

BRAVO GLOSSARY

TERMINOLOGY

When reading this glossary, here are a few things to keep in mind:

- ✓ Definitions vary across communities; not all LGBTQ individuals utilize or identify with the following definitions
- ✓ Mirror and utilize terms that LGBTQ individuals use for themselves and ask for consent before sharing with others
- ✓ This glossary will be updated over time to include new terms and to reflect the ever-changing nature of language,

Agender: people who identify as not having a gender or being genderless. They can exist outside of the gender binary, be gender non-conforming, and/or identify as trans.

Androgynous or Androgyne: people whose gender expression and/or identity is between, across, or outside of the binary and/or does not conform to gender norms, appearance or size.

Aromantic: a person who generally does not feel romantic attraction or desire for any group of people, either within or outside of a relationship.

Asexual (Ace): a person who generally does not feel sexual attraction or desire for any group of people, either within or outside of a relationship.

Assigned Sex: the sex (male or female) assigned to a child at birth, most often based on the child's external anatomy. The ways that these sex characteristics can manifest in individuals' bodies is diverse and not as definite or binary as the categories of male and female suggest. Therefore, sex is not only assigned but the binary sex categories of male and female are socially constructed. Also referred to as birth sex, natal sex, biological sex, or sex.

Binding: the process of tightly wrapping one's chest in order to minimize the size.

Biphobia: a range of negative attitudes, feelings, and fears towards bisexual people or bisexuality, which may include negative stereotyping or denial of the existence of bisexuality.

Bisexual (Bi): a person who is attracted to more than one gender.

Bottom Surgery: colloquial way of describing gender affirming genital surgery.

Cisgender: a person whose gender identity and assigned sex are the same (e.g., someone who was assigned male at birth and identifies as a man)

Cis Man: someone who identifies as cisgender and as a man.

Cisnormativity: systemic or individual behaviors, assumptions, and rules that grant preferential treatment to cisgender people.

Cis Woman: someone who identified as cisgender and as a woman.

Closeted: a figure of speech used to describe a person who is keeping their sexual orientation and/or gender identity a secret from others. It is often used in a derogatory or disempowering way (someone who believes they know others sexual orientations better than the person themselves).

Coming Out: a figure of speech that refers to communicating your sexual orientation and/or gender identity to yourself and others.

Demiromantic: a person who only feels sexual attraction to people with whom a close emotional bond has been formed.

Drag: the performance of one or multiple genders theatrically. Those who perform are called Drag Kings and Drag Queens.

Female: one of the categories that babies are assigned at birth based on sex characteristics such as hormones, chromosomes, and genitalia.

Femmephobia: the fear, aversion, hatred, and de-valuing of anything or anyone who is considered feminine, regardless of gender identity.

Gay: a person who is primarily attracted to people of the same gender. Although it can be used for any gender, it is most often associated with men who are attracted to men.

Gender: refers to the ways that masculinity and femininity have been socially constructed and reinforced by the dominant culture through norms, scripts, and stereotypes. Gender is socially constructed as a binary (usually through classifications of woman or man), even though this is not the reality of how gender is experienced internally (gender identity) and expressed externally (gender expression).

Gender affirming hormone therapy: the administration of hormones to those who wish to match their physical secondary sex characteristics to their gender identity.

Gender Affirming Surgery (GAS): surgeries used to modify one's body to be more congruent with one's gender identity. Also referred to as gender confirming surgery (GCS).

Gender Binary: describes the system in which a society classifies all people into one of two categories (men and women), each with associated stereotypes and norms.

Gender Diverse: term often used to describe children who do not conform to binary constructions of gender. Children who are gender diverse may or may not grow up to identify as transgender. Also known as **Gender Expansive**.

Gender Dysphoria: a medical term used to diagnose distress experienced by some individuals whose gender identity does not correspond with their assigned sex at birth. The Diagnostic and Statistical Manual of Mental Disorders (DSM-5) includes gender dysphoria as a diagnosis.

Gender Expression: how a person publicly presents their gender. This can include behavior and outward appearance such as how someone dresses, wears their hair, if they use makeup, their body language, and their voice.

Gender Fluid: a term to describe someone who moves between binary constructions of gender and whose gender identity and expressions vary over time.

Gender Identity: refers to an internal sense of awareness that all people have. For most, it can be described as a kind of "man-ness" or "woman-ness." But gender is not limited to two; it is not binary.

Gender Non-Binary & Gender Queer: umbrella terms used to describe someone whose gender identity and/or expression does not conform to the socially constructed gender binary.

Gray-romantic: a person who experiences romantic attraction seldom or to a minimal extent.

