

## Learn your LGBT ABC (very nearly)

Everything you've ever wanted to know about sexuality and gender terms by Brook ([www.brook.org.uk](http://www.brook.org.uk)).

LGBT means "Lesbian, Gay, Bisexual, Transgender", most people know of these four terms, but sometimes you can get extensions of LGBT, like LGBTQIA. There are so many different terms people use for sexuality and gender out there, it can get a little confusing.

This document tries to cover those terms and define them, but it is impossible to get every term out there into one short document, there are always new ways to define things as language changes all the time.

Hopefully this document will be able to show there is a lot more than just LGBT and that you don't have to fit into a box, no one really fits entirely into a definition, but we hope you are able to find these definitions helpful.

We have also included a list of useful services at the end of this document.

### A

**Ace:** Informal Term and interchangeable with asexual.

**Androgyne:** Someone who does not identify with being male or female, or identifies as a mixture of the two.

**Androromantic:** Someone who experiences romantic attraction to male or masculine individuals.

**Androsexual:** Someone who is sexually attracted to men and masculinity.

**Agender:** Someone who doesn't have a gender.

**Allies:** A straight person who supports the LGB community or a cis person who supports the transgender community.

**Aromatic:** Someone who does not experience romantic attraction.

**Assigned gender:** The gender someone is assigned at birth.

**Assigned sex:** The sex someone is assigned with at birth.

## B

**Binary:** Split into two separate parts, often a prejudiced view e.g. gender binaries are male/female, binaries for sexuality are homosexual/straight.

**Binding:** A method of flattening a part of your body to align with your gender identity or gender expression i.e. binding the breasts to create the appearance of a flat chest.

**Bigender:** Someone who identifies with both female and male gender.

**Biphobia:** The discrimination and hatred of bisexual individuals.

**Bisexual:** Someone who is sexually attracted to the sexes male and female.

**Biromantic:** Someone who experiences romantic attraction to the male and female sex.

**Butch:** A female identified person with a more masculine appearance and presentation. Also a term used for masculine gender expression.

## C

**Cisgendered:** Someone whose gender matches that of the sex they were assigned at birth. Often shortened to Cis.

**Closet:** A term used when someone has not revealed their gender identity or sexual orientation status i.e. being in the closet.

**Coming out:** The act of an individual revealing to family, friends or colleagues their gender identity or sexual orientation.

**Crossdressing:** When someone dresses in clothes that are opposite to the norm of their gender or sex identity, but it may be part of their gender expression.

## D

**Demisexual:** Someone who doesn't feel attracted to someone until they have established an emotional connection.

**Drag:** A form of crossdressing, it is often used in performance art.

**Disclosure:** This could be revealing if you have a sexually transmitted infection to previous or present partners; your sexual orientation; sexual preference or transgender status.

**Dyke:** A derogatory term directed at lesbians, although some may choose to identify this way or reclaim it.

**Dysphoria:** A common term used for transgender individuals that includes feelings of restlessness, anxiety, despair and depression, i.e. society or body dysphoria.

**Faggot:** A derogatory term directed at gay people, although some may choose to identify this way or reclaim it.

**Femme:** A gender expression that leans on the feminine spectrum.

**FTM:** Female to male transgender or transsexual individual.

## G

**Gay:** A widely accepted term for all same-sex attractions/sexuality. Interchangeable with homosexual.

**Gender binary:** The concept that gender is a binary, comprised of male and female.

**Genderf\*ck:** Someone who intentionally behaves, presents or dresses in a gender non-conforming manner.

**Genderless:** Someone who doesn't identify with any gender.

**Gender neutral:** Someone who does not feel they identify with any gender identity.

**Genderqueer:** Someone who identifies outside the gender binary.

**Gray-A:** Term for an asexual individual that experiences some measure of sexual attraction, but still identifies as asexual.

**Gynromantic:** Someone that experiences romantic attraction to females or feminine individuals.

## G

**Gynesexual:** Someone who is sexually attracted to females or femininity.

**Gender fluid:** Someone who feels their gender identity changes over fluctuating spans of time or even within certain environments.

**Gender identity:** This is an individual's private sense of identity pertaining to gender.

## H

**Heteroromatic:** Someone who is interested in having a relationship with the opposite gender as themselves, but not interested in sex.

**Heterosexual:** Someone who is sexually attracted to someone of the opposite gender to themselves.

**Homosexual:** Someone who is sexually attracted to the same gender as themselves.

**Homophobia:** The discrimination and hatred of gay and lesbian individuals.

**Homoromantic:** Someone who experiences romantic attraction to the same gender identity as themselves.

**HRT:** Abbreviation of Hormone Replacement Therapy, a common choice for transgender individuals in transition.

## I

**Intersex:** People born with some combination of both male and female genitalia. Corrective surgery/hormonal treatment can be used during the person's life so they align with one sex.

