

LGBT+ Definitions and Symbols

LGBT+:

Acronym for Lesbian, Gay, Bisexual, Transgender +. The "plus" is inclusive of other groups, such as asexual, intersex, queer, questioning, etc.

Rainbow Flag:

The rainbow flag, commonly known as the pride flag or LGBT+ flag, is a symbol of lesbian, gay, bisexual and transgender (LGBT+) pride and LGBT+ social movements. The flag is typically flown horizontally, with the red stripe on top, as it would be in a natural rainbow.



Lesbian:

A woman who is emotionally, romantically or sexually attracted to other women. The term lesbian is also used to express sexual identity or sexual behaviour regardless of sexual orientation.



Gay:

A man who is emotionally, romantically or sexually attracted to other men. The term gay is also used to express sexual identity or sexual behaviour regardless of sexual orientation. Also a generic term for lesbian and gay sexuality - some women define themselves as gay rather than lesbian.

Pink Triangle:

Originating in Nazi Germany pink triangle badges were used in concentration camps and in public for German people to identify males because of their homosexuality. Originally intended as a badge of shame it has been reclaimed as an international symbol of gay pride, solidarity and the gay rights movement.



Bisexual:

Someone who is emotionally, romantically or sexually attracted to people who identify as either male or female.



Pansexual:

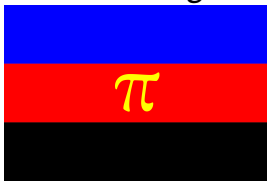
Refers to a person whose emotional, romantic and/or sexual attraction towards others is not limited by biological sex, gender or gender identity.

**Polysexual:**

A person who has a emotional, romantic and/or sexual attraction to more than one gender, but not necessarily all genders.

**Polyamory:**

The practice of, or desire for, intimate relationships with more than one partner, with the knowledge of all partners.

**Asexual:**

The term used to describe a lack of sexual attraction to others, or low or absent interest in or desire for sexual activity. This does not preclude romantic relationships.

**Queer:**

In the past a derogatory term for LGBT individuals. The term has now been reclaimed by LGBT young people in particular who don't identify with traditional categories around gender identity and sexual orientation but is still viewed to be derogatory by some.

Sexual Orientation & Gender Identity:

These are two separate and completely different things. Sexual orientation refers to whom you are attracted to, whereas gender identity refers to your internal knowledge of your own gender (knowing you're a man, woman or neither). Like cis gendered people, trans and non-binary folk can be gay, straight, bisexual, pansexual or anything else.

Transgender:

An umbrella term to describe people whose gender is not the same as, or does not sit comfortably with, the sex they were assigned at birth. Trans people may describe themselves using one or more of a wide variety of terms, including (but not limited to) Transgender, Transsexual, Gender Queer (GQ), Gender-fluid, Non-binary, Gender-variant, Genderless, Agender and Nongender.

**Transitioning:**

The steps a trans person may take to live in the gender with which they identify. Each person's transition will involve different things. For some this involves medical intervention, such as hormone therapy and surgeries, but not all trans people want or are able to have this. Transitioning also might involve things such as telling friends and family, dressing differently and changing official documents.

Gender Dysphoria:

When a person experiences discomfort or distress because there is a mismatch between their sex assigned at birth and their gender identity. This is also the clinical diagnosis for someone who doesn't feel comfortable with the gender they were assigned at birth.

Cisgender:

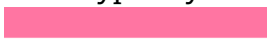
Someone whose gender identity is the same as the sex they were assigned at birth. Non-trans is also used by some people.

Pronouns:

Words we use to refer to people's gender in conversation - for example, 'he' or 'she'. Some people may prefer others to refer to them in gender-neutral language and use pronouns such as they / their and ze / zir.

Gender Fluid:

A gender identity best described as a dynamic mix of genders. A person who is Gender Fluid does not identify themselves as having a fixed gender, and often feels like a mix of the two traditional genders, but may feel more stereotypically masculine some days, and more stereotypically feminine other days.

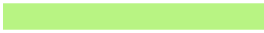


Gender Queer:

Most commonly used to describe a person who feels that their gender identity does not fit into the socially constructed "norms" associated with their biological sex.

**Agender:**

A person who identifies as having no gender or being without a gender identity. Can also be referred to as genderless, genderfree, ungendered, or non-gendered.

**Non-Binary:**

An umbrella term for a person who does not identify as only male or only female, or who may identify as both.

**Intersex:**

A term used to describe a person who may, at birth, have the biological attributes of both sexes or whose biological attributes do not fit with societal assumptions about what constitutes male or female. Intersex people may identify as male, female or non-binary. Between 0.05% and 1.7% of the population is estimated to have intersex traits.