Gray-sexual: a person who experiences sexual attraction seldom or to a minimal extent.

Heterosexism: behaviors, assumptions and rules that grant preferential treatment to heterosexual people. Heterosexism reinforces the idea that heterosexuality is somehow better or more "right" than homosexuality or queerness and/or ignores the existence of homosexuality or queerness.

Homophobia: the systemic and individual oppression of people whose sexual orientation does not conform to heterosexual (and/or of people perceived to be LGBTQ+). This includes a range of negative attitudes and feelings such as prejudice, fear, discrimination, harassment, and bias towards people whose sexual orientation does not conform to (or is not perceived to conform to) heterosexuality.

Homosexual: a clinical term for people who are attracted to the same gender. Some people find this term offensive because it was historically used to describe queerness as a disease that could be cured.

Hormone Replacement Therapy (HRT): the administration of hormones for those who wish to match their physical secondary sex characteristics to their gender identity.

Intersectionality: the idea that identities are influenced and shaped by race, class, ethnicity, sexuality/sexual orientation, gender/gender identity, physical disability, national origin, etc., as well as by the interconnection of all of those characteristics.

Intersex: an umbrella term used to describe people who have chromosomes, hormonal profiles, or genitals that do not typically fit into binary medical and social constructions of male and female. Biological sex, like gender, is not binary. Between 0.05% and 1.7% of people are born with intersex traits, although not everyone with intersex traits identifies as intersex (Free & Equal, 2015).

Lesbian: a person who is primarily attracted to people of the same gender. It is most often associated with women who are attracted to other women.

LGBTQ+: the LGBTQ+ acronym includes gender identities as well as identities related to sexual orientation. Fully spelled out the acronym contains lesbian, gay, bisexual, transgender, and queer, with the plus indicating more identities such as asexual, intersex, pansexual, two spirit, and questioning.

Male: one of the categories that babies are assigned at birth based on sex characteristics such as hormones, chromosomes, and genitalia.

Minority stress: chronic stress faced by members of stigmatized minority groups. Minority stress is caused by external, objective events and conditions, expectations of such events, the internalization of societal attitudes, and/or concealment of one's sexual orientation.

Monoromantic: a person who has romantic feelings for one gender.

Monosexism: behaviors, assumptions, or rules that grant preferential treatment to monosexual people. Monosexism reinforces the idea that monosexuality is somehow more "right" than bisexuality or pansexuality and/or ignores the existence of bisexuality and pansexuality.

Monosexual: refers to people who are sexually attracted to one gender.

Neutrois: people who identify as gender neutral. They may see themselves as fitting under the gender non-binary and/or trans umbrellas.

Outing: when someone reveals another person's sexual orientation and/or gender identity to an individual or group, often without the person's consent or approval. Not to be confused with "coming out".

Pansexual: a person who is sexually attracted to more than one, or all genders. This identity can take many different forms and can include people who identify across various sexual orientations. This term can have different meanings to different people and often positions itself as different from bisexuality, polysexuality, and polyamory.

Polyamorous: describes a person who has or is open to having more than one romantic or sexual relationship at a time, with the knowledge and consent of all their partners. Sometimes abbreviated as poly.

Pronouns: the words people should use when they are referring to you when not using your name. Examples of pronouns are she/her/hers, he/him/his, and they/them/theirs.

QPOC: an acronym that stands for Queer Person of Color or Queer People of Color.

Queer: an umbrella term to describe many different kinds of sexual orientations. Queer was historically used as a derogatory term for people who either were or were perceived to be LGBTQ+. In recent years, it has been reclaimed by some people within the LGBTQ+ community as a way of self-identifying and as a political statement against the oppression to which they have been subjected.

Queer Platonic Relationship (QPR): refers to a very intimate friendship. It describes a kind of partnership that does not fit the traditional romantic coupling but can nonetheless be intense, emotionally intimate, and even romantically intimate.

Questioning: for some, the process of exploring and discovering their sexual orientation or gender identity.

Romantic Orientation: refers to the ways that people can experience romantic and emotional attractions. These may be separate from or connected to sexual and/or physical attraction. Sexual orientation and romantic orientation are not necessarily distinct identities; they are interrelated.

Same Gender Loving (SGL): a term used as an alternative to the terms gay and lesbian. SGL is more commonly but not exclusively used by members of the African American/Black communities.

Sexual Expression: refers to the variety of ways a person expresses their sexuality, including the kinds of sexual activities they like to participate in. It is not the same as sexual orientation; someone may identify as heterosexual and express their sexuality in ways interpreted by others as queer.

