstudent.org/gender

Design by Landyn Pan and Anna Moore