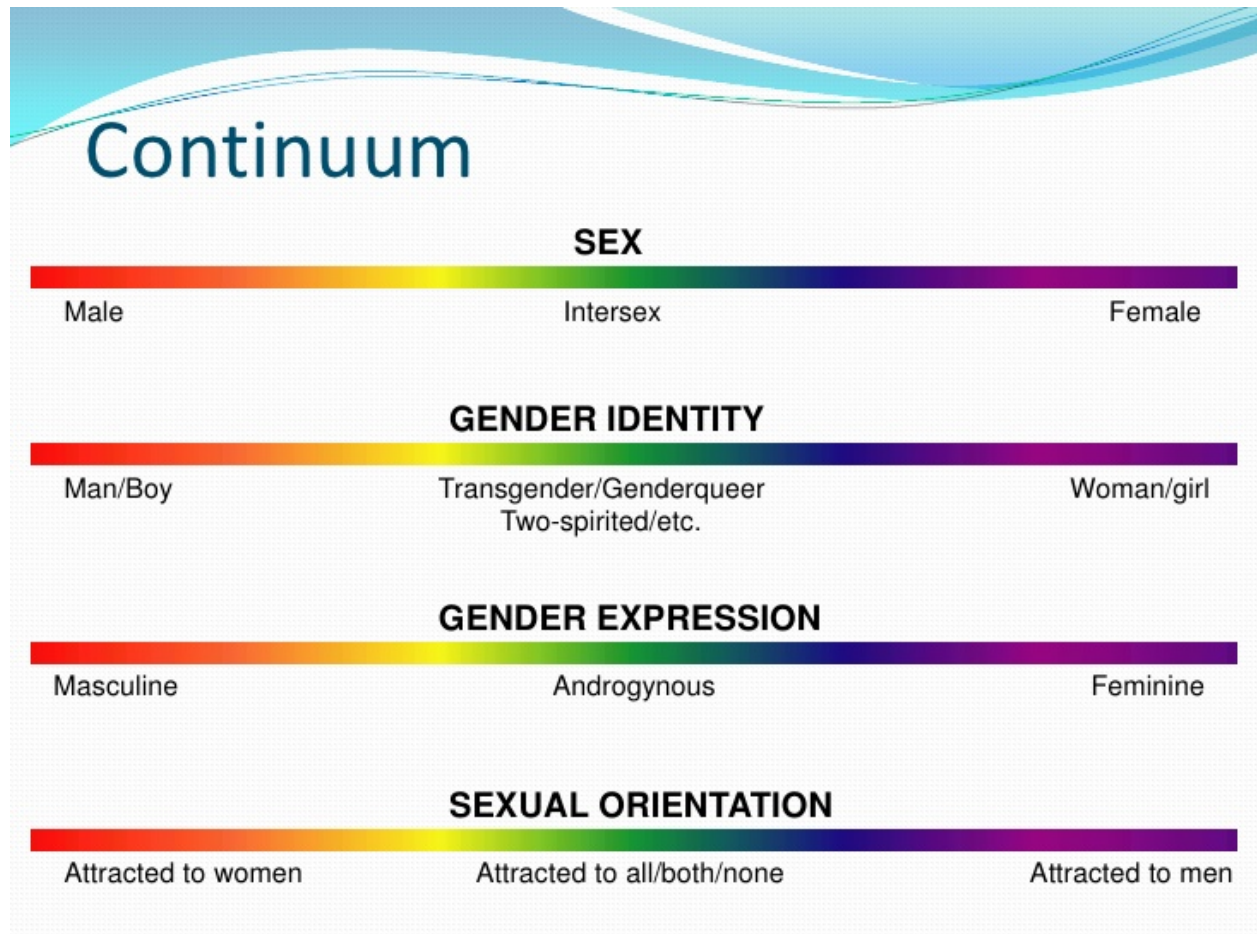


## Understanding the 4 LGBTQ+ Continuums/Spectrums

There is a difference between Sex, Gender Identity, Gender Expression and Sexual Orientation. All people fall individually on the continuum of each of these four spectrums.



Sex = A person's biological sex

Gender Identity = The gender a person identifies with internally

Gender Expression = How a person expresses their gender externally

Sexual Orientation = A person's romantic, emotional or sexual attraction

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## General Terms

**Advocate** (noun) – A person who actively works to end intolerance, educate others, and support social equity for a marginalized group. 2 (verb) – To actively support or plea in favor of a particular cause, the action of working to end intolerance or educate others.

**Ally** (noun) – A person who supports and stands up for the rights of LGBT people.

**Closeted** (adj.) – An individual who is not open to themselves or others about their (queer) sexuality or gender identity. This may be by choice and/or for other reasons such as fear for one’s safety, peer or family rejection, or disapproval and/or loss of housing, job, etc. Also known as being “in the closet.” When someone chooses to break this silence they “come out” of the closet.

