

**Ally:** A person who is not part of the LGBTQ+ community but provides support, confronts homophobia, biphobia, transphobia and discrimination, and is concerned for the well-being of the community.

**Aromantic:** A person that does not experience romantic attraction. Although not all of them do, some can experience sexual attraction.

**Asexual:** A term used to describe a person who doesn't experience sexual attraction. It is distinct from sexual abstinence.

**Bisexual:** A person whose emotional, romantic and sexual attraction is towards both male and female.

**Biphobia:** The prejudice, discrimination, harassment, and acts of violence towards bisexual people.

**Cisgender:** Used to describe a person whose gender identity aligns with the sex assigned at birth.

**Coming Out:** The process of self-identifying and self-acceptance that entails the sharing of their identity with others.

**Deadnaming:** Occurs when someone, whether intentionally or not, uses the name that another person doesn't want to use, or it was used previously. Some individuals may prefer to use terms like birth name, given name, or old name.

**Demisexual:** A person that experiences sexual attraction only after forming an emotional connection.

**Gay:** A term that can be used to describe either a man who is emotionally, romantic and sexually attracted to other man, or to reference anyone whose emotional, romantic and sexual attraction is towards a person of the same sex.

**Gender:** A set of social, psychological and emotional traits that are influenced by societal expectations of how a person should act. It is considered a social construct used to categorize a person as male or female based on the assigned sex at birth.

**Gender Dysphoria:** Clinically significant distress caused when a person's gender identity is not the same as the gender assigned at birth.

**Gender Expression:** The way an individual expresses their gender to others through external factors like clothing, appearance, or behaviors. This expression can be intentional or unintentional and may or may not align with their gender identity or sexual orientation.

**Gender Fluidity:** Term used by people who identify their gender as fluid within a spectrum of gender identities and expressions.

**Gender Identity:** A person's internal and individual experience of gender. A person's gender identity may or may not coincide with the person's actual gender and it may shift between male, female or both.

**Gender Nonconforming:** Refers to people that behave in a way that does not match with social stereotypes about gender, or whose gender expression does not fit neatly into a category.

**Gender Roles:** The social expectations of how an individual should look or behave, often based on the assigned sex at birth.

**Gender Transition:** The process by which some people strive to align their internal experience of gender with the external appearance. Some people transition socially, meaning that they begin dressing, using names and pronouns, and start being recognized as another gender publicly, others transition physically, modifying their bodies through medical interventions.

**Heterosexual:** A person who is emotionally, romantically and sexually attracted towards people of the opposite biological sex.

**Heterosexism:** Refers to the assumption that everyone is or should be heterosexual, excluding the needs, concerns, and life experiences of LGBTQ+ people and giving advantages to heterosexual people.

**Homosexual:** A person who is attracted to another person of the same sex.

**Homophobia:** The prejudice, discrimination, harassment, and acts of violence against LGBTQ+ people brought on by irrational fear and hatred, occurring on personal, institutional and societal levels.

**Internalized Homophobia:** Refers to the fear and self-hate of one's identity. Occurs when people learn negative ideas about the LGBTQ+ community throughout childhood.

**Intersex:** People who develop natural bodily variations or characteristics that do not fit into society's definition of male or female. Physical traits are visible at birth or at puberty and it may also include some chromosomal variations that are not physically apparent at all.

**Lesbian:** A term used to describe a woman who is emotionally, romantic and sexually attracted to another woman.

**Nonbinary:** A gender identity that embraces a full universe of expressions and ways of being that resonate with an individual. It may be an active resistance to binary gender expectations and/or an intentional creation of new unbounded ideas of self within the world.

**Pansexual:** Refers to a person whose emotional, romantic and/or physical attraction is inclusive to all genders and identities.

**Queer:** A term that was traditionally used to insult LGBTQ+ people, while others reclaim it to encompass the broader sense of history of the gay rights movement. It is also used to express fluid identities.

**Questioning:** A term for individuals who are exploring their sexual orientation or gender identity.

**Sex Assigned at Birth:** Commonly refers to physical characteristics assigned at birth that classifies a person as either male or female.

**Sexual Orientation:** The emotional, romantic, or sexual attraction that a person feels toward another.

**Sexual Orientation Identity:** An individual's self-perception about his/her/their own sexual orientation, that is, when a person identifies as heterosexual, lesbian or gay, bisexual, asexual, etc.

**Transgender:** Refers to people whose gender identity differs from their assigned sex at birth, and it does not imply any specific sexual orientation or surgical intervention.

**Transsexual:** A person who lives full-time in a gender different than their assigned birth sex and gender, transitioning with hormone therapies and/or gender-affirming surgery.

**Transphobia:** The prejudice, discrimination, harassment, and acts of violence towards transgender and transexual people.

**Two-Spirit:** A term used within American Indian (AI) and Alaska Native (AN) communities to refer to a person who identifies as having both a male and a female essence or spirit. The term encompasses gender, sexual, cultural, and spiritual identities that provides unifying, positive, and encouraging language that emphasizes reconnecting to tribal traditions

For a more comprehensive list of terms, please visit:

<https://pflag.org/glossary/>