



LGBTQ+ GLOSSARY

USEFUL TERMS TO KNOW

LGBTQ+

Lesbian

Gay

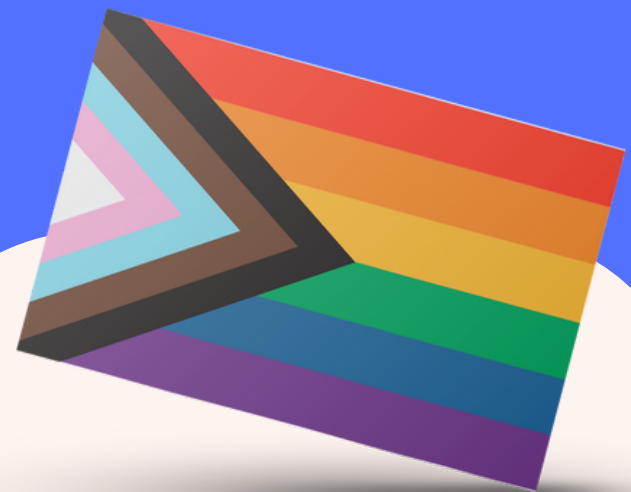
Bi

Trans

Queer

...and other sexualities and gender identities outside of cisgender and heterosexual.

Sometimes also written as LGBTQ or LGBT.



Orientation

Orientation is an umbrella term describing a person's sexual/romantic attraction to other people.



Coming Out

When an LGBTQ person first tells someone/others about their orientation and/or gender identity.



Heterosexual or Straight

Refers to a man who is attracted towards only women or to a woman who is attracted towards only men.



Bi

Bi is an umbrella term used to describe attraction towards more than one gender.



Gay

Refers to a man who is attracted towards only men. Some non-binary people may also identify with this term.



Lesbian

Refers to a woman who is attracted towards only women. Some non-binary people may also identify with this term.



Queer

Queer is a term used by those wanting to reject specific labels of orientation and/or gender identity. It can also be used as an umbrella term.

Viewed by some LGBTQ people as a slur.



Gender Identity

A person's innate sense of their own gender, whether male, female or something else, which may or may not correspond to the sex assigned at birth.



Cisgender or Cis

A term used to describe those who are not transgender. Someone whose gender identity corresponds with the sex they were assigned at birth.



Transgender or Trans

An umbrella term to describe people whose gender identity differs from the sex they were assigned at birth.

Tran man: someone assigned female at birth who now identifies as a man.

Trans woman: someone assigned male at birth who now identifies as a woman.



Transitioning

The process by which a transgender person comes to live in accordance with their gender identity, through changes to their appearance and presentation, sometimes with the aid of medical therapies and procedures.



Non-binary

A gender identity and an umbrella term for people whose identity falls outside the gender binary. Some people do not identify wholly or at all with either binary gender ('man' or 'woman').



Pronouns

Words we use to refer to people in conversation that are not their name – for example, 'he' or 'she' or 'they/them/their'.

It's important to use the pronouns that people ask you to when referring to them, even if you make mistakes at first. Using the right pronouns shows respect.



Keeping LGBTQ people safe

If you know about someone's LGBTQ identity, you need to help keep them safe.

- **Never tell anyone about someone's LGBTQ identity** if you're not sure that they know already. 'Outing' someone can be upsetting and even dangerous for them.
- **Remember that some people may use a different name or pronouns in certain situations** where they feel safe. Be careful not to use these around other people.
- **Always assume that someone in the room is LGBTQ.** Don't forget that some people are not out, or are only out to certain people.



More info about LGBTQ terms:

<https://www.stonewall.org.uk/list-lgbtq-terms>