**Coming out** (verb) – The process by which one accepts and/or comes to identify one’s own sexual orientation or gender identity (to come out to oneself). Also the process by which one shares one’s sexual orientation or gender identity with others (to come out to friends, etc.).

**Folks / Folx** (noun) - The two words are pronounced the same way. Folx is viewed by some as a more inclusive version of the word folks, though both are gender-neutral ways of addressing a group of people.

**LGBTQ2** (acronym) - Lesbian, Gay, Bisexual, Transgender, Queer, Two-Spirit. This is the acronym used by the Government of Canada to refer to the Canadian community.

**LGBTQ+ / LGBTQQIP2SAA** (acronym) - The term stands for lesbian, gay, bisexual, transgender, queer, questioning, intersex, pansexual, two-spirit, asexual, and ally.

**Outing** (verb) – Involuntary or unwanted disclosure of another person’s sexual orientation or gender identity.

**Pronouns** - The words used to refer to a person other than their name. Common pronouns are they/them, he/him, and she/her. Neopronouns are pronouns created to be specifically gender-neutral including xe/xem, ze/zir and fae/faer. Pronouns are sometimes called Personal Gender Pronouns, or PGPs. The term “preferred pronouns” should not be used. They are just pronouns.

**SOGIE** (acronym) - Sexual Orientation and Gender Identity and Expression.

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**AFAB / Assigned Female at Birth** (noun) - AFAB people may or may not identify as female some or all of the time. AFAB is a useful term for educating about issues that may happen to these bodies without connecting to womanhood or femaleness.

**AMAB / Assigned Male at Birth** (noun) - AMAB people may or may not identify as male some or all of the time . AMAB is a useful term for educating about issues that may happen to these bodies without connecting to manhood or maleness.

**Androgenous (Sex)** (noun) - someone who has genetic characteristics of both male and female sex. See also Androgenous (Gender Expression).

**Biological Sex** (noun) – A medical term used to refer to the chromosomal, hormonal and anatomical characteristics that are used to classify an individual as female or male or intersex. Often referred to as simply “sex,” “physical sex,” “anatomical sex,” or specifically as “sex assigned at birth.”

**Intersex** (noun) – Intersex is a general term used for a variety of situations in which a person is born with reproductive or sexual anatomy that doesn’t fit the boxes of “female” or “male.” There is a wide variety of difference among intersex variations, including differences in genitalia, chromosomes, gonads, internal sex organs, hormone production, hormone response, and/or secondary sex traits.

**Sex Assigned at Birth (SAAB) / Assigned sex at birth (ASAB)** (noun) – This refers to how someone is classified—either male or female. Babies are assigned a male or female sex at birth, typically due to their external anatomy (whether they have a penis or a vagina). This assignment is then written on their birth certificate. Regardless of this traditional classification, a person's sex is actually a mix of bodily characteristics like chromosomes, hormones, internal and external reproductive organs, and secondary sex characteristics.

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## GENDER IDENTITY

Man/Boy

Transgender/Genderqueer  
Two-spirited/etc.

Woman/girl

**Agender** (adj.) – Describes a person who identifies as having no gender.

**Cisgender** (adj.) – A person whose gender identity and assigned sex at birth correspond (i.e., a person who is not transgender).

**Demigender / Demigirl / Demiboy** (adj.) - Demigender refers to someone who experiences only a partial connection to a specific gender identity. Many demigender people also consider themselves to be non-binary. A demi girl is a person who feels their gender identity partially identifies with a feminine identity, but is not wholly binary, regardless of their assigned gender. Likewise a demiboy is a person who feels their gender identity partially identifies with a masculine identity but is not wholly binary. Like a demigirl, a demiboy may identify this way regardless of their assigned gender.

**FTM or F2M (female to male)** (adj.) – A transgender person who is transitioning or has transitioned from female to male.

**Gender binary** (noun) – The idea that there are only two genders, male and female, and that a person must strictly fit into one category or the other.

**Gender dysphoria** (noun) – Distress experienced by some individuals whose gender identity does not correspond with their assigned sex at birth. Manifests itself as clinically significant distress or impairment in social, occupational, or other important areas of functioning. The Diagnostic and Statistical Manual of Mental Disorders (DSM-5) includes gender dysphoria as a diagnosis.

**Gender euphoria** (noun) - A euphoric feeling often experienced when one's gender is recognized and respected by others, when one's body aligns with one's gender, or when one expresses themselves in accordance with their gender. Focusing on gender euphoria instead of gender dysphoria shifts focus towards the positive aspects of being transgender or gender expansive.

**Gender fluid** (adj.) – Describes a person whose gender identity is not fixed. A person who is gender fluid may always feel like a mix of the two traditional genders, but may feel more one gender some days, and another gender other days.

