

# LGBTQ+

## Definition Guide

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## **Agender**

A term used to describe someone who sees themselves as being without gender or genderless.

## **Ally**

A friend, advocate, or supporter of the LGBTQ+ community.

## **Androgynous**

A term used to describe someone whose gender expression is not overtly masculine or feminine.

## **Aromantic**

A term used to describe someone who does not feel romantic attraction.

## **Asexual**

A term used to describe someone who does not feel sexual attraction. Other related terms include ace, aromantic, demisexual and greysexual.

## **Biphobia**

Prejudice and discrimination against a person who is - or who is perceived to be - bisexual.

## **Bisexual**

A term used to describe someone who is physically/sexually attracted to men and women. Also sometimes described as Bi.

## **Biromantic**

A term used to describe someone who is romantically attracted to men and women.

## **Cis**

An umbrella term used to describe anyone whose sex assigned at birth and gender identity are the same.

## **Coming Out**

The process of telling others about your sexual orientation and/or gender identity

## **Deadnaming**

Calling someone by their previous name after they have changed their name.

## **Deed Poll**

The document used to legally change your name.

## **Gender Dysphoria**

The medical term to describe the physical, mental and/or social discomfort felt by someone whose assigned sex does not match their gender identity.

## **Gay**

A term used to describe someone who is physically/sexually attracted to people of the same sex.

## **Gender Expression**

How a person demonstrates their gender in the ways they live their life through things like clothing, hairstyles or accessories, speech patterns, or mannerisms.

## **Gender Identity**

How a person feels or experiences themselves in regards to their gender.

## **Gender Fluid**

A term used to describe someone who feels that their gender identity is not fixed and/or fluctuates or changes over time.

## **Genderqueer**

A term used to describe someone who feels their gender identity does not fit into the standard socially constructed ideals of male and female.

## **GIC**

Gender Identity Clinic: a service which provides specialist medical care for trans people.

## **Gender Recognition Certificate (GRC)**

Gender Recognition Certificate is evidence of a trans person's legal gender and can be used to change the gender marker on a birth certificate.

## **Heterosexual**

Someone who is sexually attracted to people of the opposite gender.

## **Heteroflexible**

Someone who is primarily sexually attracted to people of the opposite gender, but not always.

## **Heteroromantic**

Someone who is romantically attracted to people of the opposite gender.

## **Homosexual**

Someone who is sexually attracted to people of the same gender.

## **Homoflexible**

Someone who is primarily sexually attracted to people of the same gender, but not always.

## **Homoromantic**

Someone who is romantically attracted to people of the same gender.

## **Homophobia**

Prejudice and discrimination against a person who is - or who is perceived to be - gay.

## **Intersex**

A term used to describe someone with any of variations in their chromosomes, sex hormones, or anatomy.

## **Lesbian**

A term used to describe a woman who is physically/sexually attracted to other women.

## **Non-binary**

A term used to describe who feels their gender identity sits outside the binary of male or female.

## **Outing**

The act of publicly announcing someone else's sexual orientation or gender identity without their consent.

## **Pansexual**

A term used to describe someone who is open to the possibility of relationships with people of all genders including transgender and intersex people.

## **Pronouns**

He/him/his, she/her/hers, they/them/theirs.

## **Queer**

A term used by some LGBTQ+ people to describe themselves. It can carry negative associations for some so should only be used to refer to someone if they have previously self-identified as queer.

## **Questioning**

The process of exploring or considering one's sexual orientation and/or gender identity.

## **Sexual Orientation**

The term used to define the type of person that someone is sexually attracted to.

## **Top surgery**

A term that is used to describe surgeries that some trans people undertake to feminise or masculinise the chest.

## **Transition**

The process someone goes through to change from their assigned sex to the gender they identify as.

## **Trans**

An umbrella term used to describe any person whose gender identity does not align with the sex they were assigned at birth.

## **Transphobia**

Prejudice and discrimination against a person who is - or who is perceived to be - trans

