



SEAN'S LEGACY

LGBTQ+ GLOSSARY

JUNE 2020

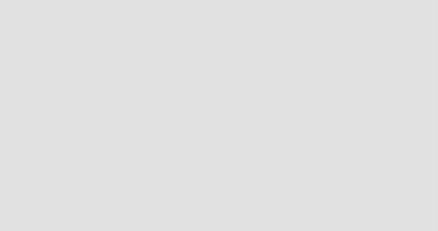
VERSION 1.0

Researched, written, and designed by:
Shayla Bannert, MPH (c)

This glossary was designed to house commonly used terms that are present within the LGBTQ+ community. We hope this glossary can be utilized as a resource to increase knowledge and spread awareness about individuals present within the LGBTQ+ community.

Sean's Legacy is an online grassroots organization aiming to elevate the conversation around LGBTQ+ youth suicide prevention and encourage others to foster a safe space in their community for everyone to thrive. We work to share public health education campaigns spreading awareness of youth suicide and prevention, and support and uplift LGBTQ youth by providing college scholarships.





Ableism: The pervasive system of discrimination and exclusion that oppresses people who are differently abled, including differences in mental, cognitive, emotional, and/or physical abilities, through attitudes, actions, or institutional policies

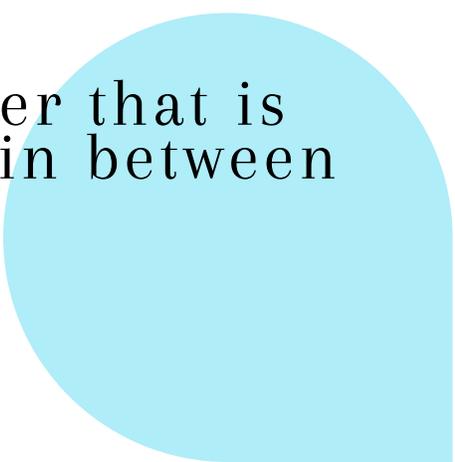
Allosexism: The pervasive system of discrimination and exclusion that oppresses asexual people built out of the assumption that everyone does and should experience sexual attraction

Allosexual: A sexual orientation generally characterized by feeling sexual attraction or a desire for partnered sexuality

Ally: A combine resource or relationship with another individual based on mutual benefits

Allyship: The action of working to end oppression through support of, and as an advocate with and for, a group other than one's own

Androgyne: A person with a gender that is both masculine and feminine or in between masculine and feminine.



Aromantic: A romantic orientation generally characterized by not feeling romantic attraction or a desire for romance. Aromantic people can be satisfied by friendship and other non-romantic relationships. Many aromantic people also identify with a sexual orientation, such as asexual, bisexual, etc

Asexual: Asexuality is distinct from celibacy, which is the deliberate abstention from sexual activity, despite sexual desire. Some asexual individuals do have sex and experience some sexual attraction to people of one or more genders. Asexual individuals may or may not experience romantic attraction.

Bear Community: A part of the queer community composed of queer men similar in looks and interests, most of them big, hairy, friendly and affectionate. The community aims to provide spaces where one feels wanted, desired, and liked

Bigender: Having two genders, exhibiting cultural characteristics of masculine and feminine roles

Bisexual: A person whose primary sexual and affectional orientation is toward people of the same and other genders, or towards people regardless of their gender. Some people may use bisexual and pansexual interchangeably.

BiaQ/BiaQueer: Persons of African American descent who recognize their queerness/LGBTQIA identity as a salient identity attached to their Blackness and vice versa

Butch: A gender expression that fits societal definitions of masculinity. Usually used by queer women and trans people, particularly by lesbians. Some consider “butch” to be its own gender identity.

Cisgender: A gender identity, or performance in a gender role, that society deems to match the person’s assigned sex at birth. The prefix cis- means “on this side of” or “not across.” A term used to highlight the privilege of people who are not transgender.

