

LGBTQ+ Terminology



LGB

Lesbian / Gay / Bisexual

About Sexual Orientation

Sexual Orientation

Our sexual and romantic attraction to other people.

Lesbian

A woman who is attracted to other women. Some non-binary people may also identify with this term.

Gay

Someone who is attracted to people of the same gender.

Bisexual

Someone who is attracted to more than one gender
e.g. both men and women.

Related Terms

Pansexual

Someone whose romantic and/or sexual attraction towards others is not limited by sex assignment, gender identity, or gender expression.

Asexual (Ace)

Someone who experiences limited or no sexual attraction.

T

Trans

About Gender Identity

Gender Identity

Our personal sense of our own gender.

Transgender or Trans

A term describing a person's gender identity that does not match their assigned sex at birth. This word is also used as an umbrella term to describe some groups of people who transcend conventional expectations of gender identity or expression.

Related Terms

Sex assigned at birth

The designation of a person at birth as male or female based on their anatomy (genitalia and/or reproductive organs) or biology (chromosomes and/or hormones).

Non-Binary

People whose gender identity is neither exclusively woman or man or is in between or beyond the gender binary.

Pronouns

The words used to refer to a person other than their name, *e.g. he/she/they.*

Cisgender

Someone whose gender identity matches the sex they were assigned at birth.

Gender Expression

How we show our gender through our clothes, hair etc. This is different to gender identity. Gender identity refers to how we feel inside, and gender expression is how we present ourselves outside.

Q

Queer

Queer

An umbrella term used to describe people who are not heterosexual and/or cisgender. Queer was used as a slur against the LGBTQ+ community for many years and still can be. However, the word has been reclaimed by LGBTQ+ communities and many now embrace the term. Check if someone is comfortable with this term before referring to them as queer.

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The 'plus' is used to signify all of the gender identities and sexual orientations that are not specifically covered by the other five initials.

