



## **LGBTQ+ Definitions**

**Lesbian** - A woman who is primarily romantically and sexually attracted to women.

**Gay** - A person who is mostly attracted to those of the same gender; often used to refer to men only

**Bisexual** - An individual who is attracted to, and may form sexual and romantic relationships with women and men. This person may feel equally attracted to each gender, or may experience stronger attractions to one gender while still having feelings for another; the ratio of attraction may change over time.

**Trans/Transgender** - An umbrella term that describes a wide range of people whose gender identity and/or gender expression differ from their assigned sex and/or the societal and cultural expectations of their assigned sex.

**Cisgender** - Having a gender identity that matches one's assigned sex; non-trans.

**Queer** - Used to refer to the range of non-heterosexual and non-cisgender people and provides a convenient shorthand for "LGBT". It is important to note that this is a reclaimed term that was once and is still used as a hate term and thus some people still feel uncomfortable with it.

**Two-Spirit** - A term used within some indigenous communities, encompassing sexual, gender, cultural, and/or spiritual identity. Reflects complex indigenous understandings of gender and sexuality and the long history of sexual and gender diversity in indigenous cultures.

**Questioning** - In the process of exploring their gender identity or sexual orientation, as well as choosing not to identify with any other label.

**Gender Binary** - A view that there are only two genders (girls/women and boys/men) that are separate and unchanging

**Gender Diverse or Non-Binary** - Gender roles and/or gender expression that do not match social and cultural expectations

**Gender Dysphoria** - Distress resulting from a difference between a person's gender identity and the person's assigned sex, associated gender role, and/or primary and secondary sex characteristics.

**Pansexual** - An individual who is attracted to and may form sexual and romantic relationships with men, women and people who identify outside the gender binary.

**Intersex** - A reproductive and sexual anatomy that does not closely resemble typical male or female reproductive or sexual anatomy, which may be related to genitalia, secondary sex characteristics and/or chromosomal make-up.