Cissexism/genderism: The pervasive system of discrimination and exclusion founded on the belief that there are, and should be, only two genders and that one’s gender or most aspects of it, are inevitably tied to assigned sex. This system oppresses people whose gender and/or gender expression falls outside of cis-normative constructs. Within cissexism, cisgender people are the dominant group and trans/ gender non-conforming people are the oppressed group.

Coming out: Coming out is the process of sharing one's sexual orientation and/or gender identity with others. This process is unique for each individual and there is no right or wrong way to come out.

Crossdresser: A word to describe a person who dresses, at least partially, as a member of a gender other than their assigned sex; carries no implications of sexual orientation. Has replaced "Transvestite."

Demisexual: Demisexuality is a sexual orientation in which someone feels sexual attraction only to people with whom they have an emotional bond. Most demisexuals feel sexual attraction rarely compared to the general population, and some have little to no interest in sexual activity. Demisexuals are considered to be on the asexual spectrum.

Discrimination: Inequitable actions carried out by members of a dominant group or its representatives against members of a marginalized or minoritized group.

Drag King: A person (often a woman) who appears as a man. Generally in reference to an act or performance. This has no implications regarding gender identity.

Drag Queen: A person (often a man) who appears as a woman. Generally in reference to an act or performance. This has no implications regarding gender identity.

Femme: Historically used in the lesbian community, it is being increasingly used by other LGBTQIA people to describe gender expressions that reclaim and disrupt traditional constructs of femininity.

Gay: A sexual and affectional orientation toward people of the same gender. Often, but not exclusively used to describe men who are attracted to other men.

Gender: A social construct used to classify a person as a man, woman, or some other identity. Gender may or may not align with the sex one is assigned at birth.

Gender Expansive: An umbrella term used for individuals who broaden their own culture's commonly held definitions of gender, including expectations for its expression, identities, roles, and/or other perceived gender norms. Gender expansive individuals include those who identify as transgender, as well as anyone else whose gender in some way is seen to be broadening the surrounding society's notion of gender.

Gender Expression: How one expresses oneself, in terms of dress and/or behaviors. Society, and people that make up society characterize these expressions as "masculine," "feminine," or "androgynous." Individuals may embody their gender in a multitude of ways and have terms beyond these to name their gender expression(s).

Genderfluid: A person whose gender identification and presentation shifts, whether within or outside of societal, gender-based expectations. Being fluid in motion between two or more genders.

Gender Identity: A sense of one's self as trans, genderqueer, woman, man, or some other identity, which may or may not correspond with the sex and gender one is assigned at birth.

Gender Outlaw: A person who refuses to be defined by conventional definitions of male and female.

Gender Non-Conforming: Adjective for people who do not subscribe to societal expectations of typical gender expressions or roles. The term is more commonly used to refer to gender expression (how one behaves, acts, and presents themselves to others) as opposed to gender identity (one's internal sense of self).

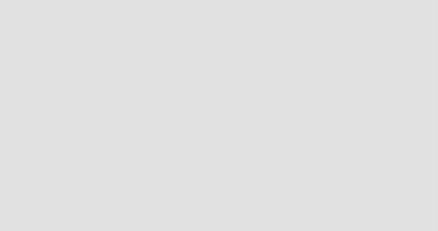
Gender Queer: A person whose gender identity and/or gender expression falls outside of the dominant societal norm for their assigned sex, is beyond genders, or is some combination of them.

Gender Variant: A person who varies from the expected characteristics of the assigned gender.

Heteronormativity: Attitudes and behaviors that incorrectly assume gender is binary, ignoring genders besides women and men, and that people should and will align with conventional expectations of society for gender identity, gender expression, and sexual and romantic attraction.

Heterosexism/Heteronormative: The assumption that all people are or should be heterosexual. Heterosexism excludes the needs, concerns, and life experiences of lesbian, gay, bisexual and queer people while it gives advantages to heterosexual people. It is often a subtle form of oppression, which reinforces realities of silence and erasure.