**Gender identity** (noun) – A person’s internal sense of being a man, woman, both, neither, or another gender.

**Gender neutral** (noun) - Not gendered. Can refer to language (including pronouns and salutations/titles—see Gender-neutral salutations or titles), spaces (like bathrooms), or other aspects of society (like colors or occupations). Gender neutral is not a term to describe people (see Gender Expansive). A person who experiences no gender may be agender

**Genderqueer** (adj.) – Describes a person whose gender identity falls outside the traditional gender binary. Other terms for people whose gender identity falls outside the traditional gender binary include gender variant, gender expansive, etc. Sometimes written as two words (gender queer).

**Hormone blockers (also referred to as puberty blockers)** (noun) - Medical treatment which allows young trans and gender-expansive people to prevent the potentially negative outcomes of going through a puberty that does not match their gender identity.

**MTF or M2F (male to female)** (adj.): A transgender person who is transitioning or has transitioned from male to female.

**Mx.** (noun) - A gender-neutral title to use in place of gendered titles such as Mr., Ms., Mrs., etc.

**Nibling** (noun) - A gender-neutral term for niece/nephew.

**Non binary** (adj.) – Describes a person who does not identify exclusively as a man or a woman. Non binary people may identify as being both a man and a woman, somewhere in between, or as falling completely outside these categories. While many also identify as transgender, not all non-binary people do.

**Pangender** (adj.) – Describes a person whose gender identity is comprised of many genders.

**Queer** (adj.) – An umbrella term used by some to describe people who think of their gender identity as outside of societal norms. Some people view the term queer as more fluid and inclusive than traditional categories for gender identity. Due to its history as a derogatory term, the term queer is not embraced or used by all members of the LGBT community.



neither—through androgynous expressions. An individual's gender expression does not automatically imply one's gender identity. All people have gender expressions.

**Masculine** (adj.) - someone who expresses themselves as masculine, whether it be physically, mentally or emotionally.



**Aromantic** (adj.) – Sometimes abbreviated as aro (pronounced ā-row), the term refers to an individual who does not experience romantic attraction. Aromantic people exist on a spectrum of romantic attraction and can use terms such as gray aromantic or grayromantic to describe their place within that spectrum. Aromantic people can experience sexual attraction.

**Asexual** (adj.) – Sometimes abbreviated as ace, the term refers to an individual who does not experience sexual attraction. Each asexual person experiences relationships, attraction, and arousal differently. Asexuality is distinct from chosen behavior such as celibacy or sexual abstinence; asexuality is a sexual orientation that does not necessarily entail specific chosen behaviors. Asexual people exist on a spectrum of sexual attraction and can use terms such as gray asexual or gray ace to describe themselves.

**Bisexual** (adj.) – Commonly referred to as bi or bi+. Refers to a person who acknowledges in themselves the potential to be attracted--romantically, emotionally and/or sexually--to people of more than one gender, not necessarily at the same time, in the same way, or in the same degree. The "bi" in bisexual can refer to attraction to genders similar to and different from one's own. People who identify as bisexual need not have had equal sexual or romantic experience—or equal levels of attraction—with people across genders, nor any experience at all; attraction and self-identification determines orientation.

**Gay** (adj.) – An term used to describe people who are emotionally, romantically, and/or physically attracted to people of the same gender (e.g., gay man, gay people). In contemporary contexts, lesbian is often a preferred term for women, though many women use the term gay to describe themselves. People who are gay need not have

had any sexual experience. Attraction and self-identification determines sexual orientation, not the gender or sexual orientation of one's partner. The term should not be used as an umbrella term for LGBTQ+ people, e.g. "the gay community," because it excludes other sexual orientations and genders. Avoid using gay in a disparaging manner, e.g. "that's so gay," as a synonym for bad.

**Heteronormativity** (noun) – The assumption that everyone is heterosexual, and that heterosexuality is superior to all other sexualities.

**Heterosexual** (straight) (adj.) – A sexual orientation that describes women who are emotionally and sexually attracted to men, and men who are emotionally and sexually attracted to women.

**Homophobia** (noun) – The fear of, discrimination against, or hatred of lesbian or gay people or those who are perceived as such.

**Lesbian** (adj.) – Refers to a woman who is emotionally, romantically, and/or physically attracted to other women. People who are lesbians need not have had any sexual experience: Attraction and self-identification determines orientation, not the gender or sexual orientation of one's partner.

**Pansexual** (adj.) – Refers to a person whose emotional, romantic and/or physical attraction is to people inclusive of all genders. People who are pansexual need not have had any sexual experience: It is the attraction and self-identification that determine the orientation. Pansexuality and bisexuality are different; pansexuality includes all genders equally, whereas bisexuality can favor some genders over others (see Bisexual).

