

# THE LGBT ABC

LGBT means lesbian, gay, bisexual and transgender. There are many different terms people use for sexuality and gender and it can get a little confusing.

Also, language changes all the time but here we try to cover a few of the basics. Are there other ones you know?

## A

### **Agender:**

Someone who doesn't have a gender.

### **Allies:**

Someone who supports the LGBT community.

### **Asexual or ace:**

Someone who does not experience sexual attraction.



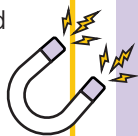
## B

**Binary:** The idea you're one of two things, e.g. male or female, gay or straight.

**Bigender:** Someone who identifies with two genders e.g. male and female.

**Biphobia:** The discrimination and hatred of bisexual individuals.

**Bisexual:** Someone who is sexually attracted to two genders.



## C

### **Cisgender or cis:**

When your gender matches the sex you were assigned at birth.

**Closet:** When someone hasn't revealed their gender or sexual orientation, i.e. 'being in the closet'.

**Coming out:** The act of an individual revealing to others their gender or sexual orientation.



## D

**Dyke:** A derogatory term directed at lesbians. Some choose to identify this way or reclaim it.

?\*!\$

**Demisexual:** Someone who only feels sexual attraction to someone after a strong emotional bond has been formed.

## G

**Gay:** A widely accepted term for all same-sex attractions.

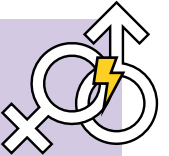
**Gender:** The gender you feel you belong to which may differ from the one you were assigned at birth, based on your genitals.

**Gender dysphoria:** A medical term for feeling distressed about the fact your gender and assigned sex are different.

**Gender neutral:** Someone who doesn't identify with any gender.

**Genderqueer:** When none of the categories on the gender spectrum fit you and you feel you're something else.

**Gender fluid:** When your identity moves around the gender spectrum.



**Heterosexual:** Someone who is sexually attracted to someone of the opposite gender to themselves.

**Homosexual:** Someone who is sexually attracted to the same gender as themselves.

**Homophobia:** The discrimination and hatred of gay and lesbian people.

## H

## I

**Intersex:** People whose biology doesn't easily fit into male or female. This can include genitals, chromosomes or hormones.

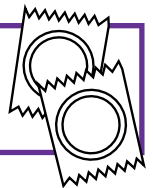
## L

**Lesbian:** A female who is sexually attracted to the same gender.



## M

**MSM:** Stands for 'men who have sex with men'.



CONTINUED  
OVERLEAF...



# THE LGBT ABC

N

## Non-binary:

Someone who doesn't fit into the binary gender (male/female).

## Romantic attraction:

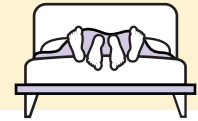
An emotional connection or attachment, separate to sexual attraction.

S

**Sex:** Sex is often used to talk about the difference between male and female and is commonly defined by reproductive organs.

**Sexuality:** This refers to your sexual feelings and is often used to mean who you're attracted to.

**Straight:** See heterosexual.



R



**Pansexual:** A sexual or emotional attraction, desire or romantic love towards people regardless of gender identity.

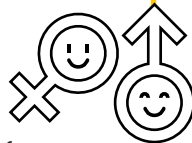
**Passing:** Being perceived as the gender identity you identify with in public.

**Pre-op:** A term used by trans individuals who have not had surgery but intend to.

**Polygender:** 'Poly' means 'more than one' and this describes people who have multiple genders at once.

**Polysexual:** Someone who is sexually attracted to many genders.

**Pronoun:** Pronouns are used instead of names, like 'he', 'her' or 'them'. This can be problematic for trans and non-binary people.



T

**Third gender:** Neither female or male. Countries like India, Pakistan and Albania have long had three gender categories.

## Transgender or trans:

An umbrella term for people whose gender identity does not line up with their assigned sex.

**Transition:** The process a trans person goes through medically, socially or legally in order to live as the gender they belong in.

## Transphobia:

The discrimination and hatred of trans and transsexual individuals.



**Transsexual:** An old fashioned term for someone who goes through, or wants to go through, gender realignment.

**Transvestite:** Someone who likes to dress as the opposite sex because it feels good, not because they're unhappy with their gender.

**Tucking:** A method used to tuck the penis back to create the impression of female genitalia.



**Unsure:** Someone who feels unsure of their sexuality and or gender identity.

U

**Variable identities:** A person can find themselves assuming various roles to suit the social situation.

V

P

**Queer:** An umbrella term for sexual and gender minorities. Can have negative connotations for some, while others have reclaimed it.

## Questioning:

Someone who may be questioning their gender or sexuality.



Q

**FIND OUT MORE...**

Visit us online at: [brook.org.uk](https://www.brook.org.uk)