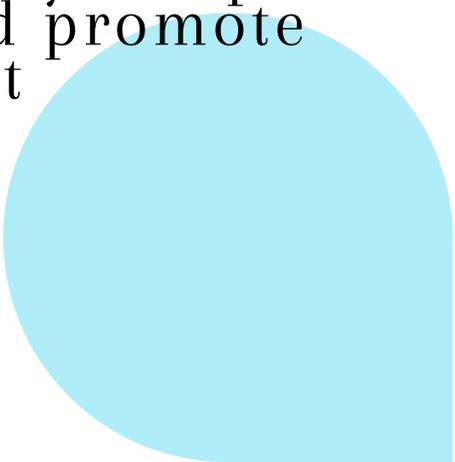
Heterosexuality: A sexual orientation in which a person feels physically and emotionally attracted to people of a gender other than their own.



Homosexual: A term used to describe a sexual orientation in which a person feels physically and emotionally attracted to people of the same gender. Historically, it was a term used to pathologize gay and lesbian people.

Internalized Oppression: The fear and self-hate of one or more of a person's own identities that occurs for many individuals who have learned negative ideas about their identities throughout childhood. One form of internalized oppression is the acceptance of the myths and stereotypes applied to the oppressed group.

Intersectionality: A term coined by law professor Kimberlé Crenshaw in the 1980s to describe the way that multiple systems of oppression interact in the lives of those with multiple marginalized identities. Intersectionality looks at the relationships between multiple marginalized identities and allows us to analyze social problems more fully, shape more effective interventions, and promote more inclusive advocacy amongst communities.

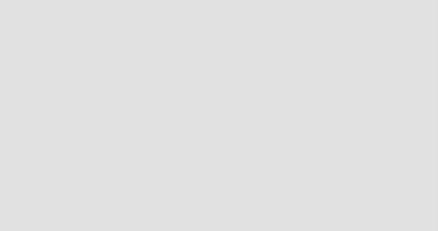


Intersex: An umbrella term to describe a wide range of natural body variations that do not fit neatly into conventional definitions of male or female. Intersex variations may include, but are not limited to, variations in chromosome compositions, hormone concentrations, and external and internal characteristics. Hermaphrodite is an outdated and inaccurate term that has been used to describe intersex people in the past.

Latinx: Pronounced “La-TEEN-ex”, is a non-gender specific way of referring to people of Latin American descent. The term Latinx, unlike terms such as Latino/a and Latin@, does not assume a gender binary and includes non binary folks.

Lesbian: Usually, a woman whose primary sexual and affectional orientation is toward people of the same gender. However, some nonbinary people also identify as lesbians, often because they have some connection to womanhood and are primarily attracted to women.

LGBT: Abbreviation for Lesbian, Gay, Bisexual, and Transgender. An umbrella term that is often used to refer to the community as a whole. Our center uses LGBTQIA to intentionally include and raise awareness of Queer, Intersex and Asexual communities as well as myriad other communities under our umbrella.



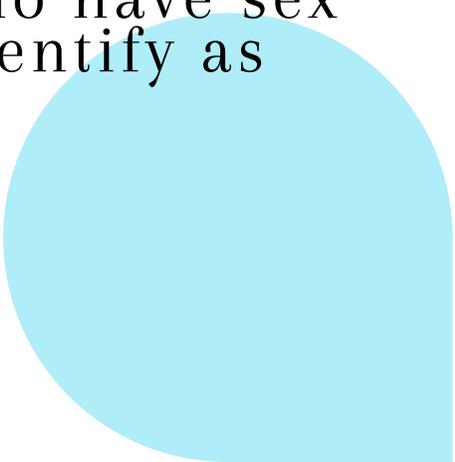
Masculine of Center: A term coined by B. Cole of the Brown Boi Project to describe folks, including lesbian/queer womyn and trans folks, who lean towards the masculine side of the gender spectrum. These can include a wide range of identities such as butch, stud, aggressive/AG, dom, macha, tomboi, trans-masculine, etc.

