



LGBTQ+

A brief guide...



Sexual Orientation

Asexual/aromantic – a person who does not experience sexual attraction/romantic attraction (a person can be ace, aro, or both!)

Bisexual – a person who is attracted towards more than one gender

Demisexual/romantic – a person who has to form an emotional bond with someone before being attracted to them

Gay – a man who is attracted to other men (often also used by women attracted to other women, and sometimes used non-binary people too)

Heterosexual/straight – a person who is attracted towards the opposite gender

Lesbian – a woman who is attracted to other women (some non-binary people also use this term)

Pansexual – a person whose attraction to other people is not limited by sex/gender

Queer – a term used by people who do not want to use any specific labels relating to their romantic/sexual orientation or gender

Gender Identity

Cisgender – someone whose gender identity is the same as the sex they were assigned at birth

Gender dysphoria – when a person experiences discomfort/distress due to being transgender (using the wrong pronouns or calling someone by the wrong name can make this worse)

Intersex – a person whose biological characteristics do not fit with simply “male” or “female”

Non-binary – an umbrella term for people whose gender identity doesn't fit comfortably with “man” or “woman”

Pronouns – everybody has pronouns! these are words that are used to refer to people's gender in conversation (for example, “he”, “she”, or “they”)

Sex vs gender – a person's sex, which is physical (male or female) is distinct from their gender, which is psychological and social

Transgender – a person whose gender is not the same as the sex they were assigned at birth

