

LGBTQ+ 101 TERMINOLOGY

L

Lesbian: denoting or relating to women who are sexually or romantically attracted to other women, or to sexual attraction or activity between women.



G

Gay: sexually or romantically attracted to people of one's own sex (used especially of a man).



B

Bisexual: sexually or romantically attracted to both men and women, or to more than one sex or gender.



T

Trans: denoting or relating to a person whose gender identity does not correspond with the sex registered for them at birth; transgender.



Q

Queer: denoting or relating to a sexual or gender identity that does not correspond to established ideas of sexuality and gender, especially heterosexual norms.



I

Intersex: Intersex is a general term used for a variety of situations in which a person is born with reproductive or sexual anatomy that doesn't fit the boxes of "female" or "male."



A

Asexual / Aromantic: (ace) aromantic people experience little to no romantic attraction, while asexual people experience little to no sexual attraction.



+

There are a multitude of identities and orientations with which we may identify.
Learn more at [YouCanPlay.org](https://www.YouCanPlay.org)



12 MUST KNOW LGBTQ+ 101 TERMS

- Ally** a person or organization that actively supports the rights of a minority or marginalized group without being a member of it.
- AFAB / AMAB / SAAB** Acronym for: Assigned Female at Birth / Assigned Male at Birth / Sex Assigned at Birth
- Cisgender** denoting or relating to a person whose gender identity corresponds with the sex registered for them at birth; not transgender.
- Deadnaming** call someone (often trans people) by their birth name and not their chosen name.
- Enby** Describes a person who does not identify as exclusively male or exclusively female and usually prefers “they” as a pronoun. Enby is the phonetic pronunciation of “NB,” which stands for nonbinary.
- Gender Binary** The idea that there are only two genders.
- Gender Dysphoria** Describes the extreme discomfort that a person feels because their assigned sex at birth does not match their gender identity.
- Gender Identity** The gender--or social construct of norms, behaviors, and roles--that someone identifies with.
- QTPOC** Initialisms that stand for Queer/Trans People of Color.
- Questioning** Describes a person who is still discovering and exploring their sexual orientation, gender identity, gender expression or some combination thereof.
- Sexual Orientation** A person's identity in relation to the gender or genders to which they are sexually attracted.
- Two-Spirit** An umbrella term traditionally used by Native American people to recognize individuals who possess qualities or fulfill roles of multiple genders.