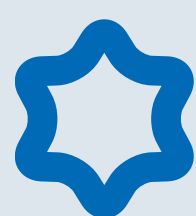


LGBTQ+ TERMINOLOGY RESOURCE

- **Cisgender:** Often shortened to 'cis,' a person whose gender identity matches the sex they were assigned at birth.
- **Transgender:** An umbrella term for persons whose gender identity, gender expression or behavior does not conform to that typically associated with the sex to which they were assigned at birth
- **Queer:** A term that has been adopted as an all-encompassing label for individuals who do not identify as straight or cisgender, but prefer not to use a more specific identity term. Originally meaning "strange" or "peculiar," "queer" was used pejoratively against LGBT people in the late 19th century. However, from the late 1980s onward, queer activists reclaimed the word as a neutral or positive self-description. The term may be capitalized when referring to an identity or community, similar to the capitalized use of "Deaf."
- **Gender:** A social construct that involves how individuals identify, shaped by society's understanding of masculinity and femininity. Gender encompasses roles, behaviors, expectations, activities, identities, and attributes that vary across different cultures and can change over time. It exists on a broad spectrum, with individuals identifying at various points within it or outside of it entirely.
- **Sex:** The physical differences between people who are male, female, or intersex. A person typically has their sex assigned at birth based on physiological characteristics, including their genitalia and chromosome composition.
- **Transition:** The process of living in accordance with one's gender identity, rather than the gender they were assigned at birth. It's a personal process that can involve a variety of steps, such as changing your name or getting gender-affirming medical care. Not all transgender people transition, and the process looks different for each person. Some people may take medication, while others may not. Some adults may have surgeries, while others may not.



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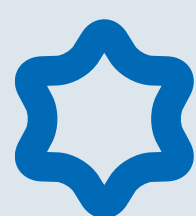


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- **Detransition:** The process of stopping or reversing a gender transition, which can include social, legal, medical, or surgical changes. Detransition can be temporary or permanent and may occur for various reasons, such as a change in gender identity, health concerns, social or economic pressure, discrimination, stigma, or political or religious beliefs. Detransition is distinct from regret, though the two can overlap in some cases. After detransitioning, individuals may continue to identify as transgender or nonbinary, or they may reidentify with their sex assigned at birth. Some people who detransition may also pursue surgery to reverse changes made during their initial transition. Studies show that detransitioning is relatively rare, with some research indicating that the rates of detransition and regret are as low as 1% to 2%.
- **Folx:** A term used as an alternative to "folks," primarily by queer-identifying individuals to refer to groups of other queer-identifying people. "Folx" is a deliberate "queerification" of the word, meant to differentiate queer spaces and communities from non-queer ones.
- **LGBTQ+ Ally:** An individual who supports, educates themselves about, and advocates for LGBTQ+ people and communities. Allies speak out against discrimination and work to create inclusive environments for LGBTQ+ individuals.
- **Non-binary:** An umbrella term for individuals whose gender identity or expression falls outside the traditional categories of "man" and "woman." Non-binary people may express their gender in various ways, including androgynous, masculine, feminine, or any combination thereof. They can have diverse sexual orientations, such as bisexual, pansexual, queer, or asexual. While some non-binary individuals use gender-neutral pronouns (e.g., they/them), pronouns can vary over time or depending on the environment. Non-binary identities may include being both male and female, somewhere in between, completely outside of male and female, agender, bigender, genderqueer, or genderfluid.

LGBTQ+ SUPPORT AND RESOURCES



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