**Queer** (adj.) – An umbrella term used by some to describe people who think of their sexual orientation as outside of societal norms. Some people view the term queer as more fluid and inclusive than traditional categories for sexual orientation. Due to its history as a derogatory term, the term queer is not embraced or used by all members of the LGBT community.

**Same Sex Attraction/Attracted (SSA)** (adj.) - A term used by some Christians to self identify as having an orientation of being attracted to people of their same gender. Most commonly, this is used by those who hold to a traditional view of biblical interpretation and feel called to celibacy as a result. (Traditional view: belief that Scripture prohibits all same sex behaviour regardless of context.)

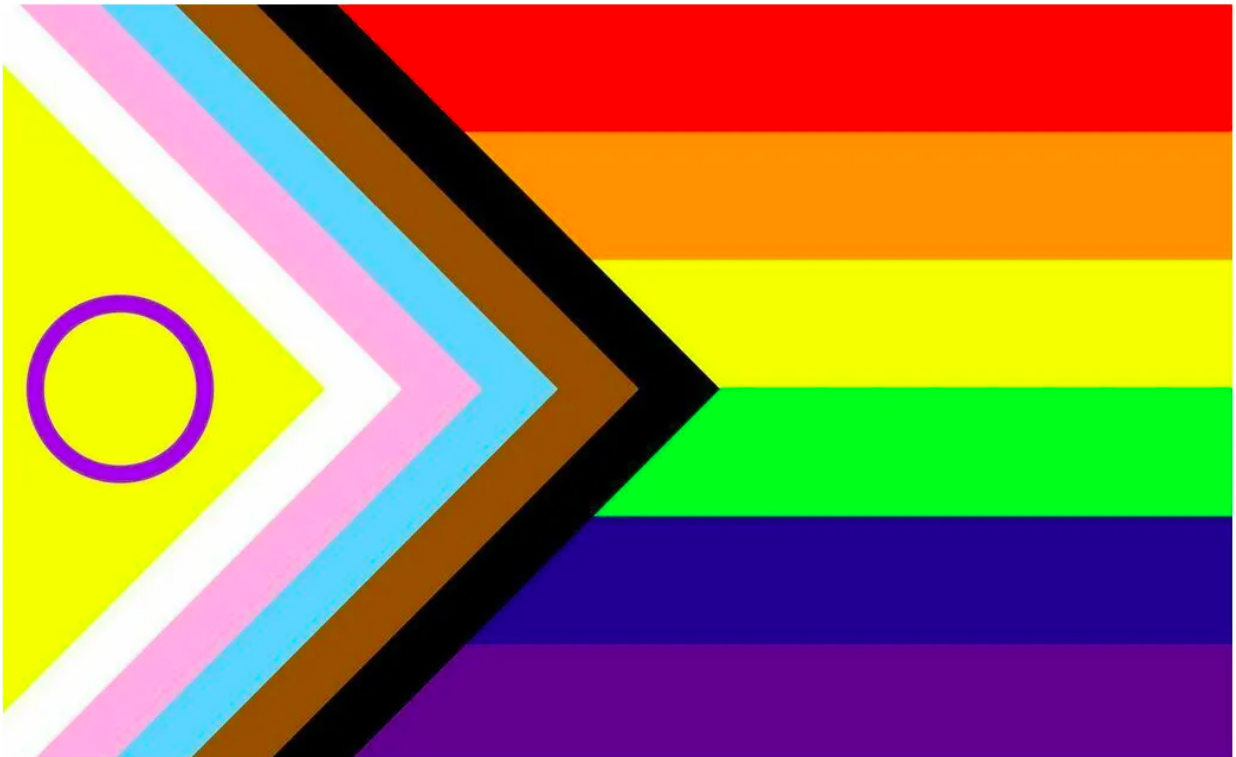
**Sexual orientation** (noun) – Emotional, romantic, or sexual feelings toward other



people or no people (see Asexual). While sexual activity involves the choices one makes regarding behavior, one's sexual activity does not define one's sexual orientation. Sexual orientation is part of the human condition, and all people have one. Typically, it is attraction that helps determine orientation.

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## Pride Flags



The **progressive** pride flag incorporates elements of other pride flags into one as well as highlighting the particular lived experience of BIPOC LGBTQ+ individuals.

 <p>LGBT</p>	 <p>Gay</p>	 <p>Lesbian</p>	 <p>Bisexual</p>
 <p>Pansexual</p>	 <p>Asexual</p>	 <p>Intersex</p>	 <p>Trans</p>
 <p>Gender Fluid</p>	 <p>Agender</p>	 <p>Demiboy</p>	 <p>Demigirl</p>
 <p>Non-Binary</p>	 <p>Hermaphrodites</p>	 <p>Genderqueer</p>	 <p>Heterosexual</p>