

The LGBT Pocket Dictionary



would like to thank you for educating
yourself and being an ally.



General Terms

Note: The following are not connected and do not have to align

Sexual Orientation – (sexuality, sexual preference) A description of what genders/sexes one may be physically attracted to.

Ex; heterosexual, asexual, bisexual

Romantic Orientation – (romantic preference) A description as to what sexes/genders they may be romantically attracted to.

Ex; homoromantic, panromantic, heteroromantic

Sex – A term used to describe one's physical sex characteristics.

Ex; Male sex, intersex, female sex

Gender Identity – A description of which gender(s) one identifies with.

Ex; Cisgender, transgender female, gender queer

Gender Expression – (gender presentation) How someone chooses to express gender outwardly.

Ex; masculine, feminine, androgynous

Pronouns – Terms used to refer to someone that reflect their identity. Always ask for PGP or "Preferred Gender Pronoun".

Ex; she/her/hers, they/them/theirs, ze/zir/zeirs

General LGBT+ Terms

LGBT+ – An acronym representing the Lesbian, Gay, Bisexual, Transgender (and other sexuality and gender minorities) community. Other acronyms include GRSM and SAGA.

Coming out – When a LGBT+ individual tells others of their identity.

Family – A colloquial term used by the LGBT+ and Allied community to refer to others in the community.

"In/out of the closet" – A way of saying someone has or has not yet 'come out'.

Mono – (Physical or romantic) Attraction to only one gender/sex.

Nonmono or Poly – Someone who is attracted to more than one gender/sex.

Ally – One who not necessarily in the community but is a supporter and activist for the LGBT+ community.

Fluidity – An understanding or notion that sexual and romantic orientation, gender and expression is fluid and can be ever changing.

Monogamous – Having one exclusive relationship.

Polyamorous – Having multiple open, honest relationships at once.

The Acronym (LGBTQQAIPD+)

Sexual and Romantic Orientations

Sexual Orientation a +sexual | Romantic Orientation +romantic

Hetero – (Physical/romantic) Attraction to the opposite gender/sex. **Homo** – (Physical/romantic) Attraction to the same gender/sex. Gay is another term used, typically toward men. Lesbian is another term used, toward women.

Bi – (Physical or romantic) Attraction to two or more genders/sexes.

Pan – (Physical or romantic) Attraction to people regardless/despite gender/sex.

A or Ace – Feeling no (Physical or romantic) attraction to others.

Gray – Fluctuating between feeling and not feeling (physical or romantic) attraction.

Demi – Only feeling physical attraction when there is romantic attraction.

Queer – A identification one may use to recognize their orientation, gender or expression may not be typical. An umbrella term used to refer to the LGBT+ community.

Questioning – A general term for someone that is still not sure of their identity and is currently exploring it.

Skelio – Attraction to people not in the gender binary as well.

Gender Identities

Gender-conforming – When gender identity/expression are in alignment with assigned gender/sex.

Gender-non-conforming – When gender identity/expression differ from assigned gender/sex.

Cisgender – A person whose gender identity matches their physical sex.

Transgender – (Transgender male, transgender female) A person whose gender identity varies from the gender they were assigned at birth.

Transsexual – (Transsexual male, transsexual female)

- 1) A person whose gender identity varies from the gender they were assigned at birth correct, OR
- 2) An older phrase created in the medical industry used to try and explain transgender people.

Gender-queer – A person that does not conform toward either gender, or identifies with a mixture of genders.

Gender-neutral – A person that does not identify with a gender.

Agender – A person that describes themselves as having no gender.

Gender-fluid – A person that fluctuates between gender identities.

Gender Expressions

Masculine – Expressing qualities typically and traditionally associated with men. Or, to present oneself as male. Also; butch, hyper-masculine, male presenting, manly, etc.

Feminine – Expressing qualities typically and traditionally associated with women. Or, to present oneself as female. Also; femme, hyper-feminine, female presenting, girly, etc.

Androgynous – Expressing qualities from both masculine and feminine expressions. Also; andro, androg, gender-queer presenting, etc.

Agender – Expressing no qualities associated with gender specifically. Also; gender-neutral presenting, etc.

Pronoun List

Always ask for preferred pronouns, and usage.

Male – he/him/his

Female – she/her/hers

Gender neutral – they/them/theirs, it/its (controversial), ze/zir/zers, xe/xir/xers

Gender-fluid / Gender-variant – alternating between pronouns

Other Gender and Sex Terms

FTM – Female to Male, a transgender or transsexual individual that was assigned female at birth but is actually male.

MTF – Male to female, a transgender or transsexual individual that was assigned male at birth but is actually female.

Intersex – A physical condition in which a person has both sex chromosomes and/or a cross between male and female genitals.

Transition– An optional time when a transgendered person takes steps toward correcting their physical sex. FTM individuals will take testosterone (T). And MTF individuals will take estrogen (E). There are also option surgeries to correct visual sex. (SRS or sexual reassignment surgery.)

Two-Spirit – A term used in the Native American culture to refer to people in the LGBT community. Similar to the word “queer”.

D(M/F)AB or A(M/F)AM – Designated (Male/Female) At Birth or Assigned (Male/Female) At Birth

Cross dresser/Transvestite – One that enjoys dressing as the opposite gender either occasionally or typically, but does not identify with that gender.

Other Terms To Know

Drag – When someone dresses up as the opposite gender/sex not for personal identity or preference but for performance or fun. Note; this does not reflect their gender identity, gender expression, or physical sex.

Homophobia, Transphobia, Etc. – A term used to indicate a fear or hatred of people within sections of the LGBT community or the community as a whole.

Discrimination – Showing or displaying prejudice toward a group of people.

Gender Role – A social expectation of how masculine, feminine, etc. people should act and behave.

Partner – A gender-neutral way of referring to the person(s) you are in a relationship with.

Privilege – Having an upper hand or facing less discrimination due to a part of who you are.

Gender Binary – The belief or concept that there are only two genders and people must adhere to them.