MLM: An abbreviation for men who love men, which includes gay men as well as men who are attracted to men and people of other genders.

Monosexism: The belief in and systematic privileging of monosexuality as superior, and the systematic oppression of non-monosexuality.

Monosexual: People who have romantic, sexual, or affectionate desire for one gender only. Heterosexuality and homosexuality are the most well-known forms of monosexuality.

MSM: An abbreviation for men who have sex with men; they may or may not identify as gay.



Multisexual: An umbrella term to describe attraction to more than one gender. It can include sexual attractions like bisexual, polysexual, omnisexual, and others. The aforementioned terms are used by some interchangeably and for others the subtle differences among them are important.

Nonbinary: A gender identity that is not solely man or woman.

Omnigender: Possessing all genders. The term is used specifically to refute the concept of only two genders.

Oppression: Exists when one social group, whether knowingly or unconsciously, exploits another social group for its own benefit.

Orientation: Orientation is one's attraction or non-attraction to other people. An individual's orientation can be fluid and people use a variety of labels to describe their orientation. Some, but not all, types of attraction or orientation include: romantic, sexual, sensual, aesthetic, intellectual and platonic.

Pansexual: Term used to describe people who have romantic, sexual or affectional desire for people of all genders and sexes. Has some overlap with bisexuality and polysexuality (not to be confused with polyamory).

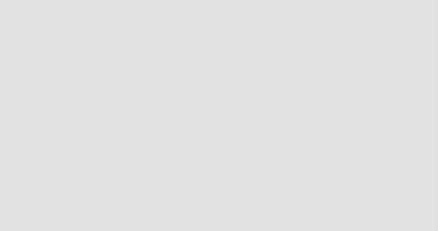
Polyamory: Denotes consensually being in/open to multiple loving relationships at the same time. Some polyamorists (polyamorous people) consider “polyam” to be a relationship orientation. Sometimes used as an umbrella term for all forms of ethical, consensual, and loving non-monogamy.

Polygender/Pangender: Exhibiting characteristics of multiple genders, deliberately refuting the concept of only two genders.

Polysexual: People who have romantic, sexual, or affectional desire for more than one gender. Not to be confused with polyamory (above). Has some overlap with bisexuality and pansexuality.

Pronouns: Linguistic tools used to refer to someone in the third person. Examples are they/them/theirs, ze/hir/hirs, she/her/hers, he/him/his.

Queer: While historically used as a derogatory slur, this term has been reclaimed by some members of the LGBTQIA community to describe a non-heterosexual/cisgender identity.



Romantic Orientation: Romantic Orientation is attraction or non-attraction to other people characterized by the expression or non-expression of love. Romantic orientation can be fluid and people use a variety of labels to describe their romantic orientation.

Same Gender Loving: A term used by some African American people who love, date, have attraction to people of the same gender.

Sex: A medically constructed categorization. Sex is often assigned based on the appearance of the genitalia, either in ultrasound or at birth and includes the presences of chromosomes and hormones in the body.

Sexism: The cultural, institutional, and individual set of beliefs and practices that privilege men, subordinate women, and devalue ways of being that are associated with women.

Sexuality: The components of a person that include their biological sex, sexual orientation, gender identity, sexual practices, etc.



Sexual Orientation: An enduring emotional, romantic, sexual or affectional attraction or non-attraction to other people. Sexual orientation can be fluid and people use a variety of labels to describe their sexual orientation.

SOGIESC: An acronym used for internal organizations that stands for Sexual Orientation, Gender Identity and Expression, and Sex Characteristics. Is used by some in a similar way to the umbrella acronym: LGBTQIA.