## L

**Lesbian:** A female identified person who is sexually attracted to other female identified people.

## M

**Metrosexual:** A straight man with taste and style who knows about fashion, art and culture.

**Metamour:** Word used by polyamorists (see P) to refer to partners.

**MSM:** Men who have sex with men.

**MTF:** Male to female transgender or transsexual individual.

## N

**Neutrois:** The exact definition is being disputed, but there is a general consensus it is an individual with a null, neutral or lack of gender.

**Non-binary:** Someone who does not fit into the binary or either sexuality norms or gender norms.

**No labels:** Some people choose not to label themselves.

## O

**Omnisexual:** Interchangeable with pansexual (see P).

## P

**Padding:** The act of adding mass to a part of your body to conform with your gender identity or gender expression i.e. stuffing a bra to create or enhance the appearance of breasts.

**Packing:** A method of creating the appearance and sensation of a penis, often using a device meant for this purpose called a packer.

**Panromantic:** An individual who experiences romantic attraction to all genders.

**Pansexual:** A sexual attraction, sexual desire, romantic love, or emotional attraction towards persons of all gender identities and biological sexes.

## P

**Passing:** Being perceived as the gender identity you identify with in public, often followed by feelings of elation or comfort.

**Pre-everything:** A term used by transgender individuals who have not begun legal, medical or social transition.

**Pre-op:** A term used by transgender individuals who have not had surgery.

**Polyamorous:** Someone who has more than one sexual attraction to multiple, but not all genders.

**Post-op:** A term used by transgender individuals who have undergone surgery.

**Pronoun:** A pronoun is how someone is referred to, for example, he or she or ze, a good way to find out how someone identifies is to not only ask for someone's name but their pronoun too. Some people avoid pronouns entirely. See the end of this document for more examples of pronouns.

## Q

**Queer:** An umbrella term for sexual and gender minorities.

**Questioning:** Someone who may be questioning their gender or sexuality.

## R

**Romantic attraction:** An emotional connection or attachment separate to sexual attraction.

## S

**Sapiosexual:** Sexually attracted to intelligence.

**Skoliosexual:** Attraction to non-binary genders.

**Sex:** The sexual identity of an individual is defined by reproductive organs and chromosomes.

**Sexuality:** A person's sexual orientation or preference.

**Straight:** Interchangeable with heterosexual.

## T

**They/them:** Can be used in place of pronouns for people who don't identify as either male or female.

**Third gender:** Sometimes used to mean the same as 'other' gender, this refers to individuals who consider themselves neither female nor male, but the third gender. This is often relevant to non-western societies that have three or more genders in society.

**Trans:** An umbrella term to define the trans community. Can also be short for transgender.

**Tranny:** A derogatory term directed at trans people, although some may choose to identify this way or reclaim it.

**Transition:** The process of medically, socially or legally changing one's gender or sex. This process is often to provide comfort and affirmation in one's body or identity.

**Transgender:** Also known as trans, it is an all-inclusive umbrella term for people whose gender identity does not line up with the gender they were assigned at birth. This can include medically, socially and legally transitioning, if it desired by the individual.

**Transfeminine:** Someone who is transitioning to the feminine spectrum, but may not identify with female. This is particularly true for genderqueer or non-binary transfolk.

**Transmasculine:** Someone who is transitioning to the masculine spectrum, but may not identify with male. This is particularly true for genderqueer or non-binary transfolk.

**Trans man:** A term that is sometimes used to describe a person who has transitioned from female to male.

**Transphobia:** The discrimination and hatred of trans and transsexual individuals.

**Transsexual:** An individual who believes their born sex to be entirely contradictory to their gender and sex identity, and will undergo full transition to rectify this. This is mostly made up of identities that are traditional roles and are binary.

**Transvestite:** An individual who likes to dress in clothing of the opposite sex or gender for enjoyment. Old term for crossdressing.

## T

**Trans woman:** A term that is sometimes used to describe a person who has transitioned from male to female.

**Tucking:** A method most used with tight clothing to make an area appear smooth i.e. tucking the penis back to create the impression of female genitalia.

**Two spirit:** Mostly a term used by Native Americans, it has been adopted by some trans individuals who believe it encompasses their identity. It describes someone who is both female and male, both spirits, existing in one body.

## U

**Unsure:** Someone who feels unsure of their sexuality and or gender identity.

## V

**Variable identities:** A person can find themselves assuming various roles to suit the social situation.

## Pronouns:

**Male pronouns:** he/him/his

**Female pronouns:** she/her/hers

**Neutral pronouns:** they/them/theirs

## Alternative pronouns:

Xe/xir/him

Xe/xem/xyr

Ze/zir/zim

Ve/vem/vis

E(y)/eir/em

Hir

Sie