

Gender and Sexual Orientation Terminology

The terms below are defined as they are usually used in U.S. English. The definitions are guidelines, and not meant to be authoritative or immutable. Different people use them in different ways. Use them thoughtfully.

Gender and Sexual Orientation Concepts

Binary gender system refers to the system of beliefs, structures, policies and practices premised on the assumption that there are exactly two genders (where gender and sex are assumed to be the interchangeable).

Biological sex refers to one's body - the physiological and anatomical characteristics of maleness and femaleness with which a person is born or that develop with physical maturity. **Biological sex markers** include internal and external reproductive organs, chromosomes, hormone levels, and secondary sex characteristics such as facial hair and breasts.

Sex assigned at birth (or "assigned sex") is the sex category (almost always male or female) assigned to each of us on ID documents, beginning with the birth certificate.

Gender expression refers to appearance and behaviors that convey something about one's gender identity, or that others interpret as conveying something about one's gender identity, including clothing, mannerisms, communication patterns, and so on.

Gender identity refers to one's own understandings of oneself in terms of gender categories like man, woman, boy, girl, transgender, genderqueer, and many others. Gender identity cannot be observed; the only way you can know someone's gender identity is if they tell you. Some people's gender identity is consistent for their whole lives; other people experiences shifts in their gender identity over time.

Gender-neutral usually means inclusive of all genders, as opposed to gender-specific. A "gender neutral" restroom is one that everybody can use. It is not only for "gender-neutral" people.

Passing means being seen as belonging unquestionably to a particular group, e.g. being seen as a woman or as a man. Often, it refers to a trans person being seen as the gender they are; sometimes it refers to being seen as the gender as which one wants to be seen at the moment, for safety or other reasons. Some people use "passing" specifically to mean being seen as cisgender (e.g. a trans woman who is assumed by others to be a cisgender woman is "passing"), while for others it is not that specific. Passing is a complex and problematic concept, not only with regard to trans issues but also in terms of race, class, and other systems of categorization and power. Useful thoughts on some of the problems with "passing" can be found in Julia Serano's *Whipping Girl* (Chapter 8).

Pronouns are words like he, she, I, we, you, and they. Calling trans people the pronouns they want to be called (usually those that most closely match their gender identity) is a basic sign of respect; failing to do so, especially on purpose, is hurtful and can put people in danger.

Sexual orientation describes an individual's patterns of romantic and/or sexual attraction, in terms of gender. For example someone may be attracted to people of the same gender as themselves, to people of a particular other gender, or to people of all genders. Sexual orientation is not the same as gender expression or gender identity. People of any gender may have any sexual orientation.

Transition can refer to any of the medical, social, legal, spiritual and personal processes that a trans person may go through in order to live their life in a way that works for their gender.

THINK AGAIN

www.thinkagaintraining.com



Identity Categories

Terms of self-identity are complicated. When talking about a specific person, it's best to use whichever terms that person uses for themselves. Keep in mind they may not use the terms exactly as they're defined here. This list covers many of the most commonly used terms, but it is far from exhaustive (especially internationally).

Many of these words are sometimes used as nouns as well as adjectives, e.g. "transsexuals" as well as "transsexual people." If you do not identify with a particular category, it's most respectful to stick to adjectives, and talk about "transsexual people," "gay people," etc. rather than "transsexuals" and "gays."

Agender (adj.): Someone who does not experience themselves as having a gender identity; someone who does not identify as a man, woman, or any other gender category.

Asexual (adj.): Someone who experiences little or no sexual desire (but may desire nonsexual romantic connection).

Assigned male at birth (AMAB); Assigned female at birth (AFAB): Identifies how an individual's sex was categorized at birth. Used to avoid assumptions and overgeneralization about identity and biological sex. For example, AFAB might be used in place of "girls" or "biological females" if you intend to include everyone raised as a girl, across variations in anatomy as well as current identity.

Bisexual (adj.): Describes people who are attracted to both men and women; sometimes used more broadly to mean people who are attracted both to people whose gender is like their own and to people whose gender is not like their own.

Cisgender (adj.): Non-trans. From a Latin prefix meaning "on the same side," as opposed to trans- which means "across." Describes people whose gender identity matches what is expected of them based on their sex assigned at birth – men who were assigned male at birth and women who were assigned female at birth.

Cross Dresser (n.): A person who enjoys dressing in clothes typically associated with the other of the two socially sanctioned genders, occasionally, to express another side of themselves.