Spectrum: A range or sliding scale. Aspects of one's identity like sexual orientation, gender identity, and gender expression exist on a spectrum. For example, with sexual orientation, the attraction to men, women, or someone of another gender all exist on separate spectrums. Someone might feel a little attracted to men, very much attracted to women, and moderate attraction to people outside this binary.

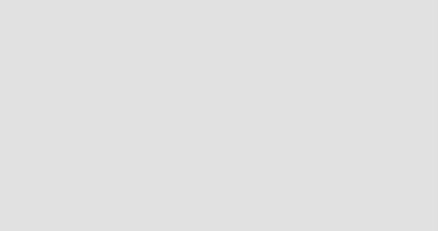
Trans: The term trans acts as a more inclusive term than transgender for gender non-conforming and non-binary folks.

Trans Man: A man who was assigned female at birth

Trans Woman: A woman who was assigned male at birth

Transgender: An adjective used most often as an umbrella term and frequently abbreviated to “trans.” Identifying as transgender, or trans, means that one’s internal knowledge of gender is different from conventional or cultural expectations based on the sex that person was assigned at birth. While transgender may refer to a woman who was assigned male at birth or a man who was assigned female at birth, transgender is an umbrella term that can also describe someone who identifies as a gender other than woman or man, such as non binary, genderqueer, gender-fluid, no gender or multiple genders, or some other gender identity.

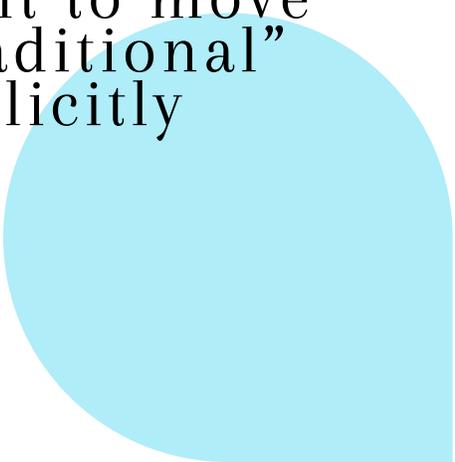
Transition: Transitioning is the process of taking steps to live as one’s true gender identity. Transitioning is different for each individual and may or may not involve medical interventions like taking hormones or having surgery. Some people may not choose to transition in certain ways for a variety of reasons. The extent of someone’s transition does not make that person’s gender identity any less or more valid.



Two Spirit: An umbrella term encompassing sexuality and gender in Indigenous Native American communities. Two Spirit people often serve integral and important roles in their communities, such as leaders and healers. It may refer to an embodiment of masculinity and femininity but this is not the only significance of the term. There are a variety of definitions and feelings about the term two spirit - and this term does not resonate for everyone. Two Spirit is a cultural term reserved for those who identify as Indigenous Native American. Although the term itself became more commonly used around 1990, two spirit people have existed for centuries.

Ursula: Some lesbians, particularly butch dykes, also participate in Bear culture referring to themselves with the distinct label Ursula.

Womxn: Some womxn spell the word with an "x" as a form of empowerment to move away from the "men" in the "traditional" spelling of women and to be explicitly inclusive of trans women.



RESOURCES

Sean's Legacy's Website:

<https://www.seanslegacy.org/>

Suicide Prevention Hotline:

1-800-273-8255

Suicide Prevention Chat:

<https://suicidepreventionlifeline.org/chat/>

Suicide Prevention Website:

<https://suicidepreventionlifeline.org/>

Crisis Text Line:

Text HOME to 741741 (24/7)

Crisis Text Line Website:

<https://www.crisistextline.org/>

The Trevor Project:

- Call 866-488-7386

- Text Text START to 678678. (Mon-Fri 3 p.m. to 10 p.m. EST/12 p.m. to 7 p.m. PST)

- TrevorCHAT (instant messaging, seven days a week 3 p.m. to 10 p.m. EST/12 p.m. to 7 p.m. PST)

- Visit <https://www.thetrevorproject.org/>