Sexuality: is an integral part of being human. It is a complex set of personal, social, and spiritual experiences that go beyond sexual activity. In other words, sexuality is not just about what our body does and what we do with our bodies, it is how thoughts, fantasies, desires, beliefs, attitudes, values, behaviors, practices, roles, and relationships are experienced and expressed.

Sexual Orientation: refers to a person's emotional, romantic, physical, and/or sexual attraction to others. Sexuality is complex and attraction can manifest very differently for different people. Categories are commonly used to understand our attractions, though are by no means inclusive of the vast variety of expressions that make up human sexuality.

Social Stigma: negative stereotypes and social status of a person or group based on perceived characteristics that separate that person or group from other members of a society.

Structural stigma: societal conditions, policies, and institutional practices that restrict the opportunities, resources, and well-being of certain groups of people.

Third Gender: an umbrella term used to describe people who exist outside of the gender binary. For some people it means the construction of a new gender.

Top surgery: colloquial way of describing gender affirming surgery on the chest.

Trans: an umbrella term to describe people whose gender identity and assigned sex are different. It can be used for a range of identities and experiences; every community and individual may define trans differently. Trans is a term that someone chooses to describe their own identity. It is not something you can tell or determine in others.

Trans-feminine: someone who identifies as transgender and as feminine.

Transgender: someone whose gender identity and assigned sex are different. Trans-ness, like all gender identities, is internal and not something you can tell or determine in others.

Transition: for transgender people, this refers to the process of coming to recognize, accept, and express one's gender identity. Most often, this refers to the period when a person makes social, legal, and/or medical changes, such as changing their clothing, name, gender marker, and using medical interventions. Sometimes referred to as gender affirmation process.

Trans Man: someone who identifies as transgender and as a man.

Trans-masculine: someone who identifies as transgender and masculine.

Transmisogyny: the intersection of transphobia and misogyny. It is misogyny directed as trans women, trans people, and gender non-conforming feminine people. This includes a range of negative attitudes and feelings such as prejudice, fear, discrimination, harassment, and bias towards trans and gender non-conforming people who either identify as women and/or identify as femme/feminine. Transmisogyny comes from outside and within the LGBTQ+ community.

Transphobia: the systemic and individual oppression of people whose gender identity and gender expression do not conform to cisgender identities. This includes a range of negative attitudes and feelings such as prejudice, fear, discrimination, harassment, and bias towards transgender people, gender non-binary, gender diverse, and gender non-conforming people.

Trans Woman: someone who identifies as transgender and as a woman.

Tucking: the process of hiding one's penis and testes with tape, tight shorts, or specially designed undergarments.

Two Spirit: a term used by some Indigenous people to self-identify. It is an Indigenous specific term that can only be used by Indigenous people to identify themselves. While the term itself is Anishinaabe based, it has been taken up by different Indigenous nations to describe complex experiences and identities as well as cultural roles and responsibilities. Two spirit can sometimes refer to sexual orientation and at other times to gender identity, depending on the individual and/or their particular nation. It can also describe roles and responsibilities specific to different Indigenous nations that may or may not be tied to sexual orientation and/or gender identity. Like any other term that people use to self-identify, do not assume that just because someone is Indigenous and identifies as LGBTQ+, that they will use the term two spirit to identify themselves.

This glossary was developed by Buckeye Region Anti-Violence Organization. This glossary will be continuously updated as language changes over time. Sources used for this glossary include the National LGBT Health Education Center, We Are Family, and The Trevor Project.



614.294.7856

www.bravo-ohio.orginfo@bravo-ohio.org

TERMS TO AVOID

Problematic: “transgenders,” “a transgender”

Affirming: “transgender people,” “a transgender person”

Transgender should be used as an adjective, not as a noun. Do not say, “Max is a transgender,” or “The pride parade included many transgenders.” Instead say, “Max is a transgender man,” or “The pride parade included many transgender people.”

Problematic: “transgendered”

Affirming: “transgender”

The adjective transgender should never have an extraneous “-ed” tacked onto the end. An “-ed” suffix implies that transgender is a verb and therefore an action, rather than an adjective describing someone's gender identity. This recognizes and affirms their identity.

Problematic: “sex change,” “pre-operative,” “post-operative”

Affirming: “transition” “gender affirming healthcare”

Avoid “sex change” which suggests that individuals change sex/gender rather than affirming their own gender through healthcare options. Referring to trans people as pre- or post-operative, inaccurately suggests that one must have surgery in order to transition and affirm their gender. Avoid overemphasizing surgery when discussing transgender people.

