

Glossary of Terms

Language within the LGBTQIA+ community is continually evolving. The following list of terms specific to gender identity and expression may be helpful to you for the event, and beyond.

Agender: Individuals who have an identity that is nonbinary, neutral, or no gender identity.

Assigned Sex: The sex assigned to an infant at birth based on visible sex organs. Also referred to as Sex Assigned at Birth (SAAB).

Bigender: A term for individuals who identify as nonbinary or who have more than one gender.

Cisgender: A person whose gender identity matches their sex assigned at birth. The linguistic counterpoint to the term transgender.

Dead Naming: A term used by some for mentioning a person's birth name (or other former name) without their consent.

Gender Binary: The social construction of gender that separates people into men/boys and women/girls.

Gender Expression: How a person represents and expresses gender identity to others through clothes, hairstyles, voice, body characteristics, etc. Everyone engages in gender expression.

Gender fluid: Individuals who identify as nonbinary, who move between gender identities, or who hold multiple gender identities at once.

Gender Identity: A person's internal, subconscious, deeply felt sense of themselves as a gendered person. All people have a gender identity.

Gender Marker: Indication on official documents (e.g. Driver's license, Passport) of your gender. May be male (M), female (F), or nonbinary/intersex (X)*. *Not all states allow an X gender marker on documents including driver's license, non-driver's ID or birth certificate.

Gender nonconforming (GNC), Genderqueer, Gender-expansive: People whose gender identity and/or expression differs from societal expectations, whose identity is more flexible than the binary gender system, or whose gender expression is more flexible than social expectations of gender expression.

Gender-affirming care: An inclusive term for a model of care that supports and affirms a person's gender identity without externally imposed expectations (e.g. mannerisms, dress or personal grooming, hormone treatments or surgeries). This includes social, medical, mental health, and other supports, treatments, or procedures when working with an individual whether transition-related or in providing ongoing support.

Intersex: A person who is born with indeterminate sex or people who have genitals, chromosomes, or reproductive organs that do not fit into a male/female biological sex binary.

Misgendering: The deliberate and/or unintentional repeated use of incorrect pronouns or names after being corrected. Considered a microaggression.

Nonbinary (NB): A term used by individuals who identify as neither entirely male or entirely female. This can include people who are agender, bigender, genderfluid, genderqueer, two-spirit, gender non-confirming among other groups.

Gina Rosich, PhD, MSW

The Power of Name Change: Working with Members of the Trans Community

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Pronouns: Terms used when referring to someone (typically: he/his, she/hers, they/them). It's ok to ask!

Transgender: A broad term encompassing individuals whose gender identity or expression differs from their sex assigned at birth. (Note: use of the terms 'transgenders' or 'transgendered' or 'transsexuals' is no longer used) and negatively received by the community. Individuals may identify as a **trans man** or **trans woman**.

Transfeminine/Transmasculine: An umbrella term for people assigned male at birth (AMAB) who identify with femininity, or assigned female at birth (AFAB) and identify with masculinity. This can include trans women, trans men, and people who identify as nonbinary or gender fluid and feel a greater alignment with one type of gender expression.

Transitioning: The social, medical, and legal choices people may choose in order to live a more authentic life aligned with their gender identity

Transmisogyny: The intersection of transphobia and misogyny experienced by trans women and people who are transfeminine.

Two-spirit: Term reclaimed by First Nations people and used contemporarily for historical and current First Nations people whose individual spirit blend male and female spirits. It is an alternative to Western labels of gay, lesbian, or transgender.

Ally – a cisgender person who supports members of the trans community! A person who:

- Knows that trans people deserve dignity, respect, love, and their human rights
- Understands they don't have to understand someone's identity in order to respect it
- Actively educates themselves about the trans community
- Creates welcoming, safer and inclusive spaces for trans people
- Engages in advocacy to support trans rights and oppose anti-trans legislation and policies

We hope cisgender folks attending today will leave this workshop embracing the term ally for themselves!

You are encouraged to check out the following resources for more vocabulary terms and other information:

GLAD <https://www.glad.org/know-your-rights/publications/>

Human Rights Campaign <https://www.hrc.org/resources/glossary-of-terms>

National Center for Transgender Equality <https://transequality.org/about-transgender>

National LGBTQ Task Force <https://www.thetaskforce.org/resources/lgbtq-glossary-of-terms/>

PFLAG <https://pflag.org/glossary/>

The Trevor Project <https://www.thetrevorproject.org/resources/category/gender-identity/>

Transgender Law Center <https://transgenderlawcenter.org/resources/>

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