Drag Kings and Drag Queens (n.): Drag is the practice of dressing and acting in an exaggerated masculine or feminine way, usually playfully and for theatrical performance. **Drag Queens** are usually men whose performances highlight femininity; **Drag Kings** are usually women whose performances highlight masculinity. People with nonbinary gender identities can also do drag; e.g. a genderqueer person whose drag performance highlights masculinity can be a drag king.

Gay (adj.): Describes men and women whose primary romantic/erotic attraction is to people of their same gender, i.e. men who are attracted to men and women who are attracted to women. Sometimes refers only to men.

Gender creative (adj.): Describes children whose gender expression and/or identity stands out, and who may or may not turn out to be transgender in the sense of needing to transition.

Genderqueer (adj.): One of many identity labels used by trans people whose gender identity is outside the binary. Genderqueer means different things to different people, and genderqueer people look, act and describe themselves in a wide variety of ways. However, genderqueer is not an umbrella term; you should only refer to someone as genderqueer if you know that they want to be described that way.

Genderfluid (adj.): Someone whose gender identity (not only expression) varies from day to day.

Hijra (adj., n.): A traditional gender category in South Asia (including India, Pakistan and Bangladesh). Hijras are considered to be neither men nor women. They are usually assigned male at birth (although many are intersex), and transition as adults (sometimes but not always including surgery). Hijras occupy unique roles in

THINK AGAIN

www.thinkagaintraining.com



the social, economic and family life of the community, different from the roles expected of men or women. In the international press hijras are often referred to as transgender women, but this is an oversimplification.

Intersex (adj.): Describes someone whose anatomy or physiology is not easily categorized as simply male or female. This may be noticed at birth, or may not be apparent until puberty. Some intersex people are also trans, and many others are not. For more information regarding intersexuality, see <http://interactyouth.org/>

Lesbian (adj.) (n.): Describes women whose primary romantic and erotic attraction is to women.

LGBT/GLBT: Lesbian, Gay, Bisexual and Trans. Also sometimes includes Q (queer, questioning), I (intersex), S (same-gender-loving), A (ally, especially in youth spaces, and/or asexual) and others.

Nonbinary (adj.): Broad term for any gender identity other than man and woman, such as genderqueer, two-spirit, hijra, gender-fluid, and so on.

Queer (adj.): An umbrella term describing a wide range of people who do not conform to heterosexual and/or gender norms; a reclaimed derogatory slur taken as a political term to unite people who are marginalized because of their nonconformance to dominant gender identities and/or heterosexuality. Sometimes used as a shortcut for LGBT. Other times used to distinguish politically queer people from more mainstream LGBT people. Because of its origin as a derogatory slur, this term should be used thoughtfully. If you're not queer, or for public communications, LGBTQ is often more appropriate.

Trans* (adj.): Anyone whose **gender identity** and/or **gender expression** differs significantly from what is expected of them in their culture based on their **sex assigned at birth**. This broad category includes transgender, transsexual and genderqueer people, cross dressers, drag queens and kings, masculine women and feminine men, and more. The asterisk is there to remind us that trans* includes everyone who could be described this way, not only a particular subset of trans* people. We use the term so broadly because it enables us to talk about issues facing the whole range of trans* people – at the same time, it's important to remember that not everyone who could be described as trans* in this way identifies as a trans* person. *Was standard as an umbrella term from about 2012-2014, now falling out of favor.*

Trans (adj.): Can be used as broadly as trans*, or can be short for transgender as defined below. *Increasingly standard as an umbrella term, while trans* is falling out of favor.*

Transgender (adj.): Can be used as broadly as trans*, but more often refers specifically to trans people who have an experience of transitioning (socially and/or medically) from living as one gender to living as another gender. *Transgender should almost always be used as an adjective. As a noun (e.g. "she's a transgender") it sounds disrespectful to many people, and as a past-tense verb ("transgendered") it does not make sense.*

Transsexual (adj.): Usually, a person who experiences an intense, persistent feeling that their body and assigned sex are at odds with their gender identity. Such individuals often (but not always) desire to change their bodies to bring them into alignment with their gender identities. This term originated as a medical diagnosis, and many people do not identify with it for that reason.

Trans man (or transgender man, or transsexual man) (n.): Someone assigned female at birth who now identifies and lives as a man.

Trans woman (or transgender woman, or transsexual woman) (n.): Someone assigned male at birth who now identifies and lives as a woman.

Two-Spirit (adj., n.): A contemporary Native American term describing a range of gender and sexual orientation categories from cultural traditions, both historical and current, across North America (and sometimes the rest of the hemisphere) that are outside the Euro-American binary system.