Problematic: “homosexual” “homosexuals”

Affirming: “gay”

The term “homosexual” has historically been used in a negative context to diagnose, or demonize LGBTQ people. Because of the clinical history of the word “homosexual,” it has been used by anti-gay extremists to suggest that gay people are mentally ill or unhealthy.

Problematic: “sexual preference”

Affirming: “sexual orientation” or “orientation”

The term “sexual preference” is typically used to suggest that being lesbian, gay or bisexual is a choice and therefore can and should be “cured.” Sexual orientation is the accurate description of an individual's enduring physical, romantic and/or emotional attraction to others.

Problematic: “gay lifestyle” or “homosexual lifestyle” “gay marriage”

Affirming: “gay culture” “marriage”

There is no single lesbian, gay, or bisexual lifestyle. Lesbians, gay men, and bisexuals are diverse in the ways they lead their lives. The phrase “gay lifestyle” is used to denigrate lesbians and gay men, suggesting that their orientation is a choice and therefore can and should be “cured.” As a rule, try to avoid labeling any activity, emotion, or relationship “gay,” “lesbian,” or “bisexual” unless you would call the same activity, emotion, or relationship “straight” if engaged in by someone of another orientation.

NAMES & PRONOUNS

Always use a person's chosen name.

There are many reasons why someone's legal name may be different than their chosen name. Legal name changes can take time, money and resources to process. Therefore, some transgender or non-binary folks do not or can not legally change their names. Transgender and non-binary individuals deserve respect and safety and therefore using chosen names is important.

Whenever possible, introduce yourself with pronouns and ask for others.

Introducing yourself with pronouns allows other people, especially transgender and non-binary people to know you respect people regardless of their gender or pronouns. No matter someone's gender expression or gender identity, using someone's pronouns is respectful, affirming and can be closely connected to personal safety.

Never put quotation marks around someone's chosen name or pronouns.

When describing transgender or non-binary people, please use accurate and affirming language to describe their gender identity.

Remember that sex and gender are different.

Avoid terms that conflate sex and gender, such as "biological woman" or "woman-born-woman". This language is exclusionary and discriminatory to transgender women and intersex individuals. Remember, affirm someone's present-day, present-tense identity and reflect the language they use for themselves. For example, transgender women are women, no matter the sex or gender they were assigned at birth.

Gender Neutral Pronouns

They/Them, Ze/Hir (pronounced zee/here)

Examples of how to use pronouns

She went to her bedroom.
He went to his bedroom.
They went to their bedroom.
Ze went to hir bedroom.

I am her sibling.
I am his sibling.
I am their sibling
I am hir sibling.

DEFAMATORY TERMS & SLURS

Disclaimer: Some LGBTQI communities and individuals have reclaimed slurs or derogatory language for themselves. However, please never use the language below for another person without their explicit consent.

Defamatory: “deceptive,” “fooling,” “pretending,” “posing” or “masquerading”
Gender identity is an integral part of a person’s identity. Do not characterize transgender people as “deceptive,” as “fooling” other people, or as “pretending” to be, “posing” or “masquerading” as a man or a woman. Such descriptions are defamatory and insulting.

Defamatory: “she-male,” “he-she,” “it,” “trannie,” “tranny,” “shim,” “gender-bender”
These words only serve to dehumanize transgender people and should not be used.

Defamatory: “bathroom bill”

A new term created and used by conservative political groups to oppose non-discrimination laws that protect transgender people.

Defamatory: “fag,” “faggot,” “dyke,” “queer,” “homo,” “sodomite,” “she-male,” “he-she,” “it,” “shim,” “tranny”

The criteria for using these derogatory terms should be the same as those applied to vulgar epithets used to target other groups.

Defamatory: “deviant,” “disordered,” “dysfunctional,” “diseased,” “perverted,” “destructive”
The notion that being gay, lesbian, or bisexual is a psychological disorder was discredited by the American Psychological Association and the American Psychiatric Association in the 1970s. Today, words such as “deviant,” “diseased” and “disordered” often are used to portray gay people as less than human, mentally ill, or as a danger to society.

Defamatory: Associating LGBTQI people with pedophilia, child abuse, sexual abuse or bestiality

Being gay, lesbian, bisexual or transgender is neither synonymous with, nor indicative of sexual violence. Such claims, innuendos, and associations often are used to insinuate that LGBTQI people pose a threat to society, to families, and to children. These stereotypes perpetuate these fears that then relate to real-world consequences and discrimination towards LGBTQI communities.

This glossary was developed by Buckeye Region Anti-Violence Organization. This glossary will be continuously updated as language changes over time. Sources used for this glossary include the National LGBT Health Education Center, We Are Family, and The Trevor Project.

