

# LGBTQI+ Terms and Definitions

## Sex

is determined by the biology and physiology of the body - by genitals, chromosomes, hormones etc.

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## Gender

is a set of norms about appearance and behaviour attributed to women and men by society. This may include how it is acceptable for a man/a woman to dress, how they are expected to behave in certain situations, in relationships, which jobs we expect them to occupy etc.

## Intersex

An individual whose biological sexual characteristics (chromosomes, genitalia, hormones) are a mixture of female and male or do not clearly fall into either of the binary sex identities.

## Cis-gender (cis)

An individual whose biological sexual characteristics (chromosomes, genitalia, hormones) are a mixture of female and male or do not clearly fall into either of the binary sex identities.

## Transgender (trans)

Gender identity is not the same as their sex assigned at birth.

## Agender

A person who doesn't identify with any gender.

## Genderqueer

A blanket term for gender identities other than cisgender. Similarly to "queer", people may use this term when questioning their gender identity, when they don't wish to specifically label themselves, or when they feel like no apt term for their identity is available.

## Nonbinary (enby)

is a blanket term for gender identities that are neither man nor woman and are outside of the gender binary. Nonbinary people may identify with more than one gender, no gender, or have a fluctuating gender identity.

Heteronormativity

A social phenomenon and mindset where heterosexuality is assumed to be the norm or the default. It is harmful because it implies other identities are deviations out of the norm and builds divides between people. It also leads to underrepresentation of queer people in media.

A cultural/social/linguistic system which classifies gender into two opposing categories - man-woman, feminine-masculine. It excludes the possibility of any other gender identity or grey space in between.

The gender binary

## Gender expression

These may not always overlap completely.

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## Gender identity

A person may choose to identify as a woman (= gender identity), for example, but decide to perform actions or style their appearance in a way that is seen as not pertaining to their gender (=gender expression).

# Sexual Orientation Spectrum

## Heterosexuality

Heterosexual people are attracted to people of “opposite” gender, i.e. men to women and vice versa.

## Homosexuality

An identifier for people who are attracted to the same gender that they identify with.

\*Gay - In English it is used as an umbrella term for all homosexual individuals, in some other countries it is used only for homosexual men.

## Bisexuality (bi)

Currently, this term has multiple uses. It was originally used to label people who are attracted to both men and women. This seems to exclude other gender identities and enforce the assumption of a gender binary- however, nowadays some use it synonymously to pansexuality.

## Pansexuality (pan)

Sexual orientation does not take gender identity into account at all. Pansexual people can be attracted to individuals of any and all gender identities.

## Queer

A blanket term that can include all non-hetero/cis identities. It is also used by people who are questioning or don't wish to label their identity specifically.

## Polyamory

When one is (or wants to be) in a romantic and/or sexual relationship with more than one person. Polyamorous relationships have many shapes and forms, so to speak, but rely on the consent of all individuals involved therefore are not the same as cheating.

## Sexuality

indicates how much a person feels sexual attraction to others. Also used with the same meaning as sexual orientation.

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## Sexual Orientation

indicates what types of people a person feels sexual attraction towards.

## Sexual orientation

refers to sexual or physical attraction.

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## Romantic orientation

refers to romantic, emotional attraction. There are several **types of attraction**, the main ones being aesthetic, emotional, sensual, physical, sexual, and romantic, which don't always go hand in hand - we can feel physically drawn to someone without being necessarily sexually attracted to them or have romantic feelings towards them. We can find someone beautiful and feel no romantic or physical attraction towards them, and so on.

## Sexuality Spectrum

### Allosexual

An individual who feels sexual attraction toward other people. Allosexuality is one side of the sexuality spectrum and does not determine sexual orientation.

### Asexual (ace)

Asexual people little or no sexually attraction toward others. Whether or not asexual people feel arousal and/or choose to have sex with people varies from person to person.

### Gray-Asexual (gray-ace)

A person whose frequency or intensity of sexual attraction toward others falls somewhere between allosexual and asexual. Gray-asexual people might feel sexually attracted toward others very rarely or just less than they feel is the case for allosexual people.

### Demisexual (demi)

Sexual attraction is only felt towards people that one already has a strong emotional bond with.

### Aromantic (aro)

A person that does not feel romantic